



DINNER A'FARE

MARCH MENU

Crusted Chicken with Jalapeño Corn Salsa

These flavors will amaze your taste buds! Boneless, skinless chicken breasts are crusted in seasoned bread crumbs and cornmeal accented with Old Bay and parsley. Finish it with a salsa made from diced tomatoes, corn, green onion, Old Bay and jalapeño. Your mouth is going to say "Wow". (Ziploc Bag)

FF We make this dinner family friendly by grilling the chicken and serving without salsa.

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

Dietary Exchange: 9

Baja Fish Tacos with Red Onion Relish

The Baja strip may be the birthplace of the original fish taco, but your kitchen is the new home! We lightly dust our flaky tilapia filets with lime juice and taco seasoning so that it bakes up light and flavorful. We then top a warm soft taco with the tilapia, our red onion relish, for the perfect crunch, and a smooth cream sauce, accented with lime juice and cilantro. (Ziploc Bag)

Nutritional Info: Cal 318 /Carbs 15.9 gm /Protein 25.6 gm /Fat 21.3 gm /Fiber 0.5 gm /Sodium 545 mg /Chol 90 mg

Dietary Exchange: 8

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. (Ziploc Bag)

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

Dietary Exchange: 7

Irish Guinness Bistro Steak

We love our Bistro Steak Irish style! We lightly coat our fresh cubes of shoulder tender Bistro Steak in flour and a dash of cayenne pepper and then simmer them in a broth of tomato sauce, Guinness beer, and garlic. Slowly cooked with sliced onions and carrots, this steak turns into the best Irish stew! Perfect in the slow cooker for an evening at home! (Ziploc Bag)

Nutritional Info: Cal 301 /Carbs 15.7gm /Protein 37.4gm /Fat 9.9gm /Fiber 2.1gm /Sodium 274mg

Dietary Exchange: 8

Sesame Pecan Chicken with Peach-Mustard Dipping Sauce

Our famous tender chicken breasts are cut into strips, seasoned, and then lightly breaded with crunchy panko, chopped pecans and sesame seeds. Dip these strips in our homemade Dijon-peach dipping sauce or serve them alone for a quick and easy kid-friendly dinner. (Ziploc Bag)

Nutritional Info: Cal 428 /Carbs 26.1 gm /Protein 35.1 gm /Fat 19 gm /Fiber 3 gm /Sodium 703 mg /Chol 82 mg

Dietary Exchange: 11

Pork Tenderloin with Bell Pepper Marmalade

Wow, what a combination! Our tender pork tenderloin is marinated and lightly dusted with robust seasonings. We then roast it to a golden brown and serve it with the perfect marmalade, a preserve made with bell peppers, onion, vinegar, honey and a touch of cranberry. (Ziploc Bag)

Nutritional Info: Cal 221 /Carbs 22.8 gm /Protein 23.8 gm /Fat 3.9 gm /Fiber .6 gm /Sodium 357 mg /Chol 72 mg

Dietary Exchange: 6

FF We make this dinner family friendly by serving without bell pepper marmalade.

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

Bruschetta Chicken

We've taken everyone's Italian favorite and transformed it into a timeless Dinner A'Fare meal by coating our boneless, skinless chicken breast in a crunchy, golden panko and Parmesan breading and topping it with a beautiful combination of sun-dried tomatoes, garlic, kalamata olives, red onion, and basil. Bruschetta may date back to the 15th century, but we've just taken it right into the 21st! So raise your pinot grigio and toast, "cent' anni", which means may you live 100 years! (Ziploc Bag)

Nutritional Info: Cal 236 /Carbs 9.7 gm /Protein 34.3 gm /Fat 6.7 gm /Fiber 1 gm /Sodium 756 mg /Chol 73 mg
Dietary Exchange: 6

Carne de Cerdo Rojo

This slow cooker meal is great for those cold nights before the kids' Friday night football game! We take a traditional stew and add The Dinner A'Fare flare with lots of Mexican seasonings, cubed pork loin, tomatoes, kidney and pinto beans, parsley and cilantro. Serve this stew up with warm corn tortillas (provided). (Ziploc Bag)

Nutritional Info: Cal 289 /Carbs 24.2 gm /Protein 30.2 gm /Fat 7.8 gm /Fiber 7.6 gm /Sodium 813 mg /Chol 67 mg
Dietary Exchange: 6

Tortilla Nutritional Info: Cal 65 /Carbs 13.2 gm /Protein 1.6 gm /Fat .8 gm /Fiber 1.4 gm /Sodium 46 mg /Chol 0 mg
Dietary Exchange: 1

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." (Ziploc Bag)

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
Dietary Exchange: 10

Gingered Beef Fried Rice

This fun favorite is a perfect dish for Friday night and a movie! We sauté tender strips of flank steak with garlic, coriander, basil, and of course ginger, then glaze it with a Dinner A'Fare stir-fry sauce. Toss it with fried rice and onion, and all you will be missing is the chopsticks. (Ziploc Bag)

Nutritional Info: Cal 446 /Carbs 62.9 gm /Protein 29.1 gm /Fat 8.6 gm /Fiber 2.2 gm /Sodium 1762 mg /Chol 47 mg
Dietary Exchange: 12

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. (Ziploc Bag)

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
Dietary Exchange: 11



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

Spanakopita Turkey Burgers

Our Greek style turkey burgers will have your mouth begging for more! With red onion, garlic, and of course the traditional spinach and feta you will find that these burgers make everyone happy. Opa! Serve them up on the grill or from your kitchen oven. (Pan)

Nutritional Info: Cal 207 /Carbs 2.5 gm /Protein 22.3 gm /Fat 12.1 gm /Fiber .6 gm /Sodium 937 mg /Chol 101 mg
Dietary Exchange: 5

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

Sweet Jalapeno Pork Chops and Hickory Smoked Beans

This New American dish is based on an "Old West" favorite! We've taken our tender center-cut pork chops and glazed them with a jalapeno infused jelly to give it that hint of sweetness. Then we serve them up on a bed of rustic pinto beans flavored with hickory smoke, steak sauce and garlic. These chops are sure to wrangle the entire family to the table. (Ziploc Bag)

Nutritional Info: Cal 317 /Carbs 31.3 gm /Protein 23.7 gm /Fat 10.9 gm /Fiber 4.4 gm /Sodium 1336 mg /Chol 40 mg
Dietary Exchange: 6



We make this dinner family friendly by serving the pork tenderloin without the jalapeno jelly.

Seville Almond Chicken

Seville is dotted with oranges, which leads the inspiration behind this dish full of flavor. We start with cubed, boneless chicken breasts, rice pilaf and orange slices, seasoned with paprika, coriander and garlic. We even toss in almonds for that extra crunch. This dish is your one-way ticket to Spain! (Ziploc Bag)

Nutritional Info: Cal 417 /Carbs 56.1 gm /Protein 35.4 gm /Fat 5.6 gm /Fiber 2.7 gm /Sodium 604 mg /Chol 66 mg
Dietary Exchange: 8