



Great Dinners for Much Less Than You Think!

Addictive Chicken Tenders

\$9.85—Serves 4
\$2.46 per person

Ingredients:

- 2 lbs. chicken tenders
- 1 cup grated parmesan cheese
- 2 tablespoons dried parsley
- 1 tablespoon dried oregano
- 1 tablespoon paprika
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup butter
- Fresh Express Caesar salad

Preparation:

Preheat oven to 350. Combine all dry ingredients. Line a shallow pan with foil. Melt butter in a bowl.

Dip each piece of chicken in butter then roll in seasoning mixture and place in foil lined pan.

Bake for 20 - 30 minutes or until chicken is done. Enjoy with side salad.

Delicious Meatloaf

\$10.97—Serves 4
\$2.74 per person

Ingredients:

- 1.5 lb. ground beef
- 1 cup cracker crumbs
- 1 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 large eggs, beaten
- 1 medium onion, chopped
- 1/2 cup tomato sauce
- Fresh broccoli

Topping:

- 3/4 cup ketchup
- 2 tablespoons firmly packed brown sugar
- 1 cup water
- 2 tablespoons mustard
- 2 tablespoons vinegar

Preparation

Preheat oven to 325. In a bowl combine beef, cracker crumbs, salt, pepper, egg, onion & tomato sauce. Mix lightly. Shape into a loaf and place in a baking dish.

In a small bowl, combine topping ingredients. Brush loaf with mixture. Bake meat loaf for 1 hour and 15 minutes, basting occasionally with sauce. Enjoy with broccoli prepared as desired.

Creamy Mushroom Pork Chops

\$10.24—Serves 4
\$2.56 per person

Ingredients:

- 2 lb. pork chops
- 1 (10 3/4 oz.) can cream of mushroom soup
- Seasoned salt
- 1/4 cup butter
- Egg noodles
- Potatoes

Preparation

Preheat oven to 350. Melt butter in a skillet. Sprinkle pork with seasoned salt. Brown pork chops in melted butter.

Put pork chops in a baking dish and soup mushroom soup over chops. Cover tightly with foil and bake for 1 hour. Remove foil for last few minutes of cooking.

Serve over cooked egg noodles and potatoes prepared as desired.

Prices valid 11/9-11/15

Basic pantry ingredients such as salt are not included in the cost.

Shrimp Stir Fry

\$13.80—Serves 4
\$3.45 per person

Ingredients:

- 1.5 cups broccoli florets
- 1 small red pepper, julienned
- 1 small green pepper, julienned
- 1 lb (26/30 ct) shrimp, peeled & deveined
- 1 tablespoon cornstarch
- 2 teaspoons brown sugar
- 1 teaspoon ground ginger
- 1 cup orange juice
- 1/4 cup soy sauce
- Hot cooked rice
- Fresh pineapple

Preparation:

In a skillet or wok, stir-fry broccoli and peppers in 2 tablespoons olive oil until tender. Add shrimp and stir-fry 3-5 minutes or until shrimp turn pink.

Combine cornstarch, brown sugar, ginger, orange juice and soy sauce; mix until smooth.

Add to skillet and bring to a boil. Cook and stir for 2 minutes or until thickened. Serve over rice with fresh sliced pineapple.