



# Meal Subscription Heating Instructions

Early Spring: Week 3 of 8

## ENTREES

<b>AMISH CHICKEN MARSALA</b>	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Cover with foil to lock in moisture. Bake for 40-45 minutes.
<b>ORGANIC BEEF CHILI</b>	Thaw. Pour into medium sauce pan and heat over medium temperature. Stir occasionally.
<b>PORK TAMALES WITH GREEN TOMATILLO SAUCE</b>	Thaw tomatillo sauce. Keep tamales frozen. In a double boiler, steam the tamales for 20 minutes. Or wrap in plastic wrap and microwave for 2 minutes. Open gently, be careful of the steam the tamales release.
<b>CRAB MEAT LASAGNA</b>	Keep frozen. Preheat oven to 350 degrees. Remove the lid. Place on sheet tray and bake for 40-45 minutes.
<b>VEGETARIAN PAELLA (V)</b>	Keep frozen. Preheat oven to 350 degrees. Remove the lid. Place on sheet tray and bake for 30-35 minutes.
<b>ROASTED VEGETABLE SPANAKOPITA (V)</b>	Thaw first. Preheat oven to 325 degrees. Remove the lid. Place on sheet tray and bake for 40-45 minutes. Flip strudel half way through cooking.

## SIDES

<b>VEGETABLE PISTO SOUP</b>	Thaw. Pour into medium sauce pan and heat over medium temperature. Stir occasionally.
<b>WATERMELON CUCUMBER SALAD</b>	Toss with dressing. Enjoy!
<b>SOUTHERN CORN BREAD</b>	Keep frozen. Preheat oven to 300 degrees. Remove lid and place on a baking sheet. Bake for 7 minutes.
<b>BROCCOLI MASHED POTATOES</b>	Keep frozen. Preheat oven to 375 degrees. Remove lid and place on a baking sheet. Bake for 20 minutes.
<b>GREEN BEAN CASSEROLE</b>	Keep frozen. Preheat oven to 325 degrees. Remove lid and place on a baking sheet. Bake for 25 minutes.
<b>FRESH ORGANIC FRUIT</b>	Wash. Enjoy!
<b>BANANA CREAM PIE</b>	Thaw for 25-30 minutes. Enjoy!