



DINNER A'FARE

JANUARY MENU

Chicken Piccata

Back by popular demand and a Dinner A'Fare favorite! We use our boneless skinless chicken breasts, and pound them thin and lightly coat them with flour. Sautéed together with an out of this world sauce of lemon juice, white wine, capers and butter, our chicken breasts will melt in your mouth.

Nutritional Info: Cal 180 /Carbs 10.3 gm /Protein 23.1 gm /Fat 5 gm /Fiber 0.5 gm /Sodium 381 mg /Chol 72 mg
Dietary Exchange: 4

Bang Bang Shrimp

Your favorite restaurant appetizer is now a Dinner A'Fare dinner favorite! We can't resist crispy succulent shrimp, lightly tossed in the world famous sweet and spicy Bang Bang sauce, with a little Dinner A'Fare flair! (Ziploc Bag)

Nutritional Info: Cal 288 /Carbs 11 gm /Protein 19 gm /Fat 24 gm /Fiber 1.5 gm /Sodium 362 mg /Chol 184 mg
Dietary Exchange: 9

FF Make this dinner family friendly by setting aside a few shrimp before adding sauce.

Hibachi Style Surf and Turf

We've combined the best of both worlds with our lean marinated flank steak and succulent seasoned shrimp. You can cook them on the grill with skewers or stovetop, your choice, and who can forget the traditional white sauce that everyone loves. Just add your own theatrical flair and you've got yourself a hibachi!

Nutritional Info: Cal 239 /Carbs 5.2 gm /Protein 25.2 gm /Fat 12.9 gm /Fiber 0 gm /Sodium 460 mg /Chol 113 mg
Dietary Exchange: 6

Garlic Herb Chicken with Potatoes

This dish is a true family favorite. A delicate herb sauce of oregano, thyme, garlic, onion, soy, and dijon mustard slowly infuse the lean chicken and tender scalloped potatoes. You will love this dish like no other because the chicken AND the potatoes bake right in ONE pan!

Nutritional Info: Cal 451 /Carbs 23 gm /Protein 31 gm /Fat 24 gm /Fiber 1 gm /Sodium 739 mg /Chol 115 mg
Dietary Exchange: 11

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
Dietary Exchange: 7

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.

Pecan Crusted Pork Tenderloin

Everyone loves juicy tenderloin with a nutty crust! This tenderloin is rubbed with Dijon mustard, thyme and then covered with a pecan and breadcrumb crust. Bake our delicious tenderloin in the oven and you are sure to love this gourmet dinner! (Ziploc Bag)

Nutritional Info: Cal 264 /Carbs 8.5 gm /Protein 21.7 gm /Fat 16 gm /Fiber 1.1 gm /Sodium 778 mg /Chol 60 mg
Dietary Exchange: 7

Honey Garlic Chicken with Jasmine Rice

Our boneless, skinless chicken breasts cooked until slightly crispy then paired with an elegant honey garlic sauce. We serve this dish atop fluffy jasmine rice for a simple, yet delicious dinner. New Year's resolutions still intact.

Nutritional Info: Cal 396 /Carbs 35 gm /Protein 31.2 gm /Fat 18.5 gm Fiber .1 gm /Sodium 474 mg /Chol 89 mg
Dietary Exchange: 7

Dill Crusted Cod with Lemon Tartar Sauce

We've combined the moist flakiness of line caught white cod with the crunchy texture of panko breadcrumbs season with a fusion of dill, garlic and spices. Serve alongside this handmade lemon tartar sauce and you are going to love how pleasing this dinner is! (Ziploc Bag)

Nutritional Info: Cal 300 /Carbs 18.4 gm /Protein 24 gm /Fat 14.5 gm /Fiber .7 gm /Sodium 514 mg /Chol 52 mg
Dietary Exchange: 8

Pasta Florentine

This pasta dish favored by the beautiful Tuscan city of Florence will add a simple, yet sophisticated delicacy to your table. Three cheese ravioli and chopped spinach are tossed with a handmade version of Mornay sauce, which is a blend of cream, ricotta, rich egg and the sharp flavors of Parmesan. Bake to a golden crust and you just might go down in history. (Ziploc Bag)

Nutritional Info: Cal 564 /Carbs 49.6 gm /Protein 36.3 gm /Fat 24.5 gm /Fiber 4.2 gm /Sodium 1655 mg /Chol 118 mg
Dietary Exchange: 15

Malibu Chicken

A west coast favorite! We bake our boneless, skinless chicken breasts to perfection, then top with savory ham and Swiss cheese, and finally finish with a tangy mustard sauce. This cousin to Chicken Cordon Bleu will whet your appetite for a trip to California wine country. (Ziploc Bag)

Nutritional Info: Cal 291 /Carbs 9.9 gm /Protein 28.6 gm /Fat 15.3 gm /Fiber .1 gm /Sodium 683 mg /Chol 79 mg
Dietary Exchange: 8

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

Mojito Pork Kabobs with Cherry Barbecue Sauce

This festive dish is perfect for a night when you want flavor without the fuss! We marinate our tender pork loin in rum, brown sugar, garlic, sweet and sour mix, and of course the traditional mint. Serve these kabobs up with the handmade cherry barbecue sauce, and you will find this one a zesty addition to your table! (Ziploc Bag)

Nutritional Info: Cal 262 /Carbs 25 gm /Protein 26.1 gm /Fat 6.4 gm /Fiber .8 gm /Sodium 630 mg /Chol 72 mg
Dietary Exchange: 7

Fennel and Mustard Crusted Chicken with Apricot Sauce

Our boneless skinless chicken breasts are lightly crusted with a rub of fennel, mustard and a drizzle of olive oil. The apricot glaze adds light touch of summer flavor, and makes this dish extremely child friendly.

Nutritional Info: Cal 149 /Carbs 8.2 gm /Protein 26.4 gm /Fat 4.3 gm /Fiber .4 gm /Sodium 74 mg /Chol 65 mg
Dietary Exchange: 4

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! (Pan)

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
Dietary Exchange: 7

Hamburger Bun Nutritional Info: Cal 171 /Carbs 28 gm /Protein 8 gm /Fat 3 gm /Fiber 0 gm /Sodium 320 mg /Chol 0 mg
Dietary Exchange: 4

