

March 2011 Cooking Instruction Sheet

Corralitos Berry Cobbler

Pre-Heat oven to 375F. Remove lid from baking pan. Cook cobbler 20-25 minutes or until cobbler crust is lightly browned and set and berries are bubbly. Serve with ice cream or whipped cream!

Blackened Tilapia Sandwiches

Defrost 24 hours. Remove fish from packaging. Heat 2 TBS olive oil and 1 TBS butter in non-stick skillet over medium heat. Place fish into pan and cook about 4 minutes on each side until fish flakes and is somewhat "blackened" on both sides. Remove from skillet and place onto serving platter. Serve fish on buns with cilantro-lime Mayo and Mango Salsa.

Beef and Bean or Vegetarian Chili

Defrost 24 hours. Pour chili into medium stock pot. Turn heat to medium. Once it begins to boil, turn to low. Simmer 30 minutes. Serve with toppings like shredded cheese, diced onion, avocado and sour cream.

Chicken Pot Pie

No need to defrost. Pre-heat oven to 400F. Remove lid from pan. Place pan onto baking sheet. Place into preheated oven and cook 15 minutes. Reduce heat to 375F. Cook 45 minutes more or until hot all the way through.

Chile Verde Pork Chops

Defrost 24 hours. Remove pork from bag. Dredge each piece in flour mixture. Heat large skillet over medium heat with 4 TBS olive oil. Add pork and brown about 4 minutes each side, or until golden. Pour green chile mixture over pork. Cook 5 minutes, stir slightly. Cover and cook 10 minutes more.

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. Can be cooked from frozen, add 10 minutes to cooking time.

Tuscan Glazed Chicken

Defrost 24 hours. Pre-heat oven to 375F. Remove chicken from marinade. Place chicken into shallow casserole dish. Pour marinade and solids over chicken. Bake uncovered 35-40 minutes.

Classic Italian Sausage 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.

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 20 minutes. Remove lid. Return to oven and bake 15 minutes more. Remove from oven and let stand 5 minutes before serving.

Chicken Satay with Peanut Dipping Sauce.

Defrost 24 hours. Thread chicken onto skewers. If using wood skewers, soak 20 minutes in water before using. BBQ or Broil, cooking about 5 minutes per side or until done. Can be cooked on sheet pan from frozen under broiler, add 3-5 minutes total cooking time. Heat peanut sauce in microwave safe bowl one minute, stirring after 30 seconds. Serve with satay.

Garlic-Dijon-Lime Flank Steak

Defrost 24 hours. Heat BBQ or Broiler to medium heat. Place steak onto BBQ or under broiler and cook 5 to 8 minutes per side. Cook 3 minutes, turn over. Let stand 5 minutes before serving.

Mediterranean Turkey Meatloaf

Defrost 24 hours. Pre-heat oven to 350F. Remove lid. Place pan onto baking sheet. Bake in oven for 35 minutes. Let stand 5 minutes before serving.

Roasted Pork Tenderloin.

Defrost 24 hours. Pre-heat oven to 400F. Heat large OVENPROOF skillet over medium high heat. Place 3 TBS olive oil into bottom of skillet. Place pork into skillet and brown on all sides. Place skillet into oven and cook 30 minutes. Remove from oven. Place pork onto cutting board. Let stand 5 minutes. Slice and serve (Plum Sauce: Heat plum sauce in microwave safe container and serve with pork).

Cajun-Style Jambalaya

Defrost in refrigerator. Heat medium-size stock pot over medium-high heat. Add 3 TBS oil to pot. Add chicken and brown—about 3 minutes. Add sausage and cook 2 minutes more. Add the onion and tomato mixture----cook 3-4 minutes—BUT DON'T LET IT BURN. Add the seasoning mix and stir well. Add 4 cups water and stir very well. Add the rice and cover with lid. Cook 20-25 minutes—or until the rice is cooked through. Add shrimp and cook 3-5 minutes more or until they turn pink. Stir well and serve.

Zesty Meatball Sandwiches

Defrost 24 hours. Place meatball and sauce mixture into medium sized sauce-pan. Heat on medium for 15 minutes, stirring often. Serve onto hoagie buns and sprinkle with mozzarella cheese.

Yukon Gold Mashed Potatoes

Heat 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 / Carrots / Green Beans

Microwave or boil to desired doneness

Mashed Potatoes

Place Pearls 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.

Infused Rice / Rice Pilaf

Place rice in a medium saucepan. Add 1 $\frac{1}{2}$ 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 $\frac{1}{8}$ th 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. For additional flavor, add chicken stock, or grated parmesan cheese, herbs (basil, oregano, parsley), or sun dried tomatoes.

Roasted Red Potatoes

Pre-heat oven to 375. Place potatoes in single layer on non-stick baking sheet. Bake in oven 20 minutes or until tender.

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

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