

## Korean Beef Lettuce Wraps

Thaw and reheat the beef sauce in skillet. Mix in cornstarch with equal parts water and swirl in to thicken sauce. Garnish with sliced green onions. Serve in lettuce wraps with fruit.

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



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## Grilled Pomegranate 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. Serve over salad with garlic bread.

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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. Serve over salad with garlic bread.

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## Shrimp Mango Curry

Thaw and bring to bubbling in Dutch oven or saucepan. Simmer for 10 minutes, or until shrimp are cooked. Serve with cilantro garnish, over rice.

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## Italian Stuffed Zucchini Boats

Thaw completely and bake at 350 F for 20 minutes. Serve with side salad.

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## Grilled Tomato-Basil Tilapia {Foil Packs}

Thaw tilapia and veggies completely before adding foil packs to the grill and grilling for 20 minutes, or until tilapia is cooked through. Serve with dinner rolls and salad.

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