

August 2010 Cooking Instruction Sheet

Spanish & Green Olive Chicken, Tilapia or Tofu

Defrost 24 hours. Pre-heat oven to 350F. Remove chicken, fish or tofu from packaging and place into shallow baking dish. Pour tomato and olive sauce over it. Place into oven and bake 35 minutes. Remove from oven and let stand 5 minutes before serving. Sprinkle with Parmesan cheese.

Bourbon-Glazed Pork Loin Steaks

Defrost 24 hours. Pre-heat oven to 350 or heat BBQ to medium heat. Remove pork from marinade and place into shallow baking dish or onto BBQ—and place the remaining marinade into very small saucepan. Bake 35 minutes or cook on BBQ about 8 minutes per side. Bring marinade to a boil—remove from heat. Pour sauce over cooked pork.

Dijon-Herb Crispy Chicken Bake

Defrost 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 or until done.

Asian-Infused Flank Steak

Defrost 24 hours. Pre-heat BBQ or broiler to medium-high heat. Remove flank steak from bag and place onto BBQ grill or onto foil lined broiler pan. Cook 7-10 minutes each side or until desired doneness. Let rest 5 minutes before slicing. Place onto cutting board and slice across the diagonal. Serve immediately.

Zesty Shrimp Skewers

Defrost 24 hours. If using wood skewers, soak them in cold water for 20 minutes. Skewer shrimp. Pre-heat BBQ or broiler to medium-high heat. Place onto BBQ grill or onto foil lined broiler pan. Cook 3-5 minutes each side or until desired doneness.

Hearts of Artichoke and Spinach Lasagna

Defrost 24 hours. Pre-heat oven to 350F. Place baking pan onto baking sheet. Place baking sheet on center oven rack. Bake 30 minutes. Remove lid. Return to oven and bake 15 minutes more. Remove from oven and let stand 5 minutes before serving.

Mediterranean Polenta Squares

Defrost 24 hours. Pre-heat oven to 350F. Place baking pan onto baking sheet. Place baking sheet on center oven rack. Bake 15 minutes. Remove lid. Return to oven and bake 15 minutes more.

Teriyaki-Gouda Beef Burgers

Defrost 24 hours. Pre-heat BBQ or broiler to medium-high heat. Place burgers onto grill or onto foil lined broiler pan. Cook 7-10 minutes each side—check for doneness.

Colorful Mexican Lasagna Casserole

Defrost 24 hours. Pre-heat oven to 350F. Place baking pan onto baking sheet. Place baking sheet on center oven rack. Bake 30 minutes. Remove lid. Return to oven and bake 15 minutes more. Remove from oven and let stand 5 minutes before serving.

Summertime Herbed-Prawn Pockets

Defrost 24 hours. Heat BBQ to medium-high heat. Place pockets seam side up onto grill. Cook 5 minutes. Rotate position on grill for even cooking of each pocket. Cook 3 minutes more. Cut open a 1 inch opening in the top of each pocket to let steam escape. Test for doneness. Vegetables should be crisp tender and shrimp pink.

Mojito Chicken

Defrost 24 hours. Pre-heat oven to 350 or heat BBQ to medium heat. Remove chicken from marinade and place into shallow baking dish or onto BBQ. Bake 25 minutes or cook on BBQ about 8 minutes per side.

Saucy BBQ Chicken Sandwiches

Defrost 24 hours. Place chicken mixture into crock-pot. Cook on low 5 hours or on high 2-3 hours. Shred chicken and serve. OVEN: Pre-heat oven to 350F. Place chicken mixture into Dutch oven (ovenproof casserole with snug fitting lid). Place into oven and bake 2 to 2 1/2 hours. Shred chicken and serve.

Vegetable Blends, Broccoli, Carrots or Cauliflower

Steam or Microwave to desired doneness. You can also par-cook in microwave and then sauté on stove-top with 1 TBS olive oil. Season with salt and pepper or any other seasoning you like!

Peas

Microwave or boil

THESE COOKING INSTRUCTIONS CAN ALSO BE FOUND ON THE FRONT PAGE OF OUR WEBSITE

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