



Meal Subscription Heating Instructions

Fall: Week 1 of 8

ENTREES

AMISH CHICKEN MARSALA	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Bake for 30 minutes or until hot through middle.
CUBAN ORGANIC BEEF PICADILLO	Thaw. Heat 1 TBSP of oil in a sauté pan over medium heat. Cook for 7-10 minutes, stirring occasionally.
SPICY HONEY MUSTARD PORK TENDERLOIN	Keep frozen. Preheat oven to 350 degrees. Remove lid. Cover with foil (optional). Place on sheet tray and heat for 40 minutes.
PAN SEARED TILAPIA WITH BLACK BEAN MANGO SALSA	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on sheet tray and heat for 30 minutes. Top with salsa.
DOUBLE BAKED FRENCH TOAST WITH BLUEBERRY MINT COMPOTE (V)	Keep frozen. Preheat oven to 300 degrees. Place on a sheet tray and bake for 20-25 minutes. Top with heated blueberry mint compote.
STUFFED SHELLS WITH ALFREDO SAUCE (V)	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on sheet tray. Cook for 40-45 minutes.

SIDES

BROCCOLI & CHEDDAR SOUP	Keep frozen. Heat in sauce pan over medium heat. Optional add 1 cup of water.
MIXED GREEN SALAD WITH CHAMPAGNE VINAIGRETTE	Toss with dressing. Keep refrigerated.
LEMON DILL BASMATI RICE	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Bake for 30-35 minutes.
YUKON ROASTED POTATES	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Bake for 30 minutes.
FRESH TOMATO PASTA WITH KINNIKINICK FARM BASIL PESTO	Bring 4 cups of water to a boil; add pasta and cook for 10 minutes. Drain. In sauté pan, heat pesto over medium heat. Toss drained pasta with pesto.
MICK KLUG FARMS APPLES	Wash. Enjoy!
CARAMEL PECAN APPLE PIE	Thaw for 25-30 minutes. For additional deliciousness, heat it in the oven alongside one of your entrees & top with ice cream!