



You are cordially invited to attend an
AFTER HOURS BUSINESS MIXER

Hosted by

**THE GREATER BOWIE CHAMBER OF COMMERCE &
THE GREATER CROFTON CHAMBER OF COMMERCE**

Sponsored by

SUPER SUPPERS OF CROFTON

1641 Route 3 North, Suite 103, Crofton, MD 21114



**MONDAY, MARCH 19, 2007
5:30 P.M. – 7:30 P.M.**

This unique event offers a great opportunity to mingle with local business people while enjoying appetizers and assorted beverages.

Too Busy To Cook?

SUPER SUPPERS has the answer to the age-old question "What's for Dinner?"

10% Discount to all members present. Prepare a meal from the Super Suppers menu during the event or purchase your choice of meals from those prepared and ready to go in the freezer!

Please RSVP by Thursday, March 15, 2007

Cost: \$10.00 for Chamber Members; \$15.00 for Non-Members

After Hours Business Mixer ♦ Monday, March 19, 2007 ♦ 5:30 p.m.

Cost: \$10.00 Members/\$15 Non-Members

NAME: _____ COMPANY: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____ NO. OF GUESTS _____ AMT. ENCLOSED:\$ _____

Please remit checks payable to GBCC to 6911 Laurel-Bowie Rd., #302, Bowie, MD 20715
You may mail or fax this form with credit card information to 301/262-0921. Questions - call 301/262-0920.

Visa/MasterCard # _____ Exp. Date _____ Signature _____

Super Suppers Crofton – March 2007 Menu

Bacon Cheddar Meatloaf

This fabulous meatloaf tastes like a juicy bacon cheeseburger, with diced bacon and shredded cheese. It's formed into a loaf in a disposable pan and covered with our tasty ketchup glaze. Leftovers make incredible sandwiches. Servings: 7 (5 oz. each), Calories: 390, Fat: 23g, Fiber: <1g, Protein: 26g, Carbs: 19g, Sodium: 1000mg, Sugar: 11g, Transfat: 0g

Catalina Meatballs with Noodles

The flavors of Southern California – fresh, snappy with an Asian hint – surround our tasty meatballs. These noodles are the perfect companion for the sweet-and-sour flavor of the meatballs and their juice. Stovetop – 15 minutes.

Servings: 8 (3 meatballs with noodles per serving), Calories: 670, Fat: 25g, Fiber: 4g, Protein: 26g, Carbs: 86g, Sodium: 910mg, Sugar: 20g, Transfat: 0g

Chicken with Spiced Peach Chutney

Peaches, raisins and a hint of curry make this a delicious chutney. Chicken breasts are browned quickly in a skillet and then simmered with the chutney sauce. Stovetop – 20 minutes. Servings: 6 (1 breast with chutney per serving), Calories: 230, Fat: 2g, Fiber: 1g, Protein: 23g, Carbs: 31g, Sodium: 270mg, Sugar: 27g, Transfat: 0g

Cod de Provence with Lemon Rice

Six beautiful cod fillets cook quickly in a skillet with the herbs of Provence. The rice heats up in a snap in the microwave. Quick, easy, and healthful. Stovetop and microwave – 10 minutes. Servings: 6 (1 fillet with rice per serving), Calories: 210, Fat: 3.5g, Fiber: 1g, Protein: 23g, Carbs: 21g, Sodium: 510mg, Sugar: 3g, Transfat: 0g

Cranberry Pork Roast

This beautiful pork loin roast cooks all day in the slow cooker or in a couple of hours on the stovetop. Either way, your house will smell divine and everyone will come running for dinner. Slice this roast into elegant slices and serve with the accompanying cranberry-orange sauce. This is a meal for guests or for a special family dinner. Slow cooker – 7 hours, or stovetop – 2 hours. (Available in full portion only.) Servings: 6 (4 oz. pork with sauce each), Calories: 360, Fat: 7g, Fiber: 1g, Protein: 25g, Carbs: 48g, Sodium: 100mg, Sugar: 35g, Transfat: 0g

Crunchy Baked Chicken with Seasoned Noodles

Parsley, lemon, and Dijon mustard coat tender chicken breasts. Dip in an herbed topping and bake to a luscious golden brown crunch. Includes a side of our herb-seasoned noodles.

Servings: 6 (1 chicken breast with noodles each), Calories: 510, Fat: 15g, Fiber: 3g, Protein: 33g, Carbs: 57g, Sodium: 1690mg, Sugar: 4g, Transfat: 0g

Kung Pao Beef with Rice

Lean beef is stir-fried with water chestnuts, baby corn and lots of soy-ginger sauce to serve over the hot rice. We give you peanuts to toss in if you wish. Stovetop – 15 minutes. Servings: 6 (1 cup each), Calories: 460, Fat: 18g, Fiber: 2g, Protein: 36g, Carbs: 35g, Sodium: 1340mg, Sugar: 10g, Transfat: 0g

Parmesan Chicken with Creamy Sage Sauce

This crunchy coating of Parmesan cheese, buttery bread crumbs, and herbs gives the chicken breasts incredible flavor and keeps them juicy and tender. The crispy chicken works perfectly with the creamy sage and white wine sauce.

Fancy dinner? Yes, but so easy – and the kids will love it too! Servings: 6 (6 oz. each), Calories: 290, Fat: 10g, Fiber: 1g, Protein: 32g, Carbs: 14g, Sodium: 560mg, Sugar: 2g, Transfat: 0g

Rosemary Herbed Flank Steak

Our big, juicy flank steak is marinated in rosemary, oregano and other herbs and spices. You grill it outside or cook it in a big skillet. Everyone loves this tasty, flavorful steak and now you can be an expert at cooking and serving it. Grill or stovetop – 25 minutes. (Available in full portion only.) Servings: 8 (4 oz. each), Calories: 210, Fat: 8g, Fiber: 1g, Protein: 31g, Carbs: 2g, Sodium: 70mg, Sugar: 1g, Transfat: 0g

Shrimp Gumbo

“Start with a roux.” But of course YOU don't have to make it. We have it made for you. All you do is add the shrimp, onions, celery, green peppers and other goodies and give it a quick cooking on the stovetop. Serve over the rice we give you, and you've made an instant Louisiana favorite in your own kitchen. Stovetop – 20 minutes.

Servings: 6 (1 cup each), Calories: 210, Fat: 1.5g, Fiber: 3g, Protein: 12g, Carbs: 35g, Sodium: 450mg, Sugar: 5g, Transfat: 0g

Slow-Cooker Tandoori Pork with Pita

Tender chunks of juicy pork, lentils and our made-from-scratch Tandoori sauce (paprika, garlic, fresh lemon juice, fresh ginger, curry powder and more) simmer in your slow cooker while you are gone all day. When you come home, your house smells wonderful and dinner is ready. We give you soft pita wraps to fill with this exotic mix. Slow cooker – 8 hours, or oven – 2-2½ hours. Servings: 12 (1/2 pita wrap with pork per serving), Calories: 330, Fat: 7g, Fiber: 9g, Protein: 27g, Carbs: 39g, Sodium: 300mg, Sugar: 4g, Transfat: 0g

Stuffed Braided Bread

Always a favorite with kids and parents, our puffy yeast bread is stuffed with your family's favorite Italian ingredients. Choose from pepperoni, pizza sauce, shredded mozzarella cheese, onions, olives, peppers and mushrooms. Give it a quick bake, and your home will smell like an Italian kitchen. Oven – 20 minutes. Servings: 6 (1/3 loaf or 7 oz. each), Calories: 320, Fat: 16g, Fiber: 3g, Protein: 12g, Carbs: 29g, Sodium: 1080mg, Sugar: 7g, Transfat: 0g