



## Cooking Instructions for October 2007

### **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.

### **Chicken Cordon Bleu**

Bake uncovered in 350 degree oven for 30-45 minutes.

### **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

### **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.

### **Baked Macaroni and Cheese**

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

### **Turkey Chili with Cornbread**

**Chili** - Heat in heavy pan on stove until hot and bubbly

**Cornbread** – Add  $\frac{3}{4}$  cup water to mixture. Bake @ 375 in greased pan for 20 – 25 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.

### **Beef Stroganoff**

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

### **Chicken Enchiladas**

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

### **Stuffed Pork Roast**

Roast uncovered in 400 degree oven to internal temp of 170. Remove from oven and allow to rest at least 10 minutes covered loosely with foil.

### **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.**