



# Meal Subscription Heating Instructions

Holiday: Week 2 of 5

We will be taking the next two weeks off for Thanksgiving! Don't forget to order your pies for Thanksgiving by the 17<sup>th</sup>

## ENTREES

<b>AMISH CHICKEN BRAISED WITH RED WINE VINEGAR</b>	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Cover with foil. Bake for 40 minutes.
<b>ROPA VIEJA WITH PATACONES</b>	<i>Beef:</i> Keep frozen. Preheat oven to 375 degrees. Remove lid. Place on sheet tray and bake for 35-40 minutes.  <i>Plantains:</i> Keep frozen. Preheat oven to 325 degrees. Remove lid. Place on sheet tray and bake for 15 minutes.
<b>BOURBON &amp; BROWN SUGAR GLAZED TURKEY BREAST</b>	Keep frozen. Preheat oven to 350 degrees. Remove lid. Place on sheet tray and bake for 40-45 minutes.
<b>PARMESAN CRUSTED WHITEFISH</b>	Keep frozen. Preheat oven to 350 degrees. Remove lid. Place on sheet tray and bake for 30-40 minutes.
<b>SPINACH MANICOTTI WITH CREAMY TOMATO SAUCE (V)</b>	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on sheet tray. Cook for 40 minutes or until hot throughout.
<b>FENNEL AND VEGETABLE PAELLA (V)</b>	Heat stock in a large pan, add risotto and heat for 5-8 minutes. Add vegetables, stir for 5 minutes. Place cheese on top and back in the oven for 10 minutes.

## SIDES

<b>ROASTED TOMATO SOUP</b>	Keep frozen. Heat in sauce pan over medium heat. Optional, add 1/2 - 1 cup of water or cream.
<b>HARVEST SALAD</b>	Toss with dressing. Keep refrigerated.
<b>DOUBLE BAKED YUKON POTATOES</b>	Keep frozen. Preheat oven to 375 degrees. Remove lid and place on a sheet tray. Bake for 20 minutes.
<b>ORGANIC WHEAT PASTA WITH WHITE BEANS &amp; SPINACH</b>	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Bake for 30-35 minutes.
<b>GREEN BEANS WITH CHERRY CHUTNEY</b>	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Bake for 25 minutes.
<b>FRESH GRAPES FROM KLUG FARMS</b>	Wash. Enjoy!
<b>APPLE &amp; CHERRY STREUSEL PIE</b>	Thaw for 25-30 minutes. For extra deliciousness serve with vanilla ice cream or whipped cream!

