



NEWS RELEASE

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Release Number: 87-10
Date: September 13, 2010
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How to turn case lot bargains into elegant entrees or tasty treats

*By Kay Blakley,
DeCA home economist*

FORT LEE, Va. – At my commissary, the fall case lot sale has always been more than just a time to get some of the best bargain shopping of the season done. It’s also a great time to meet your child’s new classmates and their parents, their teachers and even some of your newest neighbors as you wait in line for some really great bargains.

There have been times when I arrived home with so much stuff I wondered aloud how I was going to be able to put it all to good use. If you’ve “been there and done that,” too, you’ll understand the motivation that went into crafting this week’s collection of recipes. At least one main ingredient in each recipe is a product featured in the case lot sale!

If you stocked up on peanut butter, use some of it to make a batch of **Chocolate Peanut Butter Cloud Cookies**. Grab a chocolate cake mix and a can of frosting to mix with a dab of your peanut butter and a few other goodies, and you’ve got marvelous cookies with very little effort. It’s a rare household that admits to having too much brownie mix on hand, but if that describes you, use at least one package of it in the **Strawberry Fudge Pie** recipe. I have yet to meet the person who doesn’t love it!

Even if you are a “real mashed potato” kind of cook, take a look at the **Party Potato Mash** recipe. It uses instant potatoes (several varieties of which are included in the case lot sale) and cooks in the slow cooker while you tend to other dishes on the menu. Sounds like a perfect holiday dish to me.

The **Easy Meatballs** recipe is just what you need to add spice to a package of case lot sale spaghetti or penne pasta. You'll need to add some sauce, of course, either from a can, a jar or your own creation. Be sure to try the **Penne with Tomato and Smoked Cheese** recipe, too. You can even make it a day ahead, refrigerate overnight and bake the following day.

Don't miss the **Pineapple Chicken Stir-Fry** recipe. It's extremely kid friendly, since it's made with chicken nuggets. Yes, they're part of the case lot sale! Go get 'em while they last! To check out these recipes and more, come to Kay's Kitchen at <http://www.commissaries.com>. As always, you'll save 30 percent or more on the ingredients for all of these recipes in your local commissary.

Here is a recipe for **Easy Meatballs** that serves four. This recipe lends itself well to individual additions. Kick the flavor up a notch with add-ins like garlic, parsley or Italian seasoning. Use a half-and-half mixture of pork and beef instead of all beef, or go with all ground chicken or turkey, if you prefer. You can even sneak in some shredded carrots or zucchini to make the meatballs more moist and tasty, and healthier, too.

Ingredients

1 pound lean ground beef

1/2 cup Italian-style bread crumbs

1/4 cup milk

1/2 teaspoon salt

1/2 teaspoon Worcestershire sauce

1/4 teaspoon pepper

1 small onion, finely chopped (1/4 cup)

1 egg, lightly beaten

1. Preheat oven to 400 degrees. Line a 13 × 9-inch pan with aluminum foil; spray with cooking spray.
2. Place the egg in a large bowl; stir in remaining ingredients, except ground beef, until well combined.
3. Crumble ground beef over egg mixture and lightly mix until all ingredients are well combined.
4. For evenly sized meatballs that will cook in the same amount of time, on a cutting board, pat

ground beef mixture into a 6 × 4-inch rectangle. Using a sharp knife, cut the mixture into 24 squares.

5. Roll each square into a 1 ½-inch meatball; place 1 inch apart in prepared pan.

6. Bake uncovered 18 to 22 minutes or until no longer pink in the center.

-DeCA-

About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth more than \$4,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America’s military and their families, and help recruit and retain the best and brightest men and women to serve their country.*