

Dine-In Deals

Feed a family of
4 for around \$10.

Pork Chops Ole

\$10.47

\$2.61 per person

Ingredients

6 Bone-In Pork Loin Chops (5-Oz Each)
2 Tbs. Vegetable Oil
1/8 Tsp. Salt-Free Seasoning Blend
1/8 Tsp. Pepper
3/4 Cup Uncooked Long Grain Rice
1 1/2 Cups Water
1 Can (8-Oz) Tomato Sauce
1/2 Envelope Reduced-Sodium
Taco Seasoning (2 Tablespoons)
1 Medium Green Pepper, Chopped
1/2 Cup Shredded Reduced-Fat
Cheddar Cheese

Directions

Preheat oven at 350.

In a large skillet, brown pork chops in oil; sprinkle with seasoning blend and pepper. Meanwhile, in a greased 13-inch x 9-inch baking dish, combine rice, water, tomato sauce and taco seasoning; mix well. Arrange chops over rice; top with green pepper. Cover and bake at 350 for 1 1/2 hours. Uncover and sprinkle with cheese; return to oven until cheese is melted.

Serve with Mrs B's Brownies for dessert.

Smothered Steak Strips

\$11.01

\$2.75 per person

Ingredients

1 1/2 Lb. Lean Chuck, London Broil,
Or Round Steak, Cut In Strips
1/3 C. Flour
1 Tsp. Salt Or Seasoned Salt
1/2 Tsp. Pepper
1 Large Onion, Quartered And Sliced
1 (14.5 Ounces) Can Tomatoes
1 (4 Ounces) Can Sliced
Mushrooms, Drained
1 Tbsp. Molasses Or Brown
Sugar, Optional
3 Tbsp. Soy Sauce
2 Cups Frozen Green Beans

Directions

Toss steak strips with flour, salt and pepper; place in slow cooker/Crock Pot. Add onion, tomatoes, mushrooms, molasses, and soy sauce. Cover and cook for 8 to 10 hours on low. Add green beans 30 to 45 minutes before serving. Good served with rice.

Serve with Lindy's Italian Ice for Dessert.

Oven Baked Chicken Leg Quarters

\$9.59

\$2.39 per person

Ingredients

6 Chicken Leg Quarters, Skinned
And Trimmed Of Fat
Skim Or Low-Fat Milk
1/2 Cup Plain Bread Crumbs
1/3 Cup Parmesan Cheese
1 Tablespoon Dried Parsley
Flakes, Crumbled
1/4 Teaspoon Freshly Ground
Black Pepper
Vegetable Oil Spray

Directions

Preheat oven to 375°F. Place chicken pieces in shallow bowl or pan; cover with milk. Let soak for 15 minutes or longer in refrigerator.

In a shallow bowl, combine bread crumbs, cheese, parsley flakes, and pepper. Dip soaked chicken pieces, one leg at a time, in breading mixture, coating on all sides. Set the coated pieces on a greased baking pan, preferably non-stick. Lightly spray chicken with vegetable oil spray. Place baking pan in oven for 45 minutes.

Serve with Broccoli and Pellman's Cake for Dessert.

Penne Pasta with Peppers

\$11.12

\$2.78 per person

Ingredients

1 Pound Penne Pasta
2 Tablespoons Olive Oil
2 Red Onions, Cut Into Strips
2 Cloves Garlic, Chopped
3 Red Bell Peppers, Chopped
2 Yellow Bell Pepper, Chopped

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve.

Heat oil in a large skillet over medium heat. Add onion, garlic, red bell peppers and yellow bell peppers and saute for 10 minutes or until tender. Pour this vegetable mixture over cooked pasta and serve.

Serve with Fresh Express Salad, Fresh Broccoli and White Baguettes.

Prices valid 4/18/10 - 4/24/10

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