

January 2012 Cooking Instructions

Chicken, or Vegetarian Pot Pie

Pre-heat oven to 400F. Remove lid from pan. Reduce oven temperature to 375F. Place pan on baking sheet. Bake 35 minutes or until hot all the way through.

Black Bean & Spinach Enchilada Bake

Pre-heat oven to 350F. Remove lid from baking pan. Place baking pan onto baking sheet. Place baking sheet on center oven rack. Bake 35 minutes or until heated through. Remove from oven and let stand 5 minutes before serving.

Honey-Peanut Encrusted Chicken

Pre-heat oven to 375F. Empty bread crumb mixture onto large plate. Remove chicken pieces from marinade and coat with bread crumb mixture. Place onto baking sheet sprayed with cooking spray. Bake 25 minutes or until desired crispness. Can be cooked from frozen, add 10 minutes to cooking time.

Asparagus & Chicken Divan

Pre-heat oven to 350F. Remove lid from baking pan. Place baking pan onto baking sheet. Place baking sheet on center oven rack. Bake 35 minutes or until heated through. Remove from oven and let stand 5 minutes before serving.

Slow-Cooked BBQ Flank Steak

Crock-Pot: Empty flank steak mixture into small crock-pot. Cook on low 3-4 hours. Shred and serve on hoagie buns. **Oven:** Pre-heat oven to 350F. Empty flank steak mixture into small covered casserole dish. Cook 1 ½ hours. Check to see that steak easily shreds with fork. If not tender enough to shred, return to oven and cook 30 minutes more. Shred steak with forks and mix well. Serve on hoagie buns.

Pork Loin Roast

Pre-heat oven to 350F. In a shallow roasting pan add 3 TBS oil to cover the area where pork roast will rest. Place the rosemary sprigs and shallots in the oil. Place the roasting over the rosemary and shallots. Cook 45 minutes or until internal temperature reaches 145F. Remove from oven and let stand 15 minutes. Slice and serve.

Nonnie's Classic Italian Meatloaf

Pre-heat oven to 350F. Remove lid from baking pan. Place baking pan onto baking sheet. Place baking sheet on center oven rack. Bake 20 minutes. Remove from oven and spread tomato mixture over meatloaf. Return to oven and bake 15 minutes more.

California Cheese-Steak

Heat medium skillet over medium-high heat. Add 2 TBS oil. Add vegetable mixture to skillet and cook 5 minutes—stirring often—as not to burn. Reduce to low and cook 5 minutes more or until desired tenderness. Remove from skillet and set aside. Heat same skillet over medium-high heat. Add 2 TBS oil. Add sirloin mixture and cook stirring often just until all pink color disappears. Add vegetable mixture to skillet and mix well. Remove from heat. Serve mixture onto hoagie buns, top with sliced cheese. Place sandwiches under broiler to melt cheese further, if desired.

Green Chile & Shredded Beef Enchilada Bake

Pre-heat oven to 350F. Remove lid from baking pan. Place baking pan onto baking sheet. Place baking sheet on center oven rack. Bake 35 minutes or until heated through. Remove from oven and let stand 5 minutes before serving.

Ricotta Stuffed Pasta Shells

Pre-heat oven to 375. Place shells open-face up into casserole or baking dish sprayed with cooking spray. Pour marinara over shells. Sprinkle mozzarella cheese over the top. Bake in oven 25 minutes.

Teriyaki Glazed Meatballs

Pour meatball mixture into saucepan. Heat meatballs, covered over medium heat for 10 minutes, stirring often (don't let sauce burn) until meatballs are hot all the way through. Remove from pan and top with sesame seeds and sliced green onion.

Boston Clam Chowder

Heat and serve. For best results, heat in saucepan on stove until piping hot.

Orange Sauced Tilapia

Heat medium skillet over medium heat. Add 2 TBS oil to skillet. Dip fish into balsamic / orange sauce mixture and then dredge in breadcrumbs. Place fish into skillet and cook until golden on both sides. You may need to add a little more oil to pan during cooking to keep fish from sticking. Meanwhile, pour remaining sauce mixture into small microwave safe dish—glass preferred. Cook sauce in 30 second

increments on high, stirring in-between each interval for 3 minutes total cooking time. Remove fish from skillet. Pour sauce over fish and serve.

Greek Seasoned & Yogurt Marinated Chicken

Soak skewers in cold water for 20 minutes. Thread chicken onto skewers. Discard marinade. Pre-heat BBQ or Broiler to medium-high heat. Lightly brush olive oil onto all sides of chicken. Cook 3-4 minutes per side on BBQ or 6-7 minutes per side for broiler.

Minestrone Soup

Heat soup pot over medium heat. Add 2 TBS oil to pot. Add celery, herb, onion mixture to pot. Cook 3 minutes, stirring often. Add tomato mixture to pot and stir well. Cook 3 minutes more, but don't let it burn! Add 6 cups of water and stir well. Turn heat to high and bring soup to a boil. Reduce to heat to low—so that soup can be on a steady simmer. Cook 15 minutes. Turn temperature to medium. Add pasta to soup, stir well. Cover and cook 10 minutes. Remove lid. Test pasta for desired doneness, cook longer if needed. Serve into bowls and top with gremolata and Parmesan cheese.

Thai-Curried Chicken, Shrimp or Tofu

Heat medium sized skillet over medium high heat. Add 2 TBS oil. Add onions and cook until edges are slightly brown. Add seasoning mixture and cook 1 minute, stirring often. Remove from heat. Add coconut milk and stir until well combined. Add chicken, shrimp or tofu. Bring just to a boil, remove from heat and cover. Let stand 5 minutes before serving.

Creamy Artichoke & Sun-Dried Tomato Chicken

Pre-heat oven to 350F. Pour chicken mixture into baking dish. Place baking pan onto baking sheet. Place baking sheet on center oven rack. Bake 25 to 30 minutes or until heated through.

Quick Potatoes

Place dried potatoes in metal or glass bowl. Bring 2 cups water just to a boil. Remove from heat, let water stand for 2 min. Pour water into potato pearls while stirring. Stir 30 seconds. Let stand 5 minutes; stir just before serving.

Cornbread

Pre-heat oven to 375F. Combine $\frac{3}{4}$ cup water with mix. Mix thoroughly for about 1-2 min. Scrape batter into a small well greased pan or fill muffin tins $\frac{1}{2}$ full. Bake for 25-30 min.

Couscous

Bring 1 Cup water to boil. Add 1 Tbs of butter or olive oil. Add

Couscous stir until water is absorbed. Cover and set aside for one min. Sun dried tomato, or other flavor may be added, if desired.

Coconut Rice

Place rice into a medium saucepan. Add coconut milk and ¼ cup water. Bring to a boil; cover and simmer on low for 15 min or until all the liquid is absorbed. Remove lid and fluff the rice before serving.

Infused Rice / Rice Pilaf

Place rice in a medium saucepan. Add 1 ½ cups of water and 1 TBS butter or olive oil. Bring to a boil; cover and simmer on *low* for 15 min or until all the water is absorbed. Remove lid and fluff the rice before serving.

White Jasmine Rice

Place rice in a medium saucepan. Add 2 cups of water and 1/8th tsp. salt. Stirring often, bring to a boil, then cover and simmer on *low* for 15-20 minutes or until all the water is absorbed. Remove lid and fluff the rice before serving.

Pasta Cooking Instructions

Bring 4 quarts of water to a boil. Add the pasta. Cook stirring often, approximately 8-11 minutes- until tender OR until the pasta is slightly firm to the bite. Drain and set aside—keep warm until ready to serve.

Polenta

Bring 3 cups of water to a boil; whisk in the polenta. Reduce heat to low; cook 15 min., stirring often, add more water as needed to prevent sticking.

Spanish Rice

Place rice in a medium saucepan. Add 1 ½ cups of water and 1 TBS butter or olive oil. Bring to a boil; cover and simmer on *low* for 15 min or until all the water is absorbed. Remove lid and fluff the rice before serving.

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