

Our Menu for May 2008

Baby Back Ribs

A favorite is back! Baby back ribs marinated in our special recipe for barbecue rub. Take them home and cook on the grill outside or broil in the oven - 15 minutes on each side, and they are ready to douse in your favorite barbecue sauce and serve. Grill or Broiler - 30 minutes if thawed.

Servings: 7 (8 oz. per serving), Calories: 660, Fat: 47g, Fiber: 2g, Protein: 33g, Carbs: 22g, Sodium: 190mg, Sugar: 17g, Transfat: 0g

Basil Pork Chops with Caesar Penne Pasta

Simple preparation is rewarded with stunning presentation and flavor. Quickly cook the meaty, center-cut pork chops in a skillet while the pasta boils. Toss the pasta with our Caesar, olive and garlic dressing, and dinner is done. The pasta can be served as a warm or cold salad. Stovetop – 16 minutes if thawed, 25 minutes if frozen.

Servings: 6 (1 pork chop with 1/2 cup pasta per serving), Calories: 760, Fat: 22g, Fiber: 5g, Protein: 40g, Carbs: 94g, Sodium: 410mg, Sugar: 14g, Transfat: 0g

Beef Fajitas

Tender beef marinates in our wonderfully seasoned rub. It cooks up quickly and gets tossed with onions, peppers and seasonings. You get a dozen flour tortillas to stuff with this festive mixture. Stovetop - 10 minutes if thawed, 15 minutes if frozen.

Servings: 6 (2 fajitas per serving), Calories: 490, Fat: 23g, Fiber: 4g, Protein: 24g, Carbs: 44g, Sodium: 780mg, Sugar: 6g, Transfat: 0.5g

Crunchy Baked Parmesan White Fish with Rice Pilaf

Generous fish fillets coated with our delicious herb marinade and crunchy Parmesan crumb coating. Oven - 30 minutes if thawed, 40-45 minutes if frozen.

Servings: 6 (6 oz. each), Calories: 360, Fat: 9g, Fiber: <1g, Protein: 27g, Carbs: 43g, Sodium: 1120mg, Sugar: 3g, Transfat: 0g

King Ranch Chicken

This casserole is a legendary Texas favorite that has been making Americans happy for decades. Our memorable version features rich layers of chicken, cheese, corn tortillas, tomatoes, onions and zesty spices. Oven: 45-50 minutes if thawed, 65-75 minutes if frozen.

Servings: 12 (1 cup), Calories: 220, Fat: 11g, Fiber: 2g, Protein: 15g, Carbs: 17g, Sodium: 690mg, Sugar: 2g, Transfat: 0g

Nacho Chicken Bake

This family favorite blends all the yummy flavors of chicken nachos in a fun and festive casserole. Just pop it in the oven and in no time your mouth-watering supper is ready. A party just waiting to happen! Oven: 20 minutes.

Servings: 6 (1 chicken breast with topping), Calories: 200, Fat: 7g, Fiber: 1g, Protein: 29g, Carbs: 6g, Sodium: 400mg, Sugar: 1g, Transfat: 0g

Orange-Glazed Chicken Breast with Sweet Potatoes

Beautiful and elegant, this lovely dinner is perfect for a special dinner when you want to impress! Also, it's kid-friendly enough for any night of the week. Our lovely orange-cranberry sauce sweetens and glazes beautiful chicken breasts; and with the side of sweet potatoes, it's a hearty meal. Oven: 45 minutes.

Servings: 6 (1 chicken breast with 1/2 cup Sweet Potatoes), Calories: 290, Fat: 1.5g, Fiber: 3g, Protein: 27g, Carbs: 40g, Sodium: 90mg, Sugar: 23g, Transfat: 0g

Pecan-Mozzarella Chicken with Basil Pesto

Chicken breasts are coated with a tangy Dijon and then dipped in chopped pecans. Simply pop them in the oven, then top with shredded mozzarella cheese and a tasty basil pesto. Oven – 25 minutes if thawed, 30 minutes if frozen.

Servings: 6 (1 breast with topping per serving), Calories: 360, Fat: 21g, Fiber: 2g, Protein: 32g, Carbs: 9g, Sodium: 480mg, Sugar: 1g, Transfat: 0g

Shrimp Scampi on Pasta

In this Italian classic, juicy shrimp simmer in white wine, garlic and butter and are then served over tender linguine pasta. Stovetop - 10 minutes if thawed, 15 minutes if frozen.

Servings: about 8 (1/2 cup scampi with 1/2 cup pasta), Calories: 410, Fat: 14g, Fiber: 2g, Protein: 20g, Carbs: 47g, Sodium: 390mg, Sugar: 3g, Transfat: 0g

Sunday Brunch Brie Strata

Tender slices of sourdough bread are layered with melted brie and accented with onions and bell peppers. Delicious and hearty for a family supper, yet it's elegant enough for a Sunday brunch. Oven: 1 hour, 15 minutes.

Servings: 6, Calories: 360, Fat: 18g, Fiber: 2g, Protein: 21g, Carbs: 30g, Sodium: 630mg, Sugar: 6g, Transfat: 0g

Thai Chicken with Coconut Rice

Your own home becomes a Thai kitchen with this fabulous dish of juicy chicken breasts and bright green beans, swimming in our tantalizing coconut-sesame sauce. And you will love our coconut rice – all you have to do is give it a little heating in the microwave. This dish has a little exotic flair that will energize and excite your dinner time around the table. Stovetop: 12 minutes.

Servings: 6 (1 chicken breast with 1/2 cup Rice), Calories: 450, Fat: 23g, Fiber: 4g, Protein: 30g, Carbs: 34g, Sodium: 520mg, Sugar: 7g, Transfat: 0g

Turkey and Swiss Braided Bread

Juicy white-meat turkey and Swiss cheese are layered with your choice of mushrooms, olives, and more. All are packed inside our delicious yeast bread and baked to a golden brown. Oven 20-30 minutes if thawed, 40-50 minutes if frozen.

Servings: 12 (5 oz. each), Calories: 460, Fat: 18g, Fiber: 2g, Protein: 21g, Carbs: 55g, Sodium: 690mg, Sugar: 11g, Transfat: 0g