



Great Dinners for Much Less Than You Think!

One Dish Chicken & Rice

\$7.95—Serves 4
\$1.99 per person

Ingredients:

- 10.75 oz Condensed Cream of Mushroom Soup
- 1 cup water
- 3/4 cup uncooked regular long-grain white rice
- 1/4 teaspoon paprika
- 1/4 teaspoon ground black pepper
- 1 1/4 pounds skinless, boneless chicken breast halves
- Green Beans

Preparation

Preheat oven to 375. Stir the soup, water, rice, paprika and black pepper in a 2-quart shallow baking dish. Top with chicken. Season with additional paprika and black pepper. Cover the baking dish.

Bake for 45 minutes or until the chicken is cooked through and the rice is tender. Enjoy with a side of green beans.

Tuna Melt

\$8.77—Serves 4
\$2.19 per person

Ingredients:

- 2 (6 oz.) cans tuna packed in water, well drained
- 1/4 cup mayonnaise
- 1 -2 tablespoon fresh lemon juice
- 1 large celery rib, finely chopped
- 2 green onions, finely chopped
- 1 tablespoon fresh parsley, finely chopped
- seasoning salt
- black pepper
- 4 slices pumpernickel or rye bread
- 4 slices tomatoes
- 4 slices Swiss cheese
- Ore Ida Potatoes

Preparation

Set oven to broil. In a bowl mix tuna, mayo, lemon juice, celery, green onions & parsley; mix. Add seasoned salt & pepper to taste.

Place the bread slices on a baking sheet and broil 1 minute. Divide & spread the tuna on top of each bread slice. Place one cheese slice over the tuna, then one tomato slice, then another slice of cheese on top. Return the layered bread to oven and broil 3 minutes. Enjoy with your favorite Ore Ida Potato!

Garlic Alfredo Tilapia

\$12.95—Serves 4
\$3.24 per person

Ingredients:

- 4 tilapia fillets
- 2 tablespoons olive oil
- 1 tablespoon Creole seasoning, or to taste
- 3 tablespoons butter
- 2 cloves garlic, minced
- 1 cup Alfredo sauce
- Side salad

Preparation:

Preheat an oven to 425. Brush the tilapia fillets with oil on both sides, season with Creole seasoning to taste, then place into a 9x13-inch baking dish.

Bake until the fish flakes easily with a fork, about 10 minutes.

Melt butter in a saucepan over medium heat. Stir in garlic, cook until the softened. Stir in the Alfredo & bring to a simmer. Reduce heat to low, keep warm until the fish is ready. Pour the sauce over the fish to serve. Sprinkle with additional Creole if desired. Enjoy with side salad.

Ham Steak & Pineapple Sauce

\$8.43—Serves 4
\$2.11 per person

Ingredients:

- 1 Ham Steak
- 1 tablespoon lemon juice
- 2 teaspoons brown sugar
- 1 teaspoon Dijon mustard
- 1/8 teaspoon ground ginger
- 1/2 cup pineapple juice
- 1 teaspoon cornstarch
- Cantaloupe

Preparation:

Lightly score ham using a sharp knife. Place in a microwave safe baking dish.

Combine next 4 ingredients in a bowl, whisk well; spread mixture over ham. Cover with plastic wrap & vent. Microwave at HIGH 4 minutes. Remove from dish, and cut into 4 equal pieces; set aside.

Combine pineapple juice and cornstarch in a 1-cup glass measure; stir well. Microwave at HIGH 1 1/2 minutes; stir well.

Serve pineapple sauce with ham & enjoy with fresh cantaloupe.