



DINNER A'FARE

AUGUST MENU

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 (Ziploc Bag)

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

Dietary Exchange: 11

Tacos Al Pastor

The original fusion food. These pineapple and pork tacos are a cross between Middle Eastern Shawarma and the adobo-rubbed grilled pork served by Mexican street vendors. We use a thin dice on our tender marinated pork and just the right amount of spice to pair with our warm corn tortillas and chilled pineapple. They are fantastic! (Ziploc Bag)

Nutritional Info: Cal 221 /Carbs 17.7 gm /Protein 18.2 gm /Fat 8.1 gm /Fiber .8 gm /Sodium 552 mg /Chol 50 mg

Dietary Exchange: 6

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. (Ziploc Bag)

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

Dietary Exchange: 10

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

Dietary Exchange: 5

Orzo Style Risotto with Shrimp and Pecorino

This rustic Italian dish is brimming with rich flavor! We start with orzo pasta, typically called Italian rice because of its likeness in shape. Then we add succulent shrimp sautéed with a seasoning blend of garlic, black pepper, paprika and chili flakes. Simmer it all in white wine and fold in a sauce of cream and aged Italian Pecorino cheese. Your family will love this easier version of risotto! (Ziploc Bag)

Nutritional Info: Cal 252 /Carbs 16.1 gm /Protein 13.1 gm /Fat 9.5 gm /Fiber 2.1 gm /Sodium 561 mg /Chol 100 mg

Dietary Exchange: 5

Chicken Di Roma

In Rome a Rocket Salad and Cheese-Filled Squash Blossoms would accompany this dish. At The 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. (Ziploc Bag)

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

Dietary Exchange: 5

Roasted Red Pepper Steak Kabobs

Show off to your neighbors with these savory steak kabobs. This seasoned steak tossed in roasted red bell pepper pesto and grated Parmesan will give new meaning to the grill. You're going to want more of this one! (Ziploc Bag)

Nutritional Info: Cal 325 /Carbs 1.4 gm /Protein 29.9 gm /Fat 22 gm /Fiber 0 gm /Sodium 751 mg /Chol 69 mg

Dietary Exchange: 10

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. (Ziploc Bag)

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

Dietary Exchange: 4

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 The 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. (Ziploc Bag)

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
Dietary Exchange: 8

Nutritional Info: Cal 316 /Carbs 13.3 gm /Protein 29 gm /Fat 9.6 gm /Fiber 3.1 gm /Sodium 360 mg /Chol 120 mg
Dietary Exchange: 7

Queso Fundido with Steak, Chicken and Shrimp

Queso fundido is Spanish for "melted cheese", but this isn't just any cheese dish, it's full of seasoned flank steak, chicken breast, and of course, succulent shrimp to complete the trio! Because everything comes better in threes! Served with our included tortillas, and you will notice that as the cheese melts this dinner will vanish before your eyes. (Ziploc Bag)

Nutritional Info: Cal 348 /Carbs 5.1 gm /Protein 34 gm /Fat 21.4 gm /Fiber 0 gm /Sodium 746 mg /Chol 132 mg
Dietary Exchange: 9
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
Dietary Exchange: 2

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.) (Ziploc Bag)

Nutritional Info: Cal 234 /Carbs 2.4 gm /Protein 31 gm /Fat 11 gm /Fiber .2 gm /Sodium 404 mg /Chol 79 mg
Dietary Exchange: 6
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
Dietary Exchange: 2

Turkey Meatloaf with Sun-Dried Tomatoes and Ketchup Glaze

Our crowd-pleasing, time-tested favorite gets a makeover. Sautéed vegetables and sun-dried tomatoes add sophistication and flavor without upsetting the little ones! We finish off this upscale meatloaf with a classic tomato ketchup glaze. (Ziploc Bag)

Nutritional Info: Cal 218 /Carbs 9.3 gm /Protein 18.9 gm /Fat 11.3 gm /Fiber 0.9 gm /Sodium 641 mg /Chol 141 mg
Dietary Exchange: 5

Flank Steak with Creamy Ponzu Sauce

This steak is a favorite in all Dinner A'Fare kitchens! Our aged Angus flank steak is seasoned with kosher salt, and pepper. Slice it and top with our and creamy ponzu sauce, and this steak becomes a must try! (Ziploc Bag)

Nutritional Info: Cal 377 /Carbs .8 gm /Protein 31.9 gm /Fat 27.3 gm /Fiber .1 gm /Sodium 308 mg /Chol 73 mg
Dietary Exchange: 10

Pork Tenderloin with Coconut Lentils and Spinach

Truly an eclectic dish perfect for those nights with company! We bake our tender pork tenderloin until perfect and juicy, then slice it and served it atop our warm bed of lentils flavored with stock and creamy coconut milk, and for additional texture we add a layer of garlic spinach. This is a dish that is sure to impress! (Ziploc Bag)

Nutritional Info: Cal 297 /Carbs 20.3 gm /Protein 35.6 gm /Fat 8.1 gm /Fiber 10.6 gm /Sodium 638 mg /Chol 72 mg
Dietary Exchange: 6

Spinach and Cheese Cannelloni

We hand-fill our pasta with a mixture of ricotta and Parmesan cheeses, perfectly seasoned with onion, garlic, parsley, and layered with chopped spinach. We serve the cannelloni in creamy Parmesan sauce that will certainly become a family favorite. (Ziploc Bag)

Nutritional Info: Cal 340 /Carbs 34 gm /Protein 13.5 gm /Fat 16 gm /Fiber 1.2 gm /Sodium 1010 mg /Chol 105 mg
Dietary Exchange: 9

Chicken and Waffles

Dating back to the 1700's, this dish has a myriad of recipes and ways to enjoy. At Dinner A'Fare we prefer it as a slider, with gently fried chicken breasts between two sweet waffles and syrup dipping sauce. Savory and Sweet.

Nutritional Info: Cal 464 /Carbs 42.9 gm /Protein 29.1 gm /Fat 10.5 gm /Fiber 1.2 gm /Sodium 1314 mg /Chol 92.6 mg
Dietary Exchange: 13