



Cooking Instructions for December 2006

Almond Crusted Rock Cod

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

Butternut Squash 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

Stuffed Pork Chops

Bake the Pork Chops in a 350 oven for about 1 hour until done.

Lasagna Roll-Ups

Bake covered in 350 oven for 30-45 minutes. Remove foil for last 10 minutes.

Baked Macaroni and Cheese

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

Home Style Pot Roast

Slow bake in 350 oven for 1.5 – 2 hours, or in Crock Pot all day.

Beef Stroganoff

Heat Stroganoff on stovetop or in microwave on low until hot. **DO NOT Bring Stroganoff to a BOIL.** Serve over buttered noodles. Bring 2 qts. Water to a boil and add egg noodles with a teaspoon of salt. Reduce heat and boil until tender. About 8 minutes.

Chicken Cobbler

Heat Cobbler in 350 oven until hot and bubbly **OR**
Scoop some into a bowl and heat in microwave until hot.

Beef Enchiladas

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

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 as needed, until done.

Stuffed Bell Peppers Bake covered in a 350 oven 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.

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