

Freezer Pleasers January 2010 Menu Selections

1. Crispy Chicken. Kids will love this chicken breaded with crushed rice crispies. Bakes beautifully. Serve with salad and buttered noodles.

Calories: 283.47, Fat: 13.07 g, Cholesterol: 98.94 mg, Sodium: 437.65 mg, Carbs: 11.43 g

2. Chicken Delicious. ** It's so simple and so delicious. Creamy chicken bakes in its own cheesy sauce with a crunchy flavorful topping. Serve with green beans and mixed fruit.

Calories: 412.19, Fat: 16.17 g, Cholesterol: 110.10 mg, Sodium: 894.76 mg, Carbs: 27.75 g

3. Lemon Chicken. Recreate the taste of your favorite Chinese take out dish at home. The secret behind this delightfully sweet and tangy sauce...lemon gelatin! The chicken and vegetables served over hot, cooked rice make a complete meal.

Calories: 243.89, Fat: 2.11 g, Cholesterol: 10.30 mg, Sodium: 367.50 mg, Carbs: 46.83 g

4. Teriyaki Chicken Stir Fry. This all inclusive dish is made with a homemade teriyaki sauce, chicken strips and colorful vegetables. It cooks up on stove top quickly. Serve over rice (included).

Calories: 505.19, Fat: 14.05 g, Cholesterol: 65.77 mg, Sodium: 1165.07 mg, Carbs: 57.33 g

5. Chicken A La King. Classic chicken dish with pimentos and mushrooms served over patty shells (included). Serve with peas and applesauce.

Calories: 212.14, Fat: 8.83 g, Cholesterol: 56.67 mg, Sodium: 190.36 mg, Carbs: 11.12 g

Note: Patty shells are not included in nutrition information.

6. Honey Roast Pork. This sweet and juicy roast made with honey, orange juice, apple juice and a touch of brown sugar cooks in your crock pot. Serve with a baked potato and carrots.

Calories: 412.52, Fat: 12.06 g, Cholesterol: 124.74 mg, Sodium: 107.21 mg, Carbs: 24.36 g

7. Almost Gourmet Pork Chops. Plain pork chops become fancy when you add a homemade sauce made with tomato sauce, roasted red pepper, oregano, cloves, walnuts and parmesan. Serve with a green salad and a baked sweet potato.

Calories: 355.00, Fat: 25.88 g, Cholesterol: 54.82 mg, Sodium: 509.30 mg, Carbs: 6.25 g

8. Beef & Broccoli Stir Fry. Asian classic you make at home seasoned with just the right amount of garlic, soy sauce and ginger. Serve over hot rice.

Calories: 232.69, Fat: 4.10 g, Cholesterol: 52.16 mg, Sodium: 803.46 mg, Carbs: 19.12 g

9. Salisbury Steak with Onion Gravy. We've taken all the work out of this dinner favorite. Simply pan-fry and simmer in gravy. Serve with green beans and mashed potatoes. Delicious!

Calories: 238.64, Fat: 7.38 g, Cholesterol: 105.88 mg, Sodium: 848.11 mg, Carbs: 14.25 g

10. Beef Paprika. Your family won't believe such a delicious dish came from your microwave. Ground beef flavored with onion, garlic, ketchup, Worcestershire sauce, brown sugar and paprika. Pretty to look at and good to eat. Serve over buttered noodles and with corn.

Calories: 246.56, Fat: 6.07 g, Cholesterol: 70.31 mg, Sodium: 630.33 mg, Carbs: 21.74 g

11. Shrimp Versailles. Cream cheese and simple seasonings combine with shrimp for tasteful elegance. Serve with angel hair pasta and a green salad. (There is a \$3 surcharge if you choose to double this meal.)

Calories: 447.56, Fat: 33.20 g, Cholesterol: 267.72 mg, Sodium: 369.53 mg, Carbs: 4.14 g

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12. Sole Almandine. Healthy food that tastes delicious. This sole topped with a butter lemon sauce and slivered almonds. Serve with wild rice and green beans. (There is a \$3 surcharge if you choose to double this meal.)

Calories: 355.75, Fat: 22.63 g, Cholesterol: 108.77 mg, Sodium: 232.34 mg, Carbs: 4.00 g

13. White Chicken Chili. Warm up with this modern adaptation of a timeless favorite. A perfect balance of spices, chicken, beans and cheese. Perfect served with corn bread.

Calories: 382.38, Fat: 14.87 g, Cholesterol: 50.98 mg, Sodium: 1160.73 mg, Carbs: 33.54 g

14. Creole Smoked Sausage. Just in time for Mardi Gras! A colorful dish prepared with Italian tomatoes, green pepper, celery, onions and garlic. Serve over cooked macaroni (included) and with crusty bread and spinach salad.

Calories: 415.33, Fat: 19.22 g, Cholesterol: 52.92 mg, Sodium: 943.85 mg, Carbs: 40.19 g

15. Pasta e Fagioli. A satisfying, hearty soup with pasta, tomatoes, vegetables and Italian seasonings. Serve with crusty bread and an Italian salad.

Calories: 308.69, Fat: 1.64 g, Cholesterol: 0 mg, Sodium: 324.34 mg, Carbs: 63.00 g

****** Requires casserole dish: one 9x12 or two 8x8. Bring your own or we can provide for a fee.

Available dates & times listed at <http://freezerpleasersstl.com/calendar.aspx>

- You can prepare 12 meals of your choice for \$144 or choose less than 12 meals for \$13.50 each.
- You may up to double any meal you'd like, to count as two meals (extra charges *may* apply).
- You may triple any meal for a \$3 charge.
- All meals serve 4 to 6, depending upon appetites.
- Most meals may be split to prepare two meals that serve 3 each.
- Meals can be prepared for you for an additional \$3 per meal.

To sign up, ask questions or suggest comments, please contact Renee or Cathe.

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