

May 2010 Cooking Instruction Sheet

Bleu Cheese Stuffed Beef Burgers

Defrost 24 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.

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.

Creamy Beef Stroganoff

Defrost 24 hours. Pour sour cream mixture into small bowl and whisk together well. Heat 2 TBS olive oil in large skillet over medium-high heat. Add beef mixture and cook stirring often. Once beef is cooked through, add sour cream mixture and stir well. Bring to a steady simmer. Remove from heat. Transfer cooked egg noodles to serving platter. Pour stroganoff over noodles and serve hot.

Cuban Pork with mango Salsa

Defrost 24 hours. Place into crock-pot and cook 4-6 hours on low or 3-4 hours on high. Stir well before serving—pork will fall apart. Serve with warmed tortillas and mango salsa.

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.

Garlic-Lime-Dijon 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.

Ginger-Soy Salmon

Defrost 24 hours. Pre-heat BBQ or broiler to medium-high heat. Place salmon onto foil—skin side down. To broil: Place onto broiler pan and broil 8-12 minutes until done and fish begins to flake.

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.

Italian Focaccia Sandwiches

Defrost 24 hours. Pre-heat oven to 350F. Unwrap each sandwich and place onto non-stick baking sheet. Place into oven and bake 20-25 minutes or until heated through and cheese is melted. Remove from oven.

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.

Stuffed Pasta Shells with Marinara

Defrost 24 hours. Pre-heat oven to 350F. Place baking pan onto baking sheet. Place baking sheet on center oven rack. Bake 25 minutes. Remove lid. Return to oven and bake 20 minutes more. Remove from oven and let stand 5 minutes before serving.

Thai Curried Chicken, Prawns or Tofu

NOTE: CHICKEN AND PRAWNS CAN BE COOKED FROM FROZEN—BUT DEFROST REMAINING INGREDIENTS AS NOTED. Defrost 24 hours. In large skillet, cook onions in 1 TBS oil until edges are browned. Add seasoning mixture. Cook over medium heat, stir occasionally, about 8 minutes. Stir in coconut milk. Bring just to a boil. Add chicken/prawns and simmer about 6 minutes (a little longer if chicken or prawns are frozen).

Turkey Meatloaf with Apricot Pepper Glaze

Defrost 24 hours. Pre-heat oven to 350F. Remove lid from baking pan. Place pan onto baking sheet. Place baking sheet on center oven rack. Bake 40 minutes. Remove from oven and spread apricot glaze over meatloaf. Return to oven and bake 5 minutes more. Let stand 5 minutes before serving.