



Meal Subscription Heating Instructions

Late Winter 2024: 1 Week 6

ENTREES

BAKED BBQ AMISH CHICKEN (GF)	Keep frozen. Preheat oven to 350 degrees. Remove lid and place Chicken on a sheet tray. Cover with foil and bake for 30-35 minutes. until warm throughout.
HONEY DIJON PORK TENDERLOIN (GF)	Keep frozen. Preheat oven to 350 degrees. Remove lid and place Pork Tenderloin on a sheet tray. Cover with foil and bake for 30-35 minutes. until warm throughout.
SALMON LEMON PICATTA (GF)	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Cover with foil and bake for 20-30 minutes. until warm throughout. Serve with picatta Sauce. Heat the sauce in a small saucepan over low heat or in the microwave for 1 minute.
VEGETABLE STUFFED PEPPER (V)(GF)	Keep frozen. Preheat oven to 325 degrees. Remove lid and place Chicken on a sheet tray. Cover with foil and bake for 25-30 minutes. until warm throughout.
ROASTED VEGETABLE CREPES WITH GOAT CHEESE SAUCE (V)	Keep frozen. Preheat oven to 325 degrees. Remove lid and place on a sheet tray. Cover with foil and bake for 20-25 minutes. until warm throughout. Serve with Goat Cheese Sauce. Heat the sauce in a small saucepan over low heat or in the microwave for 1 minute.

SIDES

BROCCOLI CHEDDAR SOUP	Keep frozen. Thaw. Heat soup in a pot. Add ½ cup of water. Simmer for 5 Minutes or open lid slightly and microwave for 8 mins. Stir and heat further if necessary.
CHOPPED SALAD	Keep cool. Ready to Eat. Toss the Salad with Dressing. Enjoy!!
FRESH HERBS ROASTED POTATOES	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Cover with foil and bake for 25-30 mins. until warm throughout.
SPINACH AND ARTICHOKE DIP	Thaw. Place in oven at 325 degrees for 10-15 minutes, stirring constantly until warm throughout. Serve with Pita Chips.
SOUTHWEST RICE AND BEANS	Keep frozen. Preheat oven to 350 degrees. Remove lid and place rice on a sheet tray. Cover with foil and bake for 30-35 mins. until warm throughout.
CHOCOLATE BROWNIE PIE	Keep frozen. Let thaw on counter for 25-30 minutes. Enjoy!