



## Cooking Instructions for November 2006

### **Salmon Dijon**

Bake Salmon uncovered in 375 oven for 15-25 minutes. or Grill on foil until tender and flaky. or Broil in oven for about 15 minutes until tender and flaky.

### **Lasagna Bolognese**

Bake in 350 oven for 1 hour or until bubbling over. If covered with foil, remove for the last 10-15 minutes. Let rest for 5-10 minutes before serving

### **Stuffed Chicken Breast**

Bake Chicken Breast in 350 oven for 45 minutes or until cooked through. Cover Chicken with foil for the first 30 minutes.

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

Bake covered with Foil for 350 oven for 30-45 minutes. Remove Foil for last 10 minutes. Do not use cardboard lid to cook Roll-Ups.

### **Baked Macaroni and Cheese**

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

### **Home Style Pot Roast**

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

### **Mushroom Stroganoff**

Heat Stroganoff on stovetop or in microwave on low until hot. **DO NOT Bring Stroganoff to a BOIL.** Serve over buttered noodles. Bring 2 qts. Water to a boil and add egg noodles with a teaspoon of salt. Reduce heat and boil until tender. About 8 minutes.

### **Classic Meatloaf**

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

### **Chili Cheese and Bean Enchiladas**

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

### **Sweet and Sour 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.

**Stuffed Bell Peppers** Bake covered in a 350 oven for 20 - 25 minutes.

### **Baked Garlic & Herb 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.**