

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.

Date: _____



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Sloppy Shredded Beef Sandwiches

Thaw and slow cook on low for 8 hours. Once cooked, shred the beef with 2 forks. Serve with salad and fruit.

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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.

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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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Grilled Meatballs {Foil Packs}

Thaw meatballs and sauce completely before adding foil packs to the grill and grilling for 25 to 30 minutes, or until meatballs are cooked through. Serve with pasta and salad.

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