

## Creamy Honey Mustard Pork Chops

Thaw and bake at 350 F for 40 to 45 minutes, or until cooked through. Serve with French fries and veggies.

Date: \_\_\_\_\_



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Thaw and bake at 350 F for 40 to 45 minutes, or until cooked through. Serve with French fries and veggies.

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## Maple Glazed Chicken & Carrots

Thaw and bake at 400 F for 40 minutes, then baste with maple sauce and cook another 15 minutes. Garnish with cracked pepper. Serve with mashed potatoes.

Date: \_\_\_\_\_



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Thaw and bake at 400 F for 40 minutes, then baste with maple sauce and cook another 15 minutes. Garnish with cracked pepper. Serve with mashed potatoes.

Date: \_\_\_\_\_



## Chicken & Shrimp Jambalaya

Thaw and bring contents of bag in saucepan to boiling, then stir in the chicken stock and rice. Cook for 20 minutes, or until rice is tender. Serve with veggies.

Date: \_\_\_\_\_



## Chicken & Shrimp Jambalaya

Thaw and bring contents of bag in saucepan to boiling, then stir in the chicken stock and rice. Cook for 20 minutes, or until rice is tender. Serve with veggies.

Date: \_\_\_\_\_



## Chicken & Artichoke Fettuccini

Thaw and cook the chicken and sauce in large skillet for 10 to 15 minutes, or until chicken is cooked through. Cook pasta. Serve with shredded Parmesan cheese garnish and salad.

Date: \_\_\_\_\_



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Thaw and cook the chicken and sauce in large skillet for 10 to 15 minutes, or until chicken is cooked through. Cook pasta. Serve with shredded Parmesan cheese garnish and salad.

Date: \_\_\_\_\_



## Cuban Chili

Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes. Serve with salad.

Date: \_\_\_\_\_



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Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes. Serve with salad.

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## Stuffed French Bread {Filling}

Thaw and reheat the filling on the skillet. Spoon into loaf French bread, sprinkle on 2 cups shredded cheese and bake at 350 F for 15 minutes. Serve with veggies.

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Thaw and reheat the filling on the skillet. Spoon into loaf French bread, sprinkle on 2 cups shredded cheese and bake at 350 F for 15 minutes. Serve with veggies.

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## Sloppy Joe Sandwich Bake

Thaw completely and bake at 400 F for 10 to 15 minutes.  
Serve with fruit and chips.

Date: \_\_\_\_\_



## Sloppy Joe Sandwich Bake

Thaw completely and bake at 400 F for 10 to 15 minutes.  
Serve with fruit and chips.

Date: \_\_\_\_\_



## Slow Cooker Korean Beef

Thaw and slow cook on low for 8 hours. With 30 minutes left in cooking cycle, mix 1 tsp cornstarch with 3 Tbsp water and swirl in, to thicken sauce in last 30 minutes. Garnish with sliced green onions. Serve over rice with salad.

Date: \_\_\_\_\_



## Slow Cooker Korean Beef

Thaw and slow cook on low for 8 hours. With 30 minutes left in cooking cycle, mix 1 tsp cornstarch with 3 Tbsp water and swirl in, to thicken sauce in last 30 minutes. Garnish with sliced green onions. Serve over rice with salad.

Date: \_\_\_\_\_



## Slow Cooker Caribbean Pork Sliders

Thaw, add all ingredients to slow cooker with 1 cup hot water. Set on low and cook for 8 hours. Shred pork before assembling sliders. Serve with coleslaw and fruit.

Date: \_\_\_\_\_



## Slow Cooker Caribbean Pork Sliders

Thaw, add all ingredients to slow cooker with 1 cup hot water. Set on low and cook for 8 hours. Shred pork before assembling sliders. Serve with coleslaw and fruit.

Date: \_\_\_\_\_



## Chipotle Pork Chops

Thaw and bake at 350 F for 30 to 35 minutes, or until pork is cooked through. Serve with dinner rolls and veggies.

Date: \_\_\_\_\_



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Thaw and bake at 350 F for 30 to 35 minutes, or until pork is cooked through. Serve with dinner rolls and veggies.

Date: \_\_\_\_\_

