

September 2010 Cooking Instruction Sheet

Spanish & Green Olive Chicken, Tilapia or Tofu

Defrost 24 hours. Pre-heat oven to 350F. Remove chicken, fish or tofu from packaging and place into shallow baking dish. Pour tomato and olive sauce over it. Place into oven and bake 35 minutes. Remove from oven and let stand 5 minutes before serving. Sprinkle with Parmesan cheese.

Greek Seasoned Pork Kabobs

Defrost 24 hours. Pre-heat Broiler to high or heat BBQ to medium heat. If using wood skewers, soak them in cold water for 20 minutes. Remove pork from marinade and place into skewers. BBQ or Broil about 8 minutes per side.

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.

Asian-Infused Flank Steak

Defrost 24 hours. Pre-heat BBQ or broiler to medium-high heat. Remove flank steak from bag and place onto BBQ grill or onto foil lined broiler pan. Cook 7-10 minutes each side or until desired doneness. Let rest 5 minutes before slicing. Place onto cutting board and slice across the diagonal. Serve immediately.

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

Colorful Mexican Lasagna Casserole

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.

Zesty Meatball Sandwiches.

Defrost 24 hours. Place meatball mixture into large saucepan or small stock-pot. Bring just to a slow boil. Reduce heat to low and simmer 20 minutes. Serve on hoagie rolls, top with Mozzarella cheese.

Cajun Style Jambalaya

Defrost 24 hours. Heat large stock-pot (pot with lid) 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 to 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 more or until rice is cooked. Add shrimp and cook 3 – 5 minutes or until they are pink.

Savory Turkey Meatloaf

Defrost 24 hours. Pre-heat oven to 350F. Remove lid. Place pan onto baking sheet. Bake in oven for 30 to 40 minutes. Remove from oven and spread apricot pepper glaze over meatloaf. Let stand 5 minutes.

Home-style Chicken Pot Pie

Defrost 24 hours. Pre-heat oven to 400F. Remove lid. Place pan onto baking sheet. Bake in oven 5 minutes. Turn heat to 375F. Bake 40 minutes more or until heated through and bubbly. Let stand 5 minutes.

Cod Cakes

Defrost 24 hours. Pour Panko breadcrumbs into shallow plate. Heat skillet over medium heat. Add 2 TBS olive oil. Dredge each cod cake into Panko breadcrumbs. Place cod cakes into skillet and fry until lightly crisp and golden. Remove from skillet and serve

Jody's Turkey Chili

Defrost 24 hours. 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 7-9 hours or on high 3-4 hours.

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

Potato Pearls

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 ½ 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 1/8th 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, until tender, approximately 8-11 minutes- 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.

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

WWW.FRESHPREPKITCHENS.COM

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