

Our Menu for May 2008

Baby Back Ribs

A favorite is back! Baby back ribs marinated in our special recipe for barbecue rub. Take them home and cook on the grill outside or broil in the oven - 15 minutes on each side, and they are ready to douse in your favorite barbecue sauce and serve. Grill or Broiler - 30 minutes if thawed.

Servings: 7 (8 oz. per serving), Calories: 660, Fat: 47g, Fiber: 2g, Protein: 33g, Carbs: 22g, Sodium: 190mg, Sugar: 17g, Transfat: 0g

Baked Chicken and Bowties

Juicy chicken combined with chunky marinara sauce, bowtie pasta, and mozzarella cheese make this a dish the entire family will enjoy. Serve it with your favorite salad and warm garlic bread. Oven - 45 minutes if thawed.

Servings: 12 (1 cup per serving), Calories: 310, Fat: 4g, Fiber: 3g, Protein: 29g, Carbs: 38g, Sodium: 460mg, Sugar: 6g, Transfat: 0g

Corn and Black Bean Chicken Salad with Chili Citrus Dressing

Serve warm for a hearty, one-dish dinner or cold for a backyard party or picnic. Also great as a fabulous filling for soft tacos. This colorful salad is beautiful and bursts with Latin flavor.

Servings: 6 (5.5 oz. each), Calories: 180, Fat: 7g, Fiber: 6g, Protein: 7g, Carbs: 24g, Sodium: 520mg, Sugar: 5g, Transfat: 0g

Dr. Pepper Flank Steak

Rave reviews will pop up when you serve this fun beef dish. The fabulous sweet and tart sauce – with hints of garlic, herbs and our not-so-secret ingredient – marinates a generous portion of flank steak. Cook it on the stovetop or the grill and drizzle with our lively sauce. Grill or stovetop – 10-16 minutes if thawed, 15-25 minutes if frozen.

Servings: about 8 (5 oz. steak with sauce per serving), Calories: 230, Fat: 8g, Fiber: 1g, Protein: 30g, Carbs: 8g, Sodium: 85mg, Sugar: 6g, Transfat: 0g

Meatball-Stuffed Braided Bread

Savor the scents and flavors of a neighborhood Italian restaurant in the comfort of your home. Our soft bread dough is stuffed with Italian meatballs, marinara sauce and mozzarella cheese. You're welcome to add onions and bell peppers. Oven – 20-30 minutes if thawed, 35-40 minutes if frozen.

Servings: 6 (1/3 loaf or 7 oz. per serving), Calories: 410, Fat: 21g, Fiber: 3g, Protein: 21g, Carbs: 32g, Sodium: 850mg, Sugar: 7g, Transfat: 0g

Nacho Chicken Bake

This family favorite blends all the yummy flavors of chicken nachos. Just pop it in the oven and in no time your mouth-watering supper is ready. A party just waiting to happen! Oven: 20 minutes.

Servings: 6 (1 chicken breast with topping), Calories: 200, Fat: 7g, Fiber: 1g, Protein: 29g, Carbs: 6g, Sodium: 400mg, Sugar: 1g, Transfat: 0g

Orange-Glazed Chicken Breast with Sweet Potatoes

Beautiful and elegant, this lovely dinner is perfect for a special dinner when you want to impress! Also, it's kid-friendly enough for any night of the week. Our lovely orange-cranberry sauce sweetens and glazes beautiful chicken breasts; and with the side of sweet potatoes, it's a hearty meal. Oven: 45 minutes.

Servings: 6 (1 chicken breast with 1/2 cup Sweet Potatoes), Calories: 290, Fat: 1.5g, Fiber: 3g, Protein: 27g, Carbs: 40g, Sodium: 90mg, Sugar: 23g, Transfat: 0g

Ravioli Ole

Puffy, cheese-filled ravioli are layered with black beans, corn, onions, and more. Then all is topped with our new chunky marinara sauce and covered with cheddar cheese. Judie's grandkids gave this new dish a two-thumbs-up and are begging her to cook it every weekend. Thank goodness for Super Suppers! Oven - 50 minutes if thawed, 1 hour 10 minutes if frozen.

Servings: 12 (7 oz. each), Calories: 250, Fat: 11g, Fiber: 3g, Protein: 14g, Carbs: 26g, Sodium: 600mg, Sugar: 3g, Transfat: 0g

Sunday Brunch Brie Strata

Tender slices of sourdough bread are layered with melted brie and accented with onions and bell peppers. Delicious and hearty for a family supper, yet it's elegant enough for a Sunday brunch. Oven: 1 hour, 15 minutes.

Servings: 6, Calories: 360, Fat: 18g, Fiber: 2g, Protein: 21g, Carbs: 30g, Sodium: 630mg, Sugar: 6g, Transfat: 0g

Thai Chicken with Coconut Rice

Your own home becomes a Thai kitchen with this fabulous dish of juicy chicken breasts and bright green beans, swimming in our tantalizing coconut-sesame sauce. And you will love our coconut rice – all you have to do is give it a little heating in the microwave. This dish has a little exotic flair that will energize and excite your dinner time around the table.

Stovetop: 12 minutes.

Servings: 6 (1 chicken breast with 1/2 cup Rice), Calories: 450, Fat: 23g, Fiber: 4g, Protein: 30g, Carbs: 34g, Sodium: 520mg, Sugar: 7g, Transfat: 0g

Tilapia de Provence with Lemon Rice

Six beautiful tilapia fillets cook quickly in a skillet with the herbs of Provence. The rice heats up in a snap in the microwave. Quick, easy, and healthful. Stovetop and Microwave – 10 minutes.

Servings: 6 (1 fillet with rice per serving), Calories: 230, Fat: 5g, Fiber: 1g, Protein: 25g, Carbs: 21g, Sodium: 510mg, Sugar: 3g, Transfat: 0g

Twice-Baked Stuffed Potatoes

You get 12 generous potato skins to load with mashed potatoes, ham, cheese and seasonings. They bake quickly and are perfect for an easy dinner with tossed salad. Oven - 25-35 minutes if thawed, 45-55 minutes if frozen.

Servings: 12 (5oz. each), Calories: 250, Fat: 16g, Fiber: 2g, Protein: 10g, Carbs: 17g, Sodium: 570mg, Sugar: 1g, Transfat: 0g