

July 2010 Cooking Instruction Sheet

Baked Chicken, Tilapia or Tofu with Olive and Tomato Sauce

Defrost 24 hours. Pre-heat oven to 350F. Remove chicken, fish or tofu from packaging and place into shallow baking dish. Pour tomato and olive sauce over it. Place into oven and bake 35 minutes. Remove from oven and let stand 5 minutes before serving. Sprinkle with Parmesan cheese.

Cherry Chipotle Glazed Chicken

Defrost 24 hours. Pre-heat oven to 350 or heat BBQ to medium heat. Remove chicken from marinade and place into shallow baking dish or onto BBQ—and place the remaining cherry marinade into very small saucepan. Bake 35 minutes or cook on BBQ about 8 minutes per side. Bring marinade to a boil—remove from heat. Pour sauce over cooked chicken.

Chicken Florentine

Defrost 24 hours. Pre-heat oven to 400F. Heat 2 TBS olive oil in large OVENPROOF skillet over medium heat. Place chicken breasts into pan and brown on both sides, about 6 minutes total. Place skillet into oven. Bake 10 minutes. Remove from oven and spoon mixture over chicken breasts. Return to oven and bake 3 minutes more. Remove from oven and serve immediately.

Dijon-Herb Crispy Chicken Bake

Defrost 24 hours. Pre-heat oven to 350F. Empty bread crumb mixture onto large plate. Remove chicken pieces from marinade and coat with bread crumb mixture. Place onto baking pan sprayed with cooking spray. Bake 35 minutes or until done.

Asian-Infused Flank Steak

Defrost 24 hours. Pre-heat BBQ or broiler to medium-high heat. Remove flank steak from bag and place onto BBQ grill or onto foil lined broiler pan. Cook 7-10 minutes each side or until desired doneness. Let rest 5 minutes before slicing. Place onto cutting board and slice across the diagonal. Serve immediately.

Honey-Lemon-Ginger Pork Chops

Defrost 24 hours. Pre-heat BBQ or broiler to medium-high heat. Remove pork from bag and place onto BBQ grill or onto foil lined broiler pan. Cook 5-7 minutes each side or until desired doneness. Let rest 5 minutes before serving.

Hearts of Artichoke and Spinach Lasagna

Defrost 24 hours. Pre-heat oven to 350F. Place baking pan onto baking sheet. Place baking sheet on center oven rack. Bake 30 minutes. Remove lid. Return to oven and bake 15 minutes more. Remove from oven and let stand 5 minutes before serving.

Colorful Mexican Lasagna Casserole

Defrost 24 hours. Pre-heat oven to 350F. Place baking pan onto baking sheet. Place baking sheet on center oven rack. Bake 30 minutes. Remove lid. Return to oven and bake 15 minutes more. Remove from oven and let stand 5 minutes before serving.

Summertime Herbed-Prawn Pockets

Defrost 24 hours. Heat BBQ to medium-high heat. Place pockets seam side up onto grill. Cook 5 minutes. Rotate position on grill for even cooking of each pocket. Cook 3 minutes more. Cut open a 1 inch opening in the top of each pocket to let steam escape. Test for doneness. Vegetables should be crisp tender and shrimp pink.

Orange-Sauced Tilapia

NOTE: FISH CAN BE COOKED FROM FROZEN—BUT DEFROST REMAINING INGREDIENTS AS NOTED. Defrost 24 hours. Pour about 1/3 of the orange sauce into a very small saucepan. Remove tilapia from packaging and place onto large plate. Brush remaining orange sauce onto both sides of each tilapia fillet. Pour breadcrumbs into shallow plate. Dredge each fillet in breadcrumbs—coating lightly on both sides. Melt 2 TBS butter and 2 TBS olive oil in large skillet over medium heat. Place tilapia into skillet and cook 4-6 minutes on each side and until golden and lightly crispy and fish flakes. Place onto serving platter. Meanwhile bring reserved and any remaining orange sauce just to a boil. Reduce to low and simmer 2-3 minutes. Serve sauce over cooked fish.

Grilled Beef Fajitas

Defrost 24 hours. Heat 2 TBS oil in large skillet over medium-high heat. Add vegetable mixture and cook, stirring often until soft and tender and a little bit browned. Remove from pan. Set aside. Add 2 TBS oil to skillet, add the beef mixture. Cook stirring often until meat is cooked through and is no longer pink. Add vegetables to meat mixture and stir to combine. Remove from heat and serve.

Tuscan Chicken

Defrost 24 hours. Pre-heat oven to 375F. Remove chicken from bag—reserving solids. Place skin side up in shallow roasting pan. Place solids into pan with chicken. Place into oven and cook 40 minutes. Let stand 5 minutes before serving.