

Our Menu for July 2008

Beefy Campfire Packets

Memories of campouts inspire this tasty, fun dinner. Large foil packets hold ground beef steaks, potatoes, corn, and more, and it's all topped with a delicious barbecue sauce and seasonings. Fold 'em up and you're ready to cook on the grill, in a skillet, or take on your family campout. Your kids will get a kick out of opening their own packets and smelling the awesome flavors. Grill or Skillet - 20-25 minutes, 30-35 minutes if frozen.

Servings: 6 (13 oz. each), Calories: 590, Fat: 25g, Fiber: 6g, Protein: 27g, Carbs: 62g, Sodium: 1240mg, Sugar: 20g, Transfat: 0g

Caribbean Pineapple Chicken

Invite instant sunshine into your home with this lively entree. Plump chicken breasts are layered atop our rice pilaf, and everything is smothered with a colorful Caribbean sauce flavored with pineapple, coconut milk and red bell peppers. Adventurous diners can add zesty jalapeno peppers to the mix. Oven: 25 minutes if thawed, 35 minutes if frozen.

Servings: 6 (1 breast with $\frac{1}{2}$ cup rice), Calories: 330, Fat: 12g, Fiber: 2g, Protein: 28g, Carbs: 29g, Sodium: 250mg, Sugar: 14g, Transfat: 0g

Chicken Green Chile Enchiladas

A regular weeknight becomes a fiesta when you serve these hearty enchiladas. Tortillas are stuffed with diced chicken, cheddar and onions and drenched in a creamy sauce flavored with mild green chiles. Melted cheese tops the enchiladas. Oven – 50-60 minutes if thawed, 70-80 minutes if frozen.

Servings: 12 (1 enchilada per serving), Calories: 370, Fat: 23g, Fiber: 2g, Protein: 18g, Carbs: 26g, Sodium: 900mg, Sugar: 3g, Transfat: 0g

Crab Cakes

Juicy crab is the main ingredient in these premier crab cakes. We've added just enough fresh diced celery, lemon juice, parsley and flavorings to make these cakes rich and flavorful. Skillet - 15 minutes if thawed.

Servings: 6 (1 crab cake per serving), Calories: 200, Fat: 11g, Fiber: 1g, Protein: 10g, Carbs: 12g, Sodium: 530mg, Sugar: 3g, Transfat: 0g

Dill Salmon with Lemon Rice (4-oz. fillets)

Any season is the perfect time to savor rich salmon fillets accented by the fresh flavors of dill and lemon, served with lemon rice. This dish cooks quickly, leaving you more time to enjoy with your family. Grill or Stovetop – 10-15 minutes if thawed, 15-20 minutes if frozen.

Servings: 6 (1 fillet with $\frac{1}{2}$ cup rice per serving), Calories: 240, Fat: 4.5g, Fiber: 0g, Protein: 25g, Carbs: 23g, Sodium: 140mg, Sugar: 0g, 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

Honey Ginger Chicken Grill with Seasoned Noodles

Chicken breasts marinated in a fabulous sauce of honey, teriyaki, ginger, and pineapple. Cook these on the grill or broil them in the oven. Serve over tasty seasoned noodles. Grill or Broiler - 15 minutes if thawed, 21 minutes if frozen

Servings: 6 (7.5 oz each), Calories: 310, Fat: 2.5g, Fiber: <1g, Protein: 31g, Carbs: 40g, Sodium: 1480mg, Sugar: 18g, Transfat: 0g

Pork Paprikash

Pull out the candles and set fresh flowers on the table for this centerpiece entrée. Juicy pork tenderloin marinates in a rich red wine-tomato sauce, is baked or grilled and then topped with the sauce which is mellowed with a touch of sour cream. Oven or grill: 20 minutes thawed.

Servings: 8 (6 oz), Calories: 230, Fat: 10g, Fiber: 1g, Protein: 26g, Carbs: 5g, Sodium: 130mg, Sugar: 2g, Transfat: 0g

Reuben Braided Bread

Families love our braided bread meals, and this is German-inspired dish is no exception. The bread bakes around sliced sausage, sauerkraut, diced peppers and onions and a touch of Dijon mustard. Oven: 20 minutes if thawed, 30 minutes if frozen.

Servings: 6 (1/3 of loaf), Calories: 430, Fat: 27g, Fiber: 4g, Protein: 13g, Carbs: 29g, Sodium: 1750mg, Sugar: 6g, Transfat: 0g

Santa Fe Soft Tacos

We give you flour tortillas to fill with a generous helping of our delicious blend of crumbled beef, pinto beans, corn, onions, mild green chile peppers and diced tomatoes. A very quick supper to get on the table and one that is super kid-friendly. Stovetop – 10 minutes if thawed, 15 minutes if frozen.

Servings: 12 (1 taco per serving), Calories: 300, Fat: 15g, Fiber: 4g, Protein: 11g, Carbs: 30g, Sodium: 510mg, Sugar: 3g, Transfat: 0g

Sweet and Tangy Barbecued Chicken

Tender, moist chicken breasts simmer in our delicious, tangy barbecue sauce. You can serve them in hoagie rolls or hamburger buns. Grill or Stovetop – 20 to 25 minutes if thawed.

Servings: 6 (1 breast with sauce per serving), Calories: 230, Fat: 2g, Fiber: 3g, Protein: 25g, Carbs: 31g, Sodium: 700mg, Sugar: 18g, Transfat: 0g

Tuscan Chicken with Penne Pasta

Take your family on a culinary tour of Tuscany. Penne pasta is surrounded by a sauce that tastes kissed by the sun – tomatoes, artichokes, mushrooms, Italian herbs – and is topped with plump chicken breasts and a generous helping of mozzarella cheese. Oven - 60 minutes if thawed, 80 minutes if frozen.

Servings: 6 (1 breast with sauce & 1/2 cup pasta per serving), Calories: 290, Fat: 5g, Fiber: 4g, Protein: 35g, Carbs: 22g, Sodium: 790mg, Sugar: 6g, Transfat: 0g