



## **Cooking Instructions for January 2007**

### **Filet of Salmon w/ Lemon, Capers & Dill**

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.

### **Winter Casserole**

Bake covered in 350 degree oven for 30-45 minutes. Uncover for the last 10 minutes.

### **Sweet and Sour Chicken**

Heat pan and add meat and veggies reserving marinade. Cook while stirring and add marinade to desired thickness. Serve over provided rice and enjoy.

### **Baked Macaroni and Cheese**

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

### **Chili and 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.

### **Chicken Florentine**

Bake uncovered in 350 degree oven for 30-45 minutes.

### **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 Pecan Chicken in a lightly oiled pan and cook over moderate heat, turning as needed, until done.

### **Gorgonzola Meatloaf**

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

### **Mexican Lasagna**

Bake covered with foil in a 350 oven for 45 minutes. Remove foil for the last 10 minutes.  
Allow to rest 10 minutes before serving.

### **Sesame Baked 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.**