

Asian-Infused Flank Steak

If frozen, defrost in refrigerator 24 hrs. To BBQ: Place onto grill 3-4 min to sear each side. Cook on med. 4-5 min more on each side. To Broil: Heat broiler to hi. Place flank steak on sheet pan and place under broiler—Cook 5-7 min each side or to desired doneness.

Honey-Peanut Crusted Chicken

If frozen, defrost in refrigerator 24 hrs. Pre-heat oven to 375F. Remove chicken from Ziploc and roll each piece in peanut mix. Place in baking pan. Place into oven and bake 35-40 min.

Bleu Cheesy Stuffed Beef Burgers

If frozen, defrost in refrigerator 24 hrs. Preheat BBQ or Broiler to medium-high heat. Place burgers onto grill or under broiler on baking pan and cook 4-7 minutes each side or until done to your liking.

Asparagus and Chicken Divan

If frozen, defrost in refrigerator 24 hrs. Pre-heat oven to 375F. Place baking pan on baking sheet. Place into oven and bake 35-40 min and until hot in center and bubbly

Chile Verde pork

If frozen, defrost in refrigerator 24 hrs. Dredge pork chops in flour mixture. Heat a non-stick skillet over med-high heat. Add 2 TBS Oil. Add pork and brown on both sides. Remove skillet and place onto plate, cover. Add green chile mix to skillet and cook 3-5 min-scraping bottom of pan. Add pork and cook 10 min. Spoon green chili sauce over pork and top with cheese.

Stuffed Pasta Shells w/Marinara

If frozen, defrost in refrigerator 24 hrs. Bake in 350F oven for 30-45 min or until heated through. Lid may be left on-remove label.

Turkey Meatloaf w/ Apricot Pepper Glaze

If frozen, defrost in refrigerator 24 hrs. Remove lid from baking pan. Place pan onto baking sheet. Bake in pre-heated 350° oven for 45 minutes. Remove from oven and let stand 5 minutes before serving. **Glaze:** heat in microwave or small saucepan until bubbly.

Thai Curried Chicken

If frozen, defrost in refrigerator 24 hrs. In large skillet, cook onions in 1 TBS oil until edges are browned. Add spice mix. Cook over med heat, stir occasionally, about 8 min. Stir in coconut milk. Bring just to a boil. Add chicken/prawns and simmer about 6 min.

Hearts of Artichoke and Spinach Lasagna

If frozen, defrost in refrigerator 24 hrs. Approx Defrost Time: 24 hours. Preheat oven to 350F. Remove lid from baking pan. Bake 45-55 min until heated through. Remove from oven and let stand 5 min before serving.

Hearty Beef and Bean Chili

If frozen, defrost in refrigerator 24 hrs.. Place chili inot medium pot. Cook on stove-top, on medium low heat for 30-45 min, Stirring occasionally.