

# THE DINNER

12 Meals. 2 Hours. simple.

## A'FARE

### SEPTEMBER MENU

#### Peperoncini Steak with Capellini and Asiago Cream Sauce

This renaissance dish will revive your taste buds! We sauté our lean tender flank steak, and garnish it with Tuscan peppers, known as peperoncini, to add a sweet yet mild heat. We serve it over buttery capellini noodles tossed with a hand-made cream sauce that we flavor with Asiago cheese. It doesn't take Leonardo to know this is a great recipe invention. (Ziploc)

**Peperoncini Steak and Asiago Cream Nutritional Info:** Cal 245 /Carbs 10.3 gm /Protein 24.1 gm /Fat 11.9 gm /Fiber .4 gm  
Sodium 922 mg /Chol 10.3 mg

**Dietary Exchange:** 6

**Capellini Nutritional Info:** Cal 336 /Carbs 31.1 gm /Protein 20.2 gm /Fat 14.6 gm /Fiber 2.3 gm /Sodium 1451 mg /Chol 42 mg

**Dietary Exchange:** 7

#### Chicken Apple Alouette

Early fall evenings call for some hearty flavorful dinners! We top our boneless, skinless chicken breasts with creamy seasoned whipped cheese, and sliced apple, full of fall fruit and spices. Wrap this bundle of flavor up inside a flaky pastry crust and dinner is off to the oven! (Ziploc Bag)

**Nutritional Info:** Cal 464 /Carbs 25.8 gm /Protein 35.8 gm /Fat 24.1 gm /Fiber 3.3 gm /Sodium 732 mg /Chol 62 mg

**Dietary Exchange:** 11

#### Citrus Crusted Tuna Steaks

The citrus flavors of lemon and orange garnish these beautiful tuna steaks. Marinated in olive oil and orange juice, lightly crusted in a citrus seasoning mix with crushed black peppercorns and then baked will make your taste buds surrender to perfection. (Ziploc Bag)

**Nutritional Info:** Cal 216 /Carbs 4.5 gm /Protein 26.8 gm /Fat 10.1 gm /Fiber .1 gm /Sodium 435 mg /Chol 52 mg

**Dietary Exchange:** 5

#### Walnut and Cheddar Stuffed Pork Chops

These fresh center cut pork chops are stuffed with walnuts, onion, celery and yummy cheddar cheese. Drizzled with olive oil and baked in the oven, dinner is done in a snap! Stuffed pork chops have never been easier. (Ziploc Bag)

**Nutritional Info:** Cal 543 /Carbs 19.2 gm /Protein 29.2 gm /Fat 38.9 gm /Fiber 1.8 gm /Sodium 1180 mg /Chol 63 mg

**Dietary Exchange:** 14

#### Chicken Satay

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 to create a dish so easy it's done in about 15 minutes. Great for parties! (Ziploc Bag)

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

**Dietary Exchange:** 6

#### Herbed Mushroom Ravioli

You're going to love the rustic earthy flavors of this mushroom cream sauce made with a mirepoix of onion and peppers, adding the ideal heartiness to our cheese ravioli filled with ricotta. All you will need to add is the light of an evening fire and the sip of a Pinot Noir. (Ziploc Bag)

**Nutritional Info:** Cal 344 /Carbs 37.8 gm /Protein 13.1 gm /Fat 15.5 gm /Fiber 2.8 gm /Sodium 777 mg /Chol 66 mg

**Dietary Exchange:** 8

#### 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. (Ziploc Bag)

**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:** 6

#### Cuban Style Piñón

We take our cubed center cut pork loin and sauté it with sweet plantains or bananas (based on store location), then add a festive sauce by combining diced tomatoes, bay leaf and tomato sauce. To finish the dish we've added a mixture of onion, bell peppers and green olives for that real Cuban flavor! (Ziploc Bag)

**Nutritional Info:** Cal 235 /Carbs 14.3 gm /Protein 26.4 gm /Fat 8 gm /Fiber 3.3 gm /Sodium 610 mg /Chol 67 mg

**Dietary Exchange:** 5

### **Crab and Potato-Corn Chowder**

This one pot meal is so lovely, no one will realize it only took you 12 minutes. Seasoned hash browns are sautéed with onions then simmered in a velvety mixture of cream and celery soup. The addition of chives, Italian seasoning and Old Bay give it just the right kick. Then add golden corn and huge chunks of crab claw meat and you won't believe you're not in New England. (Ziploc Bag)

**Nutritional Info:** Cal 330 /Carbs 21 gm /Protein 23 gm /Fat 19 gm /Fiber 4 gm /Sodium 1290 mg /Chol 45 mg  
**Dietary Exchange:** 7

### **Seville Almond Chicken**

Seville is dotted with oranges, which leads the inspiration behind this dish full of flavor. We start with cubed, boneless chicken breasts, rice pilaf and orange slices, seasoned with paprika, coriander and garlic. We even toss in almonds for that extra crunch. This dish is your one-way ticket to Spain! (Ziploc Bag)

**Nutritional Info:** Cal 417 /Carbs 56.1 gm /Protein 35.4 gm /Fat 5.6 gm /Fiber 2.7 gm /Sodium 604 mg /Chol 66 mg  
**Dietary Exchange:** 8

### **Marinated Balsamic Flank Steak**

Our flank steak is marinated in a seasoning of balsamic vinegar, maple syrup, and Dijon mustard. Watch out! If you cook it on the grill you might have company for dinner! (Ziploc Bag)

**Nutritional Info:** Cal 183 /Carbs 10.8 gm /Protein 19.2 gm /Fat 7 gm /Fiber .1 gm /Sodium 526 mg /Chol 47 mg  
**Dietary Exchange:** 4

### **Pork Tenderloin with Bell Pepper Marmalade**

Wow, what a combination! Our tender pork tenderloin is marinated and lightly dusted with robust seasonings. We then roast it to a golden brown and serve it with the perfect marmalade, a preserve made with bell peppers, onion, vinegar, honey and a touch of cranberry. (Ziploc Bag)

**Nutritional Info:** Cal 221 /Carbs 22.8 gm /Protein 23.8 gm /Fat 3.9 gm /Fiber .6 gm /Sodium 357 mg /Chol 72 mg  
**Dietary Exchange:** 5

### **Steak Diane**

We use our tender bistro steak, and season it with a rub of Dijon mustard and black pepper, then pan sear it with olive oil to lock in those juices. It's complimented with a sauce made from the pan juices, red wine, Worcestershire, tomato and a touch of cream to create a velvet texture. You're going to love our take on this classic beef dish! (Ziploc Bag)

**Nutritional Info:** Cal 278 /Carbs 2.7 gm /Protein 25.3 gm /Fat 18.2 gm /Fiber .7 gm /Sodium 486 mg /Chol 95 mg  
**Dietary Exchange:** 7

### **Chicken and Cheese Stuffed Enchiladas**

Large flour tortillas are stuffed full with all white meat chicken, shredded cheddar cheese, and enchilada sauce. Topped with more enchilada sauce and cheddar cheese, these are sure to please even the most distinguished palate for *South of the Border* cuisine. (Pan)

**Nutritional Info:** Cal 378 /Carbs 30 gm /Protein 36.8 gm /Fat 12.4 gm /Fiber 2.4 gm /Sodium 793 mg /Chol 110 mg  
**Dietary Exchange:** 8

### **California Turkey Burgers with Cilantro Salsa**

These flavorful turkey burgers will be a fun addition to your table. With a combination of Monterey Jack cheese, green bell peppers, and a hint of barbecue sauce, you will be in California heaven. Top these with our handmade cilantro salsa filled with diced tomatoes, onions, chopped cilantro, and classic salsa seasonings. Buns provided. (Pan)

**Nutritional Info:** Cal 290 /Carbs 7 gm /Protein 30.2 gm /Fat 16 gm /Fiber 2.7 gm /Sodium 1255 mg /Chol 72 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