



SHRIMP & WILD RICE CASSEROLE

Cooking Instructions – 12/09

1. Thaw completely in refrigerator.
2. Bake, uncovered, in 350 degrees for 30 minutes until bubbly.

Serve with roasted cherry tomatoes, steamed broccoli, and garlic toast.



AMARETTO FRENCH TOAST

Cooking Instructions – 12/09

1. Thaw completely in refrigerator.
2. Arrange bread in a 13x9 baking dish. Pour bag of egg mixture over bread slices. Let set 2 minutes on each side.
3. Melt butter at 400° in a large sided cookie sheet. Place soaked bread in melted butter. Bake at 400° for 15 minutes; turn. Bake 8 more minutes or until golden.
4. Sprinkle with almonds and powdered sugar.

Serve with warm syrup.



VAQUERO BEEF STEW

Cooking Instructions – 12/09

1. Thaw completely in refrigerator.
2. Empty bag of stew into a crock pot.
3. Cover and cook on low setting for 6-8 hours.
4. Taste and season with salt and pepper, if desired – olives add a salty element already.

Serve over noodles or rice with a green salad and crusty toast.



SPINACH MANICOTTI

Cooking Instructions – 12/09

If not freezing, manicotti must sit in refrigerator overnight before cooking

1. Thaw in refrigerator. Remove from refrigerator 30 minutes before baking.
2. Uncover and sprinkle with cheese.
3. Bake, uncovered, at 350° for 40-45 minutes or until heated through.

Serve with green salad and French bread.



PORK CHOPS W/ SPICED APPLES & RAISINS

Cooking Instructions – 12/09

Needed at home: 3 Tbs. olive oil (half for split)

1. Thaw completely in refrigerator.
2. Preheat oven to 350°. Remove chops from brine and pat dry (important!!!) then season with salt and pepper.
3. Heat olive oil in large skillet to med-high heat.
4. Brown chops 4 minutes per side while watching carefully, sugar in the brine can tend to burn. Move chops to cooking sheet.
5. Place in oven and bake for 15 minutes until pink inside.
6. In same skillet used for browning the chops, add contents of apple bag and heat until apples soften.
7. Serve chops in sauce of apples.

Serve with mashed sweet potatoes and green beans.



TORTILLA SOUP

Cooking Instructions – 12/09

Needed at home: Vegetable oil, Salt and Pepper, (opt. Avacados and Sour Cream)

1. Thaw completely in refrigerator.
2. In a large sauce pan, empty bag of tomato mixture and cook over medium heat for 5 to 8 minutes.
3. Add 4 cups water (2 for split), bag of soup/spice mixture, bag of chicken and salt and pepper. Simmer, covered, for 1 hour.
4. Saute the tortillas in a small amount of oil in a skillet. Tear into bite-size pieces and drop into the soup. Heat for 10 to 20 minutes but do not boil.
5. Place cheese (and chopped avocados, opt.) in soup bowls and ladle soup into bowls.

Garnish with sour cream (opt). Serve.



ITALIAN CHICKEN

Cooking Instructions – 12/09

Needed at home: ½ cup water

1. Thaw completely in refrigerator.
2. Place chicken in slow cooker. Pour sauce mix over chicken.
3. Cover and cook on low for 4-5 hours.
4. Cook penne pasta as directed.
5. Remove chicken and keep warm.
6. Combine flour with water until smooth. Stir into sauce in cooker. Cook and stir for 2 minutes or until thickened.
7. Serve over pasta.

Can serve with sautéed vegetables also.



CHEESEBURGER PIE

Cooking Instructions – 12/09

1. Thaw completely in refrigerator.
2. Preheat oven to 450°. Bake pastry shell 8 minutes. Remove from oven. Reduce oven temperature to 350°.
3. While pastry bakes, cut 6 slices of cheese into pieces. In a large skillet, brown meat; Add tomato sauce with vegetables to meat and cook 2-3 minutes.
4. Remove from heat and stir in bag of eggs and cheese pieces.
5. Pour into prepared pastry shell. Bake 25 minutes or until hot. Arrange remaining cheese slices on top and return to oven 3 minutes until cheese begins to melt.

Garnish with tomato and lettuce or serve with tossed salad.



CRANBERRY CHICKEN

Cooking Instructions – 12/09

1. Thaw completely in refrigerator.
2. Bake, uncovered, at 350 degrees for 45 minutes.

Serve over rice or couscous, with steamed sugar snap peas.



CHICKEN CHILI

Cooking Instructions – 12/09

1. Thaw completely in refrigerator.
2. Season chicken with lemon pepper. Sauté chicken in large sauce pan with onions and peppers.
3. Add remaining ingredients and simmer for 25-30 minutes, until chicken is done through.

Serve with crackers or corn bread.



CHRISTMAS MORNING CASSEROLE

Cooking Instructions – 12/09

1. Thaw completely in refrigerator.
2. Bake at 350° for 45-55 minutes or until a wooden pick inserted into center comes out clean.

Serve with fresh fruit.



HAZELNUT-COATED SALMON FILETS

Cooking Instructions – 12/09

1. Thaw completely in refrigerator.
2. Place salmon in single layer in a baking dish.
3. Brush sauce from bag onto top side of salmon filets.
4. Then sprinkle filet with hazelnuts.
5. Bake, at 450°. 14 to 16 minutes or until salmon flakes easily when tested with fork.

Serve with herbed rice and steamed sugar snap peas.