



Great Dinners for Much Less Than You Think!

Caramelized Baked Chicken Party Wings

Ingredients:

- 3 lbs chicken wings
- 2 Tbsp. olive oil
- 1/2 cup soy sauce
- 2 Tbsp. ketchup
- 1 cup honey
- 1 garlic clove, minced
- salt and pepper

Preparation:

Preheat oven to 375 degrees F.

Place chicken in a 9x13 inch baking dish.

Mix together the oil, soy sauce, ketchup, honey, garlic, salt and pepper. Pour over the chicken.

Bake in preheated oven for one hour, or until sauce is caramelized.

Marinated Flank Steak *As seen on ABC 27 on 8/9/2017*

Ingredients:

- 1/2 cup vegetable oil
- 1/3 cup soy sauce
- 1/4 cup red wine vinegar
- 2 Tbsp. fresh lemon juice
- 1 1/2 Tbsp. Worcestershire sauce
- 1 Tbsp. Dijon mustard
- 2 cloves garlic, minced
- 1/2 tsp. ground black pepper
- 1 1/2 pounds flank steak

Preparation:

In a medium bowl, mix the oil, soy sauce, vinegar, lemon juice, Worcestershire sauce, mustard, garlic, and ground black pepper. Place meat in a shallow glass dish. Pour marinade over the steak, turning meat to coat thoroughly. Cover, and refrigerate for 6 hours.

Preheat grill for medium-high heat.

Oil the grill grate. Place steaks on the grill, and discard the marinade. Grill meat for 5 minutes per side, or to desired doneness.

To serve, slice across the width of the steak (rather than the length) into narrow strips

Cheesy Ground Beef & Zucchini Stuffed Peppers

Ingredients:

- 1 lb. ground beef
- 1-1/2 cups water
- 1-1/2 cups instant brown rice, uncooked
- 1 small zucchini, chopped
- 1-1/2 cups CLASSICO Traditional Pasta Sauce, divided
- 1-1/2 cups KRAFT Low-Moisture Part-Skim Mozzarella Cheese, divided
- 1 each large red, yellow and green pepper, cut lengthwise in half, seeded

Preparation:

Heat grill to medium-high heat. Brown meat in skillet; drain. Meanwhile, bring water to boil in large saucepan. Add rice; cover. Simmer 5 min. Remove from heat; let stand 5 min.

Drain meat. Add to rice with zucchini and 1 cup each pasta sauce and cheese. Place 1 pepper half in center of each of 6 large sheets of heavy-duty foil; fill with meat mixture. Top with remaining sauce and cheese. Bring up foil sides. Add 1 Tbsp. water to each packet. Double-fold top and ends to seal each packet, leaving room for heat circulation inside. Grill 20 to 25 min. or until filling is heated through and peppers are crisp-tender. Cut slits in foil to release steam before opening each packet.

BLT-Stuffed Tomatoes

Ingredients:

- 4 large beefsteak tomatoes
- 1 3/4 cups cooked wild rice
- 4 oz. Canadian bacon, diced
- 1/3 cup finely chopped walnuts
- 3 Tbsp. light mayonnaise
- 3 Tbsp. nonfat yogurt
- 1/4 cup chopped fresh parsley
- 1/4 tsp. freshly cracked black pepper
- 1/4 tsp. tsp plus a pinch salt
- 8 cups chopped romaine
- 1 Tbsp. extra-virgin olive oil
- 1 Tbsp. white wine vinegar
- 4 oz. French bread

Preparation:

Cut the top fifth off tomatoes and scoop out flesh. Discard or save for another use.

In a microwave-safe bowl, heat wild rice for 2 minutes. Stir in Canadian bacon and cook 1 more minute. Stir in walnuts, mayonnaise, yogurt, parsley, pepper and 1/4 tsp of the salt. Scoop rice mixture evenly into tomatoes; replace the tops.

Toss romaine with oil, vinegar and a pinch of salt. Serve tomatoes alongside salad and bread.