

Skillet Jamaican Pork Chops

Thaw and add to skillet to cook the pork chops in the sauce over medium low heat for 8 to 10 minutes, or until pork chops are cooked through. Serve over rice with salad.

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40 Garlic Chicken

Thaw, place contents of bag into a baking dish, and bake covered at 350 F/190 C for 60 minutes. Serve with mashed potatoes and salad.

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Apple Chicken Lettuce Wraps

Thaw and reheat in skillet. Mix together the cornstarch with equal parts water and swirl it into the sauce. Let simmer for 2 to 3 minute to thicken. Assemble lettuce wraps with chopped apple and sliced green onion garnish. Serve with dinner rolls.

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Chipotle Chili

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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Sunshine Salmon

Thaw completely, then bake at 400 F/200 C for 15 to 20 minutes, or until salmon is no longer pink in the middle. Serve with rice and salad.

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