|   |  **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 RiceIf 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 VeracruzanoIf kept frozen, Preheat oven to 350 degrees. Remove lid and place salmon on a sheet tray. Bake for 25-30 minutes. |
|  | Baked Tofu ParmigianaPreheat oven to 350° and bake for 40-45 minutes. Serve with marinara sauce. |
|  | Eggplant Balls with Marinara SauceIf 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 PestoBring 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 BeansIf Kept Frozen, Preheat oven to 350° and bake for 20 minutes |
|  | Fresh Fruit organic pears  |
|  | Double Baked Yukon PotatoesIf Kept Frozen, Preheat oven to 375°; remove lid and place on a sheet tray. Bake for 20 minutes. |
|  |  | Tabasco Cream PieSharing is caring. Thaw for approx. 15 mins before consuming.  |