



GINGER SHRIMP WITH ANGEL HAIR PASTA

Cooking Instructions – 10/09

Need at home: ¾ cup & 1 T. water; 2 T. olive oil
Half amounts for split order

1. Thaw completely in refrigerator.
2. Cook pasta as directed.
3. Sauté garlic in butter and olive oil until tender.
4. Stir in tomato mixture and ¾ cup water. Combine cornstarch and remaining tablespoon of water, then add and bring to a boil. Cook until thickened
5. Reduce heat, add shrimp. Simmer for 2-3 minutes. Add pasta and toss to coat.

Serve with Garlic Toast.



FIVE SPICE CHICKEN

Cooking Instructions – 10/09

**Should marinate at least 1 hour.*

1. Thaw completely in refrigerator.
 2. Heat grill to medium-high. Grill, about 5-8 minutes on each side.
- Alternate cooking:** Heat a non-stick skillet sprayed with cooking spray over med-high heat. Add chicken and brown 3 minutes on each side. Reduce heat and cook for 5-8 minutes per side.

Serve with rice pilaf and a garden salad.



MIDDLE EASTERN CHICKEN

Cooking Instructions – 10/09

Needed at home: cooking spray, 1½ cups water,
(half for split)

1. Thaw completely in refrigerator.
2. Lightly coat a large nonstick skillet with cooking spray. Add chicken and cook over medium-high heat for 3-5 minutes until lightly brown.
3. Stir in bag of tomato mix and water. Bring to a boil, reduce heat to low and simmer, uncovered, 20 minutes.
4. Add artichokes, olives, and spices. Stir and simmer, uncovered, another 3 minutes or until chicken is completely done.

Serve with whole wheat pita triangles and mixed green salad.



ROUND STEAK SAUERBRATEN

Cooking Instructions – 10/09

Needed at home: 2 cups water divided, (half for split)

1. Thaw completely in refrigerator.
2. Lay beef out on a sheet of wax paper and sprinkle with salt and pepper.
3. Empty bag of gravy mix into crock pot and add 1½ cups (¾ split) water to combine.
4. Stir beef into gravy mix. Cover and cook on low for 6 hours or until tender.
5. Combine bag of cornstarch with remaining ½ cup (¼ split) cold water until smooth; stir into beef mixture. Cover and cook on high for 30 minutes or until thickened. Discard bay leaf.

Serve over hot rice.



FROZEN BLIZZARD DESSERT

Cooking Instructions – 10/09

No Cooking!!!

1. Set out 10-15 minutes before serving to soften.
2. Cut into desired servings.

Enjoy.



BREADED TURKEY ROLLS

Cooking Instructions - 10/09

1. Thaw completely in refrigerator.
2. Bake, uncovered, at 425° for 20-25 minutes or until meat juices run clear.

Serve with stuffing and cranberry sauce or a pasta salad.



Cooking Made Easy!

WIENER SCHNITZEL

Cooking Instructions – 10/09

Needed at home: 2 Tablespoons olive oil (half for split)

1. Thaw completely in refrigerator.
2. Lay chicken pieces on a sheet of wax paper and sprinkle with salt and pepper, to taste.
3. Place flour on a sheet of wax paper. Pour crumb mixture on another sheet of wax paper. Empty egg mixture into a shallow bowl (cut bottom out of bag and push mixture out into bowl.)
4. Dredge, or coat each chicken piece in flour, turning to coat and shaking off excess. 5. Dip in egg mixture and then coat with crumb mixture.
6. Heat oil in a nonstick skillet over medium heat; add chicken and sauté 3-4 minutes on each side until done. Adjust heat to prevent burning if necessary.

Serve with sweet corn and German red cabbage.



Cooking Made Easy!

STUFFED NORTHERN ITALIAN PASTA SHELLS

Cooking Instructions – 10/09

1. Thaw completely in refrigerator.
2. Cook, covered, in 350° for 1 hour or until heated.

Serve with roasted carrots and salad.



Cooking Made Easy!

MOJAVE MEATLOAF

Cooking Instructions – 10/09

1. Thaw completely in refrigerator.
2. Bake uncovered in 375° oven for 50-60 minutes. (Internal temp should be 155°.)
3. Let meatloaf rest for 10 minutes, then slice and serve.

Serve with baked potato and a dinner roll.



Cooking Made Easy!

JAMBALAYA MIX

Cooking Instructions – 10/09

1. Thaw completely in refrigerator.
2. Bring jambalaya mix, 3 cups of water, and bag of tomato sauce to a boil in a dutch oven or large sauce pan.
3. When boiling, add bag of sausage. Cover, reduce heat, and simmer 20-25 minutes or until rice is tender.
4. Remove the bay leaf and discard.

Serve with garlic toast.



Cooking Made Easy!

CORN CHOWDER

Cooking Instructions – 10/09

Needed at home: 4 cups water, (half for split)

1. Thaw completely in refrigerator.
2. Empty bag of corn, potatoes, pepper, onion, etc into a slow cooker. Add water to pot and stir together. Cover and cook on low for 6 hours.
3. Partially mash soup mixture with a potato masher to thicken. Stir in cream;
4. Cook on high, uncovered, until hot. Place bacon strips on paper towel and heat in microwave for 35 seconds or until crisp. Crumble on top of chowder for garnish.

Serve with corn muffins.



Cooking Made Easy!

BUTTERMILK PORK CHOPS

Cooking Instructions – 10/09

Needed at home: Cooking spray

1. Thaw completely in refrigerator.
2. Remove pork from bag; discard buttermilk mixture. Pat pork dry with a paper towel.
3. Heat a large nonstick skillet or grill pan over medium heat. Coat pan with cooking spray. Add chops; cook about 4-5 minutes on each side or until desired degree of doneness. (Try not to over cook. They will be very tender.)

Serve with roasted butternut squash and green beans. **(Note: Must brine overnight)**