|  | | | **To Your Table Late Winter 2015**  **Meal Instructions week 8** |
| --- | --- | --- | --- |
| Save the Date! Empty Bowls on Friday April 17th 2015  Join us for our family friendly fundraiser!  On Friday, April 17th from 5-8pm, guests will enjoy the soup & bread social in a handmade bowl donated by a local artist. Guests may take home their bowls as a reminder of all the other bowls that remain empty in our community. Bowls are $25 each, and there is no limit to the number of bowls that can be purchased. Sales begin at 5pm on a first come, first served basis. There will also be a silent auction of donated artist-crafted jewelry, textiles, prints, paintings & drawings, local dining offers, ceramics, and more… Help us FILL those empty bowls!  **HELP SPREAD THE WORD ABOUT OUR SUBSCRIBER PROGRAM! WITH YOUR HELP, WE CAN PROVIDE EVEN MORE OUTREACH IN 2015!** | | | |
|  | **COOKING INSTRUCTIONS (Cooking times may vary)** | | |
|  |  | Vesuvio Amish Chicken  Keep Frozen. Preheat oven to 350 degrees. Remove lid and place on a baking sheet. Bake for 45-50 minutes. The middle should be hot. | |
|  | Beef Brisket Keep Frozen. Preheat oven to 350 degrees. Remove lid and place on a baking sheet. Bake for 45 minutes. The middle should be hot. | |
|  | Lamb Tagine & Basmati Rice  Keep frozen. Preheat oven to 350 °, place on a sheet tray & bake for 40 mins. | |
|  | Crab Cakes with Cilantro Aioli  Thaw. Heat 1TBSP oil in a sauté pan over medium heat. Cook cakes on each side for 3 minutes each until golden brown. Serve with cilantro aioli. | |
|  | Veggie Chili with Cornbread Crust  Keep frozen. Preheat oven to 350°. Remove lid, place on sheet tray & bake for 30 minutes. | |
|  | Falafel & Cucumber Sauce  Thaw first. Bake falafel at 300 degrees for 30-35 mins. Serve with Cucumber Sauce. | |
|  | **SIDES** | |
|  | Spicy Grain Soup Thaw. Heat soup in a pot. Add ½ cup of water. Simmer for 5 Min. Or open lid slightly and microwave for 8 mins. Stir and heat further if necessary. | |
|  | Roasted Green Beans & Shallot Butter Keep frozen. Preheat oven to 350 degrees, remove lid and place green beans on a sheet tray. Bake for 25 minutes. | |
|  | Harvest Salad with House Vinaigrette | |
|  | Fresh Pasta with Basil Pesto Bring 4 cups water to a boil; add pasta & cook for 10 minutes. Drain. In sauté pan, heat pesto over medium heat. Toss drained pasta with pesto. | |
|  | Organic Fruit Organic Oranges | |
|  | Vesuvio Potatoes Keep Frozen. Preheat oven to 375°; remove lid and place on a sheet tray. Bake for 20 minutes. | |
|  |  | Balsamic Raspberry Pear Pie Sharing is caring. Thaw for approx. 15 mins before consuming. | |