



Baked Haddock

Ingredients:

- 3/4 cup milk
- 2 teaspoons salt
- 3/4 cup bread crumbs
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon ground dried thyme
- 4 haddock fillets
- 1/4 cup butter, melted

Preparation

Preheat oven to 400°F.

In a small bowl, combine the milk and salt. In a separate bowl, mix together the bread crumbs, Parmesan cheese, and thyme. Dip the haddock fillets in the milk, then press into the crumb mixture to coat. Place haddock fillets in a glass baking dish, and drizzle with melted butter.

Bake on the top rack of the preheated oven until the fish is completely cooked and flakes easily, about 15 minutes.

Great Dinners for Much Less Than You Think!

Quick 'N Easy Quesadillas

As seen on ABC 27 on 2/22/2012

Ingredients:

- 1 lb. thinly sliced roast beef
- 2 onions, peeled and thinly sliced
- 1/2 cup chopped green bell pepper
- 1 (16 oz.) jar salsa, divided
- 2 cups shredded Colby-jack cheese
- 4 (10") flour tortillas
- Sour cream

Preparation:

Place onion and green pepper in a small microwave-safe bowl. Cover, venting one corner, and microwave on high 3 - 4 minutes. Stir in 1/2 cup salsa; set aside.

Divide cheese evenly among the tortillas. Arrange beef over cheese and top with onion/pepper mixture. Fold tortillas over to close.

Heat a large nonstick skillet over medium heat for 5 minutes. Heat 2 quesadillas in a pan about 2 minutes, turning once, to melt cheese and warm filling. Repeat with remaining quesadillas. Serve with remaining salsa and sour cream.

Soy-Garlic Chicken Wings

Ingredients:

- 3 lbs. chicken wings
- 1/4 cup soy sauce
- 3 garlic cloves, minced
- 1/4 cup fresh lemon juice
- 2 Tbsp. sugar
- 1/8 tsp. ginger

Preparation

Preheat oven to 450°F with rack in upper third.

Cut wings at all joints, reserving wing tips for another use. Toss wings in a bowl with 1 teaspoon fine salt.

Oil a large foil lined four-sided baking sheet and spread wings in one layer. Bake until golden and cooked through about 35 minutes.

While wings are baking, stir together soy sauce, garlic, lemon juice, sugar and ginger in a small saucepan and simmer 3 minutes.

Transfer cooked wing to a bowl and toss with sauce.

Italian Breaded Pork Chops

Ingredients:

- 3 eggs, lightly beaten
- 3 tablespoons milk
- 1 1/2 cups Italian seasoned bread crumbs
- 1/2 cup grated Parmesan cheese
- 2 tablespoons dried parsley
- 2 tablespoons olive oil
- 4 cloves garlic, peeled and chopped
- 4 pork chops

Preparation

Preheat oven to 325°F.

In a small bowl, beat together the eggs & milk. In a separate bowl, mix bread crumbs, Parmesan cheese, & parsley.

Heat the olive oil in a large, oven-proof skillet over medium heat. Stir in the garlic, and cook until lightly browned. Remove garlic, reserving for other uses.

Dip each pork chop into the egg mixture, then into the bread crumb mixture, coating evenly. Place coated pork chops in the skillet, and brown about 5 minutes on each side.

Place the skillet and pork chops in the preheated oven, and cook 25 minutes, or to an internal temperature of 160°F.