



Greek Fish Fillets

Ingredients:

- 2 lbs Tilapia fillets
- 1 medium red onion or Spanish onion, thinly sliced
- 1 1/2 teaspoons dried dill
- 2 tablespoons chopped fresh parsley
- Juice of 1 lemon
- 1 tomato, chopped
- salt and pepper
- 1/2 cup feta cheese

Preparation

Preheat oven to 350.

Place the fish in an oiled casserole dish.

Top the fillets with the onion rounds and sprinkle them with the dill, pepper, parsley, lemon juice, chopped tomato, and feta cheese.

Bake for 20 minutes or until the fish flakes easily.

Baking time will depend on the thickness of the fish fillets.

Great Dinners for Much Less Than You Think!

Slow Cooker Pork Cacciatore

As seen on ABC 27 on 9/28/2011

Ingredients:

- 2 tablespoons olive oil
- 1 onion, sliced
- 4 boneless sirloin pork chops
- 1 (24 ounce) jar pasta sauce
- 1 (28 ounce) can diced tomatoes
- 1 (6 oz.) can tomato paste
- 1 green bell pepper, seeded and sliced into strips
- 1 (8 ounce) package fresh mushrooms, sliced
- 2 large cloves garlic, minced
- 1 teaspoon Italian seasoning
- 1/2 teaspoon dried basil
- 1/2 cup dry white wine
- 4 slices mozzarella cheese

Preparation

In a large skillet, brown chops over medium-high heat. Transfer to slow cooker.

In the same pan, cook onion in oil over medium heat until browned. Stir in mushrooms & bell pepper, & cook until these vegetables are soft. Mix in pasta sauce, tomato paste, diced tomatoes, and white wine. Add seasonings. Pour over pork chops in slow cooker.

Cook on Low for 7 to 8 hours. To serve, place a slice of cheese over each chop, and cover with sauce.

Mozzarella Stuffed Meatballs

Ingredients:

- 1 egg, lightly beaten
- 1/4 cup Italian Salad dressing
- 1/2 cup bread crumbs
- 2 tablespoons fresh parsley, minced
- 2 garlic cloves, minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 1 lb. chopped chuck
- 3 oz. fresh mozzarella cheese
- 2 tablespoons vegetable oil
- 1 jar spaghetti sauce

Preparation

In a large bowl, combine the first eight ingredients. Crumble beef over mixture; mix well.

Cut mozzarella into 18 1/2-inch cubes. Divide meat mixture into 18 portions; shape each around a cheese cube.

In a large skillet, cook meatballs in oil in batches until no pink remains; drain.

In a large saucepan, heat marinara sauce; add meatballs and heat through.

Serve over pasta or as meatball sandwiches.

Chicken Cordon Bleu

Ingredients:

- 2 boneless skinless chicken breasts
- 4 slices deli ham
- 4 slices swiss cheese
- 1/4 cup flour, in bowl
- 1-2 eggs, beaten, in bowl
- 1/2 cup Italian seasoned bread-crumbs, in bowl
- toothpicks

Preparation

Place chicken on a large cutting board.

Put a piece of wax paper (or plastic wrap) over the chicken breast. Use a heavy pan, or mallet, and pound chicken breast until about double in size.

Place 2 pieces of ham on the chicken breast and then 2 pieces of cheese.

Roll chicken up into a log. Place a couple toothpicks into the chicken to hold in place.

Roll each piece in the flour, then in beaten egg, then in bread crumbs.

Place the chicken breasts in a baking dish and place in oven at 375°F and bake for 30-45 minutes (or until chicken is cooked through).