



# Great Dinners for Much Less Than You Think!

## Zesty Slow Cooker BBQ Chicken

\$12.95—Serves 4  
\$3.24 per person

### Ingredients:

- 4 boneless, skinless chicken breast halves
- 1 (18 oz.) bottle barbeque sauce
- 1/2 cup Italian salad dressing
- 1/4 cup brown sugar
- 2 tablespoons Worcestershire sauce
- Deli salad
- Sandwich rolls

### Preparation

Place chicken in slow cooker. In a bowl, mix bbq sauce, salad dressing, brown sugar, & Worcestershire sauce. Pour over the chicken.

Cover, and cook 3 to 4 hours on High or 6 to 8 hours on Low. Shred chicken and serve on rolls. Enjoy with side deli salad.

## Shrimp Fettuccine

\$14.22—Serves 4  
\$3.56 per person

### Ingredients:

- 1 (12 oz.) package fettuccine
- 1.5 lbs. large shrimp, peeled & deveined
- 1/2 cup butter
- 1/4 cup minced fresh parsley
- 2 garlic cloves, minced
- 2 tablespoons lemon juice
- 2 tablespoons chicken broth or white wine
- Salt & Pepper to taste
- Broccoli

### Preparation

Cook fettuccine according to package directions.

In a large skillet, melt butter; add shrimp and sauté 3 minutes or until shrimp are opaque. Add remaining ingredients. Cook, stirring for 2 minutes or until garlic is tender and shrimp is completely cooked. Drain fettuccine; top with shrimp mixture.

Enjoy with a side of broccoli.

## Crumb-Coated Chicken Thighs

\$6.77—Serves 4  
\$1.69 per person

### Ingredients:

- 1/4 cup dry bread crumbs
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 1 teaspoon curry powder
- 1/4 teaspoon pepper
- 2 lbs. chicken thighs, skin removed
- Side salad

### Preparation:

Preheat oven to 400. In a large ziploc bag, combine the first seven ingredients. Add chicken, a few pieces at a time, and shake to coat. Place on a baking sheet coated with non-stick cooking spray.

Bake for 20 minutes. Turn chicken pieces; bake 15-20 minutes longer or until a meat thermometer reads 180. Enjoy with side salad.

## Ham Slices with Pineapple Slices

\$8.47—Serves 4  
\$2.12 per person

### Ingredients:

- 1.5 lb. ham steak
- 1 tablespoon butter or margarine
- 8 oz. can unsweetened sliced pineapple
- 1/3 cup orange juice
- 3 tablespoons brown sugar
- 2 teaspoons cornstarch
- 1 teaspoon cider or white wine vinegar
- dash ground ginger
- Fresh snow peas

### Preparation:

Preheat oven to 350. In a skillet, brown ham in butter. Place in a greased 13- x 9 x 2 baking dish. Drain pineapple, reserving juice. Place pineapple over ham; set aside.

In a saucepan, combine orange juice, brown sugar, cornstarch, vinegar, ginger & reserved pineapple juice; mix. Bring to a boil; stir until thickened. Pour over ham and pineapple. Bake, uncovered for 30 minutes or until ham is heated through. Enjoy with snow peas.

*Prices valid 2/1-2/7*

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