



Great Dinners for Much Less Than You Think!

5 Spice Chicken Wings

Ingredients:

- 4 cloves garlic, minced
- 3 green onions, chopped
- 1 tablespoon sugar
- 1 tablespoon Chinese five-spice powder
- 2 tablespoons fish sauce
- 2 tablespoons soy sauce
- 2 tablespoons sweet chili sauce
- Salt to taste (optional)
- 16 chicken wings
- 2 limes, quartered

Preparation:

Whisk garlic, green onion, sugar, five-spice powder, fish sauce, soy sauce, chili sauce, and salt in a bowl.

Arrange the chicken pieces in a shallow, non-metallic dish. Spoon the sauce over the chicken to evenly coat. Cover the dish with plastic wrap and refrigerate 8 hours or overnight.

Preheat oven to 425. Lightly grease the baking sheet and arrange the marinated chicken on it. Bake until crispy, about 45 minutes. Garnish with lime wedges.

Turkey Chili Featured TV Recipe

Ingredients:

- 1 1/2 teaspoon olive oil
- 1 lb. ground turkey
- 1 onion, chopped
- 2 cups water
- 1 (28 oz) can canned crushed tomatoes
- 1 (16 oz) can canned kidney beans - drained, rinsed, and mashed
- 1 tablespoon garlic, minced
- 2 tablespoons chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
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Preparation

Heat the oil in a large pot over medium heat. Place turkey in the pot, and cook until evenly brown. Stir in onion, and cook until tender.

Pour water into the pot. Mix in tomatoes, kidney beans, and garlic. Season chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper. Bring to a boil. Reduce heat to low, cover, and simmer 30 minutes.

Tangy Ranch Chicken Breasts

Ingredients:

- 2/3 cup Ranch salad dressing
- 1/3 cup FRENCH'S® Classic Yellow® or Honey Mustard
- 1/4 cup dark brown sugar
- 4 (5 ounce) boneless skinless chicken breasts, seasoned with salt and pepper to taste

Preparation:

Mix salad dressing, mustard and sugar. Pour 2/3 cup mixture over chicken.

Marinate chicken in refrigerator 30 min. or up to 3 hours.

Grill chicken on greased rack over medium heat for 15 min. or until done. Serve chicken with remaining mustard mixture.

Crab & Brie Omelet

Ingredients:

- 12 large eggs
- 2 tablespoons cold water
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 4 tablespoons (1/2 stick) butter
- 1 pound crab meat, picked over
- 1 bunch green onions, thinly sliced
- 12 oz Brie, rind removed, cut into pieces

Preparation

Preheat broiler. Whisk first 4 ingredients in bowl. Melt 1 tablespoon butter in a non-stick pan over high heat. Pour 1/4 of egg mix into pan and cook until almost set, tilting pan and lifting mixture with spatula to allow uncooked portion to run underneath, about 1 minute.

Spoon 1/4 of crab over right half of omelet. Sprinkle 1/4 of green onions and 1/4 of cheese over crab. Season with salt & pepper. Place pan under broiler until cheese begins to melt and egg is almost cooked, about 15 seconds.

Fold left side of omelet over filling. Slide omelet onto warm plate. Wipe pan with towel; repeat 3 more times with remaining ingredients. Serve immediately.