



February
Cooking Instructions
For Entrees & Sides

Balsamic Honey Pork Chops w/ Garlic Mashed Potatoes

IF FROZEN, THAW.

1. Preheat oven to 350°. Place a skillet over medium-high heat and add 2 tsp oil. Sear pork chops for 2 minutes on each side.
2. Place into a sprayed baking dish and into oven. Cook until the chops reach an internal temperature of 155° (8-10 minutes).
3. Prepare Garlic Mashed Potatoes according to instructions.
4. Remove pork chops from oven and let rest 5 minutes before serving.
5. Heat Balsamic-Honey glaze in microwave for 20 seconds. Top each pork chop with glaze and serve alongside mashed potatoes.

Hands-on: 15 minutes/Total: 25 minutes

Pistachio Crusted Pork Tenderloin w/ Vegetable Sauté

THIS MEAL CONTAINS PISTACHIO NUTS IF FROZEN, THAW.

1. Pre-heat oven to 350°.
2. Place a skillet over medium-high heat and add 2 tsp oil. Add tenderloin(s) and sear all sides and ends for 2 minutes each. Place into a sprayed oven pan and into oven.
3. After about 15 minutes (internal temperature of 100°), remove from oven and, using a spatula, mold the pistachio-pesto mix across top of tenderloin(s). Return to oven and roast until pork reaches an internal temperature of 155° (10-15 more minutes).
4. Prepare Vegetable Sauté according to instructions.
5. Let pork rest 5 minutes before slicing and serving with vegetables.

Hands-on: 10 minutes/Total: 35 minutes

Shrimp Scampi Linguine w/ Lemon Pepper Cream Sauce & Artisan Rolls

IF FROZEN THAW.

1. Prepare Linguine and Artisan Rolls according to instructions.
2. Place Scampi Seasoning Sauce into a skillet over medium high heat, once hot, Add vegetables. Sauté vegetables for 3-4 minutes and then add Lemon Pepper Sauce & Shrimp.
3. Stir gently until shrimp are heated through, another 5-6 minutes.
4. Pour over Linguine and serve with Artisan Rolls.

Hands-on: 10 minutes/Total: 20 minutes



Thai Green Chicken Curry w/ Jasmine Rice

IF FROZEN THAW.

1. Prepare Jasmine Rice according to instructions.
2. Place a skillet on the stove over medium heat. Once hot add 2 tsp oil and the chicken. Sauté until nearly done (approx. 5 minutes - check that no pink remains inside). Skim off any juices in the pan.
3. Add sauce, stirring until it is thoroughly combined. Reduce heat to medium-low and simmer 5 minutes, stirring occasionally (chicken must reach an internal temperature of 165°).
4. Stir in bamboo shoots, simmer for 3 more minutes. Serve over Jasmine rice.

Hands-on: 15 minutes/Total: 25 minutes

Grandma's Sunday Pot Roast w/ Garlic Mashed Potatoes

CROCK POT (best way): IF FROZEN THAW.

1. Place pot roast, seasoning, vegetables, and $\frac{3}{4}$ cup water to crock pot.
2. Cover and cook on low for 8-10 hours.
3. Time your potatoes to finish with roast.

Hands-on: 10 minutes/Total: 8 hours

OVEN: IF FROZEN THAW.

1. Preheat oven to 325°. Place roast into a non-stock sprayed roasting pan. Top with seasoning and 1 cup water. Cover with foil and roast for 1½ hours.
2. Remove cover and add veggies. Replace cover and bake for one more hour. Time your mashed potatoes to finish with roast. Serve roast with potatoes.

Hands-on: 5 minutes/Total: 2½-3 hours

Cowboy Meatballs w/ Cheesy-Ranch Mashers

IF FROZEN, THAW.

1. Place a skillet over medium-high heat. Once hot, add 1 tsp of oil and bag of Meatballs, onions and peppers. Sauté until meatballs are browned and onions are tender (5-7 minutes).
2. Add bag of Southwest Sauce, turn heat to medium-low and simmer for 10 minutes.
3. While meatballs are finishing prepare Ranch Style Mashers according to instructions. Serve meatballs alongside mashed potatoes.

Hands on: 10 Minutes/ Total Time; 20 Minutes



Sour Cream Chicken Enchiladas w/Mexican Rice

IF FROZEN, THAW.

1. Pre-heat your oven to 350°. For 2 serving meal, remove lid and cover pan with foil. All other sizes, leave the lid on. Place the covered pan into the oven and bake.
2. After 20 minutes, remove cover and return to oven.
3. Prepare Mexican Rice according to instructions.
4. Your enchiladas are done when the cheese has browned and the internal temp reaches 165°. Let rest 5 minutes before serving with rice.

Hands-on: 5 minutes/Total: 35 minutes

Bleu Cheese Flat Iron Steaks w/ Oven Roasted Potatoes

IF FROZEN, THAW.

1. Pre-heat oven to 350°.
2. Prepare Oven Roasted Potatoes according to instructions.
3. Place a skillet over medium-high heat. Add 2 tsp of oil, swirl and add steaks
DISCARD MARINADE.
4. Sear steaks for 2 minutes per side, then place into a sprayed baking dish and into oven. Cook until the steaks reach desired doneness (135° for medium-rare), about 8-12 minutes.
5. Warm the sauce in a saucepan over medium heat. DO NOT BOIL.
6. Let steaks rest 5 minutes before topping with sauce and bleu cheese crumbles. Serve with potatoes.

Note: You may also grill your steaks over medium-high heat for 4-6 minutes per side.

Hands-on: 10 minutes/Total: 20 minutes

Chicken Cordon Bleu w/ Mediterranean Vegetables

IF FROZEN THAW.

1. Prepare Mediterranean Vegetables according to instructions.
2. Pre-heat your oven to 350°. Remove lid from pan and bake for 20 minutes.
3. After 20 minutes, remove from oven and top chicken with Alfredo sauce, ham, and Swiss cheese. Return to the oven until the chicken is done (internal temperature of 165°) and the cheese has melted (8 minutes).
4. Let rest 5 minutes before serving with Vegetables.

Hands-on: 10 minutes/Total: 30 minutes



Rocky Mt. Chicken w/ Garlic Buttered Baby Bakers

IF FROZEN, THAW.

1. Prepare Baby Bakers according to instructions.
 2. Preheat oven to 350°. Place a skillet over medium-high heat. Once hot, add 2 tsp of oil and chicken. Sear each side for 2 minutes. Place into a sprayed baking dish and into oven. Bake until breasts reach an internal temperature of 165° (8-10 minutes).
 3. Let chicken rest 5 minutes before serving along side your garlic baby bakers.
- Hands-on: 10 minutes/Total: 25 minutes

Chicken Marsala w/ Fettuccine Alfredo

IF FROZEN THAW.

1. Preheat oven to 350°.
 2. Place flour evenly onto a plate. Place a skillet on the stove over medium-high heat and add 2 tsp of oil. Dredge chicken in flour, one at a time, coating both sides evenly, and sear for 2 minutes each side.
 3. Place chicken into non-stick sprayed baking dish and into oven. Cook until it reaches an internal temperature of 160° (10-12 minutes).
 4. Prepare fettuccine according to instructions.
 5. Warm Alfredo sauce over medium heat. Warm Marsala-Demi over medium heat.
 6. Let chicken rest 5 minutes before serving. Drizzle breasts with Marsala-Demi, toss Fettuccine in Alfredo sauce, garnish with Parmesan cheese and serve.
- Hands-on: 15 mins/Total: 25 mins

Classic Blue Plate Meatloaf w/Garlic Baby Bakers

IF FROZEN, THAW.

1. Preheat oven to 375°.
 2. In a large bowl combine the ground chuck, breadcrumbs and egg mixture. Using your hands, mix to combine all ingredients evenly and form a tight 'loaf'. Place into a loaf pan or onto a sheet pan and place in hot oven.
 3. 15 minutes prior to meatloaf being done, spread the Classic Glaze over the top of the meatloaf and return to oven. Meatloaf is done when it reaches an internal temperature of 155° (40-50 minutes for 3-servings, 70-80 minutes for 6-servings).
 4. Prepare Potatoes to finish with the meatloaf. Let the loaf rest 5 minutes before slicing and serving with potatoes.
- Hands-on: 10 minutes/Total: 40-80 minutes



Moroccan Midnight Chili w/Pita Bread

THIS MEAL CONTAINS NUTS IF FROZEN THAW.

1. Place a medium to large pot with lid (depending on your meal size) on medium heat with 2 Tbsp of oil. Add the contents of the meat bag and break up to cook evenly. Sauté until meat is no longer pink.
2. Add the vegetable bag (tomatoes, beans and spices) plus water (2/3 cup for 2-servings, 1 1/3 cups for 4, and 2 cups for 6), stir and bring to boil. Reduce heat to low, cover and simmer for 20 minutes.
3. Uncover, add the green olives and almonds, and simmer for an additional 20 minutes.
4. When chili is done, prepare Khubz (Pita Bread) according to instructions.

Hands-on: 15 minutes/Total: 55 minutes

Chicken Parmesan w/Spaghetti Marinara

IF FROZEN THAW. Don't forget to also thaw bags of sauce and cheese.

1. Pre-heat oven to 350°. Remove the lid from baking dish and place into hot oven.
2. Prepare Spaghetti Marinara according to instructions.
3. After chicken has baked for 20 minutes, remove the pan from the oven and top each breast with an equal amount of cream sauce and cheese blend. Return the pan to the oven until the breasts reach an internal temperature of 160° (about 10-15 minutes).
4. Remove from oven and let rest for 5 minutes. Serve with spaghetti.

Hands-on: 10 minutes/Total: 40 Minutes.

Yakisoba Stir Fry w/ Chicken

IF FROZEN THAW.

1. Place a skillet (with lid) on stove over medium-high heat. Once hot, add 2 tsp of oil and chicken. Cook 5-7 minutes, turning strips over at least once.
2. Reduce heat to medium, add vegetables and sauce and cook for 5 minutes.
3. Stir noodles into the pan. Cover pan and cook 5 minutes.

Hands-on: 20 minutes/Total: 20 minutes



Beef Stroganoff w/Egg Noodles

IF FROZEN THAW.

1. Place a skillet on the stove over medium-high heat. Once hot, add 1 Tbsp of oil and the sliced beef. Spread beef around and stir-fry as it cooks. Cook until it begins to brown (about 5 minutes).
 2. Skim off any liquid that has accumulated in the pan. Add the sauce and vegetables to the pan. Mix well and bring nearly to a boil (mixture must reach a temperature of 145°). DO NOT BOIL.
 3. Reduce the heat to medium-low and cover. Let simmer for 20 minutes, stirring occasionally.
 4. With 15 minutes to go, prepare Egg Noodles according to instructions. Place the drained noodles on a large platter and pour the stroganoff mix over and serve.
- Hands-on: 15/Total: 35 minutes

Build Your Own Calzone

IF FROZEN, THAW. Be careful not to let sit out too long, as the yeast in the dough will activate!

1. Pre-heat your oven to 350°.
2. Once hot, remove calzone from pan and place on a sheet pan and into hot oven. Bake uncovered for 25 to 35 minutes or until crust is brown. Hands-on: 1 minute/Total: 35 minutes

Side Dish Instructions

Dinner Rolls

KEEP FROZEN! Pre-heat oven to 350°. Place dinner rolls onto a sheet pan and into hot oven. Bake for 8-10 minutes. Serve immediately.

Garlic-Buttered Baby Bakers

THAW. Place a skillet over medium-high heat. Once hot add 2 tsp of oil and bag of potatoes. Sauté for 10 minutes. Add portion cup of garlic and butter and cook another 2 minutes or until potatoes are cooked through. Serve immediately.



Mexican Rice

Cover rice with water (1 cup for 2-servings, 2 cups for 4, 3 cups for 6) and place on stove over high heat. Bring to a boil, cover and reduce to low heat. Simmer 18-20 minutes for 2-servings, 20 minutes for 4 and 25 minutes for 6. DO NOT REMOVE LID! Remove from heat and keep covered until serving. Fluff with fork and serve.

Vegetable Sauté

KEEP FROZEN! Place a skillet on the stove over medium-high heat. Once hot, add the oil and seasoning from the portion cup and swirl around pan and add bag of vegetables. Sauté (cook) for 7-8 minutes. Once vegetables are cooked as desired (tender or al dente), serve.

Garlic Mashed Potatoes

Microwave: Place potatoes into a baking dish. Cover and cook on high for 5 minutes. Remove from microwave and stir. Cook in 2 minute intervals until potatoes are hot and thick.

Oven: Pre-heat oven to 350 degrees. Place potatoes in an oven-proof sprayed baking dish. Do not cover. Bake for 20-30 minutes. Remove from oven and stir. Continue to cook until hot and thick.

Cheesy Ranch Mashers

Microwave: Place potatoes into a baking dish. Cover and cook on high for 5 minutes. Remove from microwave and stir. Cook in 2 minute intervals until potatoes are hot and thick. Stir in cheese to melt.

Oven: Pre-heat oven to 350 degrees. Place potatoes in an oven-proof sprayed baking dish. Do not cover. Bake for 20-30 minutes. Remove from oven and stir. Continue to cook until hot and thick. Stir in cheese to melt.

Oven Roasted Potatoes

Pre-heat your oven to 350°. Evenly spread the potatoes on no-stick sprayed sheet pan and into the hot oven. They take about 30 minutes. Shake the pan a couple times while roasting and spin once after 15 minutes. Serve hot.

Mediterranean Vegetables

KEEP FROZEN. Place a large skillet on the stove over medium-high heat. Once hot, add **half** the oil from the portion cup and swirl around pan and add bag of vegetables. Stir fry for 5 minutes. Add the rest of the oil and seasoning and salt and pepper to taste. Mix and serve.



Fettuccine Alfredo

While Fettuccine Noodles are cooking, add contents of Alfredo Sauce bag to a medium sauce pan (for 3 serving meal) or a large sauce pan (for a 6 serving meal), warm over medium heat, stirring regularly. Once sauce is hot, add drained fettuccine noodles to sauce and toss well. Top with Parmesan Cheese and serve alongside Turkey Marsala Meatloaf.

Khubz (Pita Bread)

Thaw Once your Moroccan Chili is ready to serve, you will need to microwave for approximately 20-30 seconds or until warm, serve immediately. You can also heat them on the stove in a dry frying pan over medium heat or on the grill.

Spaghetti

Fill a pot with 2-3 quarts of water (depending on serving size) and 1 tsp of salt, and place on stove over high heat to bring to a boil. Add noodles and cook for 10-12 minutes stirring regularly. While the noodles are cooking heat the sauce in pan over medium heat. When noodles are done, remove from stove and drain. Top with sauce and parmesan cheese and serve.

Egg Noodles

Fill a pot with 2-3 quarts of water (depending on serving size) and 1 tsp of salt, and place on stove over high heat to bring to a boil. Add noodles and cook for 10-12 minutes stirring regularly. When noodles are done, remove from stove and drain.

Jasmine Rice

Cover rice with water (1 cup for 2-servings, 2 cups for 4, 3 cups for 6) and place on stove over high heat. Bring to a boil, cover and reduce to low heat. Simmer 18-20 minutes for 2-servings, 20 minutes for 4 and 25 minutes for 6. DO NOT REMOVE LID! Remove from heat and keep covered until serving. Fluff with fork and serve.