

## Balsamic & Brown Sugar Pulled Pork

Thaw and slow cook on low for 8 hours. Once cooked, shred the pork with 2 forks into the sauce. Serve with fruit and chips.

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



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

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



## 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.

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



## Grilled Tomato-Basil Tilapia {Foil Packs}

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## Grilled Chicken with Mango BBQ sauce

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. Make Mango-BBQ sauce while chicken is grilling. Serve with garlic bread and salad.

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