



Jammy Chicken

\$10.49—Serves 4
\$2.62 per person

Ingredients:

- 3 lbs bone-in chicken pieces
- 3/4 cup ketchup
- 3/4 cup preserves (blackberry is good)
- 2 tablespoons vinegar
- 1 teaspoon Worcestershire sauce
- 2 teaspoons chili powder
- 1/8 teaspoon salt
- Cauliflower
- Asparagus

Preparation:

Preheat oven to 350. Spray a 13 x 9 pan with cooking spray. Place chicken pieces in baking dish. (You can brown the chicken in a pan first if you like)

Mix remaining ingredients together and pour over chicken. Bake for 1 hour or until chicken juices run clear.

Enjoy with fresh veggies.

Great Dinners for Much Less Than You Think!

Home-Baked Mac & Cheese

\$8.90—Serves 4
\$2.23 per person

Ingredients:

- 1 pkg. (14 oz.) KRAFT Deluxe Macaroni & Cheese Dinner
- 1 cup KRAFT Shredded Cheddar Cheese, divided
- 1/2 cup Sour Cream
- 1 cup frozen peas
- 2 cups deli ham (cubed)
- 1/4 tsp. ground red pepper
- 6 RITZ Crackers, crushed (about 1/4 cup) or breadcrumbs
- 1 Tbsp. butter or margarine, melted
- Fresh Express Salad

Preparation:

Preheat oven to 375. Prepare Mac & Cheese as directed on package. Stir in 1/2 cup Cheddar, sour cream, peas, ham, and pepper.

Spoon into greased 1-1/2-qt. baking dish; top with remaining Cheddar; then combined cracker crumbs and butter. Bake 20 min. Let stand 5 min. before serving. Enjoy with side salad!

Catfish Parmesan

\$12.50—Serves 4
\$3.13 per person

Ingredients:

- 2/3 cup fresh grated parmesan cheese
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon paprika
- 1 egg, beaten
- 1/4 cup milk
- 2 lb. catfish fillets
- 1/4 cup butter, melted
- Potatoes
- Broccoli

Preparation:

Preheat oven to 350. Mix together cheese, flour, salt, pepper & paprika in a bowl. In another bowl, combine egg and milk; stir well.

Dip fillets in egg mixture; dredge in flour mixture. Place fillets in a lightly greased ob-long baking dish; drizzle with butter. Bake for 35-40 minutes or until fish flakes easily. Enjoy with sides.

Crock Pot Ham & Beans

\$10.99—Serves 4
\$2.75 per person

Ingredients:

- 1 lb dried great northern beans
- 3 garlic cloves, peeled and sliced
- 1 large sweet onion, chopped coarsely
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 tablespoon chopped parsley
- 1/4 teaspoon ground cloves
- 2 lb ham (cut in large chunks)
- 6 cups chicken broth
- 1 lb. cream slaw

Preparation:

Sort beans and soak in enough water to cover overnight. Rinse and drain the beans. Put all ingredients into the crock pot. Cover and cook on low for about 8 hours, or until beans are tender and creamy.

Enjoy with cream slaw.

Prices valid 2/2-2/8

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