



Cooking Instructions for August 2009

Filet of Salmon

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

Pesto Chicken Roll Ups

Bake covered in 350 oven for 30-45 minutes. Remove cover for last 10 minutes.
Cover with foil. Do not cook with cardboard lid.

Stuffed Shells

Place Stuffed Shells in 325-350 oven and bake for 30-40 minutes.
Okay to cover with foil for first 20-30 minutes.

Chicken Kabobs Fajita Style

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.

Baked Macaroni and Cheese

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

Asian Pork Roast

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.

Turkey Chili

Heat in heavy pan on stove until hot and bubbly.

Italian Stuffed Meatloaf

Bake uncovered in 350 oven for 35-45 minutes to internal temp of 155.
Let meatloaf rest for 10 minutes before carving.

Beef Enchiladas

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

Nut Crusted Chicken

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

Chicken Artichoke Stroganoff

Heat Stroganoff on stovetop or microwave on low until hot.
Do not bring to a boil. Serve over provided noodles.

BBQ Dry Rub 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.