

November 2008 Cooking Instructions

Apple Pork Chops - Thaw completely. Remove pork chops from bag and blot dry with paper towels. Heat oven to 375°. Pour 2 cups of water and seasoning mix in a medium saucepan. Bring to a boil. Remove from heat and let stand for 5 minutes. Stir in stuffing and let stand 4 minutes. Pour apple chutney in the bottom of a greased 9x13 baking dish. Place pork chops on apples and top with stuffing. Cover with foil and bake for 35 minutes. Remove foil and bake for 15 minutes or until pork chops reach an internal temperature of 160°.

Shrimp & Sausage Jambalaya - Thaw completely. Pour contents of sausage bag into a heavy bottomed pot over medium heat. Cook until sausage begins to brown, then add contents of onion-celery-pepper blend bag. Continue cooking for 2 to 3 minutes, then add rice. Stir until all grains are thoroughly coated, then add diced tomatoes. Add 4 cups water and bring to a boil. Reduce heat to slight simmer and cover pot. Cook covered for 18 minutes and remove from heat. Do not remove lid from pot during cooking. Add shrimp to pot and replace lid. Allow to steam for 10 minutes off heat. Do not remove lid during steaming. Serve immediately.

Baked Flounder Filets - Thaw completely. Spray large shallow baking dish with cooking spray. Remove flounder filets from package and blot dry with paper towels. Arrange in single layer in baking dish. Place 1 dollop of softened lemon basil butter on each filet and spread to cover fish evenly. Bake in preheated 350 degree oven for 15-20 minutes or until fish flake with a fork.

Three Cheese Manicotti - Thaw completely. Place a thin layer of pasta sauce in bottom of a 9x13 baking dish. Place manicotti in pan and cover with remaining sauce. Sprinkle cheese on top and Bake in preheated 350 degree oven for 40-50 minutes or to an internal temperature of 165 degrees.

Pork Tenderloin with Orange & Rosemary Marinade – Thaw completely. Remove tenderloins from bag and allow most of the excess marinade to drip off. Blot dry with paper towel and place tenderloins into a baking dish. Bake in 425 degree oven to internal temperature of 145 to 150 degrees.

Honey Ginger Chicken Breast – Thaw completely. Massage bag to make sure chicken is completely coated in marinade. Remove the chicken breast from bag and discard the remaining marinade. Cook chicken on grill 3 to 5 minutes per side until an internal temperature of 165 degrees is reached.

Southwest Stir Fry - Thaw completely. Cook rice following package instructions. Remove chicken from bag, rinse and place in a small bowl. Pour spice bag on chicken and mix thoroughly to coat chicken. Cover bowl and marinate for 15 minutes. Begin cooking stir fry in the last 12 minutes of rice cook time. Heat a large skillet over medium-high heat. Add chicken and sauté for 7-8 minutes or until done. Add vegetable mix and 1 cup of water and bring to a boil and simmer for 8-9 minutes. Serve over rice.

Chili Cornbread Casserole – Thaw completely. Add 1 tablespoon of cooking oil to a large skillet over medium heat. Crumble ground beef and brown. Drain excess fat, then add contents of onion bag to pan and combine thoroughly. Cook for 2 minutes, then add contents of tomato and bean bag. Add 1 cup of water and bring to a simmer. Cook for 10 minutes, then pour into a 9 x 13 baking dish. Sprinkle cheese over top, then squeeze cornbread batter over cheese and spread evenly. Place in 350 degree oven for 25 to 30 minutes, or until cornbread topping is golden brown.

Pumpkin Penne - Thaw completely. Add 1 tablespoon cooking oil to a large skillet over medium heat. Brown and crumble sausage then drain excess fat if needed. Add sauce to pan plus 1 cup of water. Bring to a boil, then lower heat and simmer for 10 to 15 minutes. While sauce is cooking, boil pasta in salted water for 12 to 14 minutes until al dente. Drain pasta and pour into pan with sauce. Stir and serve.

Flank steak with Chimichurri sauce - Thaw completely. Empty contents of spice bag in a small bowl and mix. Rub the spice mix on both sides of the steak and let set for 10-15 minutes. Preheat grill for medium-high heat. Pour chimichurri sauce in a bowl and mix. Place steaks on the grill rack coated with cooking spray. Grill meat for 5 minutes per side, or to desired doneness. Remove steaks from grill and place on a cutting board. Let rest for 5 minutes. Holding a knife at 45-degree angle, thinly slice steak. Top with chimichurri sauce and serve.

Chicken Black Bean Quesadillas- Thaw completely. Thaw completely. Pour chicken mixture into a bowl and stir to combine thoroughly. Divide chicken mixture and cheese evenly between the 6 tortillas, spreading the mixture on one half of each. Fold in half and brush both sides with olive oil. Brown both sides lightly in a skillet over medium heat, and then transfer to a baking sheet. Place in 350 degree oven for 5 minutes until cheese is melted.

Baked Tortellini with Marinara and Chicken– Thaw completely. Preheat oven to 350°. Bake for 45-55 minutes or until hot and bubbly, removing foil for the last 10 minutes.

Maple Glazed Salmon- Thaw completely. Preheat oven broiler. Cover the top of the filets with the spice mix and rub in with your hand. Place fish on a broiling pan and broil for 8 minutes. With scissors, cut the corner off the syrup bag. Remove from oven and drizzle with maple syrup. Broil for 3-6 minutes or until fish flakes easily at the thickest part of the filet. Serve with brown rice.

Herb Rubbed Turkey Roast with Cranberry Compote - Thaw completely. Remove Turkey roast from packaging including netting. Drain juices and blot dry with paper towels. Rub herb mixture over the entire roast. Place roast in a greased baking dish and bake at 325 degrees for approximately 1 hour 30 minutes or to an internal temp of 165 degrees. Cooking times will vary depending on your oven. Use a meat thermometer for best results. Remove from oven, cover with foil and let stand for 10 minutes. Slice and serve with Cranberry Compote. (Compote may be served chilled or at room temperature.)

White Chicken Chili - Thaw completely. Pour contents of onion bag into a heated Dutch oven or heavy saucepan. Cook over medium heat for about 3 minutes or until onions begin to soften. Add chicken and stir until all pieces are coated with spice mixture. Add tomatoes and beans and stir thoroughly. Add 2 ½ cups of water and bring to a boil. Reduce heat and simmer for around 20 minutes.

Honey Mustard Chicken Breast - Thaw completely. Preheat oven to 425°. Pour 1/3 cup of honey mustard sauce into small bowl and set aside to be used after chicken has baked. Pour remainder of sauce into medium shallow bowl. Pour contents of corn flake bag into separate medium shallow bowl. Dip each breast into honey mustard, then in corn flakes. Discard remaining honey mustard sauce used for dipping! Place breasts in lightly greased 9x13 baking dish. Bake for 20 to 25 minutes or until juices emerge clear. Remove from oven and drizzle with reserved honey mustard sauce.

Meat Lasagna - Thaw completely. Remove paper lid and cover with foil. Preheat oven to 350°. Bake lasagna covered for 30-40 minutes. Remove cover and bake an additional 10 minutes until top is bubbly. Remove from heat and let stand for 10 minutes before cutting and serving.

Veggie Lasagna - Thaw completely. Remove paper lid and cover with foil. Preheat oven to 350°. Bake lasagna covered for 30-40 minutes. Remove cover and bake an additional 10 minutes until top is bubbly. Remove from heat and let stand for 10 minutes before cutting and serving.

Shrimp Scampi - Thaw completely. Cook pasta in boiling salted water for around 14 minutes until al dente. Drain pasta and set aside. Pour contents of butter bag into a hot skillet. Add shrimp and cook over medium high heat until pink. Pour shrimp and butter mixture over pasta.