

## Beef, Bean & Rice Skillet

Thaw and reheat in skillet. Once warmed through, add the white rice with double the hot water. Cover and cook for 20 minutes, or until rice is tender. Serve with cheese garnish, avocado slices and salad.

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



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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.

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## Grilled Garlic Skirt Steak

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

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



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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: \_\_\_\_\_



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

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## Grilled Tilapia with Pineapple Salsa

Thaw completely before transferring tilapia to grill. Grill over direct heat for 2 to 3 minutes per side, or until cooked through and flaky. Prepare fresh pineapple salsa, as directed. Serve with rice and salad.

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