



Smothered Pork Chops

Ingredients:

- 1 cup all-purpose flour
- 2 Tbl. onion powder
- 2 Tbl. garlic powder
- 1 tsp. cayenne
- 1 tsp. salt
- 1/2 tsp. black pepper
- 4 pork chops
- 1/4 cup olive oil
- 1 cup chicken broth
- 1/2 cup buttermilk

Preparation

Place flour and seasonings in a pie pan; mix well. Dredge the chops in seasoned flour. Heat oil in large skillet over medium heat. Fry pork chops for 3-4 minutes per side until browned. Remove pork chops from pan; keep warm. Add 1 tablespoon of seasoned flour to pan drippings and mix well. Add in the chicken broth. Cook to reduce and thicken. Stir in buttermilk to make a gravy. Put chops back in pan and cover with the gravy. Simmer for 5 minutes or until pork is completely cooked.

Great Dinners for Much Less Than You Think!

Cheddar Chick'n Bites

As seen on ABC 27 on 10/5/2011

Ingredients:

- 2 Tbl. olive oil
- 1 ½ cups Cheez-It cheddar crackers
- ½ tsp. black pepper
- 1 ¼ lb. chicken tenders
- 1/3 cup Dijon mustard

Preparation

Put rack in lower third of oven; pre-heat to 475° F. Brush a baking pan with olive oil.

Pulse crackers in a food processor. Transfer to a bowl; stir in pepper.

Toss tenders in mustard then dredge in crumbs. Arrange on oiled pan. Bake turning once until golden brown, 15 minutes

Dip Ideas

- Simmer ½ cup BBQ sauce, ½ cup raspberry jam, balsamic vinegar, and brown sugar.
- Mix ½ cup sour cream, 3 Tbsp. mayo, and 2 tsp. dried dill.
- Combine ½ cup Dijon mustard with 2 Tbl. honey.

French-Toasted Ham, Turkey and Cheese Sandwich

Ingredients:

- 8 slices bread (use French, Italian, or Rye)
- Yellow mustard
- 4 slices deli ham
- 4 slices deli turkey
- 4 slices Swiss or cheddar cheese
- 3 eggs, slightly beaten
- 1 cup milk
- ½ tsp. salt
- Black pepper
- butter

Preparation

Spread the inside of each slice of bread with mustard.

In a shallow dish, combine the milk, eggs, salt and pepper; whisk to combine.

Make 4 sandwiches layering 1 slice each of ham, turkey and cheese. You can use more if you prefer! Lightly brush the outside of the sandwiches with melted butter.

Melt additional butter in a skillet over low heat.

Dip the sandwiches in the milk/egg mixture; turn to coat each side.

Brown in skillet.

Buffalo Chicken Wings

Ingredients:

- 1 quart vegetable oil for deep frying
- 3 lb. chicken wings, tips removed and wings cut in half at joint
- 4 tablespoons butter
- 1 tablespoon distilled white vinegar
- 5 tablespoons hot pepper sauce
- salt and pepper to taste

Preparation

Heat the oil in a large skillet or deep fryer to 375 degrees F (190 degrees C). Deep fry chicken wings in oil until done, about 10 minutes. Remove chicken from skillet or deep fryer and drain on paper towels.

Melt the butter in a large skillet. Stir in the, vinegar and hot pepper sauce. Season with salt and pepper to taste. Add cooked chicken to sauce and stir over low heat to coat. The longer the wings simmer in the sauce, the hotter they will be - Mild 15 minutes, Medium 30 min., Hot 45 minutes.