

March's Menu



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CHILE RELLENO CASSEROLE

GROUND BEEF, GREEN CHILIES, CHEESE, AND SPICES ARE LAYERED UP WITH AN EGG/MILK MIXTURE POURED ON TOP BEFORE BAKING. SERVE WITH SALSA AND TORTILLAS.

COOKING METHOD: OVEN

40 MINUTES

6 SERVINGS

PEACH CURRY PORK CHOPS

PORK TENDERLOIN CHOPS ARE RUBBED WITH JAMAICAN JERK SEASONING. BEFORE BAKING, THEY ARE BRUSHED WITH A BASTING MIXTURE OF PEACH PRESERVES, WINE, MUSTARD, CURRY AND A LITTLE GARLIC. THESE ARE A FAVORITE AT TLC. SERVE WITH CORN ON THE COB OR RICE.

COOKING METHOD: OVEN

10-12 MINUTES

6 SERVINGS

ROSEMARY CHICKEN WITH ARTICHOKE

THIS IS A LIGHT AND TANGY DISH. CHICKEN BREAST AND ROSEMARY ARE SAUTÉED TOGETHER, WITH ARTICHOKE AND LEMON JUICE ADDED BEFORE SERVING. SERVE WITH COUSCOUS AND ROASTED ASPARAGUS.

COOKING METHOD: STOVE TOP

20 MINUTES

6 SERVINGS

TURKEY CHILI

WITH GROUND TURKEY, PINTO BEANS, GARLIC, GREEN PEPPERS, TOMATOES, AND SEVERAL SPICES, YOU GET A HARDY DELICIOUS CHILI. MOST OF US WOULDN'T KNOW IT IS TURKEY, NOT BEEF, AND IT IS MUCH HEALTHIER FOR US. SERVE WITH CRACKERS.

COOKING METHOD: STOVE TOP

30 MINUTES

6 SERVINGS

PARMESAN CRUSTED TILAPIA

A WONDERFULLY FLAVORED LIGHT WHITE FISH ROLLED IN ITALIAN BREAD CRUMBS AND PARMESAN CHEESE. FILETS ARE BAKED IN THE OVEN FOR A QUICK HEALTHY MEAL AND QUITE DELICIOUS. SERVE WITH ROASTED POTATOES AND SALAD.

COOKING METHOD: OVEN

10-12 MINUTES

4 SERVINGS

CARIBBEAN MARINATED CHICKEN

CHICKEN LEG QUARTERS ARE MARINATED IN A BROWN SUGAR GINGER RUM SAUCE. YOU CAN COOK THESE ON THE GRILL OR IN THE OVEN. SERVE WITH BROWN RICE AND STEAMED BROCCOLI.

COOKING METHOD: GRILL OR OVEN

30-40 MINUTES

5-6 SERVINGS

SWISS STEAK WITH MOZZARELLA

BACK BY REQUEST FOR SEVERAL YEARS NOW, THIS ROUND STEAK IS BROWNED AND SIMMERED IN A TOMATO-BASIL SAUCE, WITH ONION AND GREEN PEPPER, TOPPED WITH MOZZARELLA CHEESE. IT IS DELICIOUS SERVED WITH COUSCOUS, RICE, OR NOODLES AND GREEN BEANS.

COOKING METHOD: STOVE TOP

2 HOURS

6 SERVINGS

PAPRIKA SOUR CREAM CHICKEN

THIS CHICKEN IS STILL A FAVORITE. BONELESS BREAST MARINATE IN A SPICED SOUR CREAM SAUCE, ARE TOPPED WITH CRACKER CRUMBS, DRIZZLED WITH BUTTER AND BAKED. SERVE WITH SWEET CARROTS AND DINNER SALAD.

COOKING METHOD: OVEN

1 HOUR

6 SERVINGS

SALISBURY STEAK

THIS ENTRÉE HAS SOME SPICES AND INGREDIENTS MIXED WITH GROUND CHUCK TO MAKE A GREAT FLAVORED PATTY AND SAUCE TO POUR ON TOP. SERVE WITH MASHED POTATOES AND CORN.

COOKING METHOD: OVEN

20 MINUTES

6 SERVINGS

NUTTY TURKEY CUTLETS

A VERY FLAVORFUL WAY TO DRESS UP QUICK-COOKING TURKEY BREAST. A MIX OF GROUND WALNUTS, PARMESAN CHEESE, ITALIAN SEASONING, AND PAPRIKA, COVER THESE CUTLETS AND GIVE THEM A NICE CRUNCHY, GOLDEN COATING. THESE ALSO PASSED THE KIDS TEST. SERVE WITH ROASTED ASPARAGUS AND BUTTERED CORN.

COOKING METHOD: STOVE TOP

20-25 MINUTES

4-5 SERVINGS

ALBONDIGAS

TIRED OF THE SAME OLD TACOS? TRY THESE YUMMY MEXICAN MEATBALLS. GROUND PORK, GRATED ZUCCHINI, CRUSHED CHIPS, AND SPICES ARE MIXED AND ROLLED INTO BALLS. THEY ARE BROWNED AND SIMMERED IN ENCHILADA SAUCE. WE SERVED THEM WITH A MEXICAN MEDLEY OF CORN AND BLACK BEANS (FREEZER SECTION), AND MY SON ROLLED THEM INSIDE TORTILLAS. TASTY AND KID FRIENDLY.

COOKING METHOD: STOVE TOP

25 MINUTES

5-6 SERVINGS

CHICKEN IN ORANGE SAUCE

THIS HAS BEEN A FAMILY FAVORITE FOR YEARS. CHILDREN LOVE IT, YET IT IS SOPHISTICATED ENOUGH FOR COMPANY. CHICKEN PIECES COOK IN A LUSCIOUS ORANGE SAUCE, ACCENTED WITH SLICED CARROTS. IT TAKES AN HOUR TO BAKE AND IS WORTH THE WAIT. SERVE IT WITH STEAMED BRUSSEL SPROUTS AND RICE.

COOKING METHOD: OVEN

1 HOUR

5-6 SERVINGS

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