



Football Feast for Under \$30 – Meal Menu for 4-6

MENU

BBQ Chicken and Cheddar Foil Dinner

Servings: 4-6 (\$8.94)

Baked Macaroni & Cabot White Cheddar Cheese

Servings: 6 (\$10.00)

Zucchini Parmesan Rounds

Servings: 4-6 (\$2.46)

Berry Brownie Pudding

Servings: 6 (\$6.10)

Milk

Servings: 6 (\$1.50)

TOTAL = \$29.00

Would you like to stretch your football feast beyond 4-6 servings? Incorporate these easy tips into your party planning: Substitute chicken tenders for chicken breasts, place the Mac & Cheese in football themed ½ cup serving cups and serve the dessert pudding in shot glasses.



Football Feast for Under \$30 – Meal Menu for 4-6

BBQ Chicken and Cheddar Foil Dinner

Servings: 4-6 (Cost/recipe \$8.94 or \$2.23/serving)

Prep Time: 15 minutes

Cook Time: 37 minutes

Ingredients:

- 3 tablespoons barbeque sauce
- 4 small boneless skinless chicken breast halves (1 pound)
- 2 small unpeeled red potatoes, thinly sliced
- 1 red or green bell peppers, seeded and sliced
- 1 green onion, finely chopped
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 1/2 cups shredded reduced-fat Cheddar cheese

Nutritional Facts*:	
Calories:	290
Total Fat:	4.5g
Saturated Fat:	2.5g
Cholesterol:	75mg
Sodium:	630mg
Carbohydrates:	21g
Dietary Fiber:	2g
Protein:	38g (10g from dairy)
Calcium	20% Daily Value

Preparation: Preheat oven to 375° F. Place a foil sheet, approximately 12x12 inches, on a work surface. Spoon about 1 teaspoon of the barbeque sauce in the center of the foil. Place one chicken breast half over barbeque sauce and spread another teaspoon of sauce over chicken. Top with quarter of the potato, bell pepper and onion. Sprinkle with a little of the salt and pepper. Fold foil in half to cover contents; make narrow folds along edges to seal. Repeat with remaining ingredients to assemble three more packets. Place the four packets on a baking sheet and bake for 35 minutes. Open foil packets with scissors and carefully pull back edges as contents may be very hot. Sprinkle a quarter of the cheese over the top of each chicken breast and return to oven, unsealed for two minutes or until cheese is melted. With a spatula, transfer the contents of each packet onto individual serving plates.

Tip: To save costs, buy bone-in chicken breasts and remove the skin.

***Nutritional Facts Per serving: 290 calories based on recipe with total 4 servings**



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Baked Macaroni & Cabot White Cheddar Cheese

Servings: 6 (Cost/recipe \$10.00 or \$1.66/serving)

Ingredients:

- 2 1/2 cups dry macaroni or other small pasta shape (10 ounces)
- 3 cups milk
- 5 tablespoons Cabot Salted Butter
- 3/4 cup fresh bread crumbs (about 2 slices firm white bread)
- 1/4 cup King Arthur Unbleached All-Purpose Flour
- 3/4 teaspoon salt
- 1/8 teaspoon grated nutmeg
- Several dashes Tabasco Sauce
- 16 ounces Cabot Extra Sharp Cheddar, grated (about 4 cups)

Nutritional Facts*:	
Calories:	560
Total Fat:	32g
Saturated Fat:	20g
Sodium:	733mg
Carbohydrates:	43g
Dietary Fiber:	1g
Protein:	25g
Calcium	601 mg

Preparation: Preheat oven to 350°F. Butter 2-quart baking dish or coat with nonstick cooking spray and set aside. In large pot of boiling salted water, cook pasta until al dente (slightly underdone), 8 to 10 minutes. Meanwhile, heat milk in saucepan to just below simmer. In another saucepan, melt butter over medium-low heat. Pour 1 tablespoon of butter into small bowl, add bread crumbs and toss together; set aside. Add flour to remaining butter in saucepan and whisk over heat for 2 minutes. Slowly whisk in hot milk and continue stirring until mixture thickens and comes to simmer. Whisk in salt, nutmeg, Tabasco and 2 cups of cheese. Drain pasta thoroughly in colander. Return to pot, add cheese sauce and mix together thoroughly. Spread one-third of pasta mixture over bottom of prepared baking dish. Scatter one-third of remaining cheese on top. Spoon another one-third of pasta on top and add another one-third of cheese. Top with remaining pasta, then remaining cheese. Sprinkle with reserved bread crumbs. Bake for 25 to 35 minutes, or until golden and bubbling.

***Nutritional Facts Per serving: 560 calories based on recipe with total 6 servings**



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Zucchini Parmesan Rounds

Servings: 4-6 (Cost/recipe \$2.46 or \$.62/serving)

Prep and Cooking Time: 25 minutes

Ingredients:

- Non-stick cooking spray
- 2 medium zucchini (about 3/4 pound)
- 1 tablespoon olive oil
- 1/2 cup freshly grated Parmesan cheese (about 2 ounces)
- 1/2 cup plain dry bread crumbs
- 1/8 teaspoon salt
- Freshly ground black pepper to taste
- Paprika to taste

Nutritional Facts*:	
Calories:	140
Total Fat:	7g
Saturated Fat:	2.5g
Cholesterol:	10mg
Sodium:	330mg
Carbohydrates:	13g
Dietary Fiber:	2g
Protein:	7g (3.8g from dairy)
Calcium	15% Daily Value

Preparation: Preheat oven to 450° F. Lightly coat a baking sheet with non-stick cooking spray. Slice zucchini into 1/4-inch thick rounds, leaving green skin on. Place rounds in a re-sealable plastic bag with olive oil; shake to coat all sides. Combine Parmesan cheese, bread crumbs, salt, pepper and paprika in a small bowl. Press each zucchini round into the Parmesan mixture, coating on both sides. Place in a single layer on prepared baking sheet. Bake until browned and crisp, about 10 minutes. Remove with spatula. Serve warm.

***Nutritional Facts Per serving: 140 calories based on recipe with total 4 servings**

Berry Brownie Pudding

Servings: 6 (Cost/recipe \$6.10 or \$1.02/serving)

Prep Time: 10 minutes

Ingredients:

- 4 cups 1% low-fat milk
- 2 packages (4 serving size each) vanilla pudding mix
- 1 cup of 1-inch low-fat brownie pieces
- 2 cups sliced strawberries
- 1 cup blueberries

Nutritional Facts*:	
Calories:	293
Total Fat:	9g
Saturated Fat:	2g
Cholesterol:	8mg
Sodium:	304mg
Carbohydrates:	49g
Dietary Fiber:	3g
Protein:	9g
Calcium	20% Daily Value

Preparation: Add milk to pudding mix and prepare according to directions on box (instant pudding may be substituted). Place half of brownie pieces on bottom of a medium glass bowl and layer with half of vanilla pudding, 1 cup of strawberries and 1/2 cup of blueberries. Repeat layers with remainder of ingredients. Serve immediately or cover and refrigerate. **Substitution Idea:** If fresh berries are not in season, you can also use frozen berries, thawed. *Tip: Look for fruit in season to get the best buy.*

***Nutritional Facts Per serving: 293 calories based on recipe with total 6 servings**