



TOMATO-BASIL SAUSAGE SPIRALS

Cooking Instructions – 4/08

Need at home: 1 tablespoon olive oil

1. Thaw completely in refrigerator.
2. In a large sauce pan, (remove sausage from casing) cook sausage until done. Pour onto paper towel to drain. Wipe pan. (crumble sausage when cooled)
3. In same pan, sauté the onion, basil and garlic until tender.
4. Stir in the tomato mixture. Add crumbled sausage. Bring to a boil. Reduce heat; cover and simmer for 35 minutes.
5. Meanwhile, cook pasta according to directions.
6. Serve on top of pasta and sprinkle with Parmesan cheese.

Serve with a salad and garlic bread.



TILAPIA BRUSHETTA

Cooking Instructions – 9/09

1. Thaw completely in refrigerator. (May leak a little, place on pan to avoid a mess)
2. Preheat grill to a medium high heat or oven to 375 degrees.
3. Place the foil-wrapped fish on the grill and cook for 10-15 minutes. (15-18 in oven) Fish is done when it flakes easily. Careful when opening foil, steam is hot.



TANDOORI TURKEY

Cooking Instructions – 9/09

**Should marinate at least 6 hours.*

1. Thaw completely in refrigerator.
2. Remove turkey from marinade mixture, wiping off excess.
3. Grill, about 4 minutes on each side or until cooked through.

Alternate cooking: oven, 375 degrees, 15-20 minutes

Serve with steamed broccoli or slice cutlets, place inside Indian flat bread (or tortillas), top with chutney and chopped cilantro.



PORK LOIN CHOPS WITH PINEAPPLE RELISH

Cooking Instructions – 9/09

1. Thaw completely in refrigerator.
2. Remove chops from bag and pat dry; sprinkle chops with spices.
3. Heat oil in a large skillet over med-high heat until hot, then sauté pork, turning once, until browned, 6-10 minutes.
4. Transfer pork to plates. Add pineapple mixture to skillet and sauté, scraping up brown bits, 1 minute. Serve pork with relish.



MOZZARELLA STUFFED MEATBALLS

Cooking instructions – 10/07

Needed at home: 2 tablespoons vegetable oil

1. Thaw completely in refrigerator.
2. In a large skillet, cook meatballs in oil in batches until no pink remains.
3. Remove meatballs and set on paper towels.
4. In a large saucepan, heat marinara sauce; add meatballs and heat through.
5. Serve over cooked pasta.

Serve with a salad and French bread.



MARINATED ROAST

Cooking Instructions – 7/08

1. Thaw completely in refrigerator.
2. In large Dutch oven, place roast inside and pour marinade over roast.
3. Bake, covered, at 325° about 2½-3 hours, until tender.
4. Gently turn several times during cooking.

Add potatoes and carrots to the roast while cooking and have your entire meal.



MAINE MAPLE CHICKEN

Cooking instructions – 9/07

Needed at home: ½ cup water (¼ cup for split)

1. Thaw completely in refrigerator.
2. Place chicken in a lightly greased baking dish. Place onion slices between chicken pieces. Pour water over chicken and onion.
3. Bake, uncovered, at 375 degrees for 20 minutes.
4. Remove from oven and pour sauce over chicken. Bake 20 more minutes, or until chicken is done, basting frequently with tomato paste mixture.

Serve with a green salad and couscous.



HONEY MUSTARD CHICKEN

Cooking Instructions - 7/08

1. Thaw completely in refrigerator.
2. Grill the chicken on a preheated grill (or broil in a preheated broiler) for about 8 to 10 minutes per side, basting once with the marinade the chicken was in, until it is cooked through and slightly browned.

Serve with roasted corn on the cob and coleslaw.



CHICKEN CHIMICHANGAS

Cooking Instructions – 9/09

1. Thaw completely in refrigerator.
2. Bake, uncovered, at 425 degrees for 10 minutes; turn over and bake 8 more minutes.

Serve with salsa and chips. (opt.) Add guacamole, sour cream, shredded lettuce, diced tomato.



CHEESE ENCHILADA CASSEROLE

Cooking instructions – 2/07

1. Thaw completely in refrigerator.
2. Bake, uncovered, at 375 degrees for 25-30 minutes and cheese is melted.

Serve with chips and salsa.



BEEFY MAC AND CHEESE

Cooking Instructions - 6/08

1. Thaw completely in refrigerator.
2. Bake, uncovered, at 350, for 30 -35 minutes, until cheese is lightly browned and bubbly.



BAKED STUFFED FRENCH TOAST

Cooking instructions – 1/08

1. Thaw at room temperature before baking.
2. Bake in 325° oven, uncovered, for 50-60 minutes or until the egg mixture is no longer liquid and the toast is browned.

Serve with maple syrup, fried bacon, and fruit.