

Turkey Sloppy Joe Sandwiches

Thaw and reheat sloppy joe sauce in skillet. Serve on sandwich buns with fruit.

Date: _____



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Sheet Pan Chicken Fajitas

Thaw and bake at 400 F for 20 to 25 minutes, or until chicken is cooked through. Assemble into tortillas with garnishes. Serve with refried beans.

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Sheet Pan Chicken Fajitas

Thaw and bake at 400 F for 20 to 25 minutes, or until chicken is cooked through. Assemble into tortillas with garnishes. Serve with refried beans.

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Baked Teriyaki Chicken Wings

Thaw and bake at 400 F for 45 to 50 minutes, or until chicken is cooked through. Baste with teriyaki sauce. Garnish with sesame seeds. Serve with rice and veggies.

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Beef Chili with Refried Beans

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

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Thai Beef Red Curry

Thaw and add all ingredients to a large saucepan and bring to bubbling, then stir in the canned coconut milk. Serve over rice with salad.

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Tuscan Ham & Bean Soup

Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes. Garnish with shredded Parmesan cheese. Serve with loaf bread.

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Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes. Garnish with shredded Parmesan cheese. Serve with loaf bread.

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Spinach Ravioli Lasagna

Thaw completely and bake at 400 F for 25 minutes, or until ravioli are softened. Serve with side salad.

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Vegetarian Tex-Mex Pasta Bake

Thaw completely and bake at 400 F for 15 minutes. Serve with avocado garnish and side salad.

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Macaroni with Spinach and Bacon

Thaw completely and bake at 350 F for 20 minutes. Add cooked, crumbled bacon as garnish. Serve with salad.

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Skillet Chicken Parmesan

Thaw and add chicken and sauce to skillet. Cover and cook over low heat for 15 minutes, turning chicken once or twice.

Once the chicken is cooked, add the Parmesan and mozzarella cheeses on top. Serve with pasta and salad.

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