



## February 2010 Menu

All nutritional values are for one serving. DR values represent a calculation similar to a national weight loss point system.

### Sour Cream Chicken Enchiladas with Mexican Rice

Find out why this is one of our most requested meals throughout the year! Flour tortillas are stuffed with the irresistible combination of diced white chicken, onions, sour cream, and mild green chilies. These creamy rolls are drizzled with enchilada sauce and topped with a blend of Mexican cheeses. Now served with Mexican rice! The rave reviews and ease at home make this dish a family favorite.

**Ingredients:** Pizza Blend Cheese, White Meat Chicken, Cumin, Onions, Green Chili Peppers, Enchilada Sauce, Cream of Chicken Soup, Sour Cream, Flour Tortillas, Mexican Infused Rice

<b>Main Dish:</b>	Calories: 553	Carbohydrates: 48g	Total Fat: 18g	Sat Fat: 7g	Trans Fats: 0g
	Protein: 48g	Cholesterol: 94mg	Fiber: 3g	Sodium: 859mg	DR: 12
<b>Side Dish:</b>	Calories: 203	Carbohydrates: 46g	Total Fat: 0g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 4g	Cholesterol: 0mg	Fiber: 1g	Sodium: 1mg	DR: 4

### Bleu Cheese Flat Iron Steaks w/ Garlic-Buttered Baby Bakers

This Choice 6 ounce Flat Iron Steak is well-marbled, juicy, and delicious and is the second most tender cut of beef available. Its natural flavor is enhanced with our classic steak seasoning and your time at the grill or on stove top. We have paired your steak with a wonderful bleu cheese demi sauce and our signature Baby Baker Potatoes. This is truly a WOW dinner!!!

**Ingredients:** Beef Flat Iron Steaks, Bleu Cheese, Corn Starch, Roasted Garlic, Olive Oil, Black Pepper, Kosher Salt, Demi Glace Sauce, Butter-It, Minced Garlic, Baby Baker Potatoes

<b>Main Dish:</b>	Calories: 315	Carbohydrates: 2g	Total Fat: 18g	Sat Fat: 8g	Trans Fats: 0g
	Protein: 34g	Cholesterol: 61mg	Fiber: 0g	Sodium: 586mg	DR: 8
<b>Side Dish:</b>	Calories: 151	Carbohydrates: 32g	Total Fat: 2g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 3g	Cholesterol: 3mg	Fiber: 3g	Sodium: 186mg	DR: 3

### Chicken Parmesan with Spaghetti Marinara

A Dinners Ready signature dish. Tender chicken breasts are seasoned with garlic and pepper, breaded and baked under a creamy tomato sauce and melted Italian cheeses. Served with a side of spaghetti marinara, this easy meal is a family favorite!

**Ingredients:** Panko Breadcrumbs, Mozzarella Cheese, Parmesan Cheese, Chicken Breasts, Roasted Garlic, Liquid Egg, Black Pepper, Alfredo Sauce, Marinara Sauce, Spaghetti Noodles

<b>Main Dish:</b>	Calories: 532	Carbohydrates: 25g	Total Fat: 20g	Sat Fat: 11g	Trans Fats: 0g
	Protein: 58g	Cholesterol: 130mg	Fiber: 1.7g	Sodium: 1170mg	DR: 12
<b>Side Dish:</b>	Calories: 318	Carbohydrates: 48g	Total Fat: 7.7g	Sat Fat: 2.8g	Trans Fats: 0g
	Protein: 13g	Cholesterol: 11mg	Fiber: 2.2g	Sodium: 302mg	DR: 7

### Kalbi Meatloaf with Coconut Rice

Bring the family back to the dinner table with this popular meatloaf. Quality ground chuck, Kalbi marinade, onions, sweet chili sauce and diced red peppers blend together into a moist meatloaf that is both sweet and savory. This signature meal is complimented with our customer favorite coconut rice.

**Ingredients:** Beef Ground Chuck, Panko Breadcrumbs, Liquid Egg, Kalbi Marinade, Onions, Black Pepper, Red Peppers, Kosher Salt, Sweet Chili Sauce, Coconut Milk, Jasmine Rice

<b>Main Dish:</b>	Calories: 399	Carbohydrates: 38g	Total Fat: 11g	Sat Fat: 4g	Trans Fats: 0g
	Protein: 38g	Cholesterol: 187mg	Fiber: 2g	Sodium: 894mg	DR: 8
<b>Side Dish:</b>	Calories: 275	Carbohydrates: 51g	Total Fat: 6g	Sat Fat: 5g	Trans Fats: 0g
	Protein: 4g	Cholesterol: 0mg	Fiber: 1g	Sodium: 244mg	DR: 6



### BBQ-Bourbon Pulled Pork with Dinners Ready Baked Beans

Another Dinners Ready favorite! Smoked, shredded pork is simmered until tender in our famous bourbon-BBQ sauce with honey, jalapeño, red peppers, diced onions and served on Asiago Ciabatta rolls. Whether you make it "wild" or "mild" in spice, you'll have everyone raving about this dish!

**Ingredients:** Bourbon, Honey, Onions, Jalapeño Peppers, Red Peppers, Pulled Pork, Ciabatta Rolls, BBQ Sauce, Bacon, Baked Beans

<b>Main Dish:</b>	Calories: 528	Carbohydrates: 45g	Total Fat: 25g	Sat Fat: 9g	Trans Fats: 0g
	Protein: 28g	Cholesterol: 102mg	Fiber: 1g	Sodium: 1140mg	DR: 12
<b>Side Dish:</b>	Calories: 130	Carbohydrates: 24g	Total Fat: 2g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 4g	Cholesterol: 0mg	Fiber: 1g	Sodium: 260mg	DR: 3

### Moroccan Midnight Chili with Khubz (Pita Bread)

This delightful chili is packed full of flavor, and will surprise everyone at the table! Lean ground pork, black beans, and tomatoes are combined with cinnamon, cloves, cumin, and raisins then sprinkled with sliced almonds. Perfect for the stove or crock pot, this will redefine chili as you know it and the smells coming from the kitchen will have the neighbors all asking "what are you cooking, it smells amazing!". We have accented this wonderful meal with traditional Khubz Bread, which we all know as the Pita. \*this meal contains nuts\*

**Ingredients:** Allspice, Slivered Almonds, Beef Base no msg/low sod, Black Beans, Chili Powder, Cinnamon, Cloves, Cumin, Minced Garlic, Green Olives, Diced Onions, Ground Pork, Raisins, Diced Tomatoes, Balsamic Vinegar, Pita Bread

<b>Main Dish:</b>	Calories: 637	Carbohydrates: 50g	Total Fat: 35g	Sat Fat: 10g	Trans Fats: 0g
	Protein: 35g	Cholesterol: 82mg	Fiber: 15g	Sodium: 404mg	DR: 15
<b>Side Dish:</b>	Calories: 165	Carbohydrates: 23g	Total Fat: 1g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 5g	Cholesterol: 0mg	Fiber: 1g	Sodium: 322mg	DR: 2

### Chicken Cordon Bleu with Sautéed Green Beans

Our version of this classic dish begins with tender "All Natural" boneless breasts of chicken that are lightly breaded and baked to perfection. Then topped with sliced ham, melted Swiss cheese and drizzled with Alfredo sauce for an extra-special finish. Complimented with a side of our Sautéed Green Beans, this meal is simple to prepare and simply delicious.

**Ingredients:** Panko Breadcrumbs, Sliced Swiss Cheese, Chicken Breasts, Liquid Egg, Granulated Garlic, Sliced Ham, Black Pepper, Kosher Salt, Alfredo Sauce, Cooked Bacon, Green Beans, Butter-It, Minced Garlic, Diced Onions

<b>Main Dish:</b>	Calories: 421	Carbohydrates: 26g	Total Fat: 13g	Sat Fat: 7g	Trans Fats: 0g
	Protein: 48g	Cholesterol: 171mg	Fiber: 1g	Sodium: 1535mg	DR: 9
<b>Side Dish:</b>	Calories: 142	Carbohydrates: 16g	Total Fat: 7g	Sat Fat: 2g	Trans Fats: 0g
	Protein: 8g	Cholesterol: 19mg	Fiber: 4g	Sodium: 328mg	DR: 3

### Beef Stroganoff with Egg Noodles

Enjoy our premium sirloin beef strips in this 'just like mom made' stroganoff. Sliced mushrooms, onions and red peppers are simmered with this tender beef in a traditional sour cream sauce. Served over egg noodles, all you need is a deep bowl for this hearty dish!

**Ingredients:** Mushroom Base, Beef Sirloin Strips, Beef Broth, Corn Starch, Minced Garlic, Mushrooms, Dijon Mustard, Onions, Black Pepper, Red Peppers, Worcestershire Sauce, Cream of Mushroom Soup, Sour Cream, Tomato Paste, Egg Noodles

<b>Main Dish:</b>	Calories: 335	Carbohydrates: 18g	Total Fat: 16g	Sat Fat: 7g	Trans Fats: 0g
	Protein: 30g	Cholesterol: 52mg	Fiber: 2g	Sodium: 566mg	DR: 7.5
<b>Side Dish:</b>	Calories: 325	Carbohydrates: 61g	Total Fat: 4g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 12g	Cholesterol: 81mg	Fiber: 2g	Sodium: 18mg	DR: 6



### **Pistachio Crusted Pork Tenderloin with Vegetable Sauté**

Find out why this meal has been on our "Best of the Best" menu for three years running! We take the very best cut of pork, the tenderloin and encrust it with a blend of pesto, parmesan cheese and pistachio nuts. Oven roasted to perfection and bursting with flavor, this savory dinner is served with Mediterranean style sautéed vegetables. \*This meal contains nuts\*

**Ingredients:** Parmesan Cheese, Pistachio Nuts, Olive Oil, Pork Tenderloin, Kosher Salt, Pesto Sauce, Basil, Oregano, Thyme, Mediterranean Vegetable Blend

<b>Main Dish:</b>	Calories: 264	Carbohydrates: 51g	Total Fat: 3.8g	Sat Fat: 0.4g	Trans Fats: 0g
	Protein: 5.6g	Cholesterol: 0mg	Fiber: 1.8g	Sodium: 111mg	DR: 5
<b>Side Dish:</b>	Calories: 181	Carbohydrates: 1.5g	Total Fat: 3.6g	Sat Fat: 0.8g	Trans Fats: 0g
	Protein: 34g	Cholesterol: 82mg	Fiber: 0.3g	Sodium: 185mg	DR: 4

### **Braised Mango Chicken with Pistachio Rice**

This flavorful meal tastes as good as it looks! All-Natural boneless chicken breasts are braised in a rosemary-infused chicken stock then topped with diced mango, red bell peppers, cilantro and raisins. This nutritious meal is accented with a side of savory pistachio rice. \*This meal contains nuts\*

**Ingredients:** Chicken Broth, Chicken Breasts, Cilantro, Cumin, Minced Garlic, Apricot Jam, Lime Juice, Frozen Mangos, Black Pepper, Diced Jalapeño Peppers, Diced Red Peppers, Raisins, Fresh Rosemary, Kosher Salt, White Sugar, Apple Cider Vinegar, Chicken Base no msg/low sod, Sliced Celery, Mint, Pistachio Nuts, Diced Onions, Garlic Infused Rice

<b>Main Dish:</b>	Calories: 244	Carbohydrates: 22g	Total Fat: 2.2g	Sat Fat: 0.5g	Trans Fats: 0g
	Protein: 34g	Cholesterol: 82mg	Fiber: 1.3g	Sodium: 266mg	DR: 5
<b>Side Dish:</b>	Calories: 264	Carbohydrates: 51g	Total Fat: 3.8g	Sat Fat: 0.4g	Trans Fats: 0g
	Protein: 5.6g	Cholesterol: 0mg	Fiber: 1.8g	Sodium: 111mg	DR: 5

### **Grandma's Sunday Pot Roast with Garlic Mashed Potatoes**

Is there anything tastier than a top quality roast, cooked with an assortment of vegetables, the juices mingling to create a wonderful au jus? These fork tender, melt in your mouth flavors—created by our own Pot Roast Seasoning, go perfectly with our terrific Garlic Mashed Potatoes. This meal can either be cooked quickly in the oven or put in the crock pot to cook slowly all day while you're at work.

**Ingredients:** Beef Clod Heart Roast, Carrots, Celery, DR Pot Roast Seasoning, Onions, Garlic Mashed Potatoes

<b>Main Dish:</b>	Calories: 286	Carbohydrates: 17g	Total Fat: 8g	Sat Fat: 3g	Trans Fats: 0g
	Protein: 34g	Cholesterol: 92mg	Fiber: 2g	Sodium: 758mg	DR: 6
<b>Side Dish:</b>	Calories: 146	Carbohydrates: 28g	Total Fat: 2g	Sat Fat: 0.8g	Trans Fats: 0g
	Protein: 4g	Cholesterol: 3mg	Fiber: 0g	Sodium: 386mg	DR: 3

### **Balsamic-Honey Glazed Pork Chops w/ Sweet Potato Fries**

We guarantee you will fall in love with this special dish from our chef! Center cut pork chops are glazed with this delightful, made from scratch balsamic-honey syrup, then baked until tender and sweet. This meal is balanced with one of our favorite side dishes, Sweet Potato Fries.

**Ingredients:** Roasted Garlic, Honey, Olive Oil, Black Pepper, Pork Loin Chops, Kosher Salt, Balsamic Vinegar, Sweet Potato Fries

<b>Main Dish:</b>	Calories: 244	Carbohydrates: 9.3g	Total Fat: 8.7g	Sat Fat: 2.9g	Trans Fats: 0g
	Protein: 30g	Cholesterol: 84mg	Fiber: 0.1g	Sodium: 221mg	DR: 6
<b>Side Dish:</b>	Calories: 140	Carbohydrates: 33g	Total Fat: 0g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 3g	Cholesterol: 0mg	Fiber: 5g	Sodium: 14mg	DR: 2



### Thai Green Chicken Curry with Jasmine Rice

This authentic Thai dish is consistently a customer favorite! Strips of All-Natural chicken breast are simmered in a mild coconut-curry sauce and tossed with thin slices of tender bamboo shoots. Served over a bed of jasmine rice, you'll enjoy this exotic yet subtle dish in less than 30 minutes.

**Ingredients:** Bamboo Shoots, Chicken Breasts, Coconut Milk, Green Curry Paste, Fish Sauce, White Sugar, Jasmine Rice

<b>Main Dish:</b>	Calories: 350	Carbohydrates: 8g	Total Fat: 20g	Sat Fat: 17g	Trans Fats: 0g
	Protein: 35g	Cholesterol: 82mg	Fiber: 0.9g	Sodium: 346mg	DR: 8
<b>Side Dish:</b>	Calories: 202	Carbohydrates: 45g	Total Fat: 0g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 3.7g	Cholesterol: 0mg	Fiber: 0.6g	Sodium: 0mg	DR: 4

### Chicken Marsala with Fettuccine Alfredo

This Italian meal perfectly couples two classic favorites! A savory Demi-Marsala sauce is spooned over pan seared seasoned "All Natural" chicken breasts. Served alongside fettuccine pasta tossed in creamy Alfredo sauce and topped with parmesan cheese, this is a restaurant quality meal at home.

**Ingredients:** Chicken Breasts, Flour, Granulated Garlic, Black Pepper, Kosher Salt, Demi Glace, Marsala Wine, Parmesan Cheese, Parsley, Fettuccine Noodles, Alfredo Sauce

<b>Main Dish:</b>	Calories: 335	Carbohydrates: 16g	Total Fat: 13g	Sat Fat: 4g	Trans Fats: 0g
	Protein: 34g	Cholesterol: 91mg	Fiber: 0g	Sodium: 314mg	DR: 8
<b>Side Dish:</b>	Calories: 421	Carbohydrates: 45g	Total Fat: 20g	Sat Fat: 12g	Trans Fats: 0g
	Protein: 13g	Cholesterol: 68mg	Fiber: 2g	Sodium: 232mg	DR: 10

### Build Your Own Calzone

**FEATURING BBQ CHICKEN!** Calzones are a treat the whole family loves 'cause they're the tastier version of pizza! In Italian the word "calzone" literally means "stocking," and at Dinners Ready you can choose the fillings your family likes best to tuck inside our delicious pizza crust. This month we are featuring our BBQ Chicken Calzone. Ladle on BBQ Sauce and add Cheese, Chicken, onions and Bacon for a delicious variation. You can be traditional and add Cheese, meat, vegetables and marinara sauce for another meal... it's a great choice for dinner, especially on a busy night. Just pop it in the oven for thirty minutes and then call "Dinner's Ready!"

**Ingredients:** Pizza Blend Cheese, Pizza Dough, Cooked Chicken, Ham, Mushrooms, Bacon, Black Olives, Onions, Crushed Red Pepper, Pepperoni, Pineapple, Alfredo Sauce, BBQ Sauce, Pizza Sauce, Italian Sausage, Italian Seasoning, Sundried Tomatoes, Minced Garlic

<b>Main Dish:</b>	Calories: 574	Carbohydrates: 59g	Total Fat: 20g	Sat Fat: 10g	Trans Fats: 0g
	Protein: 36g	Cholesterol: 139mg	Fiber: 3g	Sodium: 1109mg	DR: 12

### Tequila-Lime Prawn Fajitas with Fiesta Rice

Sizzling succulent prawns with sliced onions and bell peppers in our own Tequila-Lime fajita blend of seasoning then layered inside flour tortillas. Served alongside our colorful Fiesta Rice with corn, black beans and red peppers, or wrap it all up together. Muy Bueno!

**Ingredients:** Olive Oil, Tequila-Lime Fajita Seasoning, Shrimp, Flour Tortillas, Fajita Vegetable Blend, Black Beans, Cilantro, Corn, Diced Red Peppers, Mexican Infused Rice

<b>Main Dish:</b>	Calories: 482	Carbohydrates: 58g	Total Fat: 13g	Sat Fat: 2.9g	Trans Fats: 0g
	Protein: 32g	Cholesterol: 172mg	Fiber: 2g	Sodium: 868mg	DR: 10
<b>Side Dish:</b>	Calories: 227	Carbohydrates: 52g	Total Fat: 0.2g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 5g	Cholesterol: 0mg	Fiber: 1.7g	Sodium: 59mg	DR: 4