



Ritz Baked Fish

\$10.88—Serves 4

\$2.72 per person

Ingredients:

- 1.5 lb. fish fillets catfish
- 1 stick butter, melted
- 1 sleeve of Ritz crackers, crushed
- 1 lemon
- tartar sauce
- 1 lb. deli salad
- Green beans

Preparation:

Preheat oven to 425. Spray edged cookie sheet or baking pan with nonstick cooking spray.

Cut fish into serving sizes. Dip fish in melted butter, and then roll in crushed Ritz crackers. Place fish on cookie sheet or baking pan, and bake according to "One-inch Rule."

Serve with lemon wedges and tartar sauce—enjoy with sides.

Great Dinners for Much Less Than You Think!

Balsamic Chicken Wraps

\$13.75—Serves 4

\$3.44 per person

Ingredients:

- 2 boneless, skinless chicken breasts
- 1 pkg. fresh baby spinach
- 6 12" tortilla wraps
- 6 slices mozzarella cheese
- 1 sm. pkg. fresh basil leaves
- 2 med. tomatoes (diced)
- 1 med. red onion
- 2 oz. Balsamic dressing
- 1 lb. deli salad

Preparation:

In a bowl, combine diced tomatoes and onions and pour in 2 oz. of Balsamic Vinaigrette and set aside for a minimum of 4 hours. Preheat grill on high setting and apply marinated breasts to grill. Once they are cooked remove from grill and slice chicken into 1/2" strips.

To assemble wraps, place tortilla wraps on prep surface. Begin with a bed of spinach on each wrap. Place sliced chicken strips over spinach and top with mozzarella slices. Place 2 or 3 basil leaves over cheese and spoon on tomato and onion mixture. Roll, slice and serve with deli salad.

Slow Cooker Bottom Round

Beef Roast

\$11.95—Serves 4

\$2.99 per person

Ingredients:

- 3 lbs bottom round beef roast
- 1/2 cup Worcestershire sauce
- 1/2 cup barbecue sauce
- 1 tablespoon garlic salt
- 1 tablespoon fresh ground pepper
- 1 lb onion
- 1 lb carrot
- 2 lbs potatoes

Preparation:

Place beef roast in slow cooker. Season with garlic and peppercorn. Add onions, carrots, and potatoes. Pour Worcestershire sauce and BBQ sauce on top. Cook on low for 8 hours.

Prices valid 4/6-4/12

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

Pork Chops Ole

\$11.45—Serves 4

\$2.86 per person

Ingredients:

- 4 pork chops
- 2 tablespoons cooking oil
- Seasoning salt & pepper, to taste
- 3/4 cup uncooked long grain rice
- 1 1/2 cups water
- 1 (8 oz.) can tomato sauce
- 1 tablespoon taco seasoning mix
- 1 medium green bell pepper, chopped
- 1/2 cup shredded cheddar cheese
- Cantaloupe

Preparation:

In a skillet, brown pork chops in oil; sprinkle with seasoned salt and pepper. Meanwhile, in a greased 13"x9"x2" baking dish, combine rice, water, tomato sauce & taco seasoning; mix well. Arrange chops over rice; top with green pepper.

Cover and bake at 350F for 1-1/2 hours. Uncover and sprinkle with cheese; return to the oven, until cheese is melted. Enjoy with fresh fruit.