

Freezer Pleasers March 2010 Menu Selections

1. Chicken Parmesan. This Italian restaurant standard is so yummy you won't believe it was so easy to make. Serve over pasta with an Italian salad.

Calories: 355.24, Fat: 12.61 g, Cholesterol: 83.24 mg, Sodium: 1611.71 mg, Carbs: 21.57 g

2. Caramelized Garlic Chicken. One of our favorites—made with garlic and brown sugar. Serve with baked potatoes with all the fixin's and steamed broccoli.

Calories: 172.18, Fat: 3.73 g, Cholesterol: 68.44 mg, Sodium: 79.15 mg, Carbs: 5.62 g

3. French Chicken Stew. This crock pot dish will fill your home with the aroma of this all-in-one-dish which combines the wonderful flavors of chicken, celery, carrots, onions, basil, sage, paprika and more. Complete the meal with some crusty bread and a green salad.

Calories: 112.68, Fat: 1.32 g, Cholesterol: 9.19 mg, Sodium: 1250.35 mg, Carbs: 17.66 g

4. Quick Chicken Stir Fry. Mildly spiced chicken strips and colorful vegetables cooks up quickly in your wok or on your stove top. Serve with brown rice.

Calories: 155.32, Fat: 1.62 g, Cholesterol: 65.77 mg, Sodium: 220.91 mg, Carbs: 7.01 g

5. Cashew Chicken Casserole. Chicken in a creamy sauce with mushrooms, water chestnuts and celery topped with chow mien noodles and cashews. Serve with carrots and crescent rolls.

Calories: 301.89, Fat: 15.89 g, Cholesterol: 42.35 mg, Sodium: 901.26 mg, Carbs: 20.43 g

6. Sweet & Sour Pork. An Asian style favorite of kids and grown up, alike. The irresistible sweet and sour combination, tender pork and lots of veggies makes this a perfect all-in-one meal. Serve over hot cooked rice.

Calories: 303.96, Fat: 6.86 g, Cholesterol: 51.15 mg, Sodium: 1189.22 mg, Carbs: 39.56 g

7. Elegant Filled Pork Roast. The name of this dish says it all. Elegant enough for Easter dinner, this pork roast is stuffed with wild rice, chopped apricots, mushrooms, onions and parsley, and then topped with an apricot glaze. Serve with sautéed spinach and hot cross buns.

Calories: 509.60, Fat: 16.02 g, Cholesterol: 134.92 mg, Sodium: 302.15 mg, Carbs: 39.19 g

8. Ham & Spinach Quiche. A wonderful combination of ham, Swiss cheese, spinach and onions. Even non-spinach eaters like this one. Serve with sliced peaches and cottage cheese.

Calories: 313.91, Fat: 18.10 g, Cholesterol: 179.49 mg, Sodium: 400.11 mg, Carbs: 17.16 g

9. Corned Beef & Cabbage. St. Patrick's Day tradition easily cooks in your crock pot! Serve with Irish soda bread and boiled red potatoes. (There is a \$3 surcharge if you choose to double this meal.)

Calories: 534.47, Fat: 34.18 g, Cholesterol: 122.47 mg, Sodium: 2834.02 mg, Carbs: 20.40 g

10. Chili Tortilla Bake. ** Think Mexican lasagna...layers of tortillas, cheese, black beans, corn, beef, spices and tomato sauce. Serve with chopped lettuce, sour cream and your favorite salsa.

Calories: 417.49, Fat: 13.81 g, Cholesterol: 66.65 mg, Sodium: 1383.39 mg, Carbs: 44.08 g

11. Tuna Macaroni Casserole. You've never tasted a tuna noodle casserole as good as this one. A creamy sauce mixed with macaroni, peas, mushrooms, onions, cheddar cheese and pimento. Serve with crusty bread.

Calories: 332.78, Fat: 10.48 g, Cholesterol: 39.72 mg, Sodium: 985.31 mg, Carbs: 35.46 g

12. Mahi Mahi Maui Style. A mild yet flavorful fish marinated in a blend of garlic, teriyaki, lemon, honey and sesame seeds. Serve with snap peas and mashed squash. (There is a \$3 surcharge if you choose to double this meal.)

Calories: 222.01, Fat: 6.69 g, Cholesterol: 117.18 mg, Sodium: 361.19 mg, Carbs: 4.07 g

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13. Pasta with Peas, Prosciutto & Onion. This light tomato sauce gets loads of flavor from fresh basil, peas, onion and prosciutto. Toss with penne noodles (included). Perfect with garlic bread.
Calories: 422.98, Fat: 6.63 g, Cholesterol: 13.23 mg, Sodium: 739.66 mg, Carbs: 71.89 g

14. Irish Cream of Potato Soup. This thick, rich, creamy, potato soup is a perfect light dinner. Serve with rye bread and a vinaigrette slaw.
Calories: 160.15, Fat: 11.28 g, Cholesterol: 34.94 mg, Sodium: 65.36 mg, Carbs: 12.38 g

15. Stuffed Rigatoni. Prepare this Italian, restaurant-inspired, vegetarian, comfort food full of Portabella and spinach stuffed rigatonis in a creamy sauce with mushrooms, spinach, onions, garlic, tomatoes and cheese, in less than 20 minutes on your stovetop.
Calories: 394.30, Fat: 16.92 g, Cholesterol: 69.09 mg, Sodium: 636.61 mg, Carbs: 42.97 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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