

## Freezer Pleasers November 2009 Menu Selections

**1. Cranberry Chicken.** A Freezer Pleasers favorite. Chicken and three simple ingredients make a pleasing main course. Serve with green beans and crescent rolls.

Calories: 340.73, Fat: 7.53 g, Cholesterol: 68.76 mg, Sodium: 1052.12 mg, Carbs: 42.56 g

**2. Chicken Chardonnay.** This classic chicken breast dish is effortless elegance. Serve with steamed broccoli.

Calories: 255.92, Fat: 2.63 g, Cholesterol: 70.46 mg, Sodium: 418.95 mg, Carbs: 22.29 g

**3. Italian Skillet Chicken.** This all-in-one meal cooks in your skillet in about 20 minutes. A delicious combination of potatoes, onions, zucchini, tomatoes, fresh basil and oregano and then topped with Italian cheese blend. Serve with crusty bread.

Calories: 292.23, Fat: 7.93 g, Cholesterol: 70.78 mg, Sodium: 289.58 mg, Carbs: 21.73 g

**4. Cajun Chicken Fettuccine.** A colorful, flavorful, all-in-one-dish. Chicken, Cajun seasonings, peppers and onions sauté while the noodles (included) are boiling. Add a simple salad.

Calories: 416.75, Fat: 6.97 g, Cholesterol: 65.77 mg, Sodium: 211.31 mg, Carbs: 52.34 g

**5. Alpine Chicken.** Another favorite of ours. A yummy combination of chicken, celery and onions in a creamy sauce topped with Swiss cheese and slivered almonds. Serve with sliced peaches.

Calories: 375.80, Fat: 18.03 g, Cholesterol: 73.69 mg, Sodium: 612.22 mg, Carbs: 24.19 g

**6. Peach Glazed Pork Chops.** A skillet meal sure to become a family favorite. Made with brown sugar, apple cider vinegar, Dijon mustard and rosemary. Serve with rice pilaf and steamed spinach.

Calories: 236.07, Fat: 4.63 g, Cholesterol: 51.17 mg, Sodium: 525.07 mg, Carbs: 27.91 g

**7. Confetti Smoked Sausage and Shrimp.** This is a colorful all-in-one-pan meal! Sautéed peppers, onions, celery, chicken broth, smoked sausage, shrimp and angel hair pasta comes together quickly on your stove top.

Calories: 488.20, Fat: 19.15 g, Cholesterol: 143.28 mg, Sodium: 1456.68 mg, Carbs: 46.93 g

**8. Peppered Beef Roast.** The name says it all. Roasts in your oven. Slice thinly and serve with pan sauce, baked potato and mixed vegetables.

Calories: 347.59, Fat: 11.18g, Cholesterol: 147.42 mg, Sodium: 907.25 mg, Carbs: 6.03 g

**9. French Stew.** A tasty balance of stew meat, beef broth, carrots, beans, onions, peas, tomatoes and seasonings. Serve on top of a scoop of prepared wild rice.

Calories: 327.65, Fat: 7.92 g, Cholesterol: 98.28 mg, Sodium: 1113.86 mg, Carbs: 24.58 g

**10. Beef Chimichangas.** \*\* A family favorite at our house. Ground beef, onion, refried beans and spices rolled into a flour tortilla, topped with enchilada sauce and cheddar cheese. Serve with a dollop of sour cream with Spanish rice on the side.

Calories: 470.17, Fat: 15.67 g, Cholesterol: 66.65 mg, Sodium: 1033.37 mg, Carbs: 49.15 g

**11. Fish Fillets with Ginger Dill Sauce.** Microwave this fish dish which includes mayonnaise, sour cream, onion, ginger, dill and shrimp in less than ten minutes. Serve with steamed carrots.

Calories: 182.00, Fat: 6.74 g, Cholesterol: 90.25 mg, Sodium: 302.29 mg, Carbs: 3.95 g

**12. Veggie Fish Bake.** Carrots and peas bake up beautifully with orange roughy. Serve with pineapple-cottage cheese salad. (There is a \$3 surcharge if you choose to double this meal.)

Calories: 236.19, Fat: 3.37 g, Cholesterol: 32.62 mg, Sodium: 667.74 mg, Carbs: 22.98 g

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13. Italian Turkey Meatloaf. A lighter version of your traditional meatloaf. The Italian twist will be sure to please your family. Serve with pasta and steamed broccoli.

Calories: 280.18, Fat: 18.33 g, Cholesterol: 98.73 mg, Sodium: 577.12 mg, Carbs: 11.35 g

14. Southwest Chicken Corn Chowder. Corn, chicken and a blend of zesty ingredients including onions, chili powder, cumin and salsa. Ole. Serve with a green salad and crusty bread.

Calories: 323.93, Fat: 17.10 g, Cholesterol: 70.30 mg, Sodium: 951.89 mg, Carbs: 27.19 g

15. Minestrone. This is a simple, yet hearty vegetarian soup which cooks in your crock pot. Perfect alone or as an accompaniment to a light meal.

Calories: 288.05, Fat: 4.06 g, Cholesterol: 0.82 mg, Sodium: 1092.93 mg, Carbs: 52.51 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:

Tuesday, November 10<sup>th</sup>

Wednesday, November 11<sup>th</sup> and 18<sup>th</sup>

Thursday, November 19<sup>th</sup>

Session times begin at 1:30 p.m., 2:30 p.m., 3:30 p.m., 4:30 p.m., 5:30 p.m. or 6:30 p.m.

Saturday, November 14<sup>th</sup> and 21<sup>st</sup>

Session times begin at 9:30 a.m., 10:30 a.m., 11:30 a.m. or 12:30 p.m.

- 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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