|   |  **To Your Table Late Winter 2015** **Meal Instructions week 8** |
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| Save the Date! Empty Bowls on Friday April 17th 2015Join 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 ChickenKeep 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 RiceKeep frozen. Preheat oven to 350 °, place on a sheet tray & bake for 40 mins. |
|  | Crab Cakes with Cilantro AioliThaw. 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 CrustKeep 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.  |