



Grilled Ham Steak

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

Preparation

In a small saucepan, combine the preserves, mustard, lemon juice and cinnamon. Cook and stir over low heat for 2-3 minutes. Set glaze aside.

Score edges of ham. Grill, uncovered, over medium heat for 8-10 minutes on each side, brushing with glaze during the last few minutes of grilling.

Great Dinners for Much Less Than You Think!

Ranch Chicken Tacos

As seen on ABC 27 on 8/31/2011

- 1/2 cup ranch dressing
- 1/4 cup reduced-fat sour cream
- 1 (1 ounce) packet taco seasoning mix, divided
- 1 tablespoon mild chunky salsa
- 2 cups shredded Karns rotisserie chicken
- 8 (6 inch) corn tortillas
- shredded lettuce
- 1 tomato, chopped
- 4 green onions, sliced
- 1 (4 ounce) can sliced black olives
- 1 avocado - peeled, pitted & diced (opt)
- 1 cup shredded Colby-Monterey Jack cheese

Combine ranch dressing, sour cream, 1 tsp. taco seasoning, and salsa in a small bowl. Cover and refrigerate until serving.

Toss chicken with remaining taco seasoning. Cover bowl with wax paper or plastic wrap. Microwave chicken until heated through, about 2 to 3 minutes.

Warm tortillas in a skillet for about a minute on each side to make them pliable.

Place a scoop of chicken on the tortilla. Top w/lettuce, tomato, onion, olives, avocado, cheese, and a spoonful of the ranch dressing mixture. fold in sides, and serve.

Sizzling Chopped Sirloin with Sautéed Onions

Ingredients:

- 1-1/2 lbs chopped sirloin
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 tsp. vegetable oil
- 2 tsp. butter
- 2 large onions, sliced into rings
- 6 tsp. water

Preparation

Mix sirloin with the salt and pepper. Form into 4 sections.

Heat oil in 12 in skillet. Add sirloin and cook on med hi, turning, until done to your preference. Remove from skillet and keep warm.

Add butter to skillet. Sauté onion rings just until crisp tender. Place sirloin on plate, cover with onions.

Add water to skillet on hi heat and scrape bits in skillet until you form a juice. Pour over the onions.

Old Bay Chicken Wings

Ingredients:

- 3 pounds chicken wings
- 1/4 cup flour
- 2 tablespoons OLD BAY® Seasoning
- 1/4 cup (1/2 stick) butter, melted
- 1/4 cup hot sauce
- Blue cheese dressing & celery (opt)

Preparation

Mix flour and OLD BAY in large resealable plastic bag. Add chicken wings in batches; shake to coat well.

Grill over medium-high heat 20-25 minutes or until chicken is cooked through and skin is crisp, turning frequently.

Meanwhile, mix butter and hot sauce in large bowl. Add cooked wings; toss to coat. Serve wings with blue cheese dressing and celery sticks, if desired.

To Bake Chicken Wings: Coat wings as directed. Arrange in single layer on foil-lined 15x10x1-inch baking pan sprayed w/cooking spray. Bake in preheated 450°F oven 30 to 45 minutes or until chicken is cooked through and skin is crisp. Continue as directed.