



Meal Subscription Heating Instructions

June: Week 2 of 4

ENTREES

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| AMISH CHICKEN PARMESAN | Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Bake for 40 minutes. Serve with marinara sauce. |
| TURKEY MEATLOAF WITH GRAVY | Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Bake for 30-40 minutes. |
| GRILLED PORK TENDERLOIN WITH ROSEMARY AND GARLIC | Keep frozen. Preheat oven to 350 degrees. Remove lid and place on sheet tray and cook for 30 minutes. |
| SHRIMP JAMBALAYA | Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Bake for 45 minutes. |
| GEVETABLE RISOTTO BALLS (V) | Keep frozen. Preheat oven to 375 degrees. Remove the lid. Place on sheet tray and bake for 40-45 minutes. |
| MOROCCAN SWEET POTATO STEW (V) | Keep frozen. Preheat oven to 350 degrees. Remove the lid. Place on sheet tray and bake for 35-40 minutes. Stir occasionally. |

SIDES

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| STRAWBERRY GAZPACHO SOUP | Serve chilled. Enjoy! |
| TOMATO AND CUCUMBER GREEK SALAD | Ready to serve. Enjoy! |
| ROATED YUKON POTATOES | Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a baking sheet. Bake for 30 minutes. |
| FRESH SPINACH PASTA WITH BASIL PESTO | Bring 4 cups of water to a boil, add pasta, and cook for 10 minutes. Drain. In saute pan, heat pesto over medium heat. Toss drained pasta with pesto. |
| MICK KLUG ROASTED ASPARAGUS | Keep frozen. Preheat oven to 325 degrees. Remove lid and place on a baking sheet. Bake for 15-20 minutes. |
| FRESH ORGANIC ORANGES | Wash. Enjoy! |
| DOUBLE CRUST PEACH PIE | Thaw for 25-30 minutes. Enjoy! |