

Downtown Dinners

January 2017 Menu

Chicken and White Bean Chili – Warm your kitchen with the inviting aroma of our chicken chili. This colorful one-dish meal is filled with diced chicken, beans, carrots, tomatoes, corn, mild green chiles and all the chili spices you love. Stovetop: 30 minutes. **(Gluten Free)**

Chicken Pot Pie – You'll love our version of this American favorite: juicy chicken, vegetables, a tasty béchamel sauce and the perfect blend of herbs. Topped with golden brown biscuits, this dinner is sure to be a favorite one-dish meal for your family. Oven: 45 minutes.

Hearty Beef and Tortellini – Serve an Italian-style feast in your own home with minimum effort. Just bake until bubbly this plentiful helping of cheese-stuffed tortellini layered with crumbled beef and a rich tomato sauce flavored with herbs and vegetables. The dish is crowned with mozzarella. Oven: 45 minutes if thawed, 55 minutes if frozen.

Heavenly Chicken - There's a good reason you've asked us to repeat this dish – it truly lives up to its name! Chicken tenders are coated with a crunchy Parmesan crust and topped with creamy spinach and diced ham. Oven: 60 minutes if thawed, 70 minutes if frozen.

Mom's Pot Roast with Potatoes & Carrots – Our succulent beef pot roast can be cooked on the stovetop or in a slow cooker. It's so tender it falls apart, and the gravy is perfect with the potatoes and carrots. Slow cooker – 7-8 hours or Stovetop – 2 ½ -3 hours. **(Gluten Free)**

Parmesan Baked Salmon – Encourage your family's healthy eating habits without them even knowing. This bountiful and beautiful salmon fillet is coated with cracker crumbs and Parmesan cheese, so it's crispy on the outside yet tender on the inside. Oven: 12-15 minutes if thawed, 17-23 minutes if frozen

Sautéed Lemon Chicken with Potatoes and Asparagus – Enjoy little fuss and big results with this quick one-dish meal. Chicken tenders are seasoned with garlic and lemon, then browned and topped with potato wedges and asparagus spears. Stovetop: 20 minutes if thawed, 25 minutes if frozen. **(Gluten Free)**

Shrimp Scampi on Pasta – In this Italian classic, juicy shrimp simmer in white wine, garlic and butter and are then served over tender linguine pasta. Stovetop – 10 minutes if thawed, 15 minutes if frozen. **(Gluten Free w/o Pasta)**

Slow Cooker Southwestern Pork Tenderloin – Take home one of our pork tenderloins, marinating in red wine and spices. Cook it in your slow cooker all day. The meat becomes fall-apart tender, and you serve it over rice or wrapped in the included soft tortillas. Cook on low 6-8 hours. **(Gluten Free – ask for corn tortillas)**

Vegetarian Black Bean and Rice Burritos – Spice up any weeknight with these child-pleasing burritos. We stuff and roll tortillas with our nutritious and satisfying mixture of beans, rice, tomatoes, corn, mild salsa and Cheddar cheese. Microwave: 2 minutes on high if frozen, 1 minute on high if thawed.

Regular Size entrées (Feed 3) \$15.00

****Not a Gluten Free Kitchen**

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