



# Meal Subscription Heating Instructions

Winter: Week 2 of 10

## ENTREES

<b>AMISH CHICKEN VESUVIO</b>	Keep frozen. Preheat oven to 350 degrees. Remove lid. Place on sheet tray and bake for 40-45 minutes.
<b>BEEF CHORIZO &amp; MONTEREY JACK CHEESE QUICHE</b>	Keep frozen. Preheat oven to 300 degrees. Keep foil cover. Place on sheet tray and bake for 30-35 minutes.
<b>CURRY MOROCCAN LAMB STEW</b>	Keep frozen. Preheat oven to 350 degrees. Remove lid. Place on sheet tray and bake for 35-40 minutes.
<b>CHRUNCHY FRIED SHRIMP WITH LEMON AIOLI</b>	Keep frozen. Preheat oven to 300 degrees. Remove lid. Place on sheet tray and bake for 20 minutes.
<b>GOAT CHEESE SPINACH STRUDEL (V)</b>	Keep frozen. Preheat oven to 325 degrees. Remove lid. Place on sheet tray and bake for 40-45 minutes.
<b>ROASTED VEGETABLE &amp; EGGPLANT MOUSSAKA (V)</b>	Keep frozen. Preheat oven to 350 degrees. Remove lid. Place on sheet tray and bake for 30 minutes.

## SIDES

<b>TORTILLA CHIPOTLE SOUP</b>	Keep frozen. Heat in sauce pan over medium heat. Optional, add 1/2 - 1 cup of water or cream.
<b>CHOPPED SALAD WITH ITALIAN VINAGRETTE</b>	Toss with dressing. Keep refrigerated.
<b>POTATOES VESUVIO</b>	Keep frozen. Preheat oven to 375 degrees. Remove lid and place on a sheet tray. Bake for 20 minutes.
<b>ORGANIC WHEAT PASTA</b>	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Bake for 30-35 minutes.
<b>CURRY BASMATIC RICE MEDLEY</b>	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Bake for 30-35 minutes.
<b>ROASTED RED PEPPER DIP</b>	Ready to serve. Keep refrigerated.
<b>GLOGG CAKE BREAD PUDDING</b>	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Bake for 35 minutes.