



Great Dinners for Much Less Than You Think!

Southern Whiting Filets

\$9.29—Serves 4
\$2.32 per person

Ingredients:

- 2 pounds whiting fillets
- 2 tablespoons fresh lemon juice
- 1/2 cup grated parmesan cheese
- 1/4 cup unsalted butter
- 3 tablespoons mayonnaise
- 3 tablespoons chopped green onions
- 1/4 teaspoon salt
- 1 teaspoon liquid hot pepper sauce
- Corn & Potatoes as sides

Preparation:

Place fillets on a well-greased baking platter, brush with lemon juice.

Combine remaining ingredients, set aside. Broil fish for 6 min. Remove from heat & spread with cheese mixture. Broil 2 minutes until lightly browned enjoy with sides.

Prices valid 8/24-8/30

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

Shrimp Provencal

\$11.80—Serves 4
\$2.95 per person

Ingredients:

- 3 tablespoons olive oil
- 1 lb. large shrimp, peeled & deveined
- 1 cups red peppers, diced
- 1 cup chopped onion
- 3 large cloves garlic, chopped
- 1/2 teaspoon fennel seeds
- 2 tablespoons chopped fresh thyme
- 1/2 cup dry white wine
- 2 tablespoons tomato paste
- 1 (14.5 oz.) can canned diced tomatoes
- 1/2 cup chopped fresh basil
- Salt and freshly ground pepper to taste
- Rice as a side

Preparation

Heat oil in a skillet over med-high heat. Sauté shrimp until pink; remove from pan, set aside. Add peppers, onion, garlic, fennel seeds & thyme; cook until onion softens, about 8 min.

Stir in white wine, tomato paste & diced tomatoes. Bring to boil, reduce heat to med-low, simmer until flavors blend, about 10 min. Add shrimp, simmer until cooked, about 3 minutes. Stir in the basil, season to taste with salt and pepper before serving. Enjoy with rice.

Grilled Ham Steak & Peaches

\$12.50—Serves 4
\$3.13 per person

Ingredients:

- 1 Ham Steak
- 6 ripe peaches, diced
- 1/2 red onion, finely diced
- 1/4 cup brown sugar
- Juice from one lime
- 1 tablespoon olive oil
- 1 tablespoon fresh mint, chopped
- Salt and pepper, to taste
- Salad
- Green beans

Preparation:

Prepare charcoal or gas grill.

Combine all ingredients but the ham in a bowl and mix well, set aside.

Place ham steak on grill over medium heat. Grill until heated through. Place ham steak on platter and pour peach mix over ham steak. Enjoy with side salad and green beans.

Italian Chicken Simmer

\$9.89 —Serves 4
\$2.47 per person

Ingredients:

- 1 tablespoon Olive oil
- 4 Chicken leg quarters (1-1/2 lb.), skin removed
- 1 can (14-1/2 oz.) Italian-style diced tomatoes, undrained
- 1/3 cup tomato paste
- 2 small red peppers, chopped
- 1/4 cup Grated Parmesan Cheese
- 1/2 cup finely shredded Italian cheese
- Broccoli
- Cantaloupe

Preparation:

Heat oil in a nonstick skillet on med-high heat. Meanwhile, cut apart chicken legs and thighs. Add to skillet; cook 10 min. or until browned on both sides, turning occasionally.

Add tomatoes & tomato paste; mix. Stir in peppers; cover. Simmer on med-low heat 20 min. or until chicken is done, stirring.

Remove from heat. Stir in Parmesan; sprinkle with shredded cheese. Let stand until cheese is melted.