



Baked Cod

\$14.48—Serves 4
\$3.62 per person

Ingredients:

- 2 cup seasoned stuffing croutons, crushed
- 2 tablespoon minced fresh parsley
- 4 (6 oz) fillets cod
- 2 tablespoon reduced-fat ranch salad dressing
- Butter-flavored spray
- Fresh asparagus

Preparation:

Preheat oven to 400. In a shallow bowl, combine the crushed croutons and parsley. Brush cod with salad dressing, then coat with crumb mixture. Spray with butter-flavored spray. Place baking dish coated with nonstick cooking spray. Bake, uncovered, for 10-15 minutes or until fish flakes easily with a fork.

Great Dinners for Much Less Than You Think!

Prices valid 8/9-8/15

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

Italian BBQ Pork Chops

\$10.99—Serves 4
\$2.75 per person

Ingredients:

- 3/4 cup balsamic vinegar
- 1/2 cup ketchup
- 1/4 cup brown sugar
- 1 clove garlic, minced
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 4 (6 oz) pork loin chops
- Salt & black pepper to taste
- Baked potatoes

Preparation

Mix vinegar, ketchup, sugar, garlic, Worcestershire, Dijon, 1/2 teaspoon salt & 1/2 teaspoon pepper in a saucepan over medium-low heat; cook at a simmer for 20 minutes. Remove from heat and allow to sit for 5 minutes.

Preheat an outdoor grill for medium heat and lightly oil the grate. Season pork chops with salt and pepper. Brush chops with the sauce.

Cook pork until no longer pink in the center, 5 minutes per side. Remove from grill and rest 3 minutes. Serve with sauce on the side and enjoy with potatoes.

Chicken Sausage Bake

\$12.80—Serves 4
\$3.20 per person

Ingredients:

- 12 oz. pasta
- 1 tablespoon olive oil
- 1 lb. Italian chicken sausage, casing removed
- 1 onion, chopped
- 4 cloves garlic, minced
- 14.5 oz. can chicken broth
- 1 teaspoon dried basil
- 14.5 oz can diced tomatoes
- 8 oz. can tomato sauce
- 10 oz. package frozen chopped spinach
- 1/2 cup grated Parmesan cheese

Preparation

Prepare pasta according to package, drain & reserve. In a skillet, heat oil & sausage; cook until no longer pink. Add onion & garlic. Next, add broth, basil, tomatoes with liquid & tomato sauce. Cook over medium for 5 minutes to slightly reduce. Add spinach; cover & simmer on reduced heat until spinach is tender.

Add pasta to skillet and mix together. Sprinkle with cheese and serve immediately.

Boneless Buffalo Wings

\$11.59—Serves 4
\$2.90 per person

Ingredients:

- Oil for deep frying
- 1 cup unbleached all-purpose flour
- 2 teaspoons salt
- 1/2 teaspoon each: black pepper, cayenne pepper, paprika, garlic powder
- 1 egg
- 1 cup milk
- 3 skinless, boneless chicken breasts, cut into 1/2 inch strips
- 1/4 cup hot pepper sauce
- 1 tablespoon butter
- Side salad

Preparation

Heat oil in large saucepan to 375. Combine flour, salt, pepper, cayenne, garlic powder & paprika in a bowl. Whisk egg & milk in a bowl. Dip chicken in the egg & then roll in the flour. Repeat so that each piece is double coated. Refrigerate chicken 20 minutes.

Fry chicken in oil. Cook until browned, and juices run clear, 6 minutes a batch. Combine hot sauce & butter. Microwave until melted. Pour over the chicken enjoy with salad.