



## CHICKEN DIANE

Cooking Instructions – 8/08

**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.



## GARLIC BEEF

Cooking Instructions – 8/08

**Needed at home: 1 tsp seame or olive oil**

1. Thaw completely in refrigerator.
2. Heat oil in 12-inch nonstick skillet over high heat.
3. Add bag of beef, bag of broccoli, and bag of sauce.
4. Cook, stirring occasionally, for 15 minutes or until beef is done.

Serve with roasted carrots or fried rice.



## GRILLED PORK CHOPS

Cooking Instructions – 8/08

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.**



## ARTICHOKE SPINACH SHELLS

Cooking Instructions – 8/08

1. Thaw completely in refrigerator.
2. Bake, uncovered, at 350 degrees for 35-40 minutes or until heated through.

Serve with a tossed salad.



## CRUSTED RANCH CHICKEN

Cooking Instructions – 8/08

1. Thaw completely in refrigerator.
2. Bake, uncovered, at 350 degrees for 45 minutes or until chicken juices run clear.

Serve with a cold pasta salad or your favorite vegetable.



## CARIBBEAN BLACKENED TURKEY CHOPS

Cooking Instructions – 8/08

1. Thaw completely in refrigerator.
2. Remove the chops from the bag, reserving the marinade, and grill for 5 minutes per side, or until no longer pink inside.
3. Alternatively, heat broiler to high and spray a pan with cooking spray. Place the turkey on the sprayed pan and broil for 5 minutes per side, or until no longer pink inside.
4. Meanwhile, boil the marinade for 5 minutes on the stovetop and serve over the chops.

Serve with buttered corn and green beans.



## SALISBURY STEAK DELUXE

Cooking Instructions – 8/08

**Needed at home: 1-2 tbsp oil**

1. Thaw completely in refrigerator.
2. In a large skillet, brown the patties in oil, and drain.
3. Cut lower corner of bag of soup and pour over patties.
4. Cover and cook over low heat for 10-15 minutes or until meat is done.
5. Remove patties to serving platter and spoon sauce over meat.

Serve with mashed potatoes and corn on the cob.



## CHICKEN LEMON LINGUINE

Cooking Instructions – 8/08

**At home: 8 oz sour cream, 1 Tbsp Milk**

1. Thaw completely in refrigerator.
2. Cook linguini according to directions.
3. In a skillet, cook chicken pieces in butter, until almost done, then add onion and garlic, cooking until tender, not brown.
4. Stir in sour cream, half the Parmesan cheese, milk, and bag of seasoning-juice. Cook for about 1 minute. Remove from heat and pour over cooked linguini. Toss gently, adding parsley and chives and remaining cheese.

Serve with a garden salad or seasoned carrots.



## TEXAS-STYLE ENCHILADA CASSEROLE

Cooking Instructions – 8/08

1. Thaw completely in refrigerator.
2. Bake, uncovered, at 400 degrees, for 35 to 45 minutes or until bubbly.

Serve with chips and salsa.

**Optional:** Serve casserole with desired toppings. Shredded lettuce, diced tomato, finely chopped red onions.



## RUSSIAN CHICKEN

Cooking Instructions – 8/08

1. Thaw completely in refrigerator.
2. Place chicken in single layer, skin-side up, in a large shallow baking pan.
3. Pour sauce on chicken.
4. Cover and bake at 350 degrees for 1½ hours, basting occasionally with pan drippings. (uncover last 30 minutes of baking)

Serve over rice or couscous and sweet and sour sauce.



## CORNFLAKE-CRUSTED TILAPIA

Cooking Instructions – 8/08

**Needed at home: cooking spray**

1. Thaw completely in refrigerator.
2. Lightly coat a cooking sheet with cooking spray.
3. Remove filets from bag and place on prepared sheet.
4. Lightly spray top of filets with cooking spray.
5. Bake, uncovered, for 18 to 20 minutes, at 450 degrees.

Serve with green beans and corn cobbles with fat-free raspberry vinaigrette dipping sauce.



## ICE CREAM SANDWICH DELIGHT

NO COOKING – 8/08

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.