fresh prep kitchens

May 2009

Cooking Instructions

Notes

Asparagus/Chicken Divan If frozen, do not defrost: Pre heat oven to 375F. Place baking pan into oven and bake 40-50 or until heated through and bubbly around edges. Remove from oven and let stand 5 min. before serving. 7 Pts

Chile Verde Pork If Frozen-Do Not Defrost. (for Lite menu, skip the flour and oil step. Spray pan with cooking spray instead). Dredge pork chops in flour mixture. Heat medium-sized skillet over medium-high heat. Add 2 TBS oil. Add pork chops and brown both sides. Remove pork chops from skillet and place onto plate—cover with foil. Add green chile mixture to pan and cook about 3 minutes, scraping bits from bottom of pan. Add pork chops and cover. Cook 10 minutes. Remove from heat. Remove pork chops to serving platter or plates, spoon green chile sauce over chops, sprinkle with cheese. 5 Pts

Garlic Lime Dijon Flank Steak If frozen, defrost in refrigerator Approx defrost time 24 hours. Pre-heat BBQ to medium-high heat or broiler to high. Remove flank steak from bag and place onto BBQ or broiler. Cook 4-7 minutes each side or until desired doneness. Let rest 5 minutes before slicing. Remember, the steak will continue to cook while resting, so be careful not to overcook. Place onto cutting board and slice across the diagonal. 6 Pts

Citrus Infused Grilled Chicken w/Cilantro If frozen, defrost in refrigerator. Approx defrost time 24 hrs. Place butter mixture into small bowl and mix well. Set aside. Pre-heat BBQ or Broiler to med-high heat. Place chicken onto grill or under broiler on pan. Cook 7-10 min. on each side to desired doneness while basting with lemon-herb butter. 5Pts

Nonnie's Meatloaf If frozen, defrost in refrigerator. Approx defrost time 24 hrs. Preheat oven to 350F. Remove lid. Bake 20 min. Remove from oven and spread tomato mixture on meatloaf. Return to oven and bake 15 min more. Let stand 5 min. before serving. 6Pts

Lean Turkey/3 Bean Chili If frozen, defrost in refrigerator. Approx defrost time 24 hrs. Crock-Pot Instructions: Place mixture into crock pot. Add 1 cup water. Stir well. Cook on low at least 6 hours and up to 10 hours. Stove Top Instructions: Place mixture into large pot. Cook on medium-high heat and bring to a soft boil. Reduce heat to medium and cook 30 minutes, stirring occasionally. May be served with chopped onion and shredded jack cheese. 5 Pts

Orange-Ginger Shrimp or Tofu Saute Defrost in refrigerator Approximate defrost time: 24 hours. Heat large skillet over medium-high heat. Add 1 TBS oil to pan. Pour in shrimp or tofu mixture into pan and sauté just until shrimp turns pink or for Tofu, 3-4 minutes. 4 points

Santa Cruz Berry Cobbler If frozen, do not defrost. Pre heat oven to 350F. Remove lid from baking pan. Place pan onto middle rack in oven and bake 40-50 minutes or until batter lightly browns. Remove from oven and let stand 5 minutes before serving. May be served with vanilla ice cream or whip cream. 7Pts

Catalina Pepper Steak If frozen, defrost in refrigerator. Approximate defrost time: 24 Hours. Dredge steak pieces in flour mixture. Heat large skillet over medium heat. Add 4 TBS oil to skillet. Pan fry steak pieces until golden brown on each side. Empty tomato, onion and pepper mixture on top of steak. Bring to a boil. Reduce heat to low and cover with tight fitting lid. Simmer 15 minutes. Turn steak pieces over and cook 15 minutes more. 7Pts

Spring Fresh Vegetable Strata If frozen, defrost in refrigerator. Approximate Defrost Time: 24 hours. Pre-heat oven to 325F. Place baking pan onto baking sheet and place into oven. Bake 40-45 minutes or until puffy and golden. 6Pts

Wine Glazed Turkey Breast Roast If frozen, defrost turkey breast only—not vegetable mixture.
Place turkey breast into crock-pot. Add 1 Cup water. Cook (covered) on low 6-8 hours or on high 3-4 hours. Add frozen vegetable mixture halfway through cooking time. 1 hour before serving, whisk cornstarch with ¼ cup water. Remove Turkey breast from crock-pot. Set aside. Whisk

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