

FEBRUARY COOKING INSTRUCTIONS

Asian-Infused Flank Steak

If frozen, defrost 24 hours in refrigerator: 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.

Baked Chicken, Tilapia or Tofu with Chunky Olive and Tomato Sauce

If frozen, defrost 24 hours in refrigerator: Pre heat oven to 350F. Remove chicken, tilapia or tofu from bag and place into a single layer into bottom of casserole dish sprayed with cooking spray. Pour tomato sauce mixture over it. Place into oven and bake 35 to 45 minutes until heated through and done. Remove from oven and sprinkle with Parmesan cheese. Serve over cooked pasta or rice.

Catalina Pepper Steak

Defrost in refrigerator. Approximate defrost time: 24 Hours. Dredge steak pieces in flour mixture. Heat large skillet over medium heat. Add 4 TBS oil to skillet. Pan fry steak pieces until golden brown on each side. Empty tomato, onion and pepper mixture on top of steak. Bring to a boil. Reduce heat to low and cover with tight fitting lid. Simmer 15 minutes. Turn steak pieces over and cook 15 minutes more.

Chicken di Tuscany

If frozen, defrost 24 hours in refrigerator: Heat oven to 375F. Remove chicken from marinade and place on plate. Drain the marinade from Ziploc and reserve the solids. Place solids in bottom of roasting pan. Place chicken pieces, skin side up over solids. Roast for 35 minutes. Let stand 5 min before serving.

Greek Seasoned Pork Kabobs

If frozen, defrost 24 hours in refrigerator: Place pork cubes onto skewers. Broil on hi 10 min—turning over twice during cooking. or BBQ-on hi turning frequently approx. 5 min.

Hearts of Artichoke and Spinach Lasagna

Defrost in refrigerator. Approximate Defrost Time: 24 hours. Preheat oven to 350F. Remove lid from baking pan. Place baking pan onto baking sheet. Place baking sheet on center oven rack. Bake 45-55 minutes until heated through and bubbly. Remove from oven and let stand 5 minutes before serving.

Minestrone Soup

In a large skillet heat 2 TBS olive oil over low heat. Add onion and celery mixture and cook until soft. Transfer to crock pot and add ingredients from large Ziploc bag. Add 4 cups water for a thicker soup or 6 cups water for a thinner soup.

Cook 6-8 hrs, stirring occasionally Add pasta 20 min. before serving. Sprinkle with grated parmesan cheese.

Spiced Pulled Pork Sandwiches

Approximate defrost time: 24 hours. Place pork mixture into crock-pot. Cover and cook on low 7-9 hours. Shred just before serving and mix well. Serve on hoagie rolls.

Thai Curried Chicken / Prawns

Defrost time: 24 hours. 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.