



April 2009

Cooking Instructions

Notes

All American Pot Roast Defrost in refrigerator. Approx defrost Time: 16 hrs—it is o.k. if food is still a bit frozen. Heat skillet over medium-high heat. Add 2 TBS vegetable or olive oil. Brown meat. Add meat to Crock Pot. Pour marinade mixture over meat. Add vegetables and cover. Cook on low 9-10 hours. OR Brown meat in skillet as above. Place meat, marinade and vegetables in oven proof deep casserole dish with cover. Cover and cook in pre-heated 350F oven for 2 hours.

Chocolate Butterscotch Bread Pudding If Frozen-Do Not Defrost Pre heat oven to 375F. Remove lid and place baking pan into oven and bake 30 minutes or until set. 15 Pts

Garlic Lime Dijon Flank Steak Approx defrost time 24 hours. Pre-heat BBQ to medium-high heat or broiler to high. Remove flank steak from bag and place onto BBQ or broiler. Cook 4-7 minutes each side or until desired doneness. Let rest 5 minutes before slicing. Remember, the steak will continue to cook while resting, so be careful not to overcook. Place onto cutting board and slice across the diagonal. 6 Pts

Grilled Chicken & Pesto Francese Bread Bake Defrost in refrigerator. Approx defrost Time 24 hrs. Pre-heat oven to 350F. Place foil wrapped sandwich in middle rack of oven. Bake 30 minutes. Remove foil and bake an additional 7 minutes to crisp the crust. Remove from oven and let stand 5 minutes before cutting into individual servings. 8 Pts

Ginger Infused Salmon Filets Defrost in refrigerator. Approx defrost time 24 hrs. Pre-heat BBQ or Broiler to medium-high heat. Place Salmon onto Grill or under broiler on Pan. Cook 3-5 minutes on each side to desired doneness. 7 Pts

Lean Turkey & Bean Chili Defrost in refrigerator. Approx defrost time 24 hrs. Crock-Pot Instructions: Place mixture into crock pot. Add 1 cup water. Stir well. Cook on low at least 6 hours and up to 10 hours. Stove Top Instructions: Place mixture into large pot. Cook on medium-high heat and bring to a soft boil. Reduce heat to medium and cook 30 minutes, stirring occasionally. May be served with chopped onion and shredded jack cheese. 5 Pts

Minestrone Soup Defrost in refrigerator. Approx defrost time 24 hrs. In a large skillet heat 2 TBS olive oil over low heat. Add onion and celery mixture and cook until soft. Transfer to crock pot and add ingredients from large Ziploc bag. Add 4 cups water for a thicker soup or 6 cups water for a thinner soup. Cook 6-8 hrs, stirring occasionally. Add pasta 20 min. before serving. Sprinkle with grated parmesan cheese. 6 Pts & Core

Red & Green Sauce Layered Chicken Enchiladas Defrost in refrigerator. Approx defrost time 24 hrs. Pre heat oven to 350F. Remove baking pan lid. Place baking pan onto baking sheet and place into oven. Bake 35 minutes or until heated through and bubbly around edges. Remove from oven and let stand 5 minutes before serving. 7 Pts

Roasted Pork Tenderloin w/Rosemary Infused Plum Sauce Defrost in refrigerator. Approx defrost time 24 hrs. Heat BBQ or broiler to medium heat. Cook pork tenderloin 10-15 minutes, turning a few times. Remove from heat and let stand 5 minutes. Heat plum sauce for 30 seconds in microwave. Slice tenderloin. Pour plum sauce onto serving platter or plate. Top with sliced tenderloin. 6 Pts

Thai-Curried Chicken, Prawns, Tofu Defrost in refrigerator. Approx defrost time 24 hrs. In lg skillet, cook onions in 3 TBS oil until edges are browned. Add garlic/spice mix and cook over med heat, stir occasionally, about 8 min. Stir in coconut milk and bring just to a boil. Add chicken/tofu/prawns and simmer about 6 min. Serve over rice. Prawns 4 Pts Chicken & Tofu 5 Pts

Home-style Chicken Pot Pie

DO NOT DEFROST: Pre-heat oven to 400F. Remove lid. Place in oven for 15 min..Reduce heat to 375F and bake 35 to 45 min. more until crust is lightly browned. Let stand 10 min. before serving. 6 Pts

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