

THE DINNER

12 Meals. 2 Hours. simple.

A'FARE

FEBRUARY MENU

Smokey Cranberry Apple Pork Chops

These center cut pork chops are going to add zip to your evening with their tangy glaze made of cranberries, apples and onion cooked down in orange and apple juice, and finished off with a touch of heat. This is the perfect dish to get a hearty “smokey” chop without the summer grill. (Ziploc Bag)

Nutritional Info: Cal 186 /Carbs 8.1 gm /Protein 24.8 gm /Fat 6 gm /Fiber .3 gm /Sodium 554 mg /Chol 62 mg

Dietary Exchange: 4

Asian Barbecued Flank Steak

Authentic Asian flavors come together to make one phenomenal steak! The mixture of these three sauces, chili, hoisin and soy sauce, will amaze you. Mix it with the wonderful aroma of sesame oil, garlic and coriander and you have created a unique barbecue sauce with one big WOW factor. (Ziploc Bag)

Nutritional Info: Cal 337 /Carbs 19.6 gm /Protein 25.7 gm /Fat 17.2 gm /Fiber .9 gm /Sodium 1136 mg /Chol 60 mg

Dietary Exchange: 8

Queso Fundido with Steak, Chicken and Shrimp

Queso fundido is Spanish for “melted cheese”, but this isn’t just any cheese dish, it’s full of seasoned flank steak, chicken breast, and of course, succulent shrimp to complete the trio! Because everything comes better in threes! Served with our included tortillas, and you will notice that as the cheese melts this dinner will vanish before your eyes. (Ziploc Bag)

Nutritional Info: Cal 348 /Carbs 5.1 gm /Protein 34 gm /Fat 21.4 gm /Fiber 0 gm /Sodium 746 mg /Chol 132 mg

Dietary Exchange: 9

Tortilla Nutritional Info: Cal 91 /Carbs 15.8 gm /Protein 2.5 gm /Fat 2 gm /Fiber .9 gm /Sodium 136 mg /Chol 0 mg

Dietary Exchange: 2

Chicken Rustico

This earthy dish of boneless, skinless chicken breasts is sautéed then simmered with tangy artichokes, tomatoes and mushrooms. Compliments of red wine and spicy brown mustard make this beautiful dish perfect for those cool winter nights. (Ziploc Bag)

Nutritional Info: Cal 149 /Carbs 5.9 gm /Protein 28.1 gm /Fat 1.5 gm /Fiber 2 gm /Sodium 505 mg /Chol 65 mg

Dietary Exchange: 3

Coconut Shrimp with Island Marmalade

These succulent shrimp are tossed in a crunchy coating of breadcrumbs and tons of coconut! We love this Caribbean dish, which is so quick and easy to prepare! Dip them into our favorite marmalade sauce and you will hear the sounds of Calypso drums and feel the Bahamas’ breeze. (Ziploc Bag)

Nutritional Info: Cal 525 /Carbs 86.6 gm /Protein 27.4 gm /Fat 7.7 gm /Fiber 2 gm /Sodium 807 mg /Chol 113 mg

Dietary Exchange: 11

Fiesta Chicken Chowder

A perfect dish to serve while watching the college basketball game! This hearty chowder is full of all white meat chicken, onions, corn, black beans, stewed tomatoes, Spanish rice and nacho cheese! You will score big on this one-dish meal! (Ziploc Bag)

Nutritional Info: Cal 361 /Carbs 29.1 gm /Protein 31 gm /Fat 13.5 gm /Fiber 4.3 gm /Sodium 594 mg /Chol 83 mg

Dietary Exchange: 8

Blackened Pork Tenderloin with Au Jus

Our lean tenderloin is rubbed with a blackened seasoning and roasted to create a juicy dish that’s full of flavor. Dip into the au jus sauce, and you have a great center for tonight’s dinner plate. Slice your leftovers thin, and you can make French dip sandwiches for the next day. (Ziploc Bag)

Nutritional Info: Cal 191 /Carbs 4.7 gm /Protein 24.1 gm /Fat 8.4 gm /Fiber 0 gm /Sodium 355 mg /Chol 72 mg

Dietary Exchange: 5

Pasta Florentine

This pasta dish favored by the beautiful Tuscan city of Florence will add a simple, yet sophisticated delicacy to your table. Three cheese ravioli and chopped spinach are tossed with a handmade version of Mornay sauce, which is a blend of cream, ricotta, rich egg and the sharp flavors of Parmesan. Bake to a golden crust and you just might go down in history. (Ziploc Bag)

Nutritional Info: Cal 564 /Carbs 49.6 gm /Protein 36.3 gm /Fat 24.5 gm /Fiber 4.2 gm /Sodium 1655 mg /Chol 118 mg

Dietary Exchange: 13

Beef Stroganoff

Tradition stands when it comes to this classic Russian dish! We use strips of Aged Angus Flank Steak and cook them with beef broth, onions, and cream of mushrooms soup stirred together with sour cream. Make this dish complete with our provided egg noodles. (Ziploc Bag)

Nutritional Info: Cal 590 /Carbs 56gm /Protein 33.7gm /Fat 25.7gm /Fiber 2.1gm /Sodium 702mg

Dietary Exchange: 14

Tandoori Chicken with Couscous

This aromatic Indian dish has a rich, exotic combination of spices. We marinate boneless, skinless chicken breasts in chili powder, garlic, cumin, paprika, cinnamon, yogurt and cayenne pepper, if you choose. Serve this with our couscous, which is pasta made from semolina flour, and you have a healthy dish with tons of flavor. (Ziploc Bag)

Nutritional Info: Cal 133 /Carbs 2.2 gm /Protein 27.1 gm /Fat 1.8 gm /Fiber .2 gm /Sodium 284 mg /Chol 66 mg

Dietary Exchange: 2

Texas Tamale

The whole family will love this quintessential Southwestern dish! Ground turkey, kidney beans, corn, onion, green bell pepper, olives and shredded cheddar will turn out tons of flavor. Adding the eclectic mix of garlic, cumin, coriander, chili powder and paprika and a warm cornmeal crust will have you asking for seconds! (Ziploc Bag)

Nutritional Info: Cal 381 /Carbs 43.7 gm /Protein 28.7 gm /Fat 10.1 gm /Fiber 6.4 gm /Sodium 1102 mg /Chol 98 mg

Dietary Exchange: 8

Tuna Steaks with Tomato Sesame Coulis

These seasoned tuna steak medallions are perfectly accented with an incredible tomato coulis sauce. We've combined diced tomatoes, red onion, garlic, rice wine vinegar and the wonderful nuttiness of toasted sesame oil to make this beautiful sauce. Dress the tuna steaks with this coulis and you've got a match made in heaven. (Ziploc Bag)

Nutritional Info: Cal 227 /Carbs 5.9 gm /Protein 27.6 gm /Fat 10.4 gm /Fiber 1.3 gm /Sodium 813 mg /Chol 52 mg

Dietary Exchange: 5

Seared Chicken with Basil Mustard Cream Sauce

We've combined the great flavors of France and Italy to create an extra flavorful dish! We sear tender seasoned chicken breasts until golden brown and then finish them with a rich béchamel sauce accented with basil pesto and tangy Dijon mustard. You're going to love every creamy bite! (Ziploc Bag)

Nutritional Info: Cal 435 /Carbs 3.2 gm /Protein 28.9 gm /Fat 34.1 gm /Fiber .3 gm /Sodium 590 mg /Chol 172 mg

Dietary Exchange: 11

Cuban Style Piñón

We take our cubed center cut pork loin and sauté it with sweet plantains or bananas (based on store location), then add a festive sauce by combining diced tomatoes, bay leaf and tomato sauce. To finish the dish we've added a mixture of onion, bell peppers and green olives for that real Cuban flavor! (Ziploc Bag)

Nutritional Info: Cal 235 /Carbs 14.3 gm /Protein 26.4 gm /Fat 8 gm /Fiber 3.3 gm /Sodium 610 mg /Chol 67 mg

Dietary Exchange: 5

Crispy Ranch Chicken

How easy! Our baked boneless, skinless chicken breasts capture all the creaminess from their seasoned ranch dressing marinade. Tossed in a batter of flour and our blend of secret spices and you will never miss that deep fried flavor. (Ziploc Bag)

Nutritional Info: Cal 283 /Carbs 16.7 gm /Protein 29 gm /Fat 11 gm /Fiber .6 gm /Sodium 731 mg /Chol 72 mg

Dietary Exchange: 6