



### Shrimp Kabobs

\$14.80—Serves 4

\$3.70 per person

#### Ingredients:

- 1 cup Italian salad dressing, divided
- 1.5 lb XL shrimp, peeled and deveined
- 1 large onions
- 16 large fresh mushrooms
- 2 large green peppers, cut into 1 1/2 inch pieces
- 16 cherry tomatoes

#### Preparation:

In a large resealable plastic bag, combine 1/2 cup salad dressing and shrimp. Cut the onion into eight wedges. In another large resealable plastic bag, combine the vegetables and remaining dressing. Seal bags and turn to coat. Refrigerate for 2 hours, turning occasionally.

Drain and discard marinade. On eight metal or soaked wooden skewers, alternately thread the shrimp and vegetables. Grill kabobs, covered, over medium heat for 3 minutes on each side or until shrimp turn pink.

### Sweet and Spicy Spare Ribs

\$10.63—Serves 4

\$2.66 per person

#### Ingredients:

- 3 lb. country style spare ribs, boneless
- 1 tablespoon garlic salt
- 1 teaspoon black pepper
- 1/2 cup honey
- 1/4 cup low-sodium soy sauce
- 1/4 cup chili garlic sauce
- 1 cup hot sauce dressing
- 1 teaspoon ground ginger
- 1 lb. red potatoes

#### Preparation:

Preheat broiler. Line bottom portion of broiler pan with foil. Spray top rack lightly with cooking spray. Season ribs with garlic salt & pepper. Broil for 5 to 6 minutes, turn and broil for an additional 5 minutes. Place browned ribs in slow cooker.

In a bowl stir remaining ingredients. Pour sauce over ribs. Cover and cook on High setting for 3 to 4 hours or Low for 8 hours. With tongs, remove ribs from slow cooker and let cool slightly before cutting into individual rib pieces. Skim grease from sauce. Serve ribs with sauce on the side and red potatoes.

### Honey Dijon Grilled Chicken

\$8.97—Serves 4

\$2.24 per person

#### Ingredients:

- 2 tablespoons honey
- 2 tablespoons Dijon mustard
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon kosher salt (to taste)
- Freshly ground black pepper (to taste)
- 4 boneless skinless chicken breasts, butterflied
- 1 lime, cut into wedges
- Local sweet corn

#### Preparation:

In a bowl mix the honey, mustard, 1 tablespoon of oil & salt & pepper. Mix well, put the mix into a resealable bag. Add the chicken, seal the bag. Refrigerate at least 2 hours.

Preheat grill to medium. Remove the chicken from the bag and place on a oiled grill. Cook about 5 min per side. Let chicken rest for 10 min. Serve with lime & enjoy with side.

### Sausage Onions and Pepper

\$7.67—Serves 4

\$1.92 per person

#### Ingredients:

- 12 oz. Karns sausage
- 2 teaspoons olive oil
- 1 large yellow onion, peeled and sliced
- 1 green bell pepper cored, seeded & sliced
- 1/4 teaspoon dried oregano
- Salt and freshly ground black pepper
- 1 tablespoon minced garlic

#### Preparation:

In a skillet over medium-high heat, place the sausages & cook, stirring, until browned, about 6 min. Remove and drain on paper towels. Add the olive oil to the fat remaining in the pan and when hot, add the onions, bell peppers, oregano, salt & pepper, reduce the heat to medium, and cook, until the vegetables are soft, about 15 minutes. Add the garlic and cook for 1 minute. Return the sausages to the pan and cook, until warmed through, 1 1/2 to 2 minutes.

Prices valid 6/29-7/5

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