



Meal Subscription Heating Instructions

Late Winter: Week 8 of 10

ENTREES

AMISH CHICKEN VISUVIO	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Bake for 45-50 minutes or until middle is hot.
PORK SHOULDER WITH SAUERKRAUT & APPLES	Keep frozen. Preheat oven to 350 degrees. Remove the lid. Place on sheet tray and bake for 30-40 minutes.
ORGANIC BEEF MEATBALLS WITH HERB GRAVY	Keep frozen. Preheat oven to 400 degrees. Remove the lid. Place on sheet tray and bake for 30 minutes.
SAUTEED CALAMARI WITH TOMATO CONFIT	Keep frozen. Preheat oven to 300 degrees. Spread out on baking sheet and cook for 20-25 minutes.
VEGETABLE ENCHILADAS ON A BED OF RICE (V)	Keep frozen. Preheat oven to 375 degrees. Remove lid and place on a baking sheet. Bake for 35 minutes.
FALAFEL WITH CUCUMBER SAUCE (V)	Thaw first. Preheat oven to 300 degrees. Remove the lid. Place on sheet tray and bake for 30-35 minutes. Serve with cucumber sauce.

SIDES

CURRY CAULIFLOWER SOUP	Thaw. Pour into medium sauce pan and heat over medium temperature. Stir occasionally.
CHOPPED SALAD	Toss with red wine vinaigrette. Enjoy!
BAKED YUKON POTATOES	Keep frozen. Preheat oven to 375 degrees. Remove the lid. Place on sheet tray and bake for 20 minutes.
SOUTHWEST LENTIL SALAD	Ready to serve. Enjoy!
FRESH ORGANIC FRUIT	Wash before serving.
ORECCHIETTE WITH BROCOLI RABE	Thaw. Place in oven at 325 degrees for 35-40 minutes.
MANGO STRAWBERRY PIE	Thaw for 25-30 minutes. Enjoy!