



## BALSAMIC CHICKEN DRUMETTES

Cooking Instructions – 11/09

1. Thaw completely in refrigerator.
2. Preheat oven to 450 degrees
3. Place the chicken drumsticks on a foil-lined baking sheet. Save marinade. Bake until the skin is caramelized and very dark in spots, about 30-35 minutes.
4. Meanwhile, place the marinade in a small saucepan. Bring to a boil, reduce the heat to simmer and cook over low heat about 15 minutes.
5. Brush hot marinade over cooked chicken before serving.

Serve with mashed potatoes and carrots.



## MACARONI AND CHEESE

Cooking Instructions – 11/09

1. Thaw completely in refrigerator.
2. Bake, covered at 350 degrees, for 35 minutes. Uncover casserole and bake 5 additional minutes or until heated through.

Serve with our Parmesan garlic chicken.



## CRAB QUICHE

Cooking Instructions – 11/09

1. Thaw filling mixture in refrigerator for 24 hours. Leave crust in freezer.
2. When ready, preheat oven to 425F, remove crust from freezer and bake for 3-4 minutes.
3. Remove crust, reduce oven temp to 350F. Pour mixture into pie shell, spreading out crab and cheese.
4. Bake for 30-40 minutes until the crust is brown and the center is nearly set. Turn off oven and leave quiche in for another 10 minutes until the center is firm.

Serve with fruit salad.



## CHOCOLATE PECAN COBLER

Cooking Instructions – 11/09

1. Thaw completely in refrigerator.
2. Uncover, pour 1-1/2 cups of boiling water on cake batter.
3. **DO NOT STIR.**
4. Bake at 350° for 30-40 minutes or until top of cobbler looks set.

Serve warm, topped with low-fat ice cream.



## SOUTHERN GUMBO

Cooking Instructions – 11/09

1. Thaw completely in refrigerator.
2. Place contents of gumbo bag into a large pot. Bring to a boil, reduce and simmer on medium for 15 minutes.
3. Add sausage pieces and rice. Cook another 15 minutes. Add shrimp, cook for 2-3 more minutes.
4. Remove the bay leaf and discard.

Serve with garlic toast.



## CROCKPOT MEAT LOAF

Cooking Instructions – 11/09

**Needed at home: Ketchup, optional**

1. Thaw completely in refrigerator.
2. Remove covering and lift foil with meat loaf and place in a slow cooker. Top with ketchup if desired.
3. Cook on high 4 hours
4. Using foil, carefully lift meat loaf out of cooker. Let stand 10 minutes before slicing.

Serve with mashed potatoes or our cheesy potatoes.



## CHICKEN STEW

Cooking Instructions – 11/09

**Needed at home: 2 tbsp olive oil (1 for split), salt, pepper**

1. Thaw completely in refrigerator.
2. Heat oil in a tall saucepan over medium heat. Add the bag of vegetables. Sauté until the onion is translucent, about 5 minutes. Season with salt and pepper, to taste.
3. Stir in the bag of sauce. Add the chicken breasts; press down to submerge in sauce.
4. Bring to a boil, reduce heat to medium-low and simmer uncovered until the chicken is almost cooked through, turning the breasts over and stirring, occasionally, about 30 minutes.
5. Transfer breast to a work surface and cool for 5 minutes. Discard bay leaf from soup. Add the bag of beans and simmer for 10 more minutes.
6. Shred or cut the chicken into bite-size pieces. Return meat to the stew. Return to a simmer.
7. Ladle the stew to serving bowls and serve with bread.



## CRANBERRY POMEGRANATE PORK MEDALLIONS

Cooking Instructions – 11/09

**Needed at home: Cooking spray**

1. Thaw completely in refrigerator.
2. Coat pan with cooking spray.
3. Heat a large nonstick skillet or grill pan over medium heat. Add pork to the pan; cook about 5-7 minutes browning all sides. Add sauce mixture. Cover and simmer 10 minutes.
4. Uncover and simmer for additional 10 minutes or until done.

Serve with steamed broccoli and bread.



## BEEF BURGUNDY

Cooking Instructions – 11/09

1. Thaw completely in refrigerator.
2. Empty bag of beef into a 3-quart baking dish.
3. Add bag of vegetables and spices on top of beef.
4. Cover and bake at 325° for 1 hour.
5. Add mushrooms, stir and cover and bake 1 hour.

Serve over noodles or rice.



## CHICKEN POT PIE

Cooking Instructions – 11/09

**Needed at home: ½ cup milk (¼ for split)**

1. Thaw completely in refrigerator.
2. In a small bowl, combine bag of cheese mix with milk, stirring just until dry ingredients are moistened. Drop batter by heaping tablespoonfuls evenly over chicken mixture in pan.
3. Bake 40-45 minutes or until biscuits are browned and pot pie is hot and bubbly.

Serve with tossed salad.



## SWEET & SOUR TURKEY MEATBALLS

Cooking Instructions – 11/09

1. Thaw completely in refrigerator.
2. Place meatballs in bottom of slow cooker.
3. Pour sauce mixture over meatballs.
4. Cover and cook on low for 6 hours or high for 4 hours.

Serve over egg noodles with steamed broccoli.



## FETTUCCINE MILANO

Cooking Instructions – 11/09

**Needed at home: ¼ cup olive oil**

1. Thaw completely in refrigerator.
2. Start fettuccine.
3. Brown sausage and drain. Wipe pan and sauté vegetables in oil and butter until tender.
4. Remove from heat and stir in sausage.
5. Toss with hot fettuccine. Sprinkle with Parmesan cheese.

Serve with French bread.