

# Dine-In Deals

Feed a family of  
4 for around \$10.

In your printer setting, make sure to check on  
"SHRINK TO PRINTABLE AREA"

Prices valid 1/16/11 - 1/22/11 \*Basic ingredients such as salt are not included in the cost.\*

## Creole Pork Chops

  
**\$8.91**  
\$2.23 per person

### Ingredients

4 thick pork chops  
salt and pepper to taste  
1/2 c. water  
2/3 c. ketchup  
2 tbsp. chopped green onion

1/2 c. fresh sliced mushrooms  
1/2 c. sliced green pepper  
1/4 tsp. hot sauce  
1 tbsp. Worcestershire sauce  
1 tsp. sugar

### Directions

In large skillet sprayed with cooking spray, brown chops on both sides, until golden brown. Sprinkle with salt and pepper. Add water, spread ketchup on top of chops. Add green onion, mushrooms, green pepper, hot sauce, Worcestershire sauce and sugar. Bring to boil, cover, reduce heat. Cook over low heat for 45-50 minutes or until chops are fork tender. Serve over hot cooked rice.

Serve with Uncle Ben's Country Inn Rice and save by using Dole Baby Button Mushrooms.

## Chicken And Green Bean Stir Fry

**\$9.19**  
\$2.30 per person

### Ingredients

1 lb. boneless chicken breasts  
1 lemon  
1 clove garlic  
2 tbsp. soy sauce

1/4 c. salted peanuts  
1/2 lb. green beans  
Salt to taste  
1/3 c. chicken stock or canned broth  
1 tbsp. cornstarch  
2 tbsp. oil

### Directions

Cut chicken into strips. Squeeze 1 tablespoon lemon juice and mince garlic. Marinate chicken in lemon juice, garlic and 1 tablespoon soy sauce in a bowl. Cook string beans until tender about 8 minutes in boiling water, drain. Chop peanuts. Combine 1 tablespoon soy sauce, stock and cornstarch. Heat oil in large frying pan or wok. Remove chicken from marinade and add to hot pan. Cook, stirring constantly until chicken is done, about 5 minutes. Push chicken to one side and stir in stock mixture to pan drippings. Stir chicken into sauce and add cooked beans. Cook until beans are heated through about 1 minute. Serve sprinkled with lemon rind and peanuts over rice.

Serve with Uncle Ben's Country Inn Rice and save by using Greenline Green Beans.

## Coca-Cola Bottom Round Roast

**\$10.15**  
\$2.54 per person

### Ingredients

1 (2-3 lb.) bottom round beef roast  
1 tbsp. sugar  
salt and pepper to taste  
6-8 beef bouillon cubes

8 oz. water  
6 oz. Coke

### Directions

Wash, dry roast. Rub with sugar. Salt and pepper to taste. Place 2 pieces heavy foil in pan. Place roast within. Pour Coke over. Place 4-5 bouillon cubes and water around roast.

Place small piece foil over roast. Wrap roast loosely with 2 pieces foil.

Bake at 350°F. Place pan with roast into roasting pan which is filled with water. Cook 1-2 hours per pound, turning roast in broth several times, until roast sticks tender with fork.

Serve with Huntsinger Farms Red Potatoes and Farm Stand Baby Carrots.

## Oriental Pollack

**\$9.94**  
\$2.49 per person

### Ingredients

1 recipe Plum Sauce (recipe follows)  
1 lb. fresh pollack fillets  
1 beaten egg  
2 tbsp. water

1/2 c. fine dry bread crumbs  
1 tbsp. toasted sesame seeds  
1/4 tsp. ground ginger  
1 tbsp. cooking oil  
1 tsp. sesame oil

### Directions

Prepare and chill Plum Sauce. Cut fish into 4 portions. In a shallow dish stir together egg and water. In another dish, combine bread crumbs, sesame seed and ginger. Dip fish in egg mixture to coat; roll in crumb mixture, coating evenly. In a 10" skillet heat oils. Add fish. Cook over medium heat about 3 minutes per side, or until fish flakes easily with a fork. Serve with Plum Sauce.

PLUM SAUCE: In a small saucepan, combine 1/4 cup plum jelly or jam (or guava jelly), 1 tablespoon vinegar, 1 tablespoon soy sauce, 1/2 teaspoon cornstarch and 1/4 teaspoon onion powder. Cook and stir or 2 minutes until thickened and bubbly. Remove from heat and cool slightly. Cover and chill.

Serve with Fresh Broccoli Crowns and save by using San Giorgio Flavored Bread Crumbs.