



March 2009

Cooking Instructions

Notes

Steph's Carrot 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.

Creamy Chicken and Pasta w/ Russo's Torta Defrost in refrigerator: Cook pasta per container directions. Drain and set aside in pot. Heat 1 TBS oil in small sauté pan over medium heat. Add mushroom/pepper mixture. Saute 3-4 minutes until soft. Add to pasta. Pour chicken mixture into pasta mix together well. Place pot over medium-low heat. Cook until hot stirring constantly—serve.

Cheesey Black Bean and Spinach Enchilada Bake 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.

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.

Mexican Shredded Beef Defrost in refrigerator. Place into crock pot. Cook on low, 6-8 hours or on high 3-5 hours or until beef shreds apart easily and is tender. Stir occasionally.

Cherry Chipotle Glazed Chicken Defrost in refrigerator. Pre-Heat oven to 350F. Remove chicken from bag-reserve marinade. Place chicken in shallow baking dish sprayed with cooking spray. Bake 35 minutes. Meanwhile, place reserved marinade into small saucepan. Bring just to a boil. Turn heat to low and simmer 5 minutes—stirring occasionally. Remove from heat and set aside. Remove chicken from oven—plate and drizzle sauce over chicken.

Classic Stuffed Pork Loin Chops Defrost in Refrigerator. Pre-heat oven to 375F. Heat medium non-stick skillet over medium-high heat. Add 3 TBS oil to skillet. Remove chops from bag and unwrap. Place loin chops into skillet and brown on both sides. Transfer to shallow baking dish sprayed with cooking spray. Bake 15-20 minutes. Remove from oven—cut and remove twine. Serve.

Cajun Style Jambalaya Defrost in refrigerator. Heat large pot over medium-high heat. Add 3 TBS oil. Add sausage and cook 2 minutes. Add the onion/tomato mixture and cook 3 minutes—BUT DON'T LET IT BURN—STIR OFTEN. Add the seasoning mix and stir well. Add 2 cups water, stir well. Add the rice, stir well, cover with tight fitting lid. Cook 20-25 minutes or until rice is done. Add chicken/shrimp mixture and stir well. Serve hot.

Baked Chicken with Chunky Olive and Tomato Sauce Defrost in refrigerator. Pre-heat oven to 375F. 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). Pour the tomato mixture over chicken. Bake in oven 35 minutes or until bubbly and heated through.

Asian Infused Flank Steak Defrost in refrigerator. Heat BBQ or Broiler to medium heat. Place steak onto BBQ or under broiler and cook 10 minutes per side for well done. Adjust cooking time for rare—medium well.