



# DINNER A'FARE

## SEPTEMBER MENU

### **Prosciutto Wrapped Chicken in Sage Brown Butter**

Succulent chicken breasts are wrapped in thin prosciutto slices and pan seared until golden brown and crispy. We then brown our compound butter for a nutty herb finish.

**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

### **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!

**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

### **Spanish Chicken Roulade with Chorizo**

You're going to love this culinary experience. We've taken boneless skinless chicken breasts and stuffed them with onion, garlic, chorizo, parsley, almonds and cheese. To complement the intense flavor combination we finish with a light sherry sauce.

**Nutritional Info:** Cal 480 /Carbs 33 gm /Protein 39 gm /Fat 23 gm /Fiber 1 gm /Sodium 1203 mg /Chol 210 mg

### **Dietary Exchange: 13**

**PF** Make this dinner family friendly by leaving out the chorizo stuffing on the portions of your choice.

### **Penne alla Carbonara**

A dish that has as much history as it does flavor! Dating back to Ancient Rome, individuals have always enjoyed this pasta dinner. We start with penne pasta then add broccoli, bacon, onion and garlic. Folding in a rich tangy mixture of heavy cream, Parmesan cheese, liquid egg, white wine, and coarse ground black pepper, makes this dish authentic! **Can be vegetarian.**

**Nutritional Info:** Cal 469 /Carbs 62.1 gm /Protein 26.8 gm /Fat 21.7 gm /Fiber 3.2 gm /Sodium 767 mg /Chol 56 mg

### **Pretzel Crusted Pork Tenderloin with Mustard Cream Sauce**

A Dinner A'Fare favorite! We prepare our famous pretzel crusted pork tenderloin, cook it to perfection, and serve it with our Dijon mustard cream sauce. You couldn't have an easier Sunday football game dinner.

**Nutritional Info:** Cal 329 /Carbs 21.6 gm /Protein 28.1 gm /Fat 14.5 gm /Fiber 1 gm /Sodium 744 mg /Chol 105 mg

### **Hickory Apple Smoked Chicken with Caramelized Apples**

Your family will race to the table for this dish. It's so easy! This smoke marinated chicken is glazed with hickory barbecue sauce, bacon. We go all out with delicious caramelized apples as the finishing touch.

**Nutritional Info:** Cal 280 /Carbs 22 gm /Protein 30.6 gm /Fat 12.1 gm /Fiber 1 gm /Sodium 987 mg /Chol 73 mg

### **Steak Soft Tacos with Verde Sauce**

This thin sliced flank steak is marinated in lime juice and an array of seasonings to create that tender, juicy Latin flavor. Served in soft flour tortillas with a Monterey Jack and cheddar cheese blend, and garnished by topping with tomatillo salsa. Dinner perfect for the entire family!

**Nutritional Info:** Cal 339 /Carbs 18 gm /Protein 45 gm /Fat 15 gm /Fiber 1.1 gm /Sodium 599 mg /Chol 107 mg

### **Ribollita Con Verdure**

This famous Tuscan bread soup has quickly become a "must have" when friends and family are around. This dish is very simple, but the hearty combination of savory chicken stock, cannellini beans, carrots, zucchini, onions, tomatoes, kale, bacon and garlic taste out of this world. We serve ours with a touch of olive oil and some parmesan!

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

### **Herbed Lager and Lemon Chicken with Potatoes**

These boneless, skinless chicken breasts marinated with lager beer and fresh citrusy flavor of lemon will be a big hit! This works well on the grill, and will call people to the table when they smell the essence of oregano, thyme and sweet honey. Perfect for a light meal over a bed of greens and served with our baby baker potatoes.

**Nutritional Info:** Cal 352 /Carbs 23.3 gm /Protein 26.4 gm /Fat 3.6 gm /Fiber .1 gm /Sodium 165 mg /Chol 65 mg

### **Thai Shrimp with Basil-Coconut Rice**

Plump tiger shrimp are marinated in a light curry-lime sauce, then sautéed to perfection. We serve these Thai Shrimp over our light coconut rice delicately infused with basil. You'll love the spicy/sweet combination.

**Nutritional Info:** Cal 159 /Carbs .2 gm /Protein 24.1 gm /Fat 2.8 gm /Fiber 0 gm /Sodium 200 mg /Chol 275 mg

**Rice Nutritional Info:** Cal 274 /Carbs 58.6 gm /Protein 5.2 gm /Fat 1.8 gm /Fiber .8 gm /Sodium 8 mg /Chol 0 mg

🌱 Make this dinner family friendly by leaving out the marinade or just adding a very little.

### **Chicken Cotoletta with Sweet Potato Orzo**

This beautiful dish is great for those big platter, family style dinners. We bread our boneless skinless chicken breasts in the true "Cotoletta" style, Italian for little rib cutlet, then pan fry it for that crispy texture. We serve it over orzo pasta tossed with roasted sweet potatoes, walnuts, green onion and honey vinaigrette.

**Chicken Cotoletta Nutritional Info:** Cal 253 /Carbs 14.4 gm /Protein 30.5 gm /Fat 8.1 gm /Fiber .8 gm /Sodium 678 mg /Chol 65 mg

**Sweet Potato Orzo Nutrition Info:** Cal 162 /Carbs 29.8 gm /Protein 4.4 gm /Fat 2.8 gm /Fiber 1.3 gm /Sodium 204 mg /Chol 0 mg

### **Tuscan Style Tilapia with White Bean Salad**

This dish will become close to your heart just as Tuscany is to the very heart of Italy. We've taken a traditional, regional antipasto of white beans, red onion, diced tomato and basil and topped it with flaky moist tilapia filets dressed with olive oil, Italian seasonings and a twist of lemon. You're going to love the simplicity that yields such robust flavors.

**Nutritional Info:** Cal 356 /Carbs 24.3 gm /Protein 28.8 gm /Fat 16 gm /Fiber 5.4 gm /Sodium 509 mg /Chol 68 mg

### **Chicken Saltimbocca**

Our version of this Tuscan classic combines bacon, sage, Marsala wine and a touch of lemon. Serve with our cubed boneless, skinless chicken breasts, chopped spinach, and linguine noodles, and this dish creates a Tuscan harvest right in your kitchen!

**Nutritional Info:** Cal 183 /Carbs 9.9 gm /Protein 28.5 gm /Fat 3.2 gm /Fiber 1 gm /Sodium 774 mg /Chol 65 mg

**Pasta Nutritional Info:** Cal 172 /Carbs 35.3 gm /Protein 6 gm /Fat .7 gm /Fiber 1.1 gm /Sodium 3 mg /Chol 0 mg

### **Chicken Paillards with Mandarin Orange Salsa**

We pound thin, these boneless skinless, chicken breasts, to create paillards, (Pronounced: Pi-yärs), or thin cutlets, which allows them to cook quickly and maintain their natural juices. We serve our tender chicken paillards with a salsa of mandarin oranges, tomato, red onion, celery, limejuice, and fresh basil. This dish is special enough for company.

**Nutritional Info:** Cal 324 /Carbs 27.5 gm /Protein 29.2 gm /Fat 10.8 gm /Fiber 5.6 gm /Sodium 184 mg /Chol 65 mg

### **Pesto Orecchiette with Chicken**

You will this pesto pasta with chicken and green peas. It is both delicious and quick and easy to prepare. We love the sophisticated creamy pesto flavor and kids love the interesting orecchiette pasta shape, which comes from Apulia in southern Italy.

**Nutritional Info:** Cal 421 /Carbs 29.8 gm /Protein 23.8 gm /Fat 3.9 gm /Fiber .6 gm /Sodium 357 mg /Chol 72 mg