



# Great Dinners for Much Less Than You Think!

## Weekday Pot Roast & Vegetables

### Ingredients:

- 1 (2 1/2 lb.) beef bottom round roast
- 1 teaspoon garlic powder
- 1 tablespoon vegetable oil
- 1 pound potato, cut into wedges
- 3 cups fresh or frozen whole baby carrots
- 1 medium onion, thickly sliced
- 2 teaspoons dried basil leaves, crushed
- 2 (10.25 oz.) cans beef gravy

### Preparation

Season the beef with the garlic powder. Heat the oil in a 10-inch skillet over medium-high heat. Add the beef and cook until it's well browned on all sides.

Place the potatoes, carrots and onion in a 3 1/2-quart slow cooker. Sprinkle with the basil. Add the beef. Pour the gravy over the beef and vegetables.

Cover and cook on LOW for 10 to 11 hours\* or until the beef is fork-tender.

Remove the beef from the cooker and let it stand for 10 minutes. Serve the beef with the vegetables and gravy.

## Weeknight Pasta Skillet

*As seen on ABC 27 on 1/4/2012*

### Ingredients:

- 2 cups rotini pasta, uncooked
- 1 lb. lean ground beef
- 2 green peppers, chopped
- 3 cloves garlic, minced
- 1/2 tsp. dried oregano leaves
- 1 jar (26 oz.) spaghetti sauce
- 2 slices of American cheese, quartered
- 1/2 cup Shredded Mozzarella Cheese
- 1/3 cup Grated Parmesan Cheese

### Preparation

Cook pasta as directed on package, drain, set aside.

In a large saucepan on medium heat, cook beef, peppers, garlic and oregano until beef is cooked; drain.

Add spaghetti sauce; bring to boil. Remove from heat.

Add pasta and American cheese to sauce; stir. Top with mozzarella and Parmesan; cover. Remove from heat. Let stand 5 min. or until mozzarella is melted.

## Salmon with Creamy Dill Sauce

### Ingredients:

- 1 1/2 lb. salmon fillets
  - 1 teaspoon lemon-pepper seasoning
  - 1 teaspoon onion salt
  - 1 small onion, sliced and separated into rings
  - 6 lemon slices
  - 1/4 cup butter
- DILL SAUCE:
- 1/3 cup sour cream
  - 1/3 cup mayonnaise
  - 1 tablespoon finely chopped onion
  - 1 teaspoon lemon juice
  - 1 teaspoon prepared horseradish
  - 3/4 teaspoon dill weed
  - 1/4 teaspoon garlic salt
  - pepper to taste

### Preparation

Line a 15-in. x 10-in. x 1-in. baking pan with heavy-duty foil; grease lightly. Place salmon skin side down on foil. Sprinkle with lemon-pepper and onion salt. Top with onion and lemon. Dot with butter. Fold foil around salmon; seal tightly.

Bake at 350°F for 20 minutes. Open foil. Broil 4-6 in. from the heat for 8-12 minutes or until the fish flakes easily with a fork.

Combine the sauce ingredients until smooth. Serve with salmon.

## Country Fried Chicken

### Ingredients:

- 2/3 cup all-purpose flour
- 2 teaspoons garlic salt
- 2 teaspoons pepper
- 1 teaspoon paprika
- 1/2 teaspoon poultry seasoning
- 2 egg, beaten
- 1/2 cup 2% milk
- 4 chicken thighs
- 4 chicken drumsticks
- canola oil

### Preparation

In a large resealable plastic bag, combine the first five ingredients. In a shallow bowl, beat the egg and milk. Add chicken to bag, a few pieces at a time, and shake to coat. Dip into egg mixture, then return to flour mixture and shake again. Remove from bag and let stand for 5 minutes.

Heat about 1 in. of oil in a large skillet. Fry chicken until golden brown on all sides. Reduce heat to medium and cook until a meat thermometer reads 180°, about 15 minutes.