

### Black Bean & Spinach Enchilada Bake

Pre-heat oven to 350F. Remove lid from baking pan. Place baking pan onto baking sheet. Place baking sheet on center oven rack. Bake 35 minutes or until heated through. Remove from oven and let stand 5 minutes before serving.

### Dijon-Herb Crispy Chicken Bake

Pre-heat oven to 375F. Empty bread crumb mixture onto large plate. Remove chicken pieces from marinade and coat with bread crumb mixture. Place onto baking sheet sprayed with cooking spray. Bake 25 minutes or until desired crispness. Can be cooked from frozen, add 10 minutes to cooking time.

### Jody's Turkey Chili

Pour chili into stock-pot or crock pot. **STOVE-TOP:** Bring chili just to a boil. Reduce to low and simmer 30 minutes. **CROCK-POT:** Pour chili into crock-pot. Cook on low 3-4 hours.

### Tuscan Glazed Chicken

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

### Cherry-Chipotle Glazed Chicken

Heat BBQ or Broiler to medium heat. Remove chicken from marinade. Place chicken onto BBQ or under Broiler—reserving marinade in small saucepan. **BBQ:** Cook 8-10 minutes per side, turning during cooking. **Broiler:** Cook under broiler 10-15 minutes, turning 4 times during cooking. Bring sauce to a gentle simmer over low heat. Simmer a full 5 minutes. Drizzle sauce over cooked chicken and serve.

### Classic Italian Sausage Lasagna

Pre-heat oven to 350F. Remove lid from baking pan. Cover lasagna with foil. Place baking pan onto baking sheet. Place baking sheet on center oven rack. Bake 20 minutes. Remove foil. Return to oven and bake 10 minutes more. Remove from oven and let stand 5 minutes before serving.

### Classic Stuffed Pork Loin Chops

Pre-heat oven to 375F. Heat small oven-proof skillet over medium heat. Add 2 TBS oil to skillet. Season each with a little salt & pepper. Place pork chops flesh side down in skillet. Brown on both sides. Cover loosely with foil and place skillet into oven. Bake 30 minutes. Remove from oven. Let stand 5 minutes. Cut twine off of pork chops before serving.

### Creamy Beef Stroganoff

Heat medium skillet over medium-high heat. Add 2 TBS oil to skillet. Add beef mixture and cook 7-10 minutes, stirring often. Reduce heat to low, add cream sauce and  $\frac{1}{4}$  cup water. Cover and cook 8-10 minutes, stirring twice.

### Asian-Infused Flank Steak

Heat BBQ to medium-high heat. Remove steak from marinade. Discard marinade. Place steak onto BBQ and cook 5 to 8 minutes per side for medium-rare, longer for further doneness. Let stand 5 minutes before serving. Slice across the grain.

### Thai-Curried Chicken, Shrimp or Tofu

Heat medium sized skillet over medium high heat. Add 2 TBS oil. Add onions and cook until edges are slightly brown. Add seasoning mixture and cook 1 minute, stirring often. Remove from heat. Add coconut milk and stir until well combined. Add chicken, shrimp or tofu. Bring just to a boil, remove from heat and cover. Let stand 5 minutes before serving.

### Spanish & Black Olive Chicken or Tofu

Pre-heat oven to 375. Pour olive / tomato mixture into baking pan. Bake 25 minutes.

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 / Brussels Sprouts / Zucchini / Broccoli  
Microwave, sauté 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.

### **Coconut Rice**

Place rice into a medium saucepan. Add coconut milk and  $\frac{1}{4}$  cup water. Bring to a boil; cover and simmer on low for 15 min or until all the liquid is absorbed. Remove lid and fluff the rice before serving.

### **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 1/8<sup>th</sup> 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

[WWW.FRESHPREPKITCHENS.COM](http://WWW.FRESHPREPKITCHENS.COM)

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