



## JAMAICAN JERK SHRIMP

Cooking Instructions – 4/10

1. Thaw completely in refrigerator.
2. Preheat broiler.
3. Place shrimp on a foil lined pan and pour or brush marinade on shrimp.
4. Broil 5 inches from heat source for 5-10 minutes, until shrimp turns pink.

Serve with steamed rice and garlic bread.



## HONEY-HOISIN PORK ROAST

Cooking Instructions – 4/10

1. Thaw completely in refrigerator.
2. Heat a large skillet over med-high heat, coated with cooking spray.
3. Remove roast from bag and discard marinade. Add pork to skillet and brown on all sides.
4. Brush roast with 1 tablespoon of reserved honey mixture and place roast in crock pot.
5. Cook on low for 6-7 hours or high for 4 hours. Let stand 5 minutes before slicing pork diagonally across grain. Drizzle with remaining honey mixture.

Serve with green salad and mashed potatoes.



## PESTO STUFFED CHICKEN ROLLS

Cooking Instructions – 4/10

1. Thaw completely in refrigerator.
2. Bake, uncovered, at 350 degrees for 35-40 minutes. Let stand for 10 minutes
3. Remove toothpicks and serve. You can slice them into 1 inch rounds if desired.

Serve with green beans and steamed squash.



## POT ROAST (PAULA DEEN'S)

Cooking Instructions – 4/10

**Needed at home: ¼ cup vegetable oil & water**

1. Thaw completely in refrigerator.
2. Remove bay leaves from spice bag and set aside. Sprinkle roast on all sides with seasoning left in bag. Using a skillet over high heat, brown roast in oil until brown.
3. Then place roast in a slow cooker, and layer onions, bay leaves, and bag of sauce.
4. Add wine and enough water to cover all of the ingredients.
5. Cook on the low setting for 8 hours.

Add carrot and potatoes to pot for a full meal.



## PIZZA CASSEROLE

Cooking Instructions – 4/10

1. Thaw completely in refrigerator.
2. Bake uncovered in preheated oven at 350° for 35-40 minutes or until bubbly.

Serve with garlic bread sticks.



## TURKEY PICCATA

Cooking Instructions – 4/10

**Needed at home: 2 tablespoons olive oil (half for splits)**

1. Thaw completely in refrigerator.
2. Pour flour mixture into a shallow dish. Dredge (coat) turkey cutlets in flour.
3. Melt 1 tablespoon butter (½ for split) with half the olive oil in a large nonstick skillet over medium-high heat.
4. Cook in amount that will fit in pan, 2 to 3 minutes on each side or until golden brown.
5. Keep warm while repeating with the remaining turkey, in 1 tablespoon butter and remaining oil.
6. Keep cutlets warm and add bag of liquid to pan, cook over medium-high heat 2 minutes or until sauce is slightly thickened. Remove from heat; stir in remaining butter; pour sauce over turkey.

Serve with mashed potatoes and corn.



## GRILLED PORK CHOPS

Cooking Instructions – 4/10

1. Thaw completely in refrigerator.
2. Coat grill rack with nonstick cooking spray before starting the grill.
3. Drain marinade from chops. Discard marinade.
4. Grill chops, covered, over medium heat for 6 minutes on each side or until done, basting occasionally with bag of reserved marinade.

Serve with a vegetable and steamed rice.  
**If not freezing, marinate for 8 hours or over night.**



## FIVE SPICE CHICKEN

Cooking Instructions – 4/10

*\*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.



## CHICKEN MARSALA

Cooking Instructions – 4/10

**Needed at home: 1 egg**

1. Thaw completely in refrigerator.
2. Beat egg in a bowl. Pour in another bowl.
3. Dip chicken in egg, and dredge in flour.
4. Brown chicken in butter in a large skillet over medium heat. (5-7 min. per side, turning occasionally). Remove chicken.
5. Add mushrooms to dripping in skillet, cook 1 minute, stirring constantly. Add chicken, Marsala, and spices to skillet.
6. Cook until heated through and chicken is not pink inside. (5 min.)

Serve with pasta and French bread.



## CHICKEN STUFFED SHELLS

Cooking Instructions – 4/10

1. Thaw completely in refrigerator.
2. Bake covered at 350° for 40 minutes.
3. Remove foil and bake 10 minutes longer or until bubbly.

Serve with green beans and dinner roll.



## CHEESEBURGER MEAT LOAF

Cooking Instructions – 4/10

1. Thaw completely in refrigerator.
2. Bake at 350° for 45 minutes or until meat is no longer pink inside.
3. Place cheese slices on top of meat loaf and return to the oven for 5 minutes or until cheese is melted.
4. Let stand for 10 minutes before slicing.

Serve with oven fries and green beans or corn and mashed potatoes. Of course, you can make meatloaf sandwiches, which will give you a "cheeseburger".



## APPLESAUCE MEATBALLS

Cooking Instructions – 4/10

1. Thaw completely in refrigerator.
2. Remove balls from pan, roll lightly in flour and brown with oil in skillet. Return balls to pan and pour bagged sauce on top.
3. Cover pan and bake 1 hour in 350° oven.

Serve with mashed potatoes and green beans or as a sub sandwich.