|  | | | **To Your Table Spring 2015**  **Meal Instructions week 5** |
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|  | **COOKING INSTRUCTIONS (Cooking times may vary)** | | |
|  |  | Amish Chicken Piccata  If Kept Frozen Preheat oven to 350 degrees. Remove lid and place on a baking sheet. Bake for 40-45 minutes. The middle should be hot. Heat piccata sauce and serve over chicken. | |
|  | Coffee Braised Pork with Flour Tortillas  If kept Frozen, Preheat oven to 375°, place on sheet tray & bake for 35-40 minutes. | |
|  | Teriyaki Beef & Broccoli with Rice  If kept frozen, Preheat oven to 350 degrees. Remove the lid. Cover with foil (optional).Place on sheet tray and bake for 35 minutes. Serve with rice. | |
|  | Salmon Veracruzano  If kept frozen, Preheat oven to 350 degrees. Remove lid and place salmon on a sheet tray. Bake for 25-30 minutes. | |
|  | Baked Tofu Parmigiana  Preheat oven to 350° and bake for 40-45 minutes. Serve with marinara sauce. | |
|  | Eggplant Balls with Marinara Sauce  If Kept Frozen, Preheat oven to 375 degrees. Remove lid and place on sheet tray.  Cook for 35-40 mins. | |
|  | **SIDES** | |
|  | Roasted Poblano & Corn Chowder  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. | |
|  | Fresh Pasta with Lime Cilantro Pesto  Bring 6 c. water to a boil w/ 1 tsp salt. Add pasta and cook for 5-7 min & drain. Toss with pesto. | |
|  | Mixed Salad with Grapefruit Dressing | |
|  | Roasted Carrots & Green Beans  If Kept Frozen, Preheat oven to 350° and bake for 20 minutes | |
|  | Fresh Fruit organic pears | |
|  | Double Baked Yukon Potatoes  If Kept Frozen, Preheat oven to 375°; remove lid and place on a sheet tray.  Bake for 20 minutes. | |
|  |  | Tabasco Cream Pie  Sharing is caring. Thaw for approx. 15 mins before consuming. | |