

Salmon with Blackberry

4 servings

Ingredients:

4 Salmon filets skinless
½ cup of fresh blackber
2 Philmin packs of blackberry sauce
1 medium lemon for juice
1 ounce of unsalted butter
1 T spoon of olive oil
Seasoning to taste

Instructions:

- In a saute pan melt butter with olive oil over medium high heat
- Brown seasoned salmon filet on each side for a few minutes until cooked medium
- Add blackberries
- Add fresh lemon juice into the sauce pan
- Add Philmin blackberry sauce
- Slow boil for 2 minutes.

Serve with steam wild rice flavored with Manda's tasso.

Your friends would pay for this dish!!

Very Healthy!

Estimated cost \$5.65

Pork with Blue Cheese

4 servings

Ingredients:

8 slices ½ inch thick boneless pork loin
2 ounces of unsalted butter
2 Philmin packs of blue cheese sauce
4 ounces of blue cheese crumbles
2 T spoon of Kleinpeter's cream
2 T spoon of Rouse's red wine
Seasoning to taste
Philmin blue cheese Sauce 1 pack (2 packs for sauce lovers)

Instructions:

- In a saute pan melt butter until brown
- Saute both sides seasoned pork slices until brown
- add red wine, blue cheese, cream and Philmin blue cheese sauce
- Bring to a slow boil
- Cook for 3 minutes.

Served with sauted red cabbage and fried sweet potatoes straws.

Very Healthy!

Estimated cost \$4.25 per person

Chicken with Mushrooms

4 servings

Ingredients:

4 chicken breasts sliced
1 cup of diced fresh mushroom
2 Philmin packs of mushroom sauce
2 T spoon of Kleinpeter's cream.
1 ounce of unsalted butter
1 T spoon of olive oil
Seasoning to taste

Instructions:

- Heat butter and olive oil in saute pan over medium heat
- Brown seasoned chicken strips
- Add mushroom
- Stir for 3 minutes
- Add cream and Philmin mushroom sauce.
- Cook slowly for 4 minutes or until chicken is done

Served with sauted zuchini and yellow squash.

Rated best chicken dish for kids by my kids!!!

Very Healthy!

Estimated cost \$4.35 per person