



Cooking Instructions for January 2008

Filet of Salmon

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

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.

Stuffed Chicken Breast

Bake Chicken Breast in 350 oven for 45 minutes or until cooked through. Cover Chicken with foil for the first 30 minutes.

Chicken Stroganoff

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

Baked Macaroni and Cheese

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

Turkey Chili 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.

Herbed 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.

Enchiladas

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

Classic Meatloaf

Bake uncovered in 350 oven for 35-45 minutes to internal temp of 155.

Let meatloaf rest for 10 minutes before carving.

Homestyle Pot 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.

Lasagna

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

Do not cover with cardboard lid.

Chicken in Red Wine

Put several slits in top of oven bag and Slow bake in 325- 350 oven for 1.5 – 2 hours, or in Crock Pot all day.

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