



July 2009

Cooking Instructions

Notes

California Beef Empanadas w/ Spanish Rice If frozen, defrost in refrig. Place on baking sheet, slightly oiled. Bake empanadas at 350F for 15-20 min-or until slightly browned.

Chicken Fiesta Bake w/ Tortillas

If frozen, defrost in refrigerator. Approximate Defrost Time: 24 hours. Pre-heat oven to 350F. Pour mixture into casserole dish sprayed with cooking spray. Place into oven and bake 30-40 minutes or until heated through. Serve with tortillas.

Hearts of Artichoke and Spinach Lasagna w/ Cornbread

If frozen, defrost in refrigerator. Approx Defrost Time: 24 hours. Preheat oven to 350F. Remove lid from baking pan. Bake 45-55 min until heated through. Remove from oven and let stand 5 min before serving.

Fresh Marinara & Meatballs w/Spaghetti

If frozen, defrost in refrigerator. Approx Defrost Time: 24 hours. Add 3 TBS Cooking Oil to Skillet. Heat to med and add meatballs. Cook until browned on all sides-approx 20 min. Add sauce and browned meatballs to stovetop sauce pan. Simmer until heated through.

Red, White, and Blue Cream Pie

Remove from freezer. Let stand for 10 minutes. Cut into desired pieces and place onto serving plates. Let stand 5 minutes more and serve.

Mojito Chicken w/ Roasted Almonds and Couscous

If frozen, defrost in refrig. 24 hrs. Place chicken mixture into shallow baking pan. Bake at 350F, 35-40 min. until chicken is done. Top with toasted almonds. Serve over couscous or other grain.

Side Dish-Rosemary Oven Roasted Potatoes

Place on baking sheet. Bake at 375F for 40 min. or until tender when pierced by fork.

Side Dish- Santa Cruz Seasonal Veg Medley

Saute in skillet w a little butter, stirring frequently or microwave on high for 2 min, stir, then microwave for approx 1 min.

Spiced Pulled Pork Sandwiches w/ Kaiser Buns

If frozen, defrost in refrig. Approx defrost time: 24 hours. Place pork mixture into crock-pot. Cover and cook on low 7-9 hours. Shred just before serving and mix well. Serve with hamburger buns.

Sunshine Gazpacho w/ Roasted Corn and Bay Shrimp and Crostini

Approximate defrost time: 24 hours. Pour soup mixture into large bowl. Whisk until thoroughly combined. Ladle into serving bowls and garnish with bay shrimp and roasted corn mixture. Serve with Crostini

Tuscan Chicken w/ Balsamic Glaze w/ Mashed Potatoes

If frozen, defrost in refrig: Heat oven to 375F. Remove chicken from marinade and place on plate. Drain the marinade from Ziploc and reserve the solids. Place solids in bottom of roasting pan. Place chicken pieces, skin side up over solids. Roast for 35 min. Let stand 5 min before serving.

Zesty Prawn Skewers w/ Jasmine Rice

If frozen defrost in refrig. Approx defrost time: 24 hours. Soak wood skewers in cold water for 20 minutes. Thread prawns onto skewers. Heat BBQ or broiler to med high heat. Place skewers onto BBQ or under broiler and cook 3-5 minutes per side.

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