



Great Dinners for Much Less Than You Think!

Stuffed Pork Chops

\$10.90—Serves 4
\$2.73 per person

Ingredients:

- 4 Karns stuffed pork chops
- 14.75 oz can Mushroom Soup
- Potatoes
- Carrots

Preparation:

Brown stuffed pork chops in large skillet. Place in crock pot. Cover with Golden Mushroom Soup (undiluted). Cook on low 7-8 hours.

Enjoy with vegetables prepared as desired.

Prices valid 2/16-2/22

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

Citrus Chicken

\$9.25—Serves 4
\$2.31 per person

Ingredients:

- 1 large orange
- 1 large lime
- 3/4 cup Italian Dressing
- 4 boneless, skinless chicken breast halves (approx. 2 lbs.)
- Snow Peas
- Potatoes

Preparation:

From the orange, grate 1.5 tsp. peel & squeeze 1/3 cup juice; set aside. From the lime, grate 1 tsp. peel & squeeze 3 Tbsp. juice; set aside.

For marinade, combine Italian Dressing, juices & peels. In a plastic bag, pour 3/4 cup marinade over chicken; turn to coat. Seal & marinate in refrigerator, turning occasionally, 30 min to 3 hours. Refrigerate remaining 1/2 cup marinade.

Remove chicken from marinade, discarding marinade. Grill or broil chicken, turning once and brushing frequently with refrigerated marinade, until chicken is thoroughly cooked. Enjoy with sides

Giant Meatball Sandwiches

\$13.50—Serves 4
\$3.38 per person

Ingredients:

- 1 lb chopped chuck
- 1/2 lb pork sausage
- 2 cups of your favorite spaghetti sauce
- 1 garlic clove, minced
- Salt & pepper to taste
- 1 loaf Italian bread
- 6 ounces sliced provolone cheese
- Deli Salad

Preparation:

Combine chuck & sausage, shape into 1" meatballs. Cook in a large skillet over med heat for 9 min, until browned. Drain on paper towel, discard drippings. Combine meatballs, sauce & garlic in skillet. Bring to boil, reduce heat & simmer uncovered 13 min, stir occasionally.

While the sauce is simmers, slice bread in half horizontally. Place bread, cut side up on a baking sheet. Broil 1-2 min until toasted.

Spoon meatball mixture over toasted bread, put cheese on top. Cover with top of bread. Enjoy with veggies.

Fish Fillets Florentine

\$12.75—Serves 4
\$3.19 per person

Ingredients:

- 3 tablespoons butter
- 3 tablespoons flour
- hot sauce, salt & pepper (to taste)
- 1 cup milk
- 1/2 cup grated sharp cheddar cheese
- 1 (10 ounce) package frozen chopped spinach cooked and drained
- 1.5 lb. fish fillets, cut in serving sizes
- Paprika
- Rice and side salad

Preparation:

Put butter, flour, sauce & spices in a bowl; microwave for 2 min, stir. Add milk cook on high 2 min, stir at 1 min. When sauce is smooth, add cheese & stir till melted.

Place spinach in a microwave safe dish and stir in 1/2 cup of sauce, spread on bottom. Arrange fish on top, cover with wax paper & microwave on high 2 min.

Spoon remaining sauce over fish, sprinkle with paprika, and cook 2 more minutes or till fish is cooked through. Enjoy with sides!