



DINNER A'FARE

NOVEMBER MENU

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.)

FF 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

Toasted Coconut Tilapia with Honey Peanut Pesto

Each bite will melt in your mouth with the wonderful flavors and textures of this dish. We've seasoned our tilapia with lime, coconut milk and a touch of Caribbean seasonings and topped them with toasted coconut. We then serve a pesto made from honey and chopped peanuts along side our filets to create the perfect dish that will lure anyone to the dinner table.

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

Cuban Quesadillas

We take our famous pulled pork, layer it with ham and swiss, then serve with tangy mustard and of course a pickle. Press it all between a crispy flour tortilla and you have Dinner A'Fare's Cuban Quesadilla. This family friendly dish tastes great and is super-easy!

Nutritional Info: Cal 272 /Carbs 3.7 gm /Protein 30.4 gm /Fat 15 gm /Fiber .5 gm /Sodium 376 mg /Chol 181 mg

Jalapeno Popper Chicken

Your favorite restaurant appetizer is now a Dinner A'Fare dinner favorite! We can't resist crispy seasoned chicken breasts, stuffed with cream cheese, and cheddar. Add the kick of diced jalapenos, lime juice, and green onion and you won't be able to resist it either!

Nutritional Info: Cal 371 /Carbs 11 gm /Protein 41.2 gm /Fat 17.5 gm /Fiber 1.5 gm /Sodium 355 mg /Chol 47 mg

Dietary Exchange: 9

FF Make this dinner family friendly by setting aside a chicken breast before filling with jalapeno cheese.

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."

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

Spicy Peanut Chicken Noodle Salad

This interesting pasta salad offers an entrée that can be served warm or cold. We season our chicken breast with teriyaki sauce and Thai chili paste, then sauté, slice and toss with noodles, water chestnuts, snap beans and peanuts along with a sesame dressing. The resulting combination of flavors will take you on an express to the orient.

Nutritional Info: Cal 427 /Carbs 41.9 gm /Protein 36.3 gm /Fat 12.6 gm /Fiber 3 gm /Sodium 682 mg /Chol 110 mg

FF We make this dinner family friendly by reserving a portion of the chicken and noodles before adding the sauces.

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

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

Pasta Fagioli

Long cold nights need warm hearty soups sometimes. This Italian classic is as delicious as it is simple to cook at home. We start with lots of cannellini beans, ditalini style pasta, and chopped celery, carrot, onion, and garlic. This hearty soup is best served with our crunchy bread (Included). A true one dish dinner!

Nutritional Info: Cal 357 /Carbs 30.5 gm /Protein 19.1 gm /Fat 4.2 gm /Fiber 3.1 gm /Sodium 1172 mg /Chol 60 mg

Piri-Piri Chicken with Crispy Potatoes

With roots in Africa and Portugal, you know this dish must be spicy. Along with the arrival of the piri-iri peppers to the region when Portuguese settlers arrived, came a taste sensation described as the African Red Devil. We keep with tradition; when we marinate boneless, skinless chicken breasts in piri-iri sauce, and lemon juice, then finish them with a glaze of butter, cilantro, garlic, and more piri-iri sauce.

Nutritional Info: Cal 256 /Carbs 1.4 gm /Protein 26.3 gm /Fat 16.1 gm /Fiber 0 gm /Sodium 562 mg /Chol 80 mg

Balsamic Honey Glazed Pork Medallions

You're going to love this culinary experience. We've taken tender, hand cut pork medallions, and pan seared them for a nice golden caramelization, which yields texture and flavor. The medallions are finished with a glaze made from balsamic, clover honey, garlic and Dijon mustard. This is a gourmet dish for the "foodie" in your life!

Nutritional Info: Cal 263 /Carbs 19.7 gm /Protein 24.9 gm /Fat 9.5 gm /Fiber .6 gm /Sodium 312 mg /Chol 72 mg

Chicken Enchiladas Verde

This version of our Chicken Enchiladas is unbelievable! Our corn tortillas are stuffed with all white meat chicken breasts, shredded Monterey Jack cheese, diced onion, cumin, and cream of chicken soup. Top these off with our Tomatillo Verde sauce and shredded cheddar cheese and you've got Mexican flavor with a twist!

Nutritional Info: Cal 426 /Carbs 16.1 gm /Protein 31.1 gm /Fat 24.6 gm /Fiber 1.1 gm /Sodium 554 mg /Chol 72 mg

Fennel-Almond Crusted Chicken with Brown Butter

This new dish is a beautiful combination of Mediterranean and Middle Eastern favorites! We've featured our skinless, boneless chicken breast and coated them in a crust of ground almonds, seasoned breadcrumbs, Parmesan and fennel, then garnished it with the natural, nutty flavor of brown butter. It is stated that almonds are good for the brain, which must be true because your family will think you're a genius when you put this one on the dinner table.

Nutritional Info: Cal 256 /Carbs 9.5 gm /Protein 33.1 gm /Fat 9.6 gm /Fiber 1.2 gm /Sodium 437 mg /Chol 68 mg

Sake Miso Marinated Beef Kabobs with Peppercorn Dipping Sauce

Sake and Miso are Japanese culinary staples. Both have origins dating back to the third century A.D. and are even more popular in modern cuisine. Our lean flank steak gets Japanese-inspired flavor when marinated with this powerful duo and a touch of Dinner A'Fare pizzazz with the addition of peppercorns, sesame oil and honey. This dish is easily made family friendly by leaving out the peppercorns.

Nutritional Info: Cal 253 /Carbs 6.7 gm /Protein 24.4 gm /Fat 14.3 gm /Fiber .8 gm /Sodium 683 mg /Chol 60 mg

Italian Style Turkey Burgers

You'll love this new take on Italian! We take our ground turkey and add breadcrumbs, gooey mozzarella, red wine, oregano and garlic powder to make a wonderfully seasoned burger. Then to top it off we garnish it with a relish made from seasoned tomato sauce and Italian vegetables. You don't want to miss this one!

Nutritional Info: Cal 287 /Carbs 27.2 gm /Protein 32.7 gm /Fat 5.3 gm /Fiber 2.1 gm /Sodium 519 mg /Chol 74 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