

1. Mojito Chicken w/ Caribbean & Rice

THAW. Prepare Caribbean Rice according to instructions. Preheat oven to 350°. Remove chicken from bag and DISCARD MARINADE. Place a skillet on the stove over medium-high heat. Once hot, add 2 tsp of oil and chicken breasts and sear each side for 2 minutes. Place into non-stick sprayed baking dish and into hot oven. Bake until breasts reach an internal temperature of 165° (10-12 minutes). Let chicken rest 5 minutes before serving with rice. **Note: You may also grill your chicken over medium-high heat for 4-5 minutes per side.** Hands-on: 10 minutes/Total: 30 minutes

Serving Suggestion:

Vegetable Sauté.

Caribbean Rice

Cover rice and red beans with water ($\frac{3}{4}$ cup for 2-servings, $1\frac{1}{2}$ cups for 4, $2\frac{1}{4}$ 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. Stir in portion cup of Cilantro-Lime marinade, fluff with fork and serve.

2. Bleu Cheese Flat Iron Steaks w/ Garlic-Buttered Baby Bakers

THAW. Pre-heat oven to 350°. Prepare Baby Bakers according to instructions. Remove steak from marinade – DISCARD MARINDE. Place a skillet over medium-high heat. Once hot add 2 tsp of oil, swirl and add steaks. Sear steak for 2 minutes per side, then place into a non-stick sprayed baking dish and into hot oven. Cook until the steak reaches desired doneness (135° for medium-rare), about 8-12 minutes. While steak finishes, warm the sauce in a saucepan over medium heat. DO NOT BOIL. Once steak is done, let sit for 5 minutes before topping with sauce and bleu cheese crumbles and serving 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

Serving Suggestion:

Green Bean Almondine.

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.

3. Swedish Meatballs & Egg Noodles w/ Dinner Rolls

THAW. Prepare Dinner Rolls according to instructions. Place a skillet over medium-high heat. Once hot, add 1 tsp of oil, swirl around then add the meatballs. Once brown (about 5 minutes) turn the heat down to low and add the bag of sauce. Prepare Egg Noodles according to instructions. Simmer meatballs and sauce until heated through (about 15 more minutes). Top noodles with sauce and serve with rolls. Hands-on: 20 minutes/Total: 20 minutes

Serving Suggestion:

Vegetable Sauté.

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.

Egg Noodles

Fill a large pot with 2-3 quarts of water (depending on serving size) and 1 tsp of salt. Bring to a boil over high heat. Add noodles and cook for 8-10 minutes, stirring regularly. When noodles are done, remove from stove and drain.

4. Pineapple-Dijon Chicken w/ Vegetable Sauté

THAW. Preheat oven to 350°. Remove chicken from bag and DISCARD MARINADE. Place a skillet on the stove over medium-high heat. Once hot, add 2 tsp of oil and chicken breasts and sear each side for 2 minutes. Place into non-stick sprayed baking dish and into hot oven. Bake until breasts reach an internal temperature of 165° (10-12 minutes). While chicken finishes, prepare Vegetable Sauté according to instructions. Place sauce into a saucepan over medium-high. Heat sauce until thick and reduce heat to low to keep warm – DO NOT BOIL. Let chicken rest 5 minutes before topping with sauce and serving alongside

May 2009 – Meal Cooking Instructions



vegetables. **Note:** *You may also grill your chicken over medium-high heat for 4-5 minutes per side.* Hands-on: 10 minutes/Total: 25 minutes

Serving Suggestion:

Roasted Vegetable Pilaf.

Vegetable Sauté

KEEP FROZEN! Place a 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.

5. Salmon & Pesto Cream Sauce w/ Garlic Mashed Potatoes

THAW. Preheat oven to 350°. Place salmon filets into a non-stick sprayed baking dish. Season each filet with salt and pepper and place in hot oven. Bake for 15 minutes and check temperature. Salmon is done when it reaches an internal temperature of 145°. Prepare Garlic Mashed Potatoes according to instructions. Place Pesto Cream Sauce in a small sauce pan, stir and place on stove over medium heat. DO NOT BOIL. Reduce heat to low and keep warm until service. Remove salmon from oven, top with sauce and serve with potatoes. Hands-on: 10 minutes/Total: 20 minutes

Serving Suggestion:

Green Bean Almondine.

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.

6. Pineapple & Black Bean Enchiladas w/ Mexican Rice

THAW. Preheat your oven to 350°. For 2 serving meal, remove lid and cover with foil. Once hot, place the covered pan into the oven. With 25 minutes remaining on enchiladas prepare Mexican Rice according to instructions. After 35 minutes, remove cover and return to oven. Your enchiladas are finished when the cheese has melted and the internal temperature has reached 145° (about 10 more minutes). Let rest 5 minutes before serving with rice. Hands-on: 1 minute/Total: 45 minutes

Serving Suggestion:

Refried Beans.

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.

7. Tomato-Basil Penne Pasta & Italian Sausage w/ Breadsticks

THAW. Prepare Breadsticks and Penne Pasta according to instructions. Place a large skillet over medium-high heat. Once hot add 2 tsp of oil, swirl around and add sausage and onions. Cook for 4 minutes, stirring to brown evenly. After 4 minutes, mix the contents of the sauce bag in with the sausage and reduce the heat to medium-low. Let the sauce cook for 15 minutes, stirring occasionally. Top penne with sauce and garnish with parmesan cheese. Serve alongside breadsticks. Hands-on: 8 minutes/Total: 25 minutes

Serving Suggestion:

Serve with a fresh green salad tossed in an Italian vinaigrette.

Breadsticks

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

Penne Pasta

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

8. Chicken Satay w/ Bangkok Peanut Sauce & Jasmine Rice

THIS MEAL CONTAINS PEANUTS THAW. Prepare Jasmine Rice according to instructions. Soak skewers in water for 15 minutes before proceeding. Preheat oven to 400°. Skewer one piece of chicken on each skewer, placing them on a non-stick sprayed oven-proof pan (try to keep chicken from touching). Place the pan into the hot oven and bake until chicken reaches an internal temperature of 165° (8-10 minutes). If you want the peanut sauce warmed-up you can do that on the stove top in a small pan over low heat, heating slowly. Serve skewers with peanut sauce over Jasmine Rice. **Note: You may also grill your chicken over medium-high heat for 2-3 minutes per side.** Hands-on: 20 minutes/Total: 30 minutes
Serving Suggestion:

Serve with a slaw tossed in a sesame vinaigrette.

Jasmine Rice

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

9. Mandarin Pork Tenderloin w/ Sesame Vegetable Stir Fry

THAW. Pre-heat oven to 350°. Remove pork tenderloin from marinade and DISCARD MARINADE. Place a skillet over medium-high heat and once hot, add 2 tsp of oil. Sear all sides and ends for 2 minutes each. Place into a non-stick sprayed oven pan and into hot oven. Cook until the pork reaches an internal temperature of 155° (15-20 minutes). While pork is finishing, prepare Sesame Vegetable Stir Fry according to instructions. Let pork rest 5 minutes before slicing and serving alongside vegetables. **Note: You may also grill your pork over medium-high heat for 5-7 minutes per side.** Hands-on: 15 minutes/Total: 25 minutes

Serving Suggestion:

Coconut Rice.

Sesame Vegetable Stir Fry

KEEP FROZEN! Place a 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.

10. Tailgater's Pork Chops w/ Dinners Ready Baked Beans

THAW. Preheat oven to 350°. Prepare baked beans according to instructions. Remove pork chops from marinade and DISCARD MARINADE. Place a skillet over medium-high heat and once hot add 2 tsp oil. Sear pork chops for 2 minutes on each side. Place into non-stick sprayed oven pan and into hot oven. Cook until the chops reach an internal temperature of 155°, approximately 8-10 minutes. Let pork rest 5 minutes before serving with baked beans. **Note: You may also grill your pork chops over medium-high heat for 4-5 minutes per side.** Hands-on: 10 minutes/Total: 25 minutes

Serving Suggestion:

Roasted Asparagus.

Dinners Ready Baked Beans

Place baked beans into a pot and onto the stove over medium heat to warm. Stir occasionally and turn down heat if beans begin to bubble. The beans are done when the onions are tender (about 15 minutes).

11. Carnitas Burrito Grande w/ Mexican Rice & Beans

THAW. Prepare Mexican Rice according to instructions. With 15 minutes left on the rice, place a pan on the stove over medium heat and add the bag of Carnitas meat. Break the chunks up to warm evenly and stir often for 5 minutes. Add the bag of chilies and salsa and stir in. Turn heat down to medium-low and heat 5 more minutes, stirring occasionally. Refried beans can be transferred to a bowl and warmed in the microwave in several 1 minute bursts. Tortillas can be warmed between paper towels in the microwave. Build your burritos with Carnitas meat, rice and beans. Hands-on: 10 minutes/Total: 30 minutes

Serving Suggestion:

Serve with a green salad tossed with cucumbers and tomatoes in fiesta ranch dressing (ranch dressing w/ salsa mixed in).

Mexican Rice

May 2009 – Meal Cooking Instructions



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.

12. Yaki Soba Stir Fry w/ Prawns

THAW. Place a large skillet or wok (with a lid) over medium heat. Once hot, add 2 tsp of oil, swirl and add the bag of vegetables and bag of sauce and cook for 5 minutes. Break up the soba noodles and place them on top of the mix. Cover pan and steam for 10-12 minutes, stirring occasionally. Add bag of prawns and heat until warm and serve immediately. Hands-on: 20 minutes/Total: 20 minutes

Serving Suggestion:

Create an Asian slaw of nappa cabbage, carrots and sweet peppers tossed in a sesame vinaigrette.

13. Build Your Own Calzone

THAW. Be careful not to let sit out too long, as the yeast in the dough will activate! Pre-heat your oven to 350°. 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

Serving Suggestion:

Toss together a salad of crisp greens, peppers, tomatoes, diced green onions and ranch dressing.

14. BBQ Bacon Cheddar Burger w/ Cross-Cut Spuds

THAW. Prepare Seasoned Cross-Cut Spuds according to instructions. Fire up your BBQ to medium-high heat. Season burger patties with salt and pepper and place on hot grill. Grill for 5-7 minutes per side, or until they reach an internal temperature of 155°. Control flame to prevent flare ups! Once burgers are done, top with bacon and cheese and cook for an additional minute to melt cheese. Serve on toasted bun topped with Bourbon-BBQ Sauce along side fries. **NOTE: You can pan fry your burgers for 3-5 minutes per side.** Hands-on: 20 minutes/Total: 30 minutes

Serving Suggestion:

Chicken Tortellini Salad.

Seasoned Cross-Cut Spuds

Place fries in a single layer on a no-stick sprayed sheet pan into a hot 350° oven for 15 minutes. Remove and, using a spatula, turn the fries over then return to the oven until crisp (about 10 minutes more). Place finished fries into a large bowl and toss with seasoning in portion cup. Serve immediately.

15. Chipotle Bleu Cheese Bacon Burger w/ Cross-Cut Spuds

THAW. Prepare Seasoned Cross-Cut Spuds according to instructions. Fire up your BBQ to medium-high heat. Season burger patties with salt and pepper and place on hot grill. Grill for 5-7 minutes per side, or until they reach an internal temperature of 155°. Control flame to prevent flare ups! Once burgers are done, top with bacon and cheese and cook for an additional minute to melt cheese. Serve on toasted bun topped with Chipotle Honey-Mustard along side fries. **NOTE: You can pan fry your burgers for 3-5 minutes per side.** Hands-on: 20 minutes/Total: 30 minutes

Serving Suggestion:

Chicken Tortellini Salad.

Seasoned Cross-Cut Spuds

Place fries in a single layer on a no-stick sprayed sheet pan into a hot 350° oven for 15 minutes. Remove and, using a spatula, turn the fries over then return to the oven until crisp (about 10 minutes more). Place finished fries into a large bowl and toss with seasoning in portion cup. Serve immediately.

16. Southwest Pepper-Jack Burger w/ Cross-Cut Spuds

THAW. Prepare Seasoned Cross-Cut Spuds according to instructions. Fire up your BBQ to medium-high heat. Season burger patties with salt and pepper and place on hot grill. Grill for 5-7 minutes per side, or until they reach an internal temperature of 155°. Control flame to prevent flare ups! While burgers are finishing, place a skillet over medium-high heat. Once hot add 2 tsp of oil and bag of peppers and onions. Season with salt and pepper and sauté for 5 minutes. Once burgers are done, top with peppers, onions

May 2009 – Meal Cooking Instructions



and cheese and cook for an additional minute to melt cheese. Serve on toasted bun topped with Southwest Sauce along side fries. **NOTE: You can pan fry your burgers for 3-5 minutes per side.** Hands-on: 20 minutes/Total: 30 minutes

Serving Suggestion:

Chicken Tortellini Salad.

Seasoned Cross-Cut Spuds

Place fries in a single layer on a no-stick sprayed sheet pan into a hot 350° oven for 15 minutes. Remove and, using a spatula, turn the fries over then return to the oven until crisp (about 10 minutes more). Place finished fries into a large bowl and toss with seasoning in portion cup. Serve immediately.

17. Kalbi & Grilled Pineapple Swiss Burger w/ Cross-Cut Spuds

THAW. Prepare Seasoned Cross-Cut Spuds according to instructions. Fire up your BBQ to medium-high heat. Season burger patties with salt and pepper and place on hot grill. Grill for 5-7 minutes per side, or until they reach an internal temperature of 155°. Control flame to prevent flare ups! While burgers are finishing, place pineapple rings on grill and cook for 2 minutes per side. Once burgers are done, top with pineapple and cheese and cook for an additional minute to melt cheese. Serve on toasted bun topped with Kalbi-Mayo along side fries. **NOTE: You can pan fry your burgers for 3-5 minutes per side.** Hands-on: 20 minutes/Total: 30 minutes

Serving Suggestion:

Chicken Tortellini Salad.

Seasoned Cross-Cut Spuds

Place fries in a single layer on a no-stick sprayed sheet pan into a hot 350° oven for 15 minutes. Remove and, using a spatula, turn the fries over then return to the oven until crisp (about 10 minutes more). Place finished fries into a large bowl and toss with seasoning in portion cup. Serve immediately.

18. Pesto-Balsamic Chicken w/ Cheesy-Broccoli Bake

THIS MEAL CONTAINS NUTS THAW. Prepare Cheesy-Broccoli Bake according to instructions. Preheat oven to 350°. With 20 minutes remaining on Cheesy-Broccoli Bake, remove chicken from bag - DISCARD MARINADE. Place a skillet over medium-high heat. Once hot, add 2 tsp of oil and chicken breasts. Sear each side for 2 minutes. Place into non-stick sprayed baking dish and into hot oven. Bake until breasts reach an internal temperature of 165° (8-10 minutes). Let chicken rest 5 minutes before serving with Cheesy-Broccoli Bake. **Note: You may also grill your chicken over medium-high heat for 4-5 minutes per side.** Hands-on: 15 minutes/Total: 40 minutes

Serving Suggestion:

Roasted Vegetable Pilaf or Whole Grain Rice.

Cheesy-Broccoli Bake

THAW. Preheat your oven to 350°. Once hot, place uncovered baking dish into oven and bake for approx. 25-40 minutes. Remove from oven when the outer edges begin to brown and cheese is thoroughly melted. Internal temperature should reach 150° before serving.

19. Texas BBQ Brisket Dip w/ Sweet Potato Fries

THAW. Prepare Sweet Potato Fries according to instructions. Pre-heat your oven to 350°. Place brisket into an oven-proof pan, add 1 Tbsp of water and cover with foil. Place brisket into hot oven and heat for 15 minutes, or until it reaches an internal temperature of 140°. While brisket is cooking, heat au jus in a sauce pan over medium-low heat. Serve brisket on toasted Ciabatta rolls along side au jus and Sweet Potato Fries. Hands-on: 5 minutes/Total: 30 minutes

Serving Suggestion:

Serve with coleslaw.

Sweet Potato Fries

Place the fries on a no-stick sprayed sheet pan into a hot 350° oven for 20 minutes. Remove and, using a spatula, turn the fries over then return to the oven until crisp (about 10 minutes more). Season with salt and pepper and serve immediately.

20. Chicken Parmesan w/ Spaghetti Marinara

THAW. Pre-heat oven to 350°. Don't forget to also thaw bags of sauce and cheese. Remove the lid from baking dish and place into hot oven. Prepare Spaghetti Marinara according to instructions. Let the chicken bake for 20 minutes. Remove the pan from the oven and top each breast with an equal amount of the cream sauce and then with an equal amount of the cheese blend. Return the pan to the oven until the breasts reach an internal temperature of 165° (about 10-15 minutes). Remove from oven and let rest for 5 minutes. Serve with spaghetti. Hands-on: 10 minutes/Total: 40 minutes

Serving Suggestion:

A tossed green salad with your favorite dressing.

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.