



Meal Subscription Heating Instructions

Fall: Week 5 of 8

ENTREES

GREEK LEMON ROASTED CHICKEN	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Cover with foil. Bake for 40-45 minutes.
SLOW COOKED MOROCCAN LAMB STEW	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on sheet tray. Bake for 40 minutes.
SWEDISH MEATBALLS WITH EGG NOODLES	Keep frozen. Preheat oven to 350 degrees. Remove lid. Place on sheet tray and bake for 35 minutes.
SAUTEED CALAMARI WITH TOMATO CONFIT AND ARUGULA PESTO	Keep frozen. Preheat oven to 300 degrees. Remove lid. Place on sheet tray and bake for 20-25 minutes.
BAKED EGGPLANT PARMESAN (V)	Keep frozen. Preheat oven to 350 degrees. Remove lid. Place on sheet tray and bake for 35 minutes.
SPINACH ARTICHOKE STRUDEL WITH ROASTED RED PEPPER SAUCE (V)	Keep frozen. Preheat oven to 325 degrees. Remove lid. Place on sheet tray and bake for 40-45 minutes or until warm through middle. Serve with red pepper sauce.

SIDES

SPLIT PEA SOUP	Keep frozen. Heat in sauce pan over medium heat. Optional, add 1/2 - 1 cup of water or cream.
GREEK SALAD	Toss with dressing. Keep refrigerated.
DILL ORZO MEDLEY	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Bake for 30 minutes.
CREAMY ROASTED MUSHROOM POLENTA	Keep frozen. Preheat oven to 325 degrees. Remove lid and place on a sheet tray. Bake for 35 minutes.
BAKED YUKON POTATO WEDGES	Keep frozen. Preheat oven to 375 degrees. Remove lid and place on a sheet tray. Bake for 20 minutes.
MICK KLUG FARM FRESH APPLES	Wash. Enjoy!
PINNAPPLE GINGER BUTTERMILK PIE	Thaw for 25-30 minutes. For extra deliciousness serve warm with ice cream!