party sliders

TOTAL TIME

Please see individual recipes below.

MAKES 12 (each) SERVINGS

APRON'S ADVICE

Add some chips and dip or French fries to serve on the side. Or choose some Deli sides to complete this meal. Then enjoy brownies for a sweet finish. These recipes work well together or individually. Choose the recipes that your family and friends will enjoy.

PUBLIX Aprons SIMPLE MEALS

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SHOPPING LIST

Bakery
36 Publix Bakery dinner rolls (sliced for buns)

Dairy
12 slices fresh mozzarella cheese

Deli
6 Deli fried chicken tenders

Dry Grocery
1/4 cup Buffalo wing sauce
2 tsp blackening seasoning
1 cup blue cheese salad dressing
1 1/2 cups marinara pasta (or pizza) sauce
1/4 cup mild salsa and cheese sauce
1 packet (about 1 oz) taco seasoning mix

Meat
1 1/2 lb ground chuck
12 seasoned ground beef meatballs

Produce
1 avocado
1 sweet onion
1 tomato

From Your Pantry
2 tbsp light mayonnaise

COOKING SEQUENCE

meatball marinara sliders

INGREDIENTS

12 seasoned ground beef meatballs
1 1/2 cups marinara pasta (or pizza) sauce
12 Bakery dinner rolls (sliced for buns)
12 slices fresh mozzarella cheese

STEPS

1. Preheat large sauté pan on medium-high 2–3 minutes. Flatten meatballs to 1/2-inch-thick patties (wash hands). Place patties in pan; cook 3–4 minutes on each side or until desired doneness.
2. Cover marinara sauce; microwave on HIGH 45–60 seconds or until hot.
3. Place in bun: 1 tablespoon marinara sauce, 1 meat patty, 1 cheese slice, and 1 more tablespoon marinara sauce. Serve.

CALORIES (per 1/12 recipe) 210kcal; FAT 10g; CHOL 35mg; SODIUM 510mg; CARB 17g; FIBER 1g; PROTEIN 11g; VIT A 2%; VIT C 2%; CALC 6%; IRON 10%

taco sliders

INGREDIENTS

1 sweet onion
1 packet taco seasoning mix (about 1 oz)
1 1/2 lb ground chuck
1 avocado
1 tomato
12 Bakery dinner rolls (sliced for buns)
1/4 cup mild salsa and cheese sauce

STEPS

1. Grate one-half of the onion into medium bowl. Add taco seasoning and ground chuck; mix to blend. Shape meat into twelve patties (about 1/2-inch-thick); wash hands.
2. Preheat large sauté pan on medium-high 2–3 minutes. Add patties; cook 3–4 minutes on each side or until desired doneness. Slice avocado and tomato thinly.
3. Place in bun: beef patty, tomato, avocado, and 1 teaspoon cheese sauce. Serve.

CALORIES (per 1/12 recipe) 220kcal; FAT 11g; CHOL 35mg; SODIUM 420mg; CARB 17g; FIBER 2g; PROTEIN 13g; VIT A 4%; VIT C 10%; CALC 6%; IRON 10%

black'nd blue buffalo chicken sliders

INGREDIENTS

6 Deli fried chicken tenders
1/4 cup buffalo wing sauce
1 cup blue cheese salad dressing
2 tablespoons light mayonnaise
2 teaspoons blackening seasoning
12 Bakery dinner rolls (sliced for buns)

STEPS

1. Preheat oven to 425°F. Cut each chicken tender in half; bake 10–12 minutes or until thoroughly heated.
2. Toss hot chicken with wing sauce. Combine salad dressing, mayonnaise, and seasoning.
3. Place in bun: chicken and blue cheese sauce. Serve.

CALORIES (per 1/12 recipe) 250kcal; FAT 16g; CHOL 25mg; SODIUM 660mg; CARB 17g; FIBER 1g; PROTEIN 10g; VIT A 2%; VIT C 0%; CALC 6%; IRON 6%

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