

THE DINNER

12 Meals. 2 Hours. simple.

A'FARE

MARCH MENU

Shrimp and Grits with Bourbon Red-Eye Gravy

The Dinner A'Fare is cooking up a southern classic that everyone loves! We cook our grits in a rich base of stock, cream, butter and cheese for that nice velvety flavor and texture. Then we top them with our pan seared, New Orleans style shrimp just to add a little kick, along with a glaze of our red-eye gravy made from bourbon, butter, and a hint of coffee. This dish is a southern heaven, and as they say, "a man full of grits is a man full of peace." (Ziploc Bag)

Nutritional Info: Cal 380 /Carbs 43.1 gm /Protein 26.8 gm /Fat 11.5 gm /Fiber .8 gm /Sodium 588 mg /Chol 175 mg

Dietary Exchange: 8

Flank Steak with Walnut Gorgonzola Butter

This steak is a favorite in all Dinner A'Fare kitchens! Our tender flank steak 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

Five-Spice Chicken with Cilantro Cream Sauce

Five-spice is considered the "wonder spice", encompassing the five flavor profiles that your tongue can experience. Our boneless, skinless chicken breasts are marinated in this five-spice, sautéed and then finished with a rich cilantro cream sauce. This dish will take you to a land far away, when you take a bite! (Ziploc Bag)

Nutritional Info: Cal 243 /Carbs 3 gm /Protein 28 gm /Fat 13.3 gm /Fiber .2 gm /Sodium 567 mg /Chol 92 mg

Dietary Exchange: 6

Mojito Pork Kabobs with Cherry Barbecue Sauce

This festive dish is perfect for a night when you want flavor without the fuss! We marinate our tender pork loin in rum, brown sugar, garlic, sweet and sour mix, and of course the traditional mint. Serve these kabobs up with the handmade cherry barbecue sauce, and you will find this one a zesty addition to your table! (Ziploc Bag)

Nutritional Info: Cal 262 /Carbs 25 gm /Protein 26.1 gm /Fat 6.4 gm /Fiber .8 gm /Sodium 630 mg /Chol 72 mg

Dietary Exchange: 6

Hawaiian Chicken

Our boneless, skinless chicken breasts are cooked in crushed pineapple, mandarin oranges, carrots, and coconut flakes. We add in the distinct seasoning of coriander, cumin and garlic powder, and this burst of flavor makes this the perfect way to bring a little sunshine to your table! (Ziploc Bag)

Nutritional Info: Cal 221 /Carbs 10.2 gm /Protein 31.4 gm /Fat 6.2 gm /Fiber 1 gm /Sodium 526 mg /Chol 76 mg

Dietary Exchange: 5

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! (Ziploc Bag)

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

Dietary Exchange: 9

South of the Border Pork Tenderloin

Everyone always loves our juicy and tender pork tenderloin. With our added southwestern sauce including, black beans, corn and a tasty spiced up tomato base, you'll enjoy the perfect combination to give it that great authentic flavor. (Ziploc Bag)

Nutritional Info: Cal 160 /Carbs 4.4 gm /Protein 24.5 gm /Fat 4.9 gm /Fiber .3 gm /Sodium 338 mg /Chol 72 mg

Dietary Exchange: 4

Bruschetta Chicken

We've taken everyone's Italian favorite and transformed it into a timeless Dinner A'Fare meal by coating our boneless, skinless chicken breast in a crunchy, golden panko and Parmesan breading and topping it with a beautiful combination of sun-dried tomatoes, garlic, kalamata olives, red onion, and basil. Bruschetta may date back to the 15th century, but we've just taken it right into the 21st! So raise your pinot grigio and toast, "cent' anni", which means may you live 100 years! (Ziploc Bag)

Nutritional Info: Cal 236 /Carbs 9.7 gm /Protein 34.3 gm /Fat 6.7 gm /Fiber 1 gm /Sodium 756 mg /Chol 73 mg

Dietary Exchange: 5

Horseradish Encrusted Cheddar Beef Burgers

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. (Pan)

Nutritional Info: Cal 283 /Carbs 12 gm /Protein 25.2 gm /Fat 16.8 gm /Fiber .6 gm /Sodium 843 mg /Chol 109 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

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

Greek Moussaka

One of Greece's most famous dishes is moussaka and The Dinner A'Fare knows you are going to love it just as much! This version features layers of eggplant, sliced potatoes, and a meat sauce made with ground beef, onion, tomatoes, garlic and warm spices like cinnamon and all-spice. We even top it with the traditional sauce similar to béchamel. This culinary event is so good your family may just mistake you for the Greek Goddess Demeter, which is the goddess of the harvest and nourishment. Truly a comfort food at its best! (Pan)

Nutritional Info: Cal 337 /Carbs 59 gm /Protein 10.2 gm /Fat 13.2 gm /Fiber 9.3 gm /Sodium 432 mg /Chol 97 mg

Dietary Exchange: 5

Teriyaki and Pineapple Pork Chops

Everyone loves the combination of teriyaki and pineapple. We take our tender, hand cut pork chops and marinate them in a teriyaki sauce made from scratch! Top these chops with thick slices of pineapple for a beautiful presentation without the hassle! (Ziploc Bag)

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

Dietary Exchange: 5

Chicken Balsamico

You will find our lightly seasoned, boneless, skinless chicken breasts perfect when you sauté them up to a golden brown. Adding our tangy and robust sauce made with aged balsamic vinegar, garlic, thyme and honey makes this dish a rival to your favorite restaurant version! We've even added in sliced mushrooms for a fully rounded Italian dish! (Ziploc Bag)

Nutritional Info: Cal 241 /Carbs 29.6 gm /Protein 27.5 gm /Fat 1.4 gm /Fiber .3 gm /Sodium 373 mg /Chol 65 mg

Dietary Exchange: 5

Flank Steak with Sherry-Tomato Sauce

Our tender flank steak is seasoned and slow cooked for a simple dinner after a long busy day. Simmered in a tangy tomato sauce, with sherry, and garlic and herb seasoning, then finished with whole baby carrots and pearl onions to create the perfect balance and flavor. What an easy dish! (Ziploc Bag)

Nutritional Info: Cal 177 /Carbs 8 gm /Protein 20.2 gm /Fat 7.1 gm /Fiber 1.8 gm /Sodium 821 mg /Chol 47 mg

Dietary Exchange: 4

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