



Cooking Instructions for July 2008

Filet of Salmon with Cilantro Pesto

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

Chicken-n-Shrimp Kabobs

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.

Chicken Florentine

Bake covered with foil in 350 oven for 30-45 minutes.

Beef 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.

Baked Macaroni and Cheese

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

Spicy Bean Burgers

Cook burgers to your own liking either on the BBQ, Grill on foil, or frying pan on the stove.

Beef Fajitas

Grill, fry, or broil beef until done. Add veggies to pan when beef is almost done.
On the BBQ, grill veggies in foil.

Turkey Sausage Penne Pasta

Heat pasta covered in 350 oven for 20-30 minutes.
Cover with foil. Do not cover with cardboard lid.

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.

Italian 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.

Summer Casserole

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

Roasted Chicken with Lemon, Rosemary and Thyme

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.