



# Great Dinners for Much Less Than You Think!

## Crispy Rosemary Chicken & Fries

### Ingredients:

- 2 - 3 lbs. chicken thighs
- 6 small red potatoes, quartered
- 1/2 cup extra-virgin olive oil, or as needed
- 1 tablespoon chopped fresh rosemary
- 1 1/2 teaspoons chopped fresh oregano
- 1 1/2 teaspoons garlic powder
- salt and pepper to taste

### Preparation

Preheat the oven to 375 degrees F.

Place chicken and potatoes into a large bowl. Pour olive oil over them, and stir to coat. Scatter the chicken and potato pieces in a large baking dish, or cookie sheet with sides. Sprinkle with rosemary, oregano, garlic powder, salt and pepper.

Bake for 1 hour in the preheated oven, uncovered. Baste during the last 15 minutes for extra crispness.

## Super Easy Beef Quesadillas

*As seen on ABC 27 on 11/9/2011*

### Ingredients:

- 1 lb. chopped chuck
- 1 jar (16 oz.) prepared salsa with black beans and corn
- 1-1/2 cups shredded spicy Mexican cheese blend or shredded Cheddar-Jack cheese with jalapeño peppers
- 1/4 cup chopped fresh cilantro
- 4 large flour tortillas (10-inch diameter)

### Preparation

Preheat oven to 350°F.

Heat large nonstick skillet over medium heat until hot. Add chopped chuck; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings.

Reserve 1/2 cup salsa. Add remaining salsa, cheese and 1/4 cup cilantro to beef; mix well. Spoon 1/4 of beef mixture onto half of each tortilla. Fold tortillas in half to close. Place on baking sheet. Bake for 10 to 11 minutes or until filling is heated through and edges of tortillas are lightly browned and crisp. Serve with reserved salsa.

## Baked Tilapia with Dill Sauce

### Ingredients:

- 4 (4 ounce) fillets tilapia
- salt and pepper to taste
- 1 tablespoon Cajun seasoning, or to taste
- 1 lemon, thinly sliced
- 1/4 cup mayonnaise
- 1/2 cup sour cream
- 1/8 teaspoon garlic powder
- 1 teaspoon fresh lemon juice
- 2 tablespoons chopped fresh dill

### Preparation

Preheat the oven to 350 degrees F. Lightly grease a 9x13 inch baking dish.

Season the tilapia fillets with salt, pepper and Cajun seasoning on both sides. Arrange fillets in a single layer in the baking dish. Place a layer of lemon slices over the fish fillets.

Bake uncovered for 15 to 20 minutes in the preheated oven, or until fish flakes easily with a fork.

While the fish is baking, mix together the mayonnaise, sour cream, garlic powder, lemon juice and dill in a small bowl. Serve with tilapia.

## Caramel Apple Pork Chops

### Ingredients:

- 4 pork chops
- 1 teaspoon vegetable oil
- 2 tablespoons brown sugar
- salt and pepper to taste
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 2 tablespoons unsalted butter
- 2 tart apples - peeled, cored, sliced
- 3 tablespoons pecans (optional)

### Preparation

Preheat oven to 175 degrees F. Place a medium dish in the oven to warm.

Heat a large skillet over medium-high heat. Brush chops lightly with oil and place in hot pan. Cook for 5 to 6 minutes, turning occasionally, or until done. Transfer to the warm dish, and keep warm in the preheated oven.

In a small bowl, combine brown sugar, salt and pepper, cinnamon and nutmeg. Add butter to skillet, and stir in brown sugar mixture and apples. Cover and cook until apples are just tender. Remove apples with a slotted spoon and arrange on top of chops. Keep warm in the preheated oven.

Continue cooking sauce uncovered in skillet, until thickened slightly. Spoon sauce over apples and chops. Sprinkle with pecans.