



Cooking Instructions for October 2006

Salmon with Almond and Chives

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.

Chicken Stroganoff

Heat Stroganoff on stovetop or microwave on low until hot. Do not bring to a boil. Serve over provided noodles.

Stuffed Pasta Shells

Place Stuffed Pasta Shells in 325-350 oven and bake for 30-40 minutes. Okay to cover with foil for first 20-30 minutes.

Texas Chili

Chili: Heat in heavy pan on stove till bubbly.

Basmati Rice: Add 1 cup Rice to 2 cups water. Salt and Oil to taste. Bring to a boil, reduce heat and simmer covered about 20 minutes. Remove from heat and let rest for a minute or so. Fluff with a fork.

Baked Macaroni and Cheese

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

Veggie Lasagna

Bake in 350 oven for 40 - 60 minutes or until bubbling over. If covered with foil, remove the foil for the last 10-15 minutes. Allow Lasagna to rest 10 minutes before serving.

Southwestern 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.

Meatloaf Santa Fe

Bake uncovered in 350 oven for 30 to 45 minutes to internal temp of 155. Let it rest for 5-10 minutes before slicing.

Penne Pasta with Garlic Chicken

Heat pasta in a 350 oven 20 -30 minutes.

Nut Crusted 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.

Chicken Mole

Bake covered in 325 oven for about 1 hour.

Chicken Vera Cruz

Bake uncovered in 350 degree oven for 45 minutes to an hour or until done.

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