

Turkey Spinach Burgers

Thaw patties completely and add oil to skillet and brown on both sides or grill burgers, flipping until cooked through. Place on whole wheat buns. Serve with salad.

Date: _____



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Cranberry-Apple Pork Chops

Thaw and bake at 375 F/190 C for 30 to 35 minutes, or until pork chops are cooked through. Serve with rice and veggies.

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Slow Cooker New Brunswick Stew

Thaw and add contents of baggie to slow cooker and cook on low for 8 hours. Add chicken stock, if you didn't already. Shred the chicken and pork into the stew, after it has cooked. Serve with salad and dinner rolls.

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Thaw and add contents of baggie to slow cooker and cook on low for 8 hours. Add chicken stock, if you didn't already. Shred the chicken and pork into the stew, after it has cooked. Serve with salad and dinner rolls.

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Asian Flank Steak

Thaw and cook in skillet or on grill pan. Sear both sides, pour some marinade over the steak, then cook to your liking. Serve with rice and salad.

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Mediterranean Salmon

Thaw completely, then bake at 400 F for 15 to 20 minutes, or until salmon is no longer pink in the middle. Serve with rice and salad.

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