



# November 2009

## Cooking Instructions

Notes

### Asparagus and Chicken Divan

If frozen, defrost 24 hours in refrigerator. Pre-heat oven to 375F. Place baking pan on baking sheet. Place into oven and bake 35-40 minutes and until hot in center and bubbly around edges.

### Autumn Seasoned Pork Steaks

If frozen, defrost 24 hours in refrigerator. Empty Ziploc bag containing pork chop mixture into crock pot. Cook on low 6-8 hours or high 3-5 hours. 7pts

### Cajun Style Jambalaya

If frozen, defrost 24 hours in refrigerator. Heat large stock pot over medium high heat. Add 3TBS 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 rice is cooked. Add shrimp and cook 3-5 minutes more or until they are pink. 6 Pts

### Herb-Crusted Flank Steak

If frozen, defrost 24 hours in refrigerator. Heat lg skillet over med-high heat. Add 2 TBS oil to skillet. Place steak into skillet and cook 5-7 min. on each side until golden and crusted. Remove from oven and let stand 5 minutes before slicing across the grain. Drizzle balsamic glaze over steak before serving. 6 Pts

### Home-style Chicken Pot Pie

If frozen, DO NOT DEFROST: Pre-heat oven to 400F. Remove lid. Place in oven for 15 min.. Reduce heat to 375F and bake 35 to 45 min. more until crust is lightly browned. Let stand 10 min. before serving. 6 Pts

### Burgundy French Stew

If frozen, defrost 24 hours in refrigerator. Place stew into crock-pot. Add 1 cup of water and stir well. Cook on low 6-7 hours or on high 3-4 hours. 6 Pts

### Honey-Peanut Crusted Chicken

If frozen, defrost 24 hours in refrigerator. Pre-heat oven to 375F. Place baking pan on baking sheet and remove lid. Place into oven and bake 35-40 minutes. 8 Pts

### Tuscan Chicken Thighs w/ Balsamic Glaze

If frozen, defrost 24 hours in refrigerator. Heat oven to 375F. Remove chicken from marinade and place on plate. Drain the marinade from the Ziploc and reserve the solids. Place solids in bottom of roasting pan. Place chicken pieces, skin side up over solids. Roast for 35 minutes. Remove from oven and let stand 5 minutes before serving. 5 Pts

### Upside-Down Pear Pound Cake

Defrost in refrigerator. Pre-heat oven to 350F. Remove lid from baking pan. Place baking pan on baking sheet. Bake in oven 35-45 min or until knife inserted in center comes out clean. Remove from oven and serve warm with vanilla ice cream.

### Butter Kissed Sweet Potatoes

Defrost 24 hours in refrigerator. Pre-heat oven to 375F. Place baking pan into oven and cook 20-30 minutes or until potatoes are fork-tender an golden brown.

### Pacific Cookie Company Cookies

Pre-heat oven to 310F. Place frozen cookie dough drops onto non-stick baking sheet, 2 inches apart. Place baking sheet into oven and bake 11-13 minutes.

Phone: 429-1390  
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