



My Dinner Kitchen

Groupon - Easy, Breezy Menu

----* **Healthy Meals Program** *

Apple and Brie Chicken Wellington

Layers of Brie cheese and granny smith apples top this chicken breast dish. Finish it off with a touch of mango chutney and flaky pastry crust and you've got an elegant meal fit for company.

Asian Inspired Tilapia with Rice *

This amazing combination of tilapia and green onion is paired with a marinade of soy sauce, sherry, ginger and garlic then served over white rice. Prefer it spicy? Add the optional cayenne pepper.

Barbeque Chicken Calzone

Chicken, cheese and our flavorful barbeque sauce make this calzone a winner! With just a touch of cilantro, dinner is easy and a huge hit.

Barbeque Pulled Pork (Crock Pot)

Need a delicious but stress free dinner? This tender shredded pork cooks in the crockpot while you are away. Easy to make and melts in your mouth.

Brown Sugar Steak *

Tender and juicy steak marinated in a seasoned light, brown sugar sauce. Perfect for grilling!

(LIMIT: One Per Order)

Chicken Pot Pie

Comfort food! Chicken, red potatoes, peas and carrots in gravy with a biscuit topping.

Chicken Tagine with Apricots and Almonds *

Don't tell the kids how healthy this lightly sweet and aromatic dish is. It has juicy chicken tenders, apricots, raisins, carrots, almonds, honey, cinnamon and spices. Let's keep it a secret so you can have it too!

Chili Verde Pork Stew (Crock Pot Option) *

Juicy morsels of pork tenderloin, diced tomatoes and lots of green chilies simmer together just waiting for the dunk of a warm flour tortilla.

Citrus Crusted Wild Caught Salmon *

These beautiful salmon fillets are enhanced with the flavors of lemon and oranges and are marinated in an olive oil and orange juice mix. Before baking, they are lightly crusted in a citrus seasoning mix with crushed black peppercorns. In twenty short minutes, you have a healthy, delicious dinner on the table.

(LIMIT: One Per Order)

Easy, Breezy, Chicken Cordon Bleu

We've updated a classic French dish to make it so easy to prepare and more fun to eat. Our fresh boneless, chicken is topped with hot ham, melted Swiss cheese and a crunchy seasoned crouton topping.

Golden Chicken and Potato Roast

Boneless, skinless chicken is roasted with potato wedges, brushed with Kosher salt, pepper, paprika, garlic and a touch of spice, and topped with cheddar and Monterey Jack cheeses, bacon and green onion. Then they are baked in the oven until golden brown. An easy to bake and easy to please meal.

Hickory Apple Chicken *

This marinated chicken uses hickory barbecue sauce, bacon and a hint of apple to create a moist, light tasting chicken that is always a winner. Cook it on the grill or in the oven.

King Ranch Texas Chicken Bake

This updated version of a family favorite includes boneless chicken, tortillas, sour cream, spices, Monterey Jack and cheddar cheeses, tomatoes, and lime juice.

Lemon and Herb Baked Fish *

Have you ever tried tilapia? It's an ecologically-friendly farm-raised mild white fish. We bake it in a light Mediterranean broth of lemon, white wine and basil.

Mini Mediterranean Turkey Meatloaves *

We're proving that healthy food can be fun too! Everyone has their own mini meatloaf they'll love made from lean turkey mixed with spinach, feta, red onion and garlic. Easy to bake and a tasty change from the ordinary! You can also make this into a great hamburger!

Parmesan Tilapia *

Tilapia lightly nestled beneath a light parmesan coating of Italian seasoning, garlic and paprika, and drizzled with a lemon caper sauce. This farm raised fish will delight even first time fish eaters.

South of The Border Pork Chili (Crock Pot Option) *

This pork stew is done Mexican style with pork tenderloin, tomatoes, pinto and kidney beans and our own mix of herbs and spices. You wrap them in a warm corn tortilla and you've got a new alternative to one of your favorite comfort foods!

Turkey Meatloaf with Sweet Potato Fries *

Goodness abounds in this savory and surprising meatloaf surrounded by sweet potato fries. Ground turkey mixed with tasty carrots, celery and walnuts make for delightful bites. A heart healthy meatloaf you'll love!

Turkey Shepherd's Pie

Yes again! A healthier version of a family favorite. This version is still topped with mashed potatoes, but what's underneath? Lean ground turkey, peas and diced carrots. Comfort food that's healthy too!

White Lasagna With Mushrooms, Spinach and Artichokes (Serves 4) (Vegetarian)

Our famous white lasagna filled with mushrooms, spinach and artichoke hearts. It's baked in a cream sauce with mozzarella and parmesan cheeses. Don't worry, we'll have enough for everyone.

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Groupon Menu - Nutrition Information

Apple and Brie Chicken Wellington

Ingredients: Chicken, brie cheese, granny smith apples, pastry crust, mango chutney

Nutrition Info: Cal 405; Carbs 15gm; Protein 36gm; Fat 22gm; Fiber 1gm; Sodium 389mg; **Dietary Exchange: 10**

Asian Inspired Tilapia with Rice *

Ingredients: tilapia, green onion, low sodium soy sauce, sherry, ginger, minced garlic, (optional) cayenne pepper, white rice, sugar, chicken broth, Kosher salt

Nutrition: Cal 142; Carbs 4g; Protein 25g; Fat 3g; Chol 59mg; Sodium 145mg; Fiber 1g; **Dietary Exchange:3**

Nutrition White Rice: Cal 229; Carbs 40g; Protein 4g; Fat 1g; Chol 0mg; Sodium 15mg; Fiber 1g; **Dietary Exchange:3**

Barbeque Chicken Calzone

Ingredients: chicken, mozzarella cheese, barbeque sauce, cilantro, pizza dough

Nutrition: Cal 255; Carbs 31gm; Protein 18gm; Fat 7gm; Fiber 2gm; Sodium 275mg; Chol 30mg

Dietary Exchange: 6

Barbeque Pulled Pork

Ingredients: pork, tomato sauce, ketchup, brown sugar, Dijon mustard, barbeque sauce, Worcestershire sauce, garlic powder, onion, Kosher salt

Nutrition: Cals: 358, Fat: 11g, Saturated Fat: 4g, Cholesterol: 114mg, Sodium: 780mg, Carbs:22g, Fiber: 1g, Sugars: 21g, Protein: 41g, **Dietary Exchange: 8**

Brown Sugar Steak x (LIMIT: One Per Order)

Ingredients: Steak, orange juice concentrate, brown sugar, minced garlic, basil, thyme, Worcestershire sauce, olive oil, black pepper

Nutrition: Calories 320; Fat 14g; cholesterol 90 mg; sodium 135mg; carbs 15g; Fiber 1g; sugars 14g; protein 35g; **Dietary Exchange: 7**

Chicken Pot Pie

Ingredients: chicken, red skin potatoes, peas, carrots, chicken gravy, milk, biscuit topping

Nutrition Info: Cals 340; Carbs 28gm; Protein 23gm; Fat 19gm; Fiber 3gm; Sodium 930mg; Chol 105mg; **Dietary Exchange:9**

Chicken Tagine with Apricots and Almonds *

Ingredients: Chicken tenders, almonds, diced carrots, raisins, dried apricots, honey, sesame seeds, chicken broth, turmeric, cinnamon, Kosher salt, pepper

Nutrition: Cals: 267 , Cal from Fat: 31, Fat: 4g, Cholesterol: 44mg, Sodium: 641 mg, Carbs: 40g, Fiber: 5g, Sugars: 34g, Protein: 20g; **Dietary Exchange: 5**

Chili Verde Pork Stew (Slow Cooker Option) *

Ingredients: pork tenderloin, diced tomatoes, onions, minced garlic, green chili peppers, flour tortilla, roasted red peppers, flour, cumin, chili powder, oregano, cilantro, Kosher salt, pepper

Nutrition: Cals 370; Carbs 32gm; Protein 31gm; Fat 15gm; Sugars 2g; Fiber 4gm; Sodium 880mg; Chol 75mg **Dietary Exchange: 8; without starch 6**

Citrus Crusted Wild Caught Salmon * (LIMIT: One Per Order)

Ingredients: salmon steak, olive oil, orange juice concentrate, lemon herb seasoning, sugar, onion powder, pepper

Nutrition: Cals: 216; Carbs: 5gm; Protein: 27gm; Fat: 10gm; Fiber 0gm; Sodium: 435mg; Chol 52mg; Dietary Exchange: 5

Easy, Breezy Chicken Cordon Bleu

Ingredients: chicken, ham, Swiss cheese, croutons, canola oil, thyme

Nutrition: Cals: 298, Carbs: 9gm, Protein: 36gm, Fat: 13gm, Fiber: 1gm, Sodium 380mg, Chol: 90mg **Dietary Exchange: 7**

Golden Chicken and Potato Roast

Ingredients: Chicken, redskin potatoes, Kosher salt, pepper, paprika, garlic powder, cheddar and Monterey Jack cheeses, bacon, canola oil, green onion

Nutrition: Cal 369; Carbs: 7gm; Protein: 36gm; Fat: 22gm; Fiber 1gm; Sodium: 1043 mg; Chol 106 mg; **Dietary Exchange: 9**

Hickory Apple Chicken *

Ingredients: chicken, liquid smoke, hickory barbecue sauce, bacon, apple juice concentrate, canola oil, Kosher salt

Nutrition: Cal 280; Carbs 12g; Protein 31g; Fat 12g; Chol 73mg; Sodium 987mg; Fiber 1g; **Dietary Exchange:6**

King Ranch Texas Chicken Bake

Ingredients: chicken, corn tortillas, Monterey Jack/Cheddar cheese mix, onion, peppers, chili peppers, cumin, ro-tel tomatoes, flour, sour cream, half and half, chicken broth, butter, minced garlic, cilantro

Nutrition Info: Cals 449; Carbs 26gm; Protein 26gm; Fat 27gm; Sugars 3g; Fiber 3gm; Sodium 1035mg; Chol 89mg; **Dietary Exchange:8**

Lemon and Herb Baked Fish *

Ingredients: tilapia, white rice, Sauterne wine, chicken broth, lemon slices, basil, butter, Kosher salt, pepper, lemon pepper

Nutrition: Cals: 260 , Cals from Fat: 25, Fat: 4g, Saturated Fat: 2g, Cholesterol: 60mg, Sodium: 900mg, Carbs: 27g, Fiber: 1g, Sugars: 1g, Protein: 24g; **Dietary Exchange: 5 w/o rice 3**

Mini Mediterranean Turkey Meatloaves x

Ingredients: turkey, spinach, feta, red onion, minced garlic, steak seasoning

Nutrition: Cals 207, Carbs 3gm, Protein 22gm, Fat 12gm, Fiber 1gm, Sodium 937mg; Chol 101mg; **Dietary Exchange:5**

Parmesan Tilapia x

Ingredients: tilapia, Italian bread crumbs, parmesan cheese, lemon juice, chicken broth, liquid butter, Sauterne wine, liquid eggs, Italian seasoning, granulated garlic, capers, flour, minced garlic, Kosher salt, pepper, paprika

Nutrition: Cals: 330; Fat: 18g, Cholesterol: 110mg; Sodium: 610mg; Carbs: 10g, Fiber: 1g, Sugars: 1g, Protein: 27g; **Dietary Exchange: 8**

South of The Border Pork Chili (Crock Pot) *

Ingredients: Pork tenderloin, corn tortillas, kidney beans, pinto beans, stewed tomatoes, tomato Sauce, taco Seasoning, onion flakes, parsley, cilantro, Kosher salt

Nutrition-Pork Chili: Cal 289; Carbs 24gm; Protein 30gm; Fat 8gm; Fiber 8gm; Sodium 813mg; Chol 67mg; **Dietary Exchange: 6; Nutrition-Corn**

Tortilla: Cal 65; Carbs 13gm; Protein 2gm; Fat 1gm; Fiber 1gm; Sodium 46mg; Chol 0mg; **Dietary Exchange: 1**

Turkey Meatloaf with Sweet Potato Fries *

Ingredients: sweet potatoes, turkey, bread crumbs, celery, onions, carrots, liquid egg, walnuts, ketchup, poultry spice, Kosher salt, pepper

Nutrition: Cals 330; Carbs 30g; Protein 26g; Fat 10g; Sugars 10g; Fiber 3g; Sodium 470 mg; Chol 105mg; **Dietary Exchange:7 w/o starch 6**

Turkey Shepherd's Pie

Ingredients: ground turkey, turkey gravy, mashed potatoes, milk, peas, carrots, onions, parmesan cheese, garlic powder, paprika

Nutrition Info: Cals: 350; Carbs: 26g, Protein: 32g, Fat: 12g, Saturated; Fat: 3g, Sodium: 860 mg, Fiber: 3g, Sugars: 3g; **Dietary Exchange 7**

White Lasagna With Mushrooms, Spinach and Artichokes (serves 4)

Ingredients: alfredo sauce, ricotta, mozzarella and parmesan cheeses, spinach, artichoke hearts, mushrooms, lasagna noodles, liquid egg, Kosher salt

Nutrition: Cals 426 Carbs: 31gm; Protein: 21gm; Fat: 24gm; Fiber: 3gm; Sodium: 901mg; Chol: 74mg; **Dietary Exchange: 10**

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