



Cooking Instructions for June 2007

Salmon with Lemon, Capers, & Dill

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

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.

Southwestern Stuffed Burgers

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

Turkey Stuffed Shells

Place Turkey Stuffed Shells in 325-350 oven and bake for 30-40 minutes.

Okay to cover with foil for first 20-30 minutes.

Baked Macaroni and Cheese

Bake uncovered in a 350 oven for 30-45 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.

Stuffed Pork Chops

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

Chicken Florentine

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

Chicken Ka Bobs

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.

Southwestern Rice and Beans Casserole

Bake casserole in 350 degree oven covered for 30-40 minutes or until hot and bubbly.

Uncover for the last 10 minutes.

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 once, until done.

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.