

THE DINNER

12 Meals. 2 Hours. simple.

A'FARE

FEBRUARY MENU

Bistro Steak with Walnut Gorgonzola Butter

This steak is a favorite in all Dinner A'Fare kitchens! Our beef shoulder tenderloin is seasoned with kosher salt, and pepper. Slice it and top with walnut and Gorgonzola compound butter, and this bistro steak becomes a must try! (Ziploc Bag)

Nutritional Info: Cal 377 /Carbs .8 gm /Protein 31.9 gm /Fat 27.3 gm /Fiber .1 gm /Sodium 308 mg /Chol 73 mg
Dietary Exchange: 10

Chicken Paillards with Mandarin Orange Salsa

We pound thin, these boneless skinless, chicken breasts, to create paillards, (Pronounced: Pt-yärs), or thin cutlets, which allows them to cook quickly and maintain their natural juices. We serve our tender chicken paillards with a salsa of mandarin oranges, tomato, red onion, celery, lime juice, and fresh basil. This dish is special enough for company. (Ziploc Bag)

Nutritional Info: Cal 324 /Carbs 27.5 gm /Protein 29.2 gm /Fat 10.8 gm /Fiber 5.6 gm /Sodium 184 mg /Chol 65 mg
Dietary Exchange: 9

Garlic Rosemary Pork Tenderloin

Inspired by our cooking tour in Italy, we love this pork tenderloin that is doused in chopped garlic and rosemary. Bake this favorite, and your kitchen will be transformed into the Italian countryside. (Ziploc Bag)

Nutritional Info: Cal 127 /Carbs 4 gm /Protein 20.5 gm /Fat 3.4 gm /Fiber .7 gm /Sodium 303 mg /Chol 23 mg
Dietary Exchange: 3

Shrimp Étouffée

Our plump shrimp are added to a base of butter, celery and onions, and dressed with cayenne, garlic, tomato paste and heavy cream to create that bayou flavor. After just one bite you're going to proclaim, "Oooo Wee! Laissez les bons temps rouler!" Cajun for let the good times roll. (Ziploc Bag)

Nutritional Info: Cal 280 /Carbs 27 gm /Protein 27 gm /Fat 7 gm /Fiber 2 gm /Sodium 784 mg /Chol 178 mg
Dietary Exchange: 7

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

Stuffed Chicken with Spinach and Red Peppers

A Florentine dish that will make your mouth water! We take our butterflied, boneless, skinless chicken breasts and stuff them with cream cheese, ranch, spinach, and roasted red bell peppers. Your family will love this flavor combination. (Ziploc Bag)

Nutritional Info: Cal 309 /Carbs 3.3 gm /Protein 34.6 gm /Fat 17.5 gm /Fiber 1 gm /Sodium 523 mg /Chol 120 mg
Dietary Exchange: 7

Creamy Tomato and Basil Gnocchi

This potato dumpling is complimented with a rich sauce made from tomatoes with a touch of basil and velvety cream and butter. Fold in your love for Italian food, and you've created a dish perfect for those Saturday night dinner guests. (Ziploc Bag)

Nutritional Info: Cal 413 /Carbs 41 gm /Protein 12.3 gm /Fat 18.2 gm /Fiber 4 gm /Sodium 508 mg /Chol 29 mg
Dietary Exchange: 9

Baja Fish Tacos with Red Onion Relish

The Baja strip may be the birthplace of the original fish taco, but your kitchen is the new home! We lightly dust our flaky tilapia filets with lime juice and taco seasoning so that it bakes up light and flavorful. We then top a warm soft taco with the tilapia, our red onion relish, for the perfect crunch, and a smooth cream sauce, accented with lime juice and cilantro. (Ziploc Bag)

Nutritional Info: Cal 318 /Carbs 15.9 gm /Protein 25.6 gm /Fat 21.3 gm /Fiber 0.5 gm /Sodium 545 mg /Chol 90 mg
Dietary Exchange: 8

Malibu Chicken

A west coast favorite! We bake our boneless, skinless chicken breasts to perfection, then top with savory ham and Swiss cheese, and finally finish with a tangy mustard sauce. This cousin to Chicken Cordon Bleu will whet your appetite for a trip to California wine country. (Ziploc Bag)

Nutritional Info: Cal 291 /Carbs 9.9 gm /Protein 28.6 gm /Fat 15.3 gm /Fiber .1 gm /Sodium 683 mg /Chol 79 mg

Dietary Exchange: 8

Pork Lo Mein with Mandarin Vegetables

We love this classic Chinese dish! We sauté our lean and tender cubed pork with traditional soy, ginger, and garlic flavors, and then add a sauce made of lime and ginger for an exciting zip. We complete this dish with noodles and a colorful and healthy blend of Asian-style vegetables! (Ziploc Bag)

Nutritional Info: Cal 380 /Carbs 42.8 gm /Protein 22.9 gm /Fat 13 gm /Fiber 4.1 gm /Sodium 2110 mg /Chol 40 mg

Dietary Exchange: 10

Pasta Nutritional Info: Cal 172 /Carbs 35.3 gm /Protein 6 gm /Fat .7 gm /Fiber 1.1 gm /Sodium 3 mg /Chol 0 mg

Dietary Exchange: 4

Chicken Francese

"In the French manner" Our version of this dish does not steer too far from the original. We hand batter our thin chicken breasts and cook in olive oil until golden brown. We then serve this dish with a zesty lemon sauce and slices of beautiful lemon. This dish is always a hit with the little ones! (Ziploc Bag)

Nutritional Info: Cal 395 /Carbs 8.6 gm /Protein 26.9 gm /Fat 18.2 gm /Fiber .9 gm /Sodium 306 mg /Chol 308 mg

Dietary Exchange: 8

Beef Stroganoff

Tradition stands when it comes to this classic Russian dish! We use strips of Aged Angus 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 301 /Carbs 5.6gm /Protein 25.2 gm /Fat 19.7gm /Fiber .2gm /Sodium 619 mg / Chol 190 mg

Dietary Exchange: 10

Pork Chops and Root Vegetables with Ancho-Spiced Honey Glaze

Our pan-seared chops and quartered root vegetables pair perfectly with our honey glaze, flavored with lemon juice, cumin, cinnamon, and ancho peppers. Ancho peppers are the dried version of Poblano, or "people" peppers and add just a hint of heat to this flavorful dish. (Ziploc Bag)

Nutritional Info: Cal 192/Carbs 11 gm /Protein 16.6 gm /Fat 9.1 gm /Fiber 1.5 gm /Sodium 92 mg /Chol 50 mg

Dietary Exchange: 5

Sweet and Sour Chicken

"Wok" your way into your family's heart by serving up this delicious dish of tempura battered chicken breast tossed with sautéed bell pepper, onion and pineapple. We finish it by adding a traditional style sweet and sour sauce for that authentic Cantonese flavor. Your fortune cookie says... "A great meal ahead." (Ziploc Bag)

Nutritional Info: Cal 252 /Carbs 26.7 gm /Protein 29.8 gm /Fat 2.8 gm /Fiber 1.3 gm /Sodium 111 mg /Chol 65 mg

Dietary Exchange: 5

Meatball Pitas with Yogurt Sauce and Red Pepper Jam

Our homemade meatballs merit a sauce more distinctive than Marinara. We start with lean ground beef; add a touch of mint, onion, garlic, paprika and ground cumin. The Middle Eastern flavors pair exquisitely with our tangy yogurt sauce with touches of sesame and lime. Served atop pita flatbread and accompanied by grilled onions and Red Pepper Jam, these pitas are simply delicious. (Ziploc Bag)

Nutritional Info: Cal 384 /Carbs 51.3 gm /Protein 47.2 gm /Fat 13.9 gm /Fiber 7.7 gm /Sodium 551 mg /Chol 42 mg

Dietary Exchange: 13