



Cooking Instructions for September 2006

Lemon Garlic Salmon

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.

Black Bean and Beef 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.

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 cover for last 10 minutes. Do not use cardboard lid to cook chicken.

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.

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.

Pork Ka-Bobs

Grilled or Baked. Bake uncovered in 350 oven for 20-30 minutes. OR Place Kabobs on foil or on rack and cook while turning as needed, until done.

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.

Pecan Crusted Chicken

Baked or Pan Fried. Bake uncovered in 350 oven for 20-30 minutes. OR Place Pecan Chicken in a lightly oiled pan and cook over moderate heat, turning once, until done.

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

Chipotle Lime 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.