



Cooking Instructions for March 2008

Parmesan Crusted Tilapia

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

Stuffed Portobello Mushrooms

Bake covered @ 350 for 25-45 minutes depending on mushroom size.
Should be "fork tender" when done.

Chicken Florentine

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

Beef Chili with Cornbread

Chili - Heat in heavy pan on stove until hot and bubbly

Cornbread – Add ¾ 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.

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.

Teriyaki 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.

Italian Stuffed Meatloaf

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

Winter Casserole

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

Parmesan 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.

Spinach 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.

Southwestern 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.