



SICILIAN MEAT ROLL

Cooking Instructions – 11/07

1. Thaw completely in refrigerator.
2. Bake at 350° for 1 hour. Cut slice of cheese into 4 triangles. Arrange on top of meat roll.
3. Bake an additional 5 minutes or until cheese melts. Let stand 5 minutes before slicing.

Serve with green beans and sweet corn.



MANHATTAN CHICKEN A LA KING

Cooking Instructions – 11/07

Needed at home: 1 tbsp oil (half for split), salt & pepper

1. Thaw completely in refrigerator.
2. Cook noodles according to directions.
3. Meanwhile, in a large skillet over medium-high heat, brown chicken in hot oil. Season with salt and pepper.
4. Add bag of sauce to chicken, cover, and cook over medium heat for 5 minutes. Uncover; cook 5 minutes, until thickened, stirring occasionally.
5. Serve over cooked noodles.

Serve with a side salad.



BREAKFAST EGGS WITH POTATO CRUST

Cooking instructions – 11/07

1. Thaw in refrigerator for 1 to 2 days before baking.
2. Pour bag of egg mixture over the cheese mixture.
3. Bake, uncovered, at 350° for 45-50 minutes, until puffed and golden brown.

Serve with toast and fresh fruit.



CHICKEN DIANE

Cooking Instructions – 11/07

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.



CIDER-BRAISED PORK LOIN CHOPS

Cooking Instructions – 11/07

1. Thaw completely in refrigerator.
2. Heat a large skillet over med-high heat. Spoon 3 teaspoons of liquid mixture from bag into pan, then add pork slices. Cook 2-3 minutes per side.
3. Reduce heat to medium and add remaining mixture, stirring gently to combine.
4. Cover and cook for 35-45 minutes and serve.



THREE BEAN TURKEY CHILI

Cooking Instructions – 11/07

1. Thaw completely in refrigerator.
2. Cook turkey and onion together in medium skillet over medium-high heat, stirring to break up meat, until turkey is no longer pink. Drain, if necessary and place turkey mixture into slow cooker.
3. Add bag of remaining ingredients and mix well. Cover; cook on high 5-7 hours.

Serve with saltine crackers or cornbread.



CHICKEN STUFFED SHELLS

Cooking Instructions – 11/07

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.



ROUND STEAK WITH HERBS

Cooking Instructions – 11/07

Needed at home: 1/3 cup water

1. Thaw completely in refrigerator.
2. Place onion in a 3-4 quart slow cooker; place meat over onion.
3. Cut lower corner from bag of sauce and pour over meat.
4. Cover; cook on low for 10 hours or on high for 5 hours.
5. Remove meat from cooker and keep warm.
6. Add 1/3 cup water to bag of cornstarch and mix to dissolve. Add to cooker with sauce. Stir to thicken gravy.
7. Prepare noodles before serving time.
8. Serve meat and gravy over noodles.

Serve with steamed broccoli.



SPICY HONEY SHRIMP

Cooking Instructions – 11/07

Needed at home: 3 tbsp olive oil (half for split)

1. Thaw completely in refrigerator.
2. Cook rice according to directions on label.
3. Heat oil in large skillet or wok. Coat sides.
4. Add bag of shrimp; stir fry 8 minutes.
5. Add bag of sauce to shrimp, stirring constantly. Bring to a boil; cook 1 minute.
6. Stir in smack bag of onions, ginger and cilantro. Cook until heated through.
7. Serve over rice.

Serve with buttered rice and an egg roll.



CRANBERRY SALSA CHICKEN

Cooking Instructions – 11/07

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.



SKILLET SOMBRERO PIE

Cooking instructions – 11/07

1. Thaw completely in refrigerator.
2. Brown meat in a large skillet, stirring until it crumbles. Drain, if necessary.
3. (Return meat to skillet) Add corn and sauce; bring to a boil. Reduce heat; simmer, uncovered, 20 minutes, stirring occasionally.
4. Sprinkle with cheese; cook until cheese melts. Do not stir.
5. Arrange chips around edge.
6. Serve immediately.



PUMPKIN BREAD PUDDING

Cooking instructions – 11/07

1. Thaw completely in refrigerator.
2. Bake, uncovered, at 350 degrees, 40 to 50 minutes, or until a toothpick inserted in center comes out clean.
3. Cut into squares to serve.

Serve warm with whipped cream and lightly sprinkle with cinnamon, if desired.