

## Freezer Pleasers February 2010 Menu Selections

1. Dijon Maple Chicken. A little bit sweet with just the right amount of Dijon. Serve with baked sweet potatoes and green beans.

Calories: 216.10, Fat: 8.06 g, Cholesterol: 86.08 mg, Sodium: 329.71 mg, Carbs: 6.18 g

2. Honey Glazed Chicken. Seasoned Asian style, this chicken has a lovely color as well as flavor. Serve with rice pilaf and pineapple chunks sprinkled with coconut.

Calories: 386.88, Fat: 17.05 g, Cholesterol: 109.15 mg, Sodium: 573.15 mg, Carbs: 29.81 g

3. Sticky Chicken. This whole chicken is slow roasted in the oven. It comes out flavorful and moist and oh the aroma...Your family will think you purchased one of those rotisserie chickens! Serve with baked potatoes and mixed vegetables.

Calories: 388.61, Fat: 9.20 g, Cholesterol: 216.67 mg, Sodium: 1801.95 mg, Carbs: 4.29 g

4. Zesty Chicken & Rice Skillet. The zesty in this dish comes from a low fat Italian dressing. The chicken, vegetables and rice make it a scrumptious and healthy meal.

Calories: 382.18, Fat: 7.84 g, Cholesterol: 65.77 mg, Sodium: 1038.33 mg, Carbs: 44.81 g

5. Chicken Fajita Pizza. Another kid favorite. Mildly seasoned chicken, sprinkled with multi-colored peppers, onions and cheese on a pizza crust. Serve with sliced fruit.

Calories: 344.86, Fat: 14.78 g, Cholesterol: 62.36 mg, Sodium: 863.80 mg, Carbs: 29.77 g

6. Beef Tips. Simmer this beefy mushroom and gravy dish in your crock pot for a mouth-watering meal. Serve over buttered noodles and with green beans.

Calories: 240.59, Fat: 5.25 g, Cholesterol: 69.55 mg, Sodium: 416.11 mg, Carbs: 8.77 g

7. Cherry-Almond Glazed Pork. Your family will rave about this roast basted in a cherry and almond sauce with just a hint of spice. Serve with peas, acorn squash and crescent rolls.

Calories: 464.90, Fat: 13.57 g, Cholesterol: 124.74 mg, Sodium: 218.17 mg, Carbs: 32.74 g

8. Honey Garlic Pork Chops. A delicious marinade made with lemon juice, honey, soy sauce, sherry and garlic. Grill or broil to perfection and serve with applesauce and steamed vegetables.

Calories: 180.85, Fat: 2.19 g, Cholesterol: 51.15 mg, Sodium: 475.17 mg, Carbs: 17.87 g

9. Cola Roast. Cathe's grandmother used to make this beef roast with "flat" Pepsi cola mixed with a bit of garlic, Worcestershire and hot sauce. Serve with scalloped potatoes and cooked carrots.

Calories: 348.29, Fat: 7.76 g, Cholesterol: 104.33 mg, Sodium: 434.10 mg, Carbs: 14.88 g

10. Beef & Zucchini. \*\* Your kids will eat their vegetables in this delicious layered casserole. Stuffing, ground beef, zucchini, tomatoes, spices and a bit of cheese. Serve with apple slices.

Calories: 431.20, Fat: 10.22 g, Cholesterol: 45.42 mg, Sodium: 1519.47 mg, Carbs: 60.04 g

11. Crab & Corn Bisque. This yummy soup cooks quickly in your microwave! A creamy blend of corn, onions, celery and crab with a pinch of red pepper. Serve with a hearty bread and cole slaw.

Calories: 368.19, Fat: 6.98 g, Cholesterol: 25.69 mg, Sodium: 1742.56 mg, Carbs: 68.46 g

12. Lime Scented Orange Roughy. Remember foil-pouch dinners? We've jazzed up the ingredients to include lime, carrots, onions, garlic, ginger and a splash of rice wine. Individually wrapped servings are easy to prepare and fun to eat. Serve with brown rice and winter vegetable medley. (There is a \$3 surcharge if you choose to double this meal.)

Calories: 205.35, Fat: 5.04 g, Cholesterol: 44.20 mg, Sodium: 453.47 mg, Carbs: 11.14 g

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13. Fiesta Beans & Rice. A classic dish that is healthy and filling. You control the heat by how much red pepper and spices you add. This one dish meal is a perfect partner for corn bread.

Calories: 406.10, Fat: 7.70 g, Cholesterol: 19.78 mg, Sodium: 850.85 mg, Carbs: 69.93 g

14. Chicken Sauce for Tetrazzini. This crock-pot dish simmers to perfection; a creamy mixture of cooked chicken, broth, sauterne, onion, mushrooms and almonds. Serve over spaghetti noodles (included) with a big green salad.

Calories: 400.75, Fat: 9.09 g, Cholesterol: 36.24 mg, Sodium: 1218.89 mg, Carbs: 52.51 g

15. Pasta con Broccoli. Classic Italian comfort food. Serve with Italian salad and garlic bread.

Calories: 667.48, Fat: 13.78 g, Cholesterol: 43.93 mg, Sodium: 321.01 mg, Carbs: 102.57 g

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

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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.

Phone: 314-974-5044

Email: [FreezerPleasers@gmail.com](mailto:FreezerPleasers@gmail.com)

Website: [www.FreezerPleasersSTL.com](http://www.FreezerPleasersSTL.com)