



# DINNER A'FARE

## MARCH MENU

### Chicken Di Roma

In Rome a Rocket Salad and Cheese-Filled Squash Blossoms would accompany this dish. At Dinner A'Fare we like to concentrate on the amazing flavors this dish has to offer. This dish features boneless, skinless chicken breasts sautéed with mushrooms, caramelized red onions, and spinach in a tomato cream sauce, topped with melted Gorgonzola cheese.

**Nutritional Info:** Cal 193 /Carbs 4 gm /Protein 28.9 gm /Fat 7.8 gm /Fiber .4 gm /Sodium 205 mg /Chol 89 mg

### Argentinean Grilled Flank Steak with Black Bean Vinaigrette

Our famous flank steak is back, seasoned with lemon pepper, garlic, basil, soy, and cilantro. Drizzle on the mouth-watering vinaigrette made of crushed black beans, olive oil, cumin, vinegar, cilantro and onion! This is a fabulous dish to serve on Saturday night when the new neighbors are over, and always perfect for the grill!

**Nutritional Info:** Cal 352 /Carbs 9.6 gm /Protein 21.7 gm /Fat 25.2 gm /Fiber 2 gm /Sodium 513 mg /Chol 90 mg

### Blackened Chicken Tacos with Chipotle Ranch

Everyone loves soft tacos! These blackened chicken tacos are great for the kid in you, yet they don't lack the adult sophistication. Boneless, skinless chicken breasts are marinated in lemon juice, Worcestershire, and Kosher salt, and then tossed in blackened seasoning. Add to our soft flour tortillas then top with a chunky chipotle ranch salsa. (Tortillas provided.)

 Make this dinner family friendly by setting aside some chicken before adding blackening seasoning.

**Nutritional Info:** Cal 234 /Carbs 2.4 gm /Protein 31 gm /Fat 11 gm /Fiber .2 gm /Sodium 404 mg /Chol 79 mg

**Tortilla Nutritional Info:** Cal 91 /Carbs 15.8 gm /Protein 2.5 gm /Fat 2 gm /Fiber .9 gm /Sodium 136 mg /Chol 0 mg

### Shrimp Étouffée

Our plump shrimp are added to a base of butter, celery and onions, and dressed with cayenne, garlic, tomato paste and heavy cream to create that bayou flavor. After just one bite you're going to proclaim, "Oooo Wee! Laissez les bons temps rouler!" Cajun for let the good times roll.

 Make this dinner family friendly by setting aside some shrimp before adding the sauce.

**Nutritional Info:** Cal 280 /Carbs 27 gm /Protein 27 gm /Fat 7 gm /Fiber 2 gm /Sodium 784 mg /Chol 178 mg

### Chicken Parmesan

Melt in your mouth Italian flavor just like your favorite family ristorante! Our fresh chicken breasts are cooked until golden brown with a Parmesan and Panko breadcrumb crust. Bake to a crispy perfection and serve these tender chicken breasts atop our Dinner A'Fare tomato sauce to create a robust Italian dinner.

**Nutritional Info:** Cal 473 /Carbs 30.1 gm /Protein 34.7 gm /Fat 23.7 gm /Fiber 3.5 gm /Sodium 1634 mg /Chol 114 mg

### Beef and Vegetable Stir Fry with Jasmine Rice

Thin strips of lean aged flank steak are mixed in tangy stir-fry sauce, and then tossed with a traditional Oriental vegetable blend. Serve this classic Asian dish and it's a sure way to get even the biggest kid to love their vegetables.

**Nutritional Info:** Cal 260 /Carbs 18.4 gm /Protein 25.7 gm /Fat 9.2 gm /Fiber 3.6 gm /Sodium 614 mg /Chol 56 mg

### Rustic Chicken and Potato Gratiné

Boneless, skinless chicken breasts are roasted with red skin potato wedges, brushed with kosher salt, pepper, paprika, garlic and a touch of hot sauce. Topped with plenty of cheddar, Monterey Jack, bacon and green onion then browned to become the perfect rustic French gratiné. Serve it with our creamy ranch dipping sauce and your whole family will love it.

**Nutritional Info:** Cal 369 /Carbs 6.6 gm /Protein 35.9 gm /Fat 22 gm /Fiber 1.3 gm /Sodium 1043 mg /Chol 106 mg

**Ranch Dipping Sauce Nutritional Info:** Cal 183 /Carbs 1.3 gm /Protein 1.3 gm /Fat 19.3 gm /Fiber 0 gm /Sodium 347 mg /Chol 13 mg

### 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

### Chicken Cordon Bleu

We take our fresh boneless, skinless chicken breasts and top them with hot ham, melted Swiss cheese and a crunchy seasoned crouton topping. You will love this classic French combination!

**Nutritional Info:** Cal 298 /Carbs 8.8 gm /Protein 35.4 gm /Fat 13.4 gm /Fiber .8 gm /Sodium 380 mg /Chol 90 mg

### Southwest BBQ Pulled Pork Egg Rolls

East meets west in this fun fusion dish! We mix the tangy flavors of pulled pork with red onion, sweet yellow corn, black beans and smoky barbecue sauce. We then roll it up in crispy wontons and serve these delicious bites with a ranch sauce kicked up with salsa.

**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

### Orange Sesame Chicken

You're going to love this traditional dish from the Hunan Province in China. We take our cubed chicken breasts and dredge them in a thick tempura batter to give them that nice crust that really holds our sweet orange glaze, made from orange marmalade, honey, soy sauce, sesame seeds and a touch of cayenne if you like. After all who says live can't be sweet and spicy?

**Nutritional Info:** Cal 299 /Carbs 26.6 gm /Protein 37.3 gm /Fat 6 gm /Fiber 1 gm /Sodium 946 mg /Chol 120 mg

### 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.

 Make this dinner family friendly by leaving the horseradish out of the crust.

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

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

### Finger Lick'n Chicken with Honey Mustard Dipping Sauce

Fresh cubed chicken breasts are marinated in Worcestershire sauce. The chicken is then tossed in a crust of fine breadcrumbs and Parmesan cheese and baked in the oven. Children and parents will love this healthier and tastier version of chicken fingers. Serve hot with our favorite honey mustard dipping sauce.

**Nutritional Info:** Cal 148 /Carbs 4.8 gm /Protein 24.5 gm /Fat 3.5 gm /Fiber .4 gm /Sodium 439 mg /Chol 58 mg

### Maple Glazed Pork Roast with Golden Raisin Compote

Perfect for Sundays, this pork roast is made with our popular hand-trimmed pork loin. We brine the roast with flavors of maple and sugar to create a light sweetness, and then rub it with Dijon mustard to produce a tangy essence. To complete this beautiful dish we macerate a combination of dark and golden raisins by steeping them in ruby port, and top our sliced roast to create a level of elegance.

**Nutritional Info:** Cal 383 /Carbs 25.2 gm /Protein 34.4 gm /Fat 16 gm /Fiber 1.1 gm /Sodium 471 mg /Chol 83 mg

### 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! (

**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