



September 2009

Cooking Instructions

Thai-Curried Chicken, Prawns, Tofu Defrost in refrigerator. Approx defrost time 24 hrs. In lg skillet, cook onions in 3 TBS oil until edges are browned. Add garlic/spice mix and cook over med heat, stir occasionally, about 8 min. Stir in coconut milk and bring just to a boil. Add chicken/tofu/prawns and simmer about 6 min. Serve over rice. Prawns 4 Pts Chicken & Tofu 5 Pts

California Cheese-Steak Sandwiches

If frozen, defrost in frig 24 hours. Add chicken or beef to lg skillet. Cook 3-5 min. Remove from skillet. Add veg mix to skillet. Cook 5-7 min. Add chicken or beef. Place mix on buns. Top with cheese. Place sandwiches under broil until cheese is melted and serve hot.

Cherry-Chipotle Glazed Chicken

If frozen, defrost in refrigerator 24 hours. Pre-heat oven to 350F. or BBQ to med. heat. Place chicken into baking dish. Reserve marinade. Bake 25-30 min. or BBQ, 5 min. each side. Pour remaining marinade into small pan. Heat to a boil. Pour sauce over cooked chicken. 5pts

Honey Lemon Ginger Pork Loin Chops Defrost in refrigerator-24 hrs. Pre-heat BBQ or Broiler to medium. Place pork chops onto BBQ or under Broiler and cook 6-9 minutes on each side, turning occasionally. Remove from heat and let rest 5 minutes before serving. **6 Points**

Asian-Infused Tri-Tip Kabobs If frozen, defrost in refrigerator. Approx defrost time: 24 hours. If using wood skewers, soak in cold water for 20 min. Place beef cubes onto skewers. Bake or Broil 10 minutes—turning over twice during cooking.

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.

Dijon Crispy Chicken Bake

If frozen, defrost in refrigerator 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.

Manicotti Sorrentina

If frozen, defrost in refrigerator 24 hours. Pre heat oven to 375F. Remove baking pan lid and replace with foil. Place baking pan in oven and bake 25 min. Remove foil and cook 15 minutes more until heated through and bubbly around edges. Remove from oven and let stand 5 min before serving. 7pts

Stuffed Turkey Meatloaf

If frozen, defrost in refrigerator 24 hours. Remove lid. Place pan onto baking sheet. Bake in pre-heated 350° oven for 45 minutes. Remove from oven and let stand 5 minutes before serving. 6pts

Santa Cruz Seasonal Veg Medley

Saute in skillet, stirring frequently or microwave. On high for 2 min, stir, then microwave for approx 1 min. Check for desired doneness.

Green Beans with Almonds

Saute in skillet, stirring frequently or microwave. On high for 2 min, stir, then microwave for approx 1 min. Check for desired doneness.

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Preheat Oven to 325F. Place cookie drops on non stick baking sheet, or spray pan with cooking spray. Bake for 10-14 min. Check often, oven temperatures vary greatly.