

Grilled Honey Mustard Salmon

Thaw completely before transferring salmon to grill. Grill skin side down, over direct heat for 10 to 12 minutes per side, or until cooked through. Serve with salad and dinner rolls.

Date: _____



Grilled Honey Mustard Salmon

Thaw completely before transferring salmon to grill. Grill skin side down, over direct heat for 10 to 12 minutes per side, or until cooked through. Serve with salad and dinner rolls.

Date: _____



Grilled Taco Burgers

Thaw patties in the fridge, then grill to desired temperature. Serve on buns with salsa, avocado slices and fruit and chips.

Date: _____



Grilled Taco Burgers

Thaw patties in the fridge, then grill to desired temperature. Serve on buns with salsa, avocado slices and fruit and chips.

Date: _____



Garlic Chicken Kebabs

Thaw completely. Grill for 10-15 minutes, rotating the kebabs, until cooked through. Serve with salad.

Date: _____



Garlic Chicken Kebabs

Thaw completely. Grill for 10-15 minutes, rotating the kebabs, until cooked through. Serve with salad.

Date: _____



Grilled Herbed Chicken

Thaw and cook on grill for 4 to 5 minutes per side, and then until cooked through. After adding to the grill, brush with marinade and then discard remaining marinade. Grill garlic bread, if desired. Serve with garlic bread and salad.

Date: _____



Grilled Herbed Chicken

Thaw and cook on grill for 4 to 5 minutes per side, and then until cooked through. After adding to the grill, brush with marinade and then discard remaining marinade. Grill garlic bread, if desired. Serve with garlic bread and salad.

Date: _____



Buffalo Chicken Wraps

Thaw and slow cook on low for 8 hours. Once cooked, shred the chicken and then assemble wraps with tortillas, chopped celery, crumbled blue cheese and Ranch dressing. Serve with fruit.

Date: _____



Buffalo Chicken Wraps

Thaw and slow cook on low for 8 hours. Once cooked, shred the chicken and then assemble wraps with tortillas, chopped celery, crumbled blue cheese and Ranch dressing. Serve with fruit.

Date: _____



Chicken Parmesan Sandwiches

Thaw and saute with oil in skillet for 3 to 4 minutes per side, or until cooked through. Serve on buns with chips and fruit.

Date: _____



Chicken Parmesan Sandwiches

Thaw and saute with oil in skillet for 3 to 4 minutes per side, or until cooked through. Serve on buns with chips and fruit.

Date: _____



Beef Satay Stir-fry

Thaw and saute in wok or skillet over high heat, until beef is cooked through and veggies are softened. Stir in the cornstarch with equal parts water at the end of cooking, to thicken the sauce. Serve over rice or rice noodles with egg rolls.

Date: _____



Beef Satay Stir-fry

Thaw and saute in wok or skillet over high heat, until beef is cooked through and veggies are softened. Stir in the cornstarch with equal parts water at the end of cooking, to thicken the sauce. Serve over rice or rice noodles with egg rolls.

Date: _____



Grilled Garlic Skirt Steak

Thaw and grill until cooked to your preference. Slice steak once cooked. Serve with rice and veggies.

Date: _____



Grilled Garlic Skirt Steak

Thaw and grill until cooked to your preference. Slice steak once cooked. Serve with rice and veggies.

Date: _____



Shrimp on the Barbie

Thaw and grill in a grill basket until cooked through and all shrimp are cooked. Serve with lemon wedge garnish, bread and veggies.

Date: _____



Shrimp on the Barbie

Thaw and grill in a grill basket until cooked through and all shrimp are cooked. Serve with lemon wedge garnish, bread and veggies.

Date: _____



Grilled Teriyaki Salmon

Thaw completely, then grill over direct heat for 8 to 10 minutes, skin side down. Grill until cooked through, cooking time may vary depending on thickness of the salmon. Serve with green onion garnish, rice and salad.

Date: _____



Grilled Teriyaki Salmon

Thaw completely, then grill over direct heat for 8 to 10 minutes, skin side down. Grill until cooked through, cooking time may vary depending on thickness of the salmon. Serve with green onion garnish, rice and salad.

Date: _____

