

make the most of your dinner dollars

Once again,
Publix has compiled some
delicious dinner options
that will feed four people
for under \$15. Your family
will love the taste, and
you'll love the price.



March
Meal Deal
Savings

Publix[®]

WHERE SHOPPING IS A PLEASURE[®]



Plan to Save

With just a few easy strategies,
you can save money with every
trip to Publix and every meal
you prepare at home.

Use Apron's

Publix Apron's Simple Meals makes it easy to eat at home with your family instead of going out. Pick up recipes in the store or go to publix.com/aprons.

Cook ahead

When you have free time, cook up some big batches of your family's favorite foods. Chili, casseroles, and the like can be frozen for easy weeknight meals.

Plan your snacks

Be prepared for when the munchies strike at the office. Instead of hitting the vending machine, be ready with a snack you've packed at home.

BOGO for it

When you see buy-one-get-one-free deals or other sales on non-perishables or freezable foods, buy in bulk.

Let the insert guide you

Shop the Publix weekly ad insert to maximize your savings. You can save hundreds of dollars every week!

Pick Publix Brand

Every time you select Publix brand items, you're getting the quality of the national brand (or better), but paying less.

Buffalo Grilled Chicken With Blue Cheese Spuds

Total Time: 25 minutes (Makes 4 servings.)

- 1 tablespoon cornstarch
- 4–6 Publix Boneless, Skinless Chicken Thighs (about 1 1/4 lb)
- 1/4 cup Frank's Buffalo Wing Sauce
- 2 tablespoons Publix Blue Cheese
- 2 teaspoons Oscar Mayer Real Bacon Bits
- 1 (24-oz) package Simply Mashed Potatoes

1. Preheat 2-sided tabletop grill. Place cornstarch and chicken in zip-top bag; seal bag and shake to coat. Add wing sauce; seal bag and knead bag to coat evenly.
2. Place chicken on grill; close lid and grill 8–10 minutes, pressing lid down occasionally to sear chicken. Cook until edges are crisp and chicken is 165°F.
3. While chicken grills, combine remaining ingredients and cover; microwave on HIGH 4–5 minutes or until thoroughly heated, stirring once. Stir and serve.

Apron's Advice: This recipe is best when made with chicken thighs. They stay moist and are more flavorful than chicken breasts would be. Line your grill with nonstick foil for super easy cleanup!

One-Pan Sausage Ravioli

Total Time: 25 minutes (Makes 4 servings.)

- 1 tablespoon extra-virgin olive oil
- 1/2 cup frozen Publix Diced Onions
- 1 lb Publix Mild (or Hot) Italian Sausage
- 1 (26-oz) jar Publix Pasta Sauce
- 1/2 (25-oz) bag frozen Publix Cheese Ravioli
- 1 (16-oz) frozen Publix Garlic Bread

1. Preheat oven for garlic bread. Place oil, onions, and sausage in large saucepan on medium-high; cook and turn 7–9 minutes or until sausage is browned. Begin to bake garlic bread following package instructions.
2. Stir 1 1/2 cups water and remaining ingredients into sausage. Bring to a boil; cook and stir 10–12 minutes or until pasta is tender and sauce thickens.
3. Remove sausage from pan; cut into bite-size slices. Stir sausage back into sauce and serve.

Apron's Advice: For a little variety, you can substitute frozen, precooked meatballs for the sausage in this recipe.

Cornflake Pork Chop Dinner

Total Time: 30 minutes (Makes 4 servings.)

- 1 (4.4-oz) packet Publix Fettuccini Pasta with Butter and Herb Sauce
- 1 (16-oz) bag frozen Publix Green Peas
- 1 large egg, beaten (or 1/4 cup egg substitute)
- 2 cups Publix Corn Flakes Cereal
- 4 Publix Pork Chops (1 1/4 lb)
- 1/2 teaspoon Amazing Taste Pork Seasoning (or seasoned salt)
- 4 tablespoons Kerrygold Herb Garlic (or regular) Butter

1. Prepare pasta following stovetop package instructions. Prepare green peas following microwave (or stovetop) package instructions.
2. Begin pork chops by placing egg in shallow bowl. Crush corn flakes cereal with fingertips and place in second shallow bowl. Sprinkle pork chops with seasoning. (Continue pasta side dish and peas as needed.)
3. Preheat large sauté pan on medium 2–3 minutes. Dip pork chops in egg (allowing excess to drip off) then dip both sides into crumb mixture; press with fingertips to evenly coat (wash hands). Place butter in pan, and then add pork chops; cook 4–7 minutes on each side or until 160°F (for medium). Serve.

Apron's Advice: Complete this meal with fresh baked biscuits.

Chicken Vegetable Stir-Fry

Total Time: 30 minutes (Makes 4 Servings.)

- 1 pouch Success Boil-in-Bag Jasmine Rice
- 1 lb Publix Boneless, Skinless Chicken Breasts
- 3 tablespoons canola (or vegetable) oil, divided
- 1/2 (16-oz) bag frozen Publix Peas and Carrots
- 1 (6-oz) pkg frozen La Choy Snow Peas
- 1 (8-oz) can Geisha Sliced Water Chestnuts (drained)
- 1 (12.1-oz) jar Kikkoman Stir-Fry Sauce

1. Prepare rice following package instructions. Cut chicken into bite-size strips (wash hands); set aside.
2. Preheat large sauté pan on medium-high 2–3 minutes. Place 1 tablespoon oil in pan, then add vegetables; cook and stir 5–7 minutes or until crisp-tender. Transfer vegetables to serving bowl; set aside.
3. Place remaining 2 tablespoons oil in same pan, then add chicken; cook and stir 2–3 minutes or until chicken is no longer pink (and is 165°F).
4. Return vegetables to pan; stir in sauce until evenly coated. Cook and stir 3–5 minutes or until thoroughly heated. Serve over rice.

Apron's Advice: You can substitute your family's favorite blend of vegetables in this stir-fry recipe. Also, the rice can stand in the hot water up to 30 minutes without any loss of quality.