



# Great Dinners for Much Less Than You Think!

## Veggie Stuffed Burgers

\$14.19—Serves 6  
\$2.37 per person

### Ingredients:

- 1 1/2 pounds ground beef
- 6 thin slices Cheddar cheese
- 1 large green pepper, julienned
- 1 medium onion, thinly sliced
- 1 medium tomato, thinly sliced
- 6 thin slices Swiss Gruyere cheese
- salt and pepper to taste
- Lettuce Leaves
- 6 hamburger buns, split
- Fresh cantaloupe

### Preparation

Shape beef into 12 patties. Top six patties with a slice of cheddar cheese, green pepper strips and a slice of onion, tomato and Swiss cheese. Top each with another patty and seal edges. Season to taste. Broil, grill or pan-fry burgers until meat is no longer pink. Serve on lettuce-lined buns and with a side of fresh cantaloupe.

## Sausage Stuffed Peppers

\$9.99—Serves 4  
\$2.50 per person

### Ingredients:

- 1 tablespoon vegetable oil
- 1 lb sweet Italian pork sausage, casing removed
- 1 medium onion, chopped
- 1 teaspoon dried oregano leaves, crushed
- 1 cup shredded mozzarella cheese
- 4 medium green peppers, cut in half lengthwise and seeded
- 2 cups spaghetti sauce

### Preparation

Heat oven to 400. Heat oil in a skillet over medium-high heat. Add the sausage and cook until well browned, stirring to separate meat. Pour off any fat. Stir the onion and oregano in the skillet and cook until the onion is tender. Stir in the cheese.

Arrange the pepper halves, cut-side up, in a 3-quart shallow baking dish. Spoon the sausage mixture into the pepper halves. Pour the sauce over the filled pepper halves. Cover the baking dish. Bake for 40 minutes or until the peppers are tender.

## Mediterranean Chicken

\$8.19—Serves 4  
\$2.05 per person

### Ingredients:

- 3 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 1 1/2 teaspoons seasoned salt
- 1 teaspoon dried rosemary leaves, crushed
- 2 medium tomatoes, cut into thick slices
- 4 boneless skinless chicken breast halves
- 1 lemon, cut into 1/4-inch thick slices
- Side salad

### Preparation

Mix vinegar and oil until well blended. Mix seasoned salt and rosemary. Brush tomato slices and chicken with vinegar mixture then sprinkle with seasoned salt mixture.

Grill chicken over medium heat 6 to 7 minutes per side or until cooked through. Grill tomato slices 2 minutes per side. If desired, grill lemon slices 30 seconds per side. Serve chicken topped with tomato slices. Garnish with lemon slices. Enjoy with a fresh side salad.

## Cuban Sandwich

\$14.20—Serves 4  
\$2.49 per person

### Ingredients:

- 1/2 cup mayonnaise
- 3 tablespoons Italian dressing
- 8 slices of Italian bread
- 4 tablespoons prepared mustard
- 1/2 pound thinly sliced deli turkey
- 1/2 pound thinly sliced cooked ham
- 1/2 pound thinly sliced Swiss cheese
- 1 cup dill pickle slices
- 1/2 cup olive oil
- 1 lb. deli salad

### Preparation

In a bowl, mix mayonnaise and Italian dressing. Spread mixture on 4 slices of bread. Spread mustard on other 4 slices. On bread, arrange layers of turkey, ham & cheese. Top each with dill pickle slices. Close sandwiches, and brush with olive oil.

Heat a skillet over medium high heat. Place sandwiches in skillet. Cook sandwiches for 2 minutes. Flip, and cook 2 more minutes until cheese is melted. Remove & place on plates, cut in half & enjoy with deli salad!

*Prices valid 7/26-8/1*

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