



June 2009

Cooking Instructions

Notes

Asian-Infused Tri-Tip Kabobs If frozen, defrost in refrigerator. Approx defrost time: 24 hours. If using wood skewers, soak in cold water for 20 min. Place beef cubes onto skewers. Bake or Broil 10 minutes—turning over twice during cooking.

Bleu Cheesey Stuffed Beef Burgers If frozen, defrost in refrigerator. Approx. defrost time 12 hours. 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.

Bourbon Glazed Pork Steaks If frozen, defrost in refrigerator: Approx defrost time 24 hours. Pre-heat BBQ or Broiler to medium. Place pork chops onto BBQ or under Broiler and cook 6-9 minutes on each side, tuning occasionally. Remove from heat and let rest 5 minutes before serving.

Cod Cakes with Parsley and Lemon If frozen, defrost in refrigerator. Approx. defrost Time: 8 hours. Heat 2 TBS oil in non-stick skillet over medium heat. Roll in Panko Breadcrumbs before cooking. Place patties into skillet. Cook 2-3 minutes or until golden brown. Using spatula, turn over and cook an additional 2-3 minutes. Remove from skillet and serve.

Infused Salmon Filets If frozen, defrost in refrigerator. Approx defrost time:24 hours. In medium saucepan add rice and 1 3/4 cups water. Cover and cook on low—about 20 min. until water is absorbed. Pre-heat BBQ or Broiler to medium-high heat. Place Salmon onto Grill or under broiler on Pan. Cook 4-7 minutes on each side to desired doneness.

Lasagna Primavera If frozen, defrost in refrigerator. Approx defrost time 24 hrs. Bake in pre-heated 375F oven for 35-40 min. or until bubbly around edges.

Peanut Butter Bars with Surmonte Chocolate Sauce No Baking Required. Refrigerate at least 2 hours until chocolate is firm. If frozen, let stand 20-30 min. at room temperature before cutting into bars.

Savory Turkey Meatloaf w/ Apricot Pepper Glaze If frozen, defrost in refrigerator. Approx Defrost Time: 24 hours. Remove lid. Place pan onto baking sheet. Bake in pre-heated 350° oven for 35 – 45 minutes or until done. Remove from oven and let stand 5 minutes before serving. Serve with warmed apricot glaze.

Southwest Beef, Chicken or Vegetable Fajitas Defrost Meat or Mushroom Mixture ONLY in refrigerator. Approx Defrost Time: 24 hours. Heat skillet over high heat. Add meat mixture and cook 3-4 minutes. Remove from heat and set aside. While the meat is resting, heat 1 Tbs. vegetable oil over medium high heat in large sauté pan or wok. Add the onion/pepper mixture and cook 3-6 minutes. Reduce heat to medium, stirring until soft and slightly caramelized—about 10 minutes more. Add meat to the vegetables and combine.

Southwest Summer Chicken or Tofu Pockets Approx defrost time: 24 hours. Remove foil packages from Ziploc. Heat BBQ to medium high heat. Place foil packages onto grill. Cook 8 minutes. Turn over. Cook 8 minutes more. Open 1 foil package and check for doneness of chicken/vegetables. Remove from heat. Let stand 5 minutes. Open foil packages and serve.

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