

## September 2011 Cooking Instruction Sheet

### Fish Cakes with Parsley and Lemon

Defrost 24 hours. Pre-heat large non-stick skillet over medium-high heat. Add 2 TBS oil to skillet. Place fish cakes into skillet and cook 3-4 minutes per side or until golden. Remove from skillet.

### Colorful Mexican Lasagna

Defrost 24 hours. Pre-heat oven to 350F. Place baking pan onto baking sheet. Place baking sheet on center oven rack. Bake 25 minutes. Remove lid. Return to oven and bake 15 minutes more. Remove from oven and let stand 5 minutes before serving.

### Mexican Shredded Beef

Defrost 24 hours. Pour mixture into medium stock pot. Turn heat to medium. Once it begins to boil, turn to low. Simmer covered about 2 hours, stirring about every 30 minutes. OR, pour stew into crock-pot. Cook on low 6 hours, covered.

### Sweet Pepper Chicken Cacciatore

Defrost 24 hours. Remove chicken from bag. Dredge each piece in flour mixture. Heat large skillet over medium heat with 4 TBS olive oil. Add chicken and brown about 4 minutes each side, or until golden. Pour tomato mixture over chicken. Cover and cook 10 minutes. Turn chicken pieces over, stir and cook, covered 10 minutes more.

### 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. Can be cooked from frozen, add 10 minutes to cooking time.

### 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

### Tuscan Glazed Chicken

Defrost 24 hours. Pre-heat oven to 375F. Remove chicken from marinade. Place chicken into shallow casserole dish. Pour marinade and solids over chicken. Bake uncovered 35-40 minutes.

### Cherry-Chipotle Glazed Chicken

Defrost 24 hours. Heat BBQ or Broiler to medium heat. Place chicken onto BBQ or under Broiler—reserving sauce in small saucepan. BBQ: Cook 5-7 minutes per side, turning twice. Broiler: Cook under broiler 10-15 minutes, turning 4 times. Bring sauce to a gentle simmer

## Classic Italian Sausage Lasagna

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

### Summertime Grilling Pockets

Defrost 24 hours. Pre-heat BBQ to medium-high heat. Place foil grilling pockets onto grill. Cook 10 minutes, turning over a few times to cook evenly. Remove from grill and place onto large plate. Let stand a couple of minutes. Open foil and serve.

### Honey-Lemon-Ginger Pork Chops

Defrost 24 hours. Heat BBQ or Broiler to medium heat. Place pork onto BBQ or under broiler and cook 5 to 8 minutes per side.

### Fresh Ginger-Soy-Salmon

Defrost 24 hours. Heat BBQ or Broiler to medium heat. Place fish skin side down onto BBQ or under broiler and cook 5 to 8 minutes or until fish begins to flake.

### Italian Meatball Sandwiches

Defrost 24 hours. Place meatball and sauce mixture into large stock-pot. Bring just to a boil. Reduce heat to medium-low and cook 30 minutes, stirring often. Serve over buns with mozzarella cheese. OR Place meatball and sauce mixture into crock-pot. Cook on low 3-4 hours. Serve.

### Saucy BBQ Chicken Sandwiches

Defrost 24 hours. Place chicken and sauce mixture into large stock-pot. Bring just to a boil. Reduce heat to medium-low and cook 40 minutes, stirring often. Serve over buns. OR Place chicken and sauce mixture into crock-pot. Cook on low 3-4 hours. Serve.

### Asian-Infused Flank Steak

Defrost 24 hours. Heat BBQ or Broiler to medium heat. Place steak onto BBQ or under broiler and cook 5 to 8 minutes per side. Cook 3 minutes, turn over. Let stand 5 minutes before serving.

### Margarita Marinated Chicken

Defrost 24 hours. Heat BBQ or Broiler to medium heat. Place chicken onto BBQ or under broiler and cook 8 to 10 minutes per side.

### Spring Fresh Strata

Defrost 24 hours. Pre-heat oven to 375F. Place baking pan onto baking sheet. Place baking sheet on center oven rack. Bake 25-35 minutes until puffy, golden and set.

#### Thai-Curried Chicken, Shrimp or Tofu

Defrost 24 hours. Heat large skillet over medium high heat. Add 3 TBS oil to pot. Add onions and cook until edges are slightly brown. Add seasoning mixture and cook 2-3 minutes, stirring often. Turn heat to low. 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, check for doneness and serve.

#### 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

Microwave 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

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