

# Dine-In Deals

Feed a family of  
4 for around \$10.

## Baked Haddock

**\$9.95**

\$2.49 per person

### Ingredients

4 Haddock filets (or any other firm fish)  
1/2 cup fresh lime juice  
1 tablespoon onion, dried  
1 can (16 oz size) diced tomatoes, undrained  
1 tablespoon parsley, dried

### Directions

Place fish in shallow dish.

Combine lime juice, onion, tomatoes and parsley. Pour mixture on top of fish.

Bake uncovered at 400 degrees for 15-20 minutes.

Serve with your favorite side.

## Cheesy Crockpot Chicken

**\$12.45**

\$4.15 per person

### Ingredients

2 lbs boneless, skinless chicken breasts  
2 cans fat-free cream of chicken soup  
1 can cheddar cheese soup  
1/4 teaspoon garlic powder

### Directions

Cut chicken into bite size pieces. Put chicken in the bottom of the crockpot.

Add rest of ingredients on top. Cook 8 hours on low.

Serve over rice or noodles.

## Cajun Spare Ribs

**\$10.90**

\$2.72 per person

### Ingredients

3-4 lbs spare ribs, country style pork  
1 cup chopped onion  
1/4 cup oil  
1 (8 oz) can tomato sauce  
1/2 cup lemon juice  
3 tablespoon Worcestershire sauce  
2 tablespoon prepared mustard  
2 teaspoon salt  
1/4 teaspoon pepper

### Directions

Season ribs with salt and brown in frying pan. Transfer to crock pot, Dutch oven, or deep pan on stove top.

For sauce, saute onions in oil until lightly browned. Add remaining ingredients.

Simmer covered for 20 minutes (great sauce for barbecue chicken and beef also). Pour sauce over ribs. Simmer for 2-3 hours, basting occasionally.

Serve with a side of rice.

## Ground Turkey with Tomatoes

**\$9.75**

\$2.43 per person

### Ingredients

1 lb. ground turkey  
1 sm. onion, diced  
1 sm. bell pepper, diced  
1 clove garlic  
1 #2 can whole tomatoes  
Butter flavor Pam

### Directions

Brown ground turkey and drain.

Saute vegetables in butter flavor Pam on very low heat.

Add sauteed vegetables to turkey, then tomatoes and bring to a rapid boil.

Reduce heat and simmer until liquid begins to thicken.

Serve over toast, pasta or rice. Low in fat. Can be frozen.

*Prices valid 2/28/10 - 3/6/10*

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