



## Parmesan-Basil Perch

### Ingredients:

- 2 Tbl. dry breadcrumbs
- 2 Tbl. grated parmesan cheese
- 1 tsp. dried basil leaves
- 1/2 tsp. paprika
- 1 dash pepper
- 1 1/2 lb. perch fillets
- 1 Tbl. margarine, melted
- 1 Tbl. chopped fresh parsley

### Preparation

Move oven rack to position slightly above middle of oven.

Heat oven to 375°F. Spray rectangular pan, 13 x 9 x 2 with cooking spray.

Mix all ingredients except fish, margarine, and parsley.

Brush one side of fish with margarine, dip into crumb mixture.

Place fish, coated sides up, in pan.

Bake uncovered 15 to 20 mins, or until fish flakes easily with fork.

Sprinkle with parsley.

# Great Dinners for Much Less Than You Think!

Dirty Shrimp in Butter-Beer Sauce  
*As seen on ABC 27 on 1/11/2012*

### Ingredients:

- 1 1/2 lbs (31/40 ct) shrimp, shelled and deveined
- 4 Tbl. butter
- 2 tsp. garlic, minced
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 tsp. dried thyme
- 1/2 tsp. cayenne pepper
- 1/2 tsp. salt, to taste
- 1/2 tsp. black pepper, to taste
- 1/4 tsp. crushed red pepper flakes
- 1/2 cup beer
- Rice

### Preparation

Saute garlic and herbs in butter until garlic is slightly browned.

Add shrimp, stirring constantly, until shrimp are pink and done.

Pour in beer, simmer 1 minute more, and serve over rice.

## Penne Bolognese-Style

### Ingredients:

- 1 lb. lean ground beef
- 1 large onion, minced (about 1 cup)
- 3 large carrots, shredded (about 2 cups)
- 1 jar (24 oz.) spaghetti sauce
- 1/2 cup water
- 3 Tbl. fresh basil leaves cut into very thin strips
- 3 cups penne pasta, cooked and drained (about 4 1/2 cups)
- 2 Tbl. grated Parmesan cheese

### Preparation

Cook the beef, onion and carrots in a 12-inch skillet over medium-high heat until the beef is well-browned, stirring often to separate meat. Pour off any fat.

Stir the sauce and water in the skillet and heat to a boil. Reduce the heat to low. Cook for 15 minutes or until the vegetables are tender, stirring occasionally. Stir in additional water, if needed, until desired consistency.

Place the basil and penne into a large bowl. Add the beef mixture and toss to coat. Sprinkle with the cheese.

## Cajun Chicken with Rice

### Ingredients:

- 4 boneless skinless chicken breast halves
- Cajun seasoning
- 1 tablespoon olive oil
- 1 1/2 cups water
- 1 can (10 3/4 oz.) Condensed Cream of Chicken Soup
- 1 box (about 6 oz.) fast cook seasoned long-grain and wild rice mix
- 1 cup broccoli florets
- 1 cup grated Cheddar cheese (about 4 oz.)

### Preparation

Season the chicken with the Cajun seasoning. Heat the oil in a 12-inch nonstick skillet. Add the chicken and cook for 10 minutes or until well browned on both sides. Remove the chicken from the skillet.

Add the water and soup to the skillet. Stir in the rice and broccoli and heat to a boil. Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through. Top with the cheese. Cover and cook until the cheese is melted. Let stand, covered, for 5 minutes.