



DINNER A'FARE

MAY MENU

Coconut Shrimp with Island Marmalade

These succulent shrimp are tossed in a crunchy coating of breadcrumbs and tons of coconut! We love this Caribbean dish, which is so quick and easy to prepare! Dip them into our favorite marmalade sauce and you will hear the sounds of Calypso drums and feel the Bahamas' breeze. (This dish takes a bit more work, but it's worth it)

Nutritional Info: Cal 525 /Carbs 86.6 gm /Protein 27.4 gm /Fat 7.7 gm /Fiber 2 gm /Sodium 807 mg /Chol 113 mg

Orange Chicken with Pecan Crust

A light orange-curry marinade makes these boneless, skinless chicken breasts unbelievably tender! The chicken breasts are then rolled in a cranberry, pecan crust with a touch of ginger, and then baked to perfection. This is another fabulous dinner that your kids will love!

Nutritional Info: Cal 260 /Carbs 8.2 gm /Protein 28.9 gm /Fat 12.4 gm /Fiber 1.1 gm /Sodium 360 mg /Chol 66 mg

Honey Dijon Pork Tenderloin

It may look like a super-fancy holiday meal, but this clean eating dish is amazingly healthy and delicious at the same time. We love the combination of the Dijon crust and juicy pork tenderloin.

Nutritional Info: Cal 285 /Carbs 4.6 gm /Protein 26.9 gm /Fat 4.1 gm /Fiber .9 gm /Sodium 306 mg /Chol 308 mg

Bistro Steak with Walnut Gorgonzola Butter

This steak is a favorite in all Dinner A'Fare kitchens! Our Aged Angus beef 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!

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

Crusted Chicken with Jalapeño Corn Salsa

These flavors will amaze your taste buds! Boneless, skinless chicken breasts are crusted in seasoned bread crumbs and cornmeal accented with Old Bay and parsley. Finish it with a salsa made from diced tomatoes, corn, green onion, Old Bay and jalapeño. Your mouth is going to say "Wow".

FF We make this dinner family friendly by grilling the chicken and serving without salsa.

Nutritional Info: Cal 352 /Carbs 40.9 gm /Protein 39.2 gm /Fat 3.5 gm /Fiber 4 gm /Sodium 752 mg /Chol 76 mg

Miso Glazed Cod over Bok Choy and Mushrooms

Light and flakey cod filets are braised in a sumptuous sauce of white miso, soy and herbs. This "simple to cook" dish is best served in a shallow bowl with a spoon so you can enjoy every bite with tender bok choy, a mushroom and extra miso glaze.

Nutritional Info: Cal 239 /Carbs 2.4 gm /Protein 24 gm /Fat 1.8 gm /Fiber 1.1 gm /Sodium 800 mg /Chol 56 mg

Chicken Pot Pie

This homemade chicken pot pie is filled with carrots, peas, potatoes, and all white meat chicken. Our pot pie is made by you with some added extra seasoning and baked in the oven under a flaky pastry crust; this has always been a family favorite!

Nutritional Info: Cal 468 /Carbs 36.7 gm /Protein 35.3 gm /Fat 20 gm /Fiber 3.9 gm /Sodium 971 mg /Chol 90 mg

Tilapia with Crabmeat and Citrus Beurre Blanc

French chefs around the world have made this sauce a staple in their repertoire. The basic Beurre Blanc is essentially butter and wine, that is, of course until Dinner A'Fare makes it their own! We add the zest of lemon, parsley, cream, and onion to this creamy sauce and top the flakey fish off with a touch of lump crabmeat. This dish is delicious.

Nutritional Info: Cal 275 /Carbs 3.8 gm /Protein 24.5 gm /Fat 21.5 gm /Fiber .1 gm /Sodium 166 mg /Chol 68 mg

Calypso Chicken with Black Bean Salad

These fresh chicken breasts will give you flashes of gentle ocean waves when you taste the creamy coconut, lime, garlic and a tangy Island seasoning blend. Matched with a black bean and mango salad with hints of green onion and bell pepper, you just might hear the light rhythms of a steel drum.

Nutritional Info: Cal 219 /Carbs 3.9 gm /Protein 26.9 gm /Fat 5.2 gm /Fiber .9 gm /Sodium 306 mg /Chol 61mg

Korean Beef Rice Bowls

We've created a dish rich in Korean roots and absolutely delicious. We've taken a Dinner A'Fare favorite and made it even better. This time we've added 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 bowls!

Nutritional Info: Cal 329 /Carbs 23.1 gm /Protein 22.1 gm /Fat 12 gm /Fiber 1.1 gm /Sodium 598 mg /Chol 47 mg

Chicken with Mushroom Alfredo

The whole family will run for the table when you serve this dish of sautéed boneless, skinless chicken breasts topped with caramelized mushrooms and onions and creamy and buttery Alfredo. When the plates are clean the only sound you will hear is "You're the best!"

Nutritional Info: Cal 329 /Carbs 9 gm /Protein 28.7 gm /Fat 13.6 gm /Fiber .3 gm /Sodium 288 mg /Chol 65 mg

Turkey Ruben Burgers

You've never tasted such a juicy turkey burger! We start with all the staples of a great Ruben sandwich - Swiss cheese, sauerkraut, and Thousand Island Dressing, then we make it into a delicious turkey burger.

Nutritional Info: Cal 390 /Carbs 17.8 gm /Protein 23.3 gm /Fat 16 gm /Fiber .7 gm /Sodium 811 mg /Chol 120 mg

Chicken Satay with Peanut Sauce and Jasmine Rice

We cube our fresh chicken breasts and toss them in a peanut sauce made with coconut milk, garlic, ginger and a hint of lime. Thread these on skewers, serve over Jasmine rice and create a dish so easy it's done in about 15 minutes.

Nutritional Info: Cal 270 /Carbs 9 gm /Protein 19.7 gm /Fat 5.6 gm /Fiber .7 gm /Sodium 345 mg /Chol 77 mg

Baked Ziti with Homemade Turkey Meatballs

Our meatballs are hand made with lean ground turkey, Parmesan cheese, parsley, garlic, and seasonings. These meatballs are tossed in rich marinara and ricotta cheese, baked with ziti noodles and topped with even more Parmesan and mozzarella. Great for kids of all ages!

Nutritional Info: Cal 563 /Carbs 44.1 gm /Protein 43 gm /Fat 24 gm /Fiber 3.1 gm /Sodium 1138 mg /Chol 111 mg

Chicken Scallopini with Mushrooms and Artichokes

Lean chicken breasts are pounded thin and dipped in lemon juice and seasoned breadcrumbs and pan fried to golden perfection. Serve with tender mushrooms and artichoke hearts and you have a family friendly Italian dinner on your hands.

Nutritional Info: Cal 291 /Carbs 4.7 gm /Protein 24.1 gm /Fat 8.4 gm /Fiber 0 gm /Sodium 355 mg /Chol 72 mg