

THE DINNER

12 Meals. 2 Hours. simple.

A'FARE

JULY MENU

Lemon Butter Tilapia with Orzo

This is a tasty feast when you want something light for dinner. Our flaky tilapia filets 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! (Ziploc Bag)

Nutritional Information: Cal 332 /Carbs 15.6 gm /Protein 24.7 gm /Fat 19 gm /Fiber 2 gm /Sodium 204 mg /Chol 89 mg
Dietary Exchange: 8

Chimichurri Flank Steak

We love these flavors that originated in Argentina! We marinate our flank steak in the traditional flavors of red wine vinegar, olive oil, cilantro, garlic and cumin, which helps tenderize this beautiful grilled steak. We even mix up a little more for the finishing sauce that makes our mouth water. (Ziploc Bag)

Nutritional Info: Cal 205 /Carbs 10.2 gm /Protein 19.7 gm /Fat 10 gm /Fiber .2 gm /Sodium 547 mg /Chol 49 mg
Dietary Exchange: 5

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!! (Ziploc Bag)

Nutritional Info: Cal 203 /Carbs 10 gm /Protein 31 gm /Fat 4.1 gm /Fiber 2.1 gm /Sodium 217 mg /Chol 95 mg
Dietary Exchange: 4

Asian Pork Tenderloin

Back by popular demand, the most tender pork loin you'll ever taste. Marinated in soy sauce, garlic and sesame to create a unique flavor everyone will love. Slice it up and serve with our secret Asian glaze made from a reduction of sherry, rice wine vinegar, soy sauce and a dash of coriander. (Ziploc Bag)

Nutritional Info: Cal 223 /Carbs 1.1 gm /Protein 24.2 gm /Fat 13.6 gm /Fiber .2 gm /Sodium 182 mg /Chol 72 mg
Dietary Exchange: 6

Barbecue Chicken Quesadillas

Fun fiesta flavor can be found right at home in your kitchen with these quesadillas made from all white meat chicken, tangy barbecue sauce, green peppers, green onions and tons of hot melted Monterey jack cheese. Great Mexican flare with a barbecue twist! (Ziploc Bag)

Nutritional Info: Cal 529 /Carbs 24 gm /Protein 38.9 gm /Fat 30.8 gm /Fiber 1.7 gm /Sodium 853 mg /Chol 128 mg
Dietary Exchange: 13

Sicilian Chicken

This Mediterranean dish is full of southern Italian flavor. We bake our boneless, skinless chicken breasts with diced tomatoes, garlic, black olives, capers, basil, olive oil, and white wine. This dish will entice your taste buds and leave you wanting more of the authentic Sicilian flavor! (Ziploc Bag)

Nutritional Info: Cal 179 /Carbs 3.6 gm /Protein 26.7 gm /Fat 6.5 gm /Fiber .5 gm /Sodium 349 mg /Chol 65 mg
Dietary Exchange: 4

Honey Bourbon Beef Brisket

Our hickory smoked beef brisket has been slow cooked ahead for 16 hours. You add the perfect glaze of honey, brown sugar, bourbon, and barbecue sauce, and your husband is going to love the flavor, while you love how easy this is. (Ziploc Bag)

Nutritional Info: Cal 279 /Carbs 16.9 gm /Protein 30.5 gm /Fat 9.9 gm /Fiber .5 gm /Sodium 401 mg /Chol 90 mg
Dietary Exchange: 6

Cheese Ravioli with Parmesan Pesto

Our handmade pesto is a blend of basil, garlic, Parmesan, and olive oil. Add our jumbo cheese ravioli and garnish with pine nuts to create a mouth-watering dish! Serve it cold the next day for lunch and you'll be a hit! (Ziploc Bag)

Nutritional Info: Cal 260 /Carbs 7.7 gm /Protein 5.3 gm /Fat 23.2 gm /Fiber 1.3 gm /Sodium 270 mg /Chol 9 mg

Dietary Exchange: 7

Grilled Peach and Pork Kabobs

In ancient history the peach is known for long life, but in our kitchen it's known for good eating, especially on these amazing kabobs! We take our hand-cut pork loin and add diced peaches with a glaze of butter, garlic, preserves, thyme and a touch of brandy to create these wonderful skewers. You are sure to love the combination. (Ziploc Bag)

Nutritional Info: Cal 265 /Carbs 13.4 gm /Protein 24.6 gm /Fat 12.4 gm /Fiber .4 gm /Sodium 104 mg /Chol 77 mg

Dietary Exchange: 6

Shrimp Newburg

Originating from a renowned New York restaurant, we've taken this dish to a new level. Our rich cream sauce is accented with a hint of celery and onion and combined with sherry, tomato paste, Worcestershire and Old Bay. Pour it over our beautiful plump shrimp and toss to create a regional Mid-Atlantic dish that will make the same headlines in your kitchen! (Ziploc Bag)

Nutritional Info: Cal 299 /Carbs 15.2 gm /Protein 27.1 gm /Fat 14.3 gm /Fiber .5 gm /Sodium 939 mg /Chol 184 mg

Dietary Exchange: 6

Margarita Chicken

This festive favorite is a perfect dish for a night when you want flavor without the fuss! We marinate our boneless, skinless chicken breasts in orange juice, lime juice, green onion, and a splash of Tequila. In the oven or on the grill, you will find this one a zesty addition to your table! (Ziploc Bag)

Nutritional Info: Cal 128 /Carbs 1.9 gm /Protein 26.5 gm /Fat 1.5 gm /Fiber 0.3 gm /Sodium 481 mg /Chol 65 mg

Dietary Exchange: 3

Bacon-Bleu Cheese Stuffed Pork Chops

We've created a wonderful stuffed pork chop perfect for summer! We take our hand-cut pork chops and stuff them with lots of tangy bleu cheese crumbles, and if that wasn't enough we've also added crispy bacon and chives. This enjoyable dish will melt in our mouth! (Ziploc Bag)

Nutritional Info: Cal 276 /Carbs .5 gm /Protein 31.2 gm /Fat 16.5 gm /Fiber .1 gm /Sodium 474 mg /Chol 89 mg

Dietary Exchange: 7

Italian Style Turkey Burgers

You'll love this new take on Italian! We take our ground turkey and add breadcrumbs, gooey mozzarella, red wine, oregano and garlic powder to make a wonderfully seasoned burger. Then to top it off we garnish it with a relish made from seasoned tomato sauce and Italian vegetables. You don't want to miss this one! (Pan)

Nutritional Info: Cal 287 /Carbs 27.2 gm /Protein 32.7 gm /Fat 5.3 gm /Fiber 2.1 gm /Sodium 519 mg /Chol 74 mg

Dietary Exchange: 7

Hamburger Bun Nutritional Info: Cal 171 /Carbs 28 gm /Protein 8 gm /Fat 3 gm /Fiber 0 gm /Sodium 320 mg /Chol 0 mg

Dietary Exchange: 4

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

Roasted Red Pepper Steak Kabobs

Show off to your neighbors with these savory steak kabobs. This seasoned steak tossed in roasted red bell pepper pesto and grated Parmesan will give new meaning to the grill. You're going to want more of this one! (Ziploc Bag)

Nutritional Info: Cal 325 /Carbs 1.4 gm /Protein 29.9 gm /Fat 22 gm /Fiber 0 gm /Sodium 751 mg /Chol 69 mg

Dietary Exchange: 8