



DINNER A'FARE

JUNE MENU

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.

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

Walnut Pesto Chicken with Linguine

The authentic taste of basil pesto is even better after the addition of crushed walnuts and garlic. Toss in all white meat chicken and serve over a bed of linguine noodles and your kids are going to come running to the table.

Nutritional Info: Cal 403 /Carbs 31.2 gm /Protein 12.7 gm /Fat 28.9 gm /Fiber 2.3 gm /Sodium 569 mg /Chol 13 mg
Dietary Exchange: 10

Korean Beef Lettuce Wraps

We've created a dish rich in Korean roots called "Sanhchu Ssam", which means "wrapped in lettuce". We've taken traditional ingredients by filling crisp lettuce with a spoon of fragrant Jasmine rice, topped it with our tender flank steak marinating in sesame oil, soy sauce, ginger and garlic, and added sautéed bean sprouts, water chestnuts, green onion and bamboo shoots. You're going to love these wraps!

Nutritional Info: Cal 289 /Carbs 23.1 gm /Protein 22.1 gm /Fat 12 gm /Fiber 1.1 gm /Sodium 598 mg /Chol 47 mg
Dietary Exchange: 8

Ricotta Stuffed Chicken with Roasted Red Pepper Sauce

Our Italian seasoned boneless, skinless chicken breasts are stuffed with a ricotta and mozzarella filling and baked to perfection. To add that extra touch, we garnish this dish with marinara, garlic and roasted red bell peppers for a soft smoky flavor. After this one you're going to be quoting "molto bene", which is Italian for "very good"!

Nutritional Info: Cal 254 /Carbs 6.4 gm /Protein 34.7 gm /Fat 9.9 gm /Fiber 1 gm /Sodium 334 mg /Chol 93 mg
Dietary Exchange: 6

Tortellini Pasta with Artichokes and Sun-dried Tomatoes

This is a great pasta salad hot or cold! We take our cheese stuffed tortellini and toss them with sliced artichokes, sun-dried tomatoes, roasted red peppers, garlic, thyme, red wine vinegar and extra virgin olive oil. Toss together and serve!

Nutritional Info: Cal 426 /Carbs 53 gm /Protein 19 gm /Fat 16 gm /Fiber 5 gm /Sodium 836 mg /Chol 85 mg
Dietary Exchange: 11

Hickory Apple Smoked Chicken

Your husband and kids will race to the table for this dish. It's so easy! This smoke marinated chicken is glazed with hickory barbecue sauce, bacon and a hint of apple. Cook it on the grill or even in the oven and then relax, because your day just got a lot easier.

Nutritional Info: Cal 280 /Carbs 12 gm /Protein 30.6 gm /Fat 12.1 gm /Fiber 1 gm /Sodium 987 mg /Chol 73 mg
Dietary Exchange: 7

Asian Turkey Burgers with Hoisin Ketchup

Burger lovers, you're going to love this lean turkey mixed with water chestnuts, green bell peppers, ginger and soy sauce. Top these burgers with uniquely flavored hoisin ketchup and your taste buds will be in for a journey. Remember, one bite at a time!

Nutritional Info: Cal 290 /Carbs 7.8 gm /Protein 23.3 gm /Fat 16 gm /Fiber .7 gm /Sodium 811 mg /Chol 120 mg
Dietary Exchange: 7

Bun Nutritional Info: Cal 171 /Carbs 28 gm /Protein 6 gm /Fat 3 gm /Fiber 0 gm /Sodium 320 mg /Chol 0 mg
Dietary Exchange: 4

Muffuletta Chicken

The kids will love this favorite New Orleans combination even more than the Friday night pizza. We start with our boneless, skinless chicken breast, and top them with slices of pepperoni, salami and ham. Garnished with our favorite olive salad, and covered with provolone, will make your mouth water!

Nutritional Info: Cal 213 /Carbs 1.2 gm /Protein 31.5 gm /Fat 9 gm /Fiber .4 gm /Sodium 599 mg /Chol 83 mg
Dietary Exchange: 5

Szechuan Shrimp

This shrimp dish is named after a province in China that is internationally known for its hot and spicy foods. The amazing combination of sweet shrimp and green onion is paired with a marinade of soy sauce, sherry, ginger and garlic.

Nutritional Info: Cal 130 /Carbs 4.1 gm /Protein 23.8 gm /Fat 2 gm /Fiber .3 gm /Sodium 524 mg /Chol 170 mg
Dietary Exchange: 3

FF Make this dinner family friendly by setting aside a few shrimp before adding sauce.

Spanish Chicken Roulade with Chorizo

You're going to love this culinary experience. We've taken boneless skinless chicken breasts and stuffed them with onion, garlic, chorizo, parsley, almonds and cheese. To complement the intense flavor combination we finish with a light sherry sauce.

Nutritional Info: Cal 480 /Carbs 33 gm /Protein 39 gm /Fat 23 gm /Fiber 1 gm /Sodium 1203 mg /Chol 210 mg
Dietary Exchange: 13

FF Make this dinner family friendly by leaving out the chorizo stuffing on the portions of your choice.

Panko Crusted Tilapia with Sweet-Onion Corn Relish

This is a great "company for dinner" dish. Our tilapia filets are crusted with seasoned panko breadcrumbs, and topped with a relish made from sweet onions, corn and sour cream. You have now reached gourmet chef status!

Nutritional Info: Cal 357 /Carbs 30.5 gm /Protein 29.1 gm /Fat 13.2 gm /Fiber 3.1 gm /Sodium 872 mg /Chol 60 mg
Dietary Exchange: 8

Greek Chicken Pitas

Wine, conversation and these fantastic pitas are all you need for a great weekend afternoon! Our boneless, skinless chicken breast strips are marinated in the customary Greek ingredients of olive oil, lemon juice, garlic, oregano and red onion. Stuff the warm pitas (provided) and top with our traditional tzatziki sauce made from yogurt, cucumber and dill and your afternoon will lead into fun times and memories.

Nutritional Info: Cal 208 /Carbs 7.2 gm /Protein 28.2 gm /Fat 7.3 gm /Fiber 1 gm /Sodium 291 mg /Chol 70 mg
Dietary Exchange: 5

Pita Bread Nutritional Info: Cal 162 /Carbs 33.4 gm /Protein 5.5 gm /Fat .7 gm /Fiber 1.3 gm /Sodium 322 mg /Chol 0 mg

Dietary Exchange: 4

Texas Steak with Worcestershire Mustard Sauce

Our tender flank steak is thinly sliced and seasoned in chili powder, kosher salt, cumin, onion powder and of course, garlic for a bold Texas style flavor! We then serve this man's steak dinner with a complementing sauce of Worcestershire, dry mustard, marinara, honey, and more chili powder! These flavors blend together to create a mouth watering experience making this a long time Dinner A' Fare favorite!

Nutritional Info: Cal 241 /Carbs 12.2 gm /Protein 24.9 gm /Fat 10.3 gm /Fiber 2.3 gm /Sodium 979 mg /Chol 56 mg
Dietary Exchange: 6

Lager and Lemon Chicken

These boneless, skinless chicken breasts marinated with lager beer and fresh citrusy flavor of lemon will be a big hit! This works well on the grill, and will call people to the table when they smell the essence of oregano, thyme and sweet honey. Perfect for a light meal over a bed of greens, or served with a baked potato.

Nutritional Info: Cal 152 /Carbs 3.3 gm /Protein 26.4 gm /Fat 3.6 gm /Fiber .1 gm /Sodium 165 mg /Chol 65 mg
Dietary Exchange: 4

Jerk Pork Tenderloin with Pineapple Chutney

This tender and juicy pork tenderloin is crusted with jerk seasoning, a combination of onion, garlic, thyme, allspice, cinnamon, nutmeg, and cayenne pepper. We then add, to create the perfect balance, chutney made from crushed pineapple, vinegar, brown sugar, red onion, jalapeno and cilantro. Your taste buds are going to love this journey to reggae country.

Nutritional Info: Cal 201 /Carbs 17.2 gm /Protein 24.2 gm /Fat 3.9 gm /Fiber .5 gm /Sodium 159 mg /Chol 72 mg
Dietary Exchange: 5

FF Make this dinner family friendly by only adding the jerk seasoning to the portions of your choice.