



DINNER A'FARE

FEBRUARY MENU

Cranberry and Goat Cheese Stuffed Chicken

Our stuffed chicken dishes are always a huge hit. This time we've outdone ourselves. The tangy and creamy goat cheese and cranberry mixture highlights perfectly, the simple flavors of lightly seasoned chicken breasts. This is definitely a dish for the entire family or for distinguished dinner guests!

Nutritional Info: Cal 190 /Carbs 1.7 gm /Protein 28.9 gm /Fat 7.6 gm /Fiber .4 gm /Sodium 250 mg /Chol 83 mg
Dietary Exchange: 5

Shrimp with Candied Walnuts

Dinner A'Fare shrimp dishes are always crowd pleasers. Check it out. We take our plump black tiger shrimp and gently pan-fry them until golden brown. We then drizzle with our sweet glaze and serve with home-made candied walnuts. It is delicious.

Nutritional Info: Cal 388 /Carbs 11 gm /Protein 19 gm /Fat 24 gm /Fiber 1.5 gm /Sodium 362 mg /Chol 184 mg /
Sugar 21 gm

Coq au Vin

This traditional French dish is made with boneless, skinless chicken breasts tossed in a coating of flour and thyme. We then sauté it with a combination of carrots, pearl onions, bacon and the traditional mushrooms. After adding a reduction of red wine, chicken broth, tomato and garlic you will feel like Napoleon once you're enjoying this dish, which he is rumored to have loved!

Nutritional Info: Cal 271 /Carbs 15.1 gm /Protein 33.2 gm /Fat 8.7 gm /Fiber 2.4 gm /Sodium 821 mg /Chol 77 mg

Steak Soft Tacos with Horseradish Bleu Cheese

This union of steak, bleu cheese and horseradish will "knock your socks off!" These classic pairings are combined with a twist in our soft tacos. We rub our choice cut flank steak with earthy chili powder and garlic, serve it up on warm soft tortillas, and garnish them with a rich blend of prepared horseradish sauce and tangy bleu cheese crumbles.

Nutritional Info: Cal 265/Carbs 16.9 gm /Protein 25.6 gm /Fat 10.5 gm /Fiber 1.2 gm /Sodium 250 mg /Chol 56 mg
Horseradish Bleu Cheese Nutritional Info: Cal 180 /Carbs 1 gm /Protein 4 gm /Fat 19 gm /Fiber 0 gm /Sodium
210 mg / Chol 15 mg

Pesto Chicken with White Wine Pesto Gravy

Pesto- the sauce of pureed basil, pine nuts, and Parmesan cheese- may have originated in Northern Italy, but today The Dinner A'Fare considers it a staple in our kitchen. We love this juicy roasted chicken dish with a creamy white wine- pesto sauce.

Nutritional Info: Cal 280 /Carbs 9.1 gm /Protein 27.3 gm /Fat 3.9 gm /Fiber 0.6 gm /Sodium 186 mg /Chol 33 mg

Lemon Butter Cod with Orzo

This is a tasty feast when you want something light for dinner. Our flaky cod loins are seasoned and glazed with compound lemon butter, served over a bed of orzo pasta garnished with sun-dried tomatoes and artichokes, and tossed with balsamic vinaigrette. You may just find yourself dreaming of Venice while enjoying this one!

Nutritional Information: Cal 332 /Carbs 15.6 gm /Protein 24.7 gm /Fat 19 gm /Fiber 2 gm /Sodium 204 mg /Chol
89 mg

Chicken Cotoletta with Sweet Potato Orzo

This beautiful dish is great for those big platter, family style dinners. We bread our boneless skinless chicken breasts in the true "Cotoletta" style, Italian for little rib cutlet, then pan fry it for that crispy texture. We serve it over orzo pasta tossed with roasted sweet potatoes, walnuts, green onion and honey vinaigrette.

Chicken Cotoletta Nutritional Info: Cal 253 /Carbs 14.4 gm /Protein 30.5 gm /Fat 8.1 gm /Fiber .8 gm /Sodium
678 mg /Chol 65 mg

Sweet Potato Orzo Nutrition Info: Cal 162 /Carbs 29.8 gm /Protein 4.4 gm /Fat 2.8 gm /Fiber 1.3 gm /Sodium 204
mg /Chol 0 mg

Cheese Ravioli Parma Rosa

We take cheese ravioli and toss them in a Parma Rosa sauce homemade in our kitchen. We combine Alfredo sauce, diced tomatoes, tomato sauce, garlic powder, and parsley to create a rich, creamy sauce that is perfect for cheese filled pasta! Great for the entire family!

Nutritional Info: Cal 274 /Carbs 26.6 gm /Protein 11.3 gm /Fat 13.6 gm /Fiber 1.5 gm /Sodium 317 mg /Chol 21 mg

Vegas Chicken with Crabmeat Succotash

Inspired by one of the great chefs on the Strip, this dish is sure to please all. We take our fresh chicken breasts and stuff them with crabmeat, corn and lima bean succotash, and smooth cream cheese! Absolutely fabulous and easy to make!!

Nutritional Info: Cal 203 /Carbs 10 gm /Protein 31 gm /Fat 4.1 gm /Fiber 2.1 gm /Sodium 217 mg /Chol 95 mg

Farfalle Pasta with Chicken, Asiago Cream, Bacon and Onions

We take our lean grilled chicken and toss in a delicious asiago cream sauce with hints of bacon and onion. Serve atop al dente farfalle pasta and you have delicious winter dinner that the entire family will enjoy.

Nutritional Info: Cal 248 /Carbs 4.6 gm /Protein 18.7 gm /Fat 18.4 gm /Fiber 2 gm /Sodium 639 mg /Chol 67 mg

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

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.”

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

Cuban Quesadillas

We take our famous pulled pork, layer it with ham and swiss, then serve with tangy mustard and of course a pickle. Press it all between a crispy flour tortilla and you have Dinner A’Fare’s Cuban Quesadilla. This family friendly dish tastes great and is super-easy!

Nutritional Info: Cal 272 /Carbs 3.7 gm /Protein 30.4 gm /Fat 15 gm /Fiber .5 gm /Sodium 376 mg /Chol 181 mg

Teriyaki Chicken with Caramelized Pineapple

Everyone loves the combination of teriyaki and pineapple. We take our tender, boneless skinless chicken breasts and marinate them in a teriyaki sauce made from scratch! Top with thick slices of caramelized pineapple for a beautiful presentation without the hassle!

Nutritional Info: Cal 227 /Carbs 13.9 gm /Protein 20.4 gm /Fat 10 gm /Fiber .4 gm Sodium 1342 mg /Chol 40 mg / Sugars 20 gm

Flank Steak with Pink Peppercorn Butter

Greek mythology says horseradish is worth its weight in gold, and we say these burgers are too! Lean ground beef encrusted with tangy prepared horseradish is a unique way to reinvent the burger at your next tailgate party. We’ve added a double portion of cheddar cheese just to make it even better.

Nutritional Info: Cal 241 /Carbs .9 gm /Protein 23.2 gm /Fat 16.1 gm /Fiber .2 gm /Sodium 477 mg /Chol 77 mg

Mini Meatloaves

Very popular with the entire family! Each individual meatloaf is made with lean ground turkey, oats, ketchup and onion. With our new added Italian seasonings you will love this healthier classic even more, while your kids love having their own individual loaf!

Nutritional Info: Cal 286 /Carbs 21.4 gm /Protein 25.3 gm /Fat 11.1 gm /Fiber 2.2 gm /Sodium 761 mg /Chol 90 mg