



Great Dinners for Much Less Than You Think!

Sausage & Shells Stroganoff

\$10.95—Serves 4
\$2.74 per person

Ingredients:

- 12 oz Sea Shells pasta
- 1.5 pound crumbled Italian sausage
- 14.5 oz basil & garlic diced tomatoes
- 1 Tablespoon chopped fresh parsley
- 3/4 cup sour cream
- 1/3 cup grated Parmesan cheese
- Leaf Lettuce salad

Preparation:

Cook pasta according to directions. Cook & stir sausage in skillet over med-high heat, stirring, until cooked through, about 5 min. Stir in tomatoes & parsley, bring to boil; simmer 1 min. Remove from heat. Stir in sour cream. Top with Parmesan cheese. Enjoy with side salad

Prices valid 3/2-3/8

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

Skillet Pork Chops

\$10.50—Serves 4
\$2.63 per person

Ingredients:

- 2 tablespoons vegetable oil
- 4 pork chops
- 2 tablespoons all-purpose flour
- 1/3 cup grated Parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 potatoes, thinly sliced
- 2 medium onions, sliced
- 3 cubes beef bouillon
- 3/4 cup hot water
- 1 tablespoon lemon juice
- Cauliflower

Preparation:

Heat oil in skillet at med heat. Coat pork with flour, put in skillet. Brown, 4 min per side.

In a bowl, mix cheese, salt & pepper. Sprinkle 1/2 the mix over the pork. Layer chops with the potatoes. Sprinkle with remaining Parmesan cheese mixture. Top with onion slices.

In a bowl, dissolve the bouillon cubes in hot water. Stir in lemon juice. Pour over pork. Cover skillet, & reduce heat. Simmer 40 min, until vegetables are tender and pork chops have reached an internal temperature of 160. Enjoy with prepared side.

Spinach Stuffed Chicken

\$11.70—Serves 4
\$2.93 per person

Ingredients:

- 1 (10 oz) package fresh spinach
- 1/2 cup sour cream
- 1/2 cup shredded cheddar cheese
- 4 cloves garlic, minced
- 4 skinless, boneless chicken breast halves - pounded to 1/2 inch thickness
- 1 pinch ground black pepper
- Green Giant Steamer Veggies
- Side Salad

Preparation:

Preheat the oven to 375. Put spinach in glass bowl, heat in the microwave for 3 min, stir every minute until wilted. Add sour cream, cheese & garlic.

Lay the chicken on a clean surface, spoon spinach mix onto each one. Roll chicken to enclose spinach. Secure with toothpicks, put in shallow baking dish

Bake for 35 min or until chicken is cooked.

Crunchy Oven Fried Tilapia

\$11.76—Serves 4
\$2.94 per person

Ingredients:

- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- Pepper
- 2 egg whites
- 1.5 pound tilapia fillets
- 1/4 cup dried bread crumbs
- 1/4 cup cornmeal
- 1/2 teaspoon dried basil, crushed
- Green Giant Veggies
- Dutch Potato Salad

Preparation:

Preheat oven to 450. Combine flour, salt, & pepper in a dish, set aside. In a bowl, beat egg whites until frothy. In another bowl, combine bread crumbs, cornmeal & basil.

Dip fillets in flour, shake off excess, then in egg whites, then in bread crumb mix.

Spray a shallow baking dish with cooking spray. Lay fillets flat in dish, tucking under thinner ends. Bake for 10 to 15 minutes or until fish flakes easily with a fork. Enjoy with sides.