

## Freezer Pleasers December 2009 Menu Selections

1. Chicken Good Enough For Company. Parmesan, butter, garlic and bread crumbs. Bakes beautifully. Serve with salad and buttered noodles.

Calories: 343.06, Fat: 19.79 g, Cholesterol: 116.58 mg, Sodium: 383.90 mg, Carbs: 8.07 g

2. Golden Citrus Broiled Chicken. Seasoned with orange and lime juices. Wonderful flavors warm up a cold winter night. Serve with mixed vegetables and brown rice.

Calories: 179.51, Fat: 1.55 g, Cholesterol: 68.44 mg, Sodium: 1141.16 mg, Carbs: 10.67 g

3. Sesame Chicken. A sesame-soy sauce marinades tender, boneless chicken pieces. Serve with white rice (included) and green beans.

Calories: 311.23, Fat: 11.27 g, Cholesterol: 17.11 mg, Sodium: 730.21 mg, Carbs: 39.75 g

4. Chicken Pot Pie. Classic comfort food made easy!

Calories: 334.48, Fat: 17.01 g, Cholesterol: 46.60 mg, Sodium: 948.95 mg, Carbs: 23.62 g

5. Chicken Enchiladas. \*\* Creamy and yummy with just the perfect amount of spice. Serve with Spanish rice and a salad.

Calories: 401.97, Fat: 23.99 g, Cholesterol: 86.60 mg, Sodium: 820.08 mg, Carbs: 23.83 g

6. Pork Chop & Potato Bake. A delicious casserole made with hash browns, sour cream, milk, cream of celery soup and cheddar cheese and an unexpected surprise flavor from French onion rings. Serve with cooked carrots and a tossed salad.

Calories: 422.18, Fat: 22.69 g, Cholesterol: 84.79 mg, Sodium: 960.72 mg, Carbs: 23.82 g

7. Honey Glazed Pork Chops. Honey, white wine, soy sauce, green onions...a simple yet delicious dish. Serve with potatoes and broccoli.

Calories: 205.53, Fat: 2.19 g, Cholesterol: 51.15 mg, Sodium: 455.29 mg, Carbs: 24.86 g

8. Apricot Glazed Ham Slices. Broil these ham slices in the sauce as a glaze and heat extra sauce for serving. Serve with wild rice and sautéed spinach.

Calories: 545.66, Fat: 21.52 g, Cholesterol: 177.66 mg, Sodium: 351.46 mg, Carbs: 30.51 g

9. Rosemary Beef Tenders. As flavorful as it is beautiful, your family will feel like company. Serve with a baked potato and cooked carrots. (There is a \$3 surcharge if you choose to double this meal.)

Calories: 307.18, Fat: 18.53 g, Cholesterol: 63.50 mg, Sodium: 183.65 mg, Carbs: 0.59 g

10. Bacon Mushroom Swiss Meatloaf. Comfort food at its best! Serve with mashed potatoes and peas.

Calories: 295.63, Fat: 15.35 g, Cholesterol: 130.87 mg, Sodium: 365.10 mg, Carbs: 4.71 g

11. Garlic Lime Salmon. This delicious fish broils quickly for a easy weeknight meal. Serve with spinach salad and crusty bread. (There is a \$3 surcharge if you choose to double this meal.)

Calories: 372.83, Fat: 20.65 g, Cholesterol: 88.35 mg, Sodium: 83.80 mg, Carbs: 2.00 g

12. Basil Baked Cod. Fish with an Italian twist. Fresh basil and tomatoes compliment this mild white fish. Serve with pasta and steamed broccoli. Bakes great with zucchini.

Calories: 160.09, Fat: 3.80 g, Cholesterol: 44.39 mg, Sodium: 405.67 mg, Carbs: 8.74 g

13. Sticky Chicken Wings. An Asian-influenced chicken wing that can be served as an appetizer or light supper with a green salad.

Calories: 78.41, Fat: 2.34 g, Cholesterol: 11.16 mg, Sodium: 482.64 mg, Carbs: 11.47 g

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14. Rye Bread Pizzas. A family favorite from the 70's! Groovy little pizzas freeze beautifully - cook as many as you need right from the freezer. Another versatile appetizer, enough to serve 10 to 12. Nutrition information based upon service for 10.

Calories: 362.05, Fat: 18.37 g, Cholesterol: 51.71 mg, Sodium: 1472.14 mg, Carbs: 28.71 g

15. Creamy Pasta & Vegetables. Quick and satisfying stove-top meal. Can be used as a main dish or side dish (try it with the Apricot Glazed Ham Slices).

Calories: 548.15, Fat: 5.05 g, Cholesterol: 11.18 mg, Sodium: 917.40 mg, Carbs: 104.97 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, December 15<sup>th</sup>

Wednesday, December 16<sup>th</sup>

Thursday, December 3<sup>rd</sup> and 10<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, December 5<sup>th</sup> and 12<sup>th</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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