



Cooking Instructions for April 2007

Mustard Crusted Salmon

Bake Salmon uncovered in 350-375 oven for 15-25 minutes until fish is tender and flaky.

Chicken Tamales with Salsa Verde

Steam Tamales in a vegetable steamer (or colander in a large pot with 1-2 inches water) Steam Tamales for about 20 - 30 minutes. Serve with warmed Salsa Verde.

Olive Studded Pork Loin

Place roast in the oven at 325 to 350 degrees. Cook to internal temp of 155 or grill roast on the BBQ to internal temp of 155. Allow roast to rest 5-10 minutes before carving.

Spring Lasagna

Bake covered in 350 oven for 40 minutes or until bubbling over. Remove foil for the last 10-15 minutes. Let rest for 5-10 minutes before serving

Baked Macaroni and Cheese

Bake uncovered in a 350 oven for 30-45 minutes or until hot and bubbly.

Chicken Skewers

Grilled or Baked. Bake uncovered in 350 oven for 20-30 minutes. OR Place Kabobs on foil or on rack and cook while turning as needed, until done. Serve skewers with provided Peanut Sauce at room temperature.

Nut Crusted Chicken

Baked or Pan Fried. Bake uncovered in 350 oven for 20-30 minutes. OR Place Pecan Chicken in a lightly oiled pan and cook over moderate heat, turning once, until done.

Pancetta Penne Pasta

Bake pasta in 350 degree oven covered for 30-40 minutes or until hot and bubbly. Uncover for the last 10 minutes.

Chili Verde with Cornbread

Chili - Heat in heavy pan on stove until hot and bubbly

Cornbread – Add $\frac{3}{4}$ cup water to mixture. Cook in stove in greased pan for 20 – 25 minutes.

Stuffed Chicken Breast

Bake Chicken Breast in 350 oven for 20-30 minutes or until cooked through. Cover Chicken with foil for the first 15-20 minutes.

Beef Enchiladas

Bake uncovered in a 350 oven for 30-45 minutes or until hot and bubbly.

Mustard Roasted Chicken

Bake the chicken in the roasting pan at 350 with an aluminum tent for 1 hour or until internal temp of 155 degrees. Let Rest for 10 min. before carving.

For Best Results, Defrost Meals in Refrigerator 24 to 48 hours BEFORE Cooking.