

August's Menu



Look for more information at:

www.dinnerwithtlc.com

Or call us at: (479) 484-1900

(Each entrée is 4-6 servings)

CHICKEN DIANE

THIN CHICKEN BREAST BROWNED IN OIL AND SERVED WITH A SAUCE OF LEMON, PARSLEY, DIJON, CHICKEN BROTH AND GREEN ONION. SERVE WITH A GREEN SALAD AND DINNER ROLL.

COOKING METHOD: STOVE TOP

COOKING TIME: 15 MINUTES

6 SERVINGS

GARLIC BEEF

THESE BEEF STRIPS MARINATE IN GARLIC, SOY, AND PEPPER. ADD CHOPPED BROCCOLI AND COOK UNTIL BEEF IS DONE. SERVE WITH ROASTED CARROTS.

COOKING METHOD: STOVE TOP

COOKING TIME: 15 MINUTES

4 SERVINGS

NO SPLIT

GRILLED PORK CHOPS

A FRIEND GAVE ME THIS RECIPE FOR THESE SAVORY CHOPS WITH A SWEET AND TANGY MARINADE. APPLE JUICE AND DIJON COMPLEMENT THE PORK NICELY. ADD A GRILLED CORN ON THE COB AND A GREEN SALAD.

COOKING METHOD: GRILL

COOKING TIME: 15-20 MINUTES

4 SERVINGS

ARTICHOKE SPINACH SHELLS

THESE SHELLS ARE MIXED WITH SPINACH, CHEDDAR CHEESE, ARTICHOKE, AND SOUR CREAM FOR A GREAT ENTRÉE OR AS A SIDE DISH. ALL IT NEEDS AS AN ENTRÉE IS A TOSSED SALAD.

COOKING METHOD: OVEN

COOKING TIME: 35 MINUTES

6 SERVINGS

CRUSTED RANCH CHICKEN

A COATING CONTAINING CORNFLAKES, PARMESAN CHEESE AND RANCH DRESSING MIX ADDS DELECTABLE FLAVOR TO THE CHICKEN IN THIS RECIPE AND BAKES TO A PRETTY GOLDEN COLOR. YOU CAN COUNT ON EVERYONE LIKING THIS ONE. SERVE WITH A COLD PASTA SALAD OR YOUR FAVORITE VEGETABLE.

COOKING METHOD: OVEN

COOKING TIME: 40-45 MINUTES

6 SERVINGS

CARIBBEAN BLACKENED TURKEY

THESE TURKEY CUTLETS MARINATE IN CARIBBEAN SPICES AND ARE TRANSFORMED ON THE GRILL OR IN THE OVEN. ANOTHER GREAT FLAVOR AND HEALTHY, TOO. BREAK OUT THE STEEL-DRUM AND LIGHT A TIKI TORCH. SERVE WITH JASMINE RICE.

COOKING METHOD: GRILL OR OVEN

COOKING TIME: 10-15 MINUTES

4 SERVINGS

SALISBURY STEAK DELUXE

THIS ENTRÉE HAS SOME NICE INGREDIENTS MIXED WITH THE GROUND BEEF TO MAKE A GREAT FLAVORED PATTY AND THEN USED TO POUR OVER THE PATTIES TO MAKE A NICE SAUCE. SERVE WITH MASHED POTATOES AND CORN.

COOKING METHOD: STOVE TOP

COOKING TIME: 20 MINUTES

6 SERVINGS

CHICKEN LEMON LINGUINE

THIS DISH HAS A VERY PLEASING FLAVOR. ONIONS, GARLIC, SOUR CREAM, PARMESAN CHEESE, LEMON PEPPER, PARSLEY, CHIVES, AND CHUNKS OF CHICKEN TOSSED WITH COOKED LINGUINE. SERVE WITH A GARDEN SALAD OR SEASONED CARROTS.

COOKING METHOD: STOVE TOP

COOKING TIME: 20-25 MINUTES

5 SERVINGS

TEXAS STYLE ENCHILADA CASSEROLE

HERE IS A MEAL FILLED WITH GOOD STUFF. ONIONS AND GREEN CHILIES ARE COOKED WITH GROUND CHUCK AND MIXED WITH CORN TORTILLAS, MUSHROOM SOUP, OLIVES, BLACK BEANS, CORN, SOUR CREAM, AND ENCHILADA SAUCE. IT IS TOPPED WITH CHEDDAR CHEESE AND THEN BAKED. WE ADDED SHREDDED LETTUCE AND DICED TOMATO WHEN DONE AND SERVED IT WITH CHIPS AND SALSA.

COOKING METHOD: OVEN

COOKING TIME: 35-45 MINUTES

6 SERVINGS

RUSSIAN CHICKEN

A GREAT FLAVORED CHICKEN, MARINATED IN RUSSIAN DRESSING, ONION SOUP AND APRICOT PRESERVES. THIS IS AN ENTRÉE THAT WILL PLEASE THE ENTIRE FAMILY. SERVE WITH COUSCOUS AND GREEN BEANS.

COOKING METHOD: OVEN

COOKING TIME: 1 1/2 HOURS

8 SERVINGS

CORNFLAKE CRUSTED TILAPIA

LIGHTLY SEASONED CRUSHED CORNFLAKES COAT TILAPIA FILETS. THIS IS AN EXCELLENT LIGHT FISH AND IS ALWAYS WILL RECEIVED BY TLC CUSTOMERS. SERVE WITH STEAMED BROCCOLI AND CORN COBLETS WITH FAT-FREE RASPBERRY VINAIGRETTE DIPPING SAUCE.

COOKING METHOD: OVEN

COOKING TIME: 18-20 MINUTES

4 SERVINGS

ICE CREAM SANDWICH DELIGHT

ICE CREAM SANDWICHES COVERED WITH WHIPPED TOPPING, DRIZZLED IN CHOCOLATE AND CARAMEL SAUCE, AND TOPPED WITH PECANS. LIGHT, BUT PLEASING.

COOKING METHOD: NONE

COOKING TIME: NONE

8 SERVINGS

1200 South Waldron Road • Suite 135 • Fort Smith, AR 72903 • Phone:479-484-1900 • Fax:479-484-1902

