



Great Dinners for Much Less Than You Think!

Teriyaki Onion Burger

\$10.95—Serves 4
\$2.74 per person

Ingredients:

- 1 pound ground beef
- 1/4 cup teriyaki marinade sauce
- 1 (2.8 ounce) can French-fried onions
- 4 slices Cheddar cheese
- 4 hamburger buns, split
- Deli Salad
- Cantaloupe

Preparation:

In a medium bowl, mix together the ground beef, teriyaki marinade and French-fried onions. Form the mixture into 4 patties.

Lightly oil the grilling surface, and place patties on the preheated grill. Grill for 4 to 5 minutes per side, or until well done. Top with cheese, and serve on hamburger buns. Serve with sides.

Prices valid 5/25-5/31

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

Grilled Pork Chops

\$11.80—Serves 4
\$2.95 per person

Ingredients:

- 3 tablespoons sweet paprika
- 1 tablespoon freshly ground black pepper
- 1 tablespoon coarse salt
- 3/4 teaspoon sugar
- 3/4 teaspoon chili powder
- 3/4 teaspoon garlic powder
- 3/4 teaspoon onion powder
- 1/4 to 1/2 teaspoon ground cayenne
- 4 bone-in pork chops
- Potatoes
- Salad

Preparation:

Combine all spices in a small bowl. Coat the chops with the spice mixture, place them in a large plastic zipper bag and refrigerate up to 8 hours.

Preheat grill to medium. Remove the chops from the refrigerator and let them sit covered at room temperature for about 20 minutes.

Spray the chops with oil. Grill until cooked through. Enjoy with prepared sides.

Ranch Chicken Thighs

\$10.49—Serves 4
\$2.62 per person

Ingredients:

- 1/2 cup dry breadcrumbs
- 1/4 cup grated parmesan cheese
- 2 tablespoons yellow cornmeal
- 1/2 teaspoon Italian seasoning
- 8 boneless skinless chicken thighs
- 1/2 cup bottled ranch salad dressing
- Corn
- Deli Salad

Preparation:

In a shallow bowl, combine crumbs, Parmesan cheese, cornmeal, and Italian seasoning. Dip chicken into salad dressing, then coat with crumb mixture.

Place chicken in a greased 13x9 baking dish. Bake, uncovered, at 375 degrees for 20-30 minutes or until juices run clear. Enjoy with sides!

White Wine Scallops

\$14.50—Serves 4
\$3.63 per person

Ingredients:

- 1 1/2 tablespoons olive oil
- 1 1/2 lbs sea scallops
- 2 cups dry white wine
- 3 tablespoons fresh lemon juice
- 1 tablespoon butter
- 2 garlic cloves, minced
- 2 tablespoons minced parsley
- Fresh ground pepper
- Baby Carrots
- Squash

Preparation:

Heat oil in heavy skillet over high heat. When oil begins to smoke add scallops. Sear each side for one minute or until each side is golden brown. Add 1/2 cup of wine and lower heat to medium; simmer for 2 minutes. Remove scallops from pan.

Add remaining wine and lemon juice, and garlic. Bring to a boil and reduce by half. Add butter, parsley and season with pepper. Place scallops on a plate and smother with sauce. Serve with fresh veggies.