



august 2009

## Cooking Instructions

### **Chicken Satay w/Peanut Dipping Sauce**

If frozen, defrost in refrigerator 24 hours. Thread chicken strips onto skewers. Place peanut butter mixture into small saucepan and cook on low for 10 min. Place threaded skewers onto BBQ or under broiler. Cook 15 min or until chicken is done, turning every 3-4 min. Serve with warm peanut sauce. 6pts

### **Cherry-Chipotle Glazed Chicken**

If frozen, defrost in refrigerator 24 hours. Pre-heat oven to 350F. or BBQ to med. heat. Place chicken into baking dish. Reserve marinade. Bake 25-30 min. or BBQ, 5 min. each side. Pour remaining marinade into small pan. Heat to a boil. Pour sauce over cooked chicken. 5pts

### **Herb-Crusted Flank Steak**

If frozen, defrost in refrigerator 24 hours. Heat lg skillet over med-high heat. Add 2 TBS oil to skillet. Place steak into skillet and cook 5-7 min. on each side until golden and crusted. Remove from oven and let stand 5 minutes before slicing across the grain. Drizzle balsamic glaze over steak before serving. 6pts

### **Coconut Soup with Chicken and Shrimp (or Tofu)**

If frozen, defrost in refrigerator 24 hours. In a medium saucepan, simmer the coconut milk and lime Juice mixture—5 minutes. Add the chicken and the vegetable mixture and cook 10 minutes on low—stirring occasionally. Add frozen shrimp. Cook 2-3 minutes more. 4pts

### **Cuban Pork w/Mango Salsa**

Defrost in refrigerator overnight. Place into crock-pot and cook 4-6 hours on low or 3-4 hours on high. Stir well before serving—pork will fall apart. Serve with mango salsa and warm tortillas

### **Dijon Crispy Chicken Bake**

If frozen, defrost in refrigerator 24 hours. Pre-heat oven to 350F. Empty bread crumb mixture onto large plate. Remove chicken pieces from marinade and coat with bread crumb mixture. Place onto baking pan sprayed with cooking spray. Bake 35 minutes.

### **Manicotti Sorrentina**

If frozen, defrost in refrigerator 24 hours. Pre heat oven to 375F. Remove baking pan lid and replace with foil. Place baking pan in oven and bake 25 min. Remove foil and cook 15 minutes more until heated through and bubbly around edges. Remove from oven and let stand 5 min before serving. 7pts

### **Lemon Herb Marinated Lamb Chops**

If frozen, defrost in refrigerator 24 hours.. **BBQ or Broil 5-8 minutes on each side.**

### **Sloppy Joes**

If frozen, defrost in refrigerator 24 hours. Empty contents of Ziploc Bag into crock-pot. Stir well. Cook on low 6-8 hours or on high 3-4 hours. Serve on hamburger buns. 5pts

### **Stuffed Turkey Meatloaf**

If frozen, defrost in refrigerator 24 hours. Remove lid. Place pan onto baking sheet. Bake in pre-heated 350° oven for 45 minutes. Remove from oven and let stand 5 minutes before serving. 6pts

### **Santa Cruz Seasonal Veg Medley**

Saute in skillet, stirring frequently or microwave. On high for 2 min, stir, then microwave for approx 1 min. Check for desired doneness.

### **Green Beans with Almonds**

Saute in skillet, stirring frequently or microwave. On high for 2 min, stir, then microwave for approx 1 min. Check for desired doneness.

### **Pacific Cookies**

Preheat Oven to 325F. Place cookie drops on non stick baking sheet, or spray pan with cooking spray. Bake for 10-14 min. Check often, oven temperatures vary greatly.