



# Great Dinners for Much Less Than You Think!

## Chicken Parm Bundles

\$11.75—Serves 4  
\$2.94 per person

### Ingredients:

- 4 oz. cream cheese, softened
- 10 oz. pk frozen chopped spinach, thawed, well drained
- 1.25 cup shredded mozzarella cheese
- 6 tablespoons grated Parmesan cheese
- 4 boneless skinless chicken breast halves, pounded to 1/4 inch thickness
- 1 egg
- 10 crackers, crushed (about 1/2 cup)
- 1-1/2 cups spaghetti sauce, heated
- Side salad

### Preparation

Heat oven to 375. Mix cream cheese, spinach, 1 cup mozzarella and 2 Tbsp. Parmesan; spread on chicken, roll up.

Beat egg, mix remaining Parmesan & crackers in a dish. Dip chicken in egg, roll in crumb mix. Place, seam-sides down, in baking dish sprayed with cooking spray.

Bake 30 min. Top with sauce & remaining mozzarella. Enjoy with side salad.

## Beer Battered Tilapia

\$8.29—Serves 4  
\$2.07 per person

### Ingredients:

- 1.5 lb. Tilapia fillets
- Juice of 1/2 lemon
- 2 tablespoons chopped parsley
- 2 tablespoons cooking oil
- Salt and freshly ground pepper
- Oil for deep frying
- Corn on the cob

### BEER BATTER (mix below ingredients)

- 2 large egg yolks
- 1/2 cup beer
- 1/2 cup flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder

### Preparation

Cut fillets into 2" pieces. Put in bowl with juice, parsley, 2 Tbls. oil, salt & pepper. Heat oil for deep frying. Dip pieces of fish into batter, and then into hot oil. Cook, turning & submerging in the oil until golden brown all over. Drain on paper towels. Serve with prepared corn as a side.

*Price valid 5/3-5/9*

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

## Classic Cabbage Rolls

\$11.38—Serves 4  
\$2.82 per person

### Ingredients:

- 1 medium head cabbage, cored
- 1 1/2 cups chopped onion, divided
- 1 tablespoon butter
- 2 (14.5 oz.) cans Italian cured tomatoes
- 4 garlic cloves, minced
- 2 tablespoons brown sugar
- 1.5 tsp. salt, divided
- 1/2 cup V-8 juice
- 1 cup cooked rice
- 1/4 cup ketchup
- 2 tablespoons Worcestershire sauce
- 1/4 teaspoon pepper
- 1 lb. chopped chuck
- 1 lb. Karns Italian sausage

### Preparation

Preheat oven to 350. In a Dutch oven, boil cabbage 10 minutes; drain. Rinse in cold water. Remove eight large outer leaves; set aside.

In saucepan, sauté 1 cup onion in butter until tender. Add tomatoes, garlic, sugar, 1/2 tsp. salt & V-8 juice. Simmer 25 minutes, stirring. In a bowl, combine rice, ketchup, Worcestershire, pepper, remaining onion & salt, beef & sausage; mix. Remove vein from cabbage. Place 1/2 cup meat mixture on each leaf; fold in sides. Roll leaf to enclose filling. Place seam side down in baking dish, top with sauce, cover with foil. Bake 1 hour or until cooked through.

## Grilled Ham Steak

\$9.27—Serves 4  
\$2.32 per person

### Ingredients:

- 1/4 cup apricot or plum preserves
- 1 tablespoon prepared mustard
- 1 teaspoon lemon juice
- 1/8 teaspoon ground cinnamon
- 1 (2 pound) 1 inch thick ham steak
- Green beans

### Preparation

In a saucepan, combine preserves, mustard, juice & cinnamon. Cook & stir over low heat for 3 minutes. Set aside. Score edges of ham. Grill, uncovered, over medium heat for 30 minutes on each side, brushing with glaze during the last few minutes of grilling. Enjoy with prepared green beans.