



Cooking Instructions for February 2009

Mustard Crusted 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 cover with cardboard lid.

Beef Lasagna

Bake in 350 oven for 1 hour or until bubbling over. If covered with foil, remove for the last 10-15 minutes.
Let rest for 5-10 minutes before serving.

Stuffed Meatloaf

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

Baked Macaroni and Cheese

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

Chicken Stroganoff

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

Beef Chili

Heat in heavy pan on stove until hot and bubbly.

Beef Enchiladas

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

Stuffed 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.

Parmesan 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.

Salmon Burgers

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

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.