



## CABBAGE ROLL CASSEROLE

Cooking Instructions – 5/09

1. Thaw completely in refrigerator.
2. Uncover and remove foil sheet and cheese.
3. Recover casserole with lid and bake at 350 degrees, for 1 hour to 1 hour 15 minutes.
4. Uncover the last 5 minutes and sprinkle with cheese.

Serve with garlic bread.



## KIELBASA BEAN SOUP

Cooking Instructions – 2/10

1. Thaw completely in refrigerator.
2. Empty bag into a crock pot, stir, cover and cook on low heat for 5 to 6 hours, until thick.

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1. Simmer over low heat on the stovetop for 2 hours or until thick.

Serve with crackers.



## SUNDAY STUFFED PORK CHOPS

Cooking Instructions – 2/10

**Needed at home: 1 tablespoon olive oil , plus some to drizzle and salt and pepper**

1. Thaw completely in refrigerator.
2. Preheat a medium skillet over medium high heat. Add oil and bacon to skillet and cook for 2 minutes. Add apple/veggie bag and season the mixture with herb bag. Cook vegetables 5 minutes, stirring frequently. Add bag of corn bread to pan and combine stuffing. Keep warm.
3. Prepare a large skillet over medium heat. Drizzle chops with oil and season with salt and pepper. Pull chops open and cook 3 to 4 minutes on each side. (Do not over cook. The chops should be firm but still giving off juices).
4. To assemble stuffed chops, set a thin chop on dinner plate or serving plate. Mound the chop with stuffing, allowing some to spill onto the plate, then top with a second chop. Repeat with remaining servings.

Serve with cream cheese potatoes and sugar snap peas.



## MOROCCAN CHIKEN

Cooking Instructions – 2/10

**Needed at home: 2 tablespoons olive oil**

1. Thaw completely in refrigerator.
2. In a large skillet, heat oil over medium. Add chicken, pepper-carrots and cook them until the chicken is fully cooked, about 8 minutes. Stir in the sauce mixture and cook it for about 2 more minutes until the sauce is slightly thickened.

Serve with couscous and baked sweet potatoes.



## ICE CREAM SANDWICH DELIGHT

NO COOKING – 2/10

1. Keep frozen until ready to serve.
2. Do not set out to thaw before serving.
3. Cut into squares and serve.

Serve with ice cold glass of milk or a hot cup of coffee.



## TACO MEAT LOAF

Cooking Instructions – 2/10

1. Thaw completely in refrigerator.
2. Preheat oven to 350 degrees.
3. Bake uncovered for 50-55 minutes.
4. Spoon remaining picante sauce over meatloaf and sprinkle with cheese.
5. Bake 10-15 minutes or until cheese is melted. Let stand for 10 minutes before slicing.



## ITALIAN-STYLE TURKEY SAUSAGE

Cooking Instructions – 2/10

1. Thaw completely in refrigerator.
2. Remove sausage from casing and brown in a large nonstick skillet over medium heat, stirring to break up meat. Drain fat.
3. Place sausage, bag of vegetables and sauce in slow cooker.
4. Cover and cook on low for 4 hours.

Serve with over steamed rice or steamed squash.



## CRANBERRY SALSA CHICKEN

Cooking Instructions – 2/10

**Needed at home: 1 tbsp olive or canola oil (half for split)**

1. Thaw completely in refrigerator.
2. In a large nonstick skillet, sauté chicken in oil until browned on both sides.
3. Pour bag of sauce over browned chicken. Cover and cook over medium-low heat for 15 minutes or until chicken juices run clear.
4. While chicken is cooking, prepare couscous as directed on bag.
5. Serve chicken over hot couscous.

Serve with a green beans or a dinner salad.



## CORNMEAL CRUSTED CATFISH

Cooking Instructions – 2/10

**Needed at home: 2 tablespoons vegetable oil**

1. Thaw completely in refrigerator.
2. In a large skillet, heat the oil and butter over medium-high heat, until the butter is melted and starts to bubble.
3. Cook fillets until the cornmeal is browned, about 5 minutes per side. Check that the catfish is cooked through by cutting into the thickest part with a knife. It should be firm and white throughout.

Serve with cole slaw, cornbread, and lemon wedges.



## CHICKEN DIANE

Cooking Instructions – 2/10

**Needed at home: 1 tbsp olive oil (half for split)**

1. Thaw completely in refrigerator.
2. Salt and pepper both sides of chicken pieces.
3. In a large skillet, brown chicken in oil and butter over medium heat for 3-5 minutes on each side until juices run clear.
4. Remove and keep warm.
5. In same skillet, whisk bag of sauce until blended and heat until hot. Serve over chicken.

Serve with a green salad and dinner roll.



## BEEF STUFFED SHELLS

Cooking Instructions – 2/10

1. Thaw completely in refrigerator.
2. Bake, uncovered, at 375 degrees for 25 to 30 minutes or until heated.
3. Remove and sprinkle with Mozzarella cheese and continue baking for 10 minutes longer.

Serve with roasted asparagus and buttered corn.



## BAKED BEEF STEW

Cooking Instructions – 2/10

1. Thaw completely in refrigerator.
2. Pour bag of beef into a Dutch oven or crock pot.
3. Add bag of celery, onion, and carrots. Save potatoes for later.
4. Add bag of spices and bag of juice. Stir together.
5. Cover and bake at 250° for 5 hours. Add potatoes the last 15 minutes of baking.

Serve with corn bread muffins or crackers.