



Cooking Instructions for September 2007

Parmesan Tilapia

Pan Fry OR Bake Tilapia uncovered in 400 degree oven for 15-25 minutes until fish is tender and flaky.

Beef Chili with Cornbread

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

Cornbread – Add ¾ cup water to mixture. Cook in stove in greased pan for 20 – 25 minutes.

Three Cheese Stuffed Burgers

Cook burgers to your own liking either on the BBQ, Grill, or frying pan on the stove.

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.

Beef Enchiladas

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

Herbed 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.

Nut 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.

Crab Cakes with Cajun Mayo

Place crab cakes on oiled cookie sheet and bake 350-400 degrees for 15-20 minutes.

Chicken Breast with Tropical Salsa

Bake, Grill, or Broil chicken until done.

Heat Tropical Salsa in microwave or on stovetop. Serve salsa on chicken.

Fall Casserole

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

Baked Garlic and 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.