



Cooking Instructions for May 2007

Wasabi Salmon with Edamame Pesto

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.

Pesto Chicken Roll-Ups

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

Cover with foil. Do not cover with cardboard lid.

Stuffed Chicken Breast

Bake Chicken Breast in 350 oven for 20-30 minutes or until cooked through. Cover Chicken with foil for the first 15-20 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.

Penne Pasta with Basil Turkey Sausage

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

Uncover for the last 10 minutes.

Manicotti

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

Uncover for the last 10 minutes.

Beef Enchiladas

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

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.

Parmesan 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.

Citrus 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.