fresh prep™ kitchens

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Cooking Instructions

Notes

Cranberry Chocolate Loaf Cake DO NOT DEFROST CAKE PAN. Pre-heat oven to 350F. Place baking pan on baking sheet. Bake in oven for 30-40 minutes or until toothpick inserted in center comes out clean. Remove from oven and let cool. **13 points**

Creamy Beef Stroganoff Defrost in refrigerator: Pour sour cream mixture into small bowl and whisk together well. Set aside. . Place large non-stick skillet onto burner. Turn heat to medium and add frozen beef/mushroom mixture. Increase heat to medium-high and cook beef stirring often to cook evenly. Once beef is cooked, add sour cream mixture and stir well. Bring to a steady simmer. Remove from heat. Serve hot over cooked rice or egg noodles. **9 Points—not including rice or noodles.**

Hearts of Artichoke and Spinach Lasagna Defrost in refrigerator.. Preheat oven to 350F. Remove lid from baking pan. Place baking pan onto baking sheet. Place baking sheet on center oven rack. Bake 35-40 minutes until heated through and bubbly. Remove from oven and let stand 5 minutes before serving. **6 Points.**

Home-style Chicken Pot Pie DO NOT DEFROST: Pre-heat oven to 400F. Remove lid from baking pan. Place baking pan onto baking sheet. Place in oven and cook 10 min. Reduce heat to 375F and bake 35 to 40 min more until pie is cooked through (test for doneness with knife inserted in middle) and is bubbly. Remove from oven and let stand 5 min before serving. **6 Points**

Hearty Beef and Bean/Turkey/3-Bean Chili Defrost in refrigerator. Place chili into medium pot. Cook on stove-top, on medium-low heat 30-45 minutes, stirring occasionally. **5 Points**

Nonnie's Classic Italian Meatloaf Defrost in refrigerator. Remove lid. Place pan onto baking sheet. Bake in pre-heated 350° oven for 20 minutes. Remove from oven and spread tomato sauce mixture over meatloaf. Return to oven and cook for 15 minutes longer. Remove from oven and let stand 5 minutes before serving. **6 Points**

Molasses Spiced Pork Tenderloin Defrost in Refrigerator. Place loin into baking pan . Bake in pre-heated 350F oven for 35 minutes or until done. Remove from oven and let rest for 5 min. Slice into medallions and serve. **6 Points.**

Orange Sauced Tilapia Defrost in refrigerator. Pre-heat oven to 375F. Pour about ½ of the orange sauce into a very small saucepan. Use remaining orange sauce to dip each tilapia filet, then into breadcrumbs to lightly cover. Place fish into a shallow baking pan sprayed with cooking spray. Place into oven, uncovered and bake 10-12 minutes or until fish is done. Place onto serving platter. Bring orange sauce just to a boil and reduce to simmer. Cook 2 – 3 minutes. Serve sauce over cooked fish. **6 Points**

Chicken Cacciatore Defrost in refrigerator. Pre-heat oven to 375F. Heat large skillet over medium heat. Remove chicken pieces from bag. Transfer chicken pieces in large casserole dish (large enough to hold chicken and tomato mixture—can be shallow or deep). Add the tomato mixture to skillet. Add 1 Cup Water. While stirring, bring just to a boil. Remove from heat and pour sauce mixture over chicken. Place lid onto casserole dish and bake in oven 1 hour or until bubbly and heated through. 7 **Points.**

Margarita Marinated Chicken Defrost in refrigerator. Heat BBQ or Broiler to medium heat. Place chicken onto BBQ or under broiler and cook 5 minutes per side.. **4 Points.**

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