



## Cooking Instructions for May 2008

### **Filet of Salmon with Lemon, Dill and Capers**

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

### **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.

### **Pesto Chicken Roll-Ups**

Bake covered in 350 oven for 30-45 minutes. Remove cover for last 10 minutes. Cover with foil. Do not cook with cardboard lid.

### **Turkey 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.

### **Southwestern Stuffed Burgers**

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

### **Classic Meatloaf**

Bake uncovered in 350 oven for 35-45 minutes to internal temp of 155.

Let meatloaf rest for 10 minutes before carving.

### **Sausage Stuffed Shells**

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

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

### **Herbed 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.

### **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.

### **Homestyle Pot Roast**

Slow bake in 350 oven for 1.5 – 2 hours, or in Crock Pot all day.

### **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.**