



Key: (S)tove top, (B)ake, (C)rockpot, (G) grill or broil

Each entrée serves 2-3 people

Chicken with Ginger Cranberry Sauce (S) - (Serving size 1 5 oz. chicken breast) *Calories – 252// Carbohydrates – 31/ Protein – 32 // Fat – 3// Fiber – 2*

Chicken breasts are pan-seared and topped with a sauce of fresh cranberries, fresh ginger, orange juice, and honey. Inspired by a delicious cranberry sauce, this sauce is delightfully tangy with a hint of spice!..... \$12.50

Citrusy Sauced Chicken (S) (Serving size 1 5 oz. chicken breast) *Calories – 255// Carbohydrates – 15/ Protein – 32 // Fat – 4// Fiber – 0*

So easy and delicious! Boneless chicken is rubbed with cumin, brown sugar, garlic powder, and red pepper, then pan seared. Served with a sauce of orange and lime juice, garlic, cilantro, and mint, this entrée is irresistible! \$12.50

Flank Steak with Horseradish Cream (G) (Serving size- 5 oz portion of steak): *Cal – 382// Carb – 7// Protein 26// Fat - 11g// Fiber- 1g.)*

Lean flank steak is marinated in bourbon and is then rubbed with paprika, chili powder, garlic powder, and sugar. Grill and serve with a horseradish cream of yogurt, Dijon mustard, horseradish, and garlic. Elegant, easy, and delicious! \$19.00

Italian Rosemary and Pepper Chicken (C) (Serving size 1 5 oz. chicken breast) *Calories – 200// Carbohydrates – 5/ Protein – 32 // Fat – 4// Fiber – 1*

Chicken, sausage, garlic, onion, peppers, rosemary, spices, and vermouth simmer together in your slow cooker. Enjoy this easy entrée! \$12.50

Jerk Seasoned Shrimp (G) - (Serving size 3 shrimp approx. 4 oz.) *Calories – 260// Carbohydrates – 6/ Protein – 35 // Fat – 10// Fiber – 1*

Shrimp are tossed with jerk seasonings: garlic powder, red pepper, thyme, allspice then grilled on skewers. Served with a fruit salsa of pineapple, red onion, and cilantro, and this entrée will remind you of an island getaway!.....

Lemon Peppercorn Tilapia (S) – (Serving size 1 4 oz. tilapia fillet) *Calories – 282// Carbohydrates – 15/ Protein – 32 // Fat – 8// Fiber – 1*

Mild tilapia fillets are pan-fried. A sauce that combines lemon juice and peppercorns is served over the fillets. A delicious, nutritious entrée!..... \$12.50

Sesame Crusted Sirloins with Tropical Relish (S) – – (Serving size 1 6 oz. steak) *Calories – 226 // Carbohydrates – 8/ Protein – 26 // Fat – 10// Fiber – 1*

Sirloin steaks are coated with sesame seeds, salt, and pepper, then pan-seared. Top with tropical relish of pineapple, mango, orange juice, sweet peppers, and cilantro. This “east/west” entrée is sure to please everyone! \$20.00

Sun-dried Tomato, Feta, and Herbed Stuffed Chicken (B) – (Serving size 1 5 oz. chicken breast) *Calories – 282// Carbohydrates – 4/ Protein – 38 // Fat – 10// Fiber – 1*

Chicken breasts are stuffed with sun-dried tomatoes, feta cheese, oregano, and basil, and then baked in foil packets. This Mediterranean dish can serve your entire family, or, be baked individually for lunch or dinner..... \$13.50

Tex-Mex Pulled Pork (C) Serves 6 (Serving size- 5 oz portion of pork: *Cal., 265, Carb 12 Protein 32, Fat 9g, Fiber 2g.)*

Lean pork is slowly cooked in a sauce that combines BBQ sauce, tomato sauce, onion, green chili, chili powder, cumin, oregano, and cinnamon. Shred and serve garnished with cilantro. Easy and delicious!..... \$12.50

Thai Lime Pork Chops (G) – (Serving size 1 4 oz. pork chop) *Calories – 223 // Carbohydrates – 11/ Protein – 28 // Fat – 8// Fiber – 1*

Pork chops are marinated in a Thai sauce of sambal oelek, hoisin sauce, garlic, lime juice, sherry, honey, cilantro, ginger, and shallots. This flavor-packed sauce is deliciously different! \$13.00

SIDE DISHES

Each side dish serves 4 – 6 people

For your convenience DinnerTime Made Easy has prepared some side dishes that compliment our entrees.

Garlicky Green Beans	\$4.50
Sweet Potato Fries – <i>Calories 110 // Carbohydrates – 16 // Protein – 0 // Fat – 4 // Fiber – 3</i>	\$9.00 (\$4.50)
Greek Couscous	\$3.95
Sweet and Savory Cranberry Couscous	\$3.95
Vegetable Couscous	\$3.95