



## Baked Chicken Leg Quarters

\$7.24—Serves 4  
\$1.81 per person

### Ingredients:

- 4 chicken leg quarters
- Garlic powder
- 4 teaspoons soy sauce
- Fresh Express Salad

### Preparation

Preheat oven to 350. Arrange chicken leg quarters skin side up in a shallow baking dish. Sprinkle with garlic powder. Drizzle about 1/2 teaspoon soy sauce on each piece.

Bake for 45 minutes to an hour, until the skin is crisp and brown and chicken is cooked through. Enjoy with side salad.

# Great Dinners for Much Less Than You Think!

## Pork Chops and Apples

\$12.95—Serves 4  
\$3.24 per person

### Ingredients:

- 2 medium unpeeled cooking apple, sliced
- 1/4 cup packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1 tablespoon butter, cut into small pieces
- 4 pork rib chops
- Salt and pepper

### Preparation

Heat oven to 350. Place apples in 1 1/2-quart casserole. Sprinkle with brown sugar and cinnamon. Dot with butter.

Season pork with salt and pepper. Spray large nonstick skillet with cooking spray; heat over medium heat 1 to 2 minutes. Cook pork in hot skillet about 5 minutes, turning once, until light brown.

Place pork in single layer on apples. Cover and bake about 45 minutes or until pork is slightly pink when cut near the bone and apples are tender.

## Maple Glazed Ham Steak

\$8.74—Serves 4  
\$2.19 per person

### Ingredients:

- 1 ham steak
- 1/4 cup maple syrup
- 1 tablespoon apple cider vinegar
- 1 tablespoon Dijon mustard
- 1 lb. fresh asparagus

### Preparation:

Mix together maple syrup, vinegar and mustard in small bowl. Brush one side of ham steak with mixture and place glazed side down in skillet over medium heat. Brush top of ham steak.

Cook over medium heat, turning frequently, until cooked through and glaze has thickened. Prepare asparagus as desired and enjoy!

## Catfish Parmesan

\$15.95—Serves 4  
\$3.99 per person

### Ingredients:

- 2/3 cup fresh grated parmesan cheese
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon paprika
- 1 egg, beaten
- 1/4 cup milk
- 2 lbs. catfish fillets
- 1/4 cup butter
- 1 lb. broccoli crowns as a side

### Preparation:

Preheat oven to 350. Mix together cheese, flour, salt, pepper, and paprika in large bowl or plastic bag.

In another bowl, combine egg and milk; stir well. Dip fillets in egg mixture; dredge in flour mixture. Place fillets in a lightly greased oblong baking dish; drizzle with butter. Bake for 35-40 minutes or until fish flakes easily. Enjoy with side of asparagus.

*Prices valid 2/8-2/14*

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