



Meal Subscription Heating Instructions

July: Week 2 of 4

ENTREES

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| BLACKENED AMISH CHICKEN BREAST | Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Bake for 30 minutes. |
| SLOW COOKED PULLED BEEF BRISKET | Keep frozen. Preheat oven to 350 degrees. Remove lid and wrap container in foil. Place on a sheet tray. Bake for 40 minutes. |
| STUFFED TURKEY WITH APRICOT GINGER SPINACH | Keep frozen. Preheat oven to 350 degrees. Remove lid and place on sheet tray and cook for 30 minutes. |
| SHRIMP CEVICHE | Serve chilled. Keep refrigerated. |
| SPINACH ARTICHOKE RAVIOLI WITH MUSHROOM CREAM SAUCE (V) | Bring 6 cups of water to a boil. Add pasta and cook for 10 minutes. Drain. In sauté pan, heat sauce over medium heat. Toss drained pasta with mushroom cream sauce. |
| VEGETABLE HAND PIES WITH TOMATO COULIS (V) | Keep frozen. Preheat oven to 325 degrees. Remove the lid. Place on sheet tray and bake for 30-40 minutes. Serve with tomato coulis. |

SIDES

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| CLASSIC COLD VICHYSOISE | Serve chilled. Keep refrigerated. |
| SPINACH & STRAWBERRY SALD | Toss with dressing. |
| ROASTED GREEN BEANS WITH SHALLOT BUTTER | Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Bake for 20-25 minutes. |
| BAKED GARLIC PARMESAN YUKON POTATOES | Keep frozen. Preheat oven to 375 degrees. Remove lid and place on a sheet tray. Bake for 20 minutes. |
| KINNIKINNICK FARM ARUGULA PESTO CROSTINI | Thaw. Serve crostini (toast). |
| MICK KLUG ORGANIC PEACHES | Wash. Enjoy! |
| KEY LIME PIE | Thaw for 25-30 minutes. |