



## Cooking Instructions for November 2008

### **Filet of Salmon**

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

### **White Bean and Ham Soup**

Heat soup in pan on stove or in microwave until hot.

### **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 Meatloaf**

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

### **Baked Macaroni and Cheese**

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

### **Chicken Tamales with Salsa Verde**

Steam Tamales in a vegetable steamer (or colander in a large pot with 1-2 inches water) Steam Tamales for about 20 - 30 minutes. Serve with warmed Salsa Verde.

### **Turkey Chili**

Heat in heavy pan on stove until hot and bubbly.

### **Beef Enchiladas**

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

### **Stuffed 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.

### **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.

### **Winter Casserole**

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

### **Chicken Cacciatore**

Slow bake in covered container in 325 oven or in Crock Pot for 1.5 – 2 hours.

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