



## **Cooking Instructions for March 2007**

### **Filet of Salmon w/Cilantro Pesto**

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

### **Baked Chicken in Red Wine Sauce**

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.

### **Spring Casserole**

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

### **Herb Crusted 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.

### **Baked Macaroni and Cheese**

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

### **Turkey 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 @ 375 in greased pan for 20 – 25 minutes.

### **Chicken & Ham Florentine**

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

### **Home Style Pot Roast**

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.

### **Pesto Chicken 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.

### **Cajun Beef 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.

### **Cheese and Green Chile Enchiladas**

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

### **Chicken Breast in Black Bean Sauce**

Bake, Grill, or Broil chicken until done.

Heat Black Bean sauce in microwave or on stovetop. Serve chicken on beans.

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