



To Your Table **FALL** 2016

Heating Instructions - Week 3



Did you know you can gift a week of our Subscriber Session?

It's great for families with new babies, folks recovering from illness or surgery, or friends who are just especially busy this season!
We work with your gift recipient to find the best week, and then it's up to them if they'd like to keep subscribing.

Email us at info@firstslice.org to set up a gifted week!

COOKING INSTRUCTIONS

(Cooking times may vary)

40 Clove Garlic Chicken

Keep frozen. Preheat oven to 350 degrees, remove lid and place on a sheet tray. Bake for 40 minutes.

Organic Beef Italian Meatballs

Keep Frozen. Preheat oven to 400° and remove plastic lid. Place on sheet tray and bake for 30 minutes or until middle is hot.

BBQ Pulled Pork with Buns

Keep Frozen. Preheat oven to 350 degrees. Remove the lid and wrap container in foil. Place on sheet tray and bake for 40 minutes. Serve with buns.

Sauteed Rainbow Trout

Keep Frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Bake for 30-35 minutes.

French Lentil Stew with Fresh Mint and Roasted Vegetables (v)

Keep frozen. Preheat oven to 350°, remove plastic lid, place on a sheet tray and bake for 40 minutes until warm throughout.

Greek Stuffed Peppers (v)

Thaw First. Preheat oven to 350°. Remove lid & place on a sheet tray; bake for 40 minutes.

SIDESVILLE

Mushroom Bisque Soup

Thaw. Heat in a sauce pan over medium heat for 5-10 minutes or until hot. Add stock or water as desired.

Tomato Salad with Balsamic Vinaigrette

Toss with dressing and enjoy.

Herb Roasted Red Potatoes

Keep frozen. Preheat oven to 350 degrees, remove lid and place on a sheet tray. Bake for 30 minutes.

Fresh Spinach 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.

Fresh Organic Spinach with Olive Oil

In a sauté pan, heat oil. Sauté spinach over medium heat for 3-4 mins. Spinach should wilt but still be bright green.

Fresh Apples

Wash and enjoy!

Lemon Cream Pie

Thaw for 30 minutes on countertop or overnight in fridge before serving.

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Find weekly menus and heating instructions at firstslice.org.