

## Buffalo Chicken Burgers

Thaw and saute in skillet for 5 to 6 minutes per side, or until cooked through. Serve on whole wheat buns with fruit and veggies.

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



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## Sloppy Lentil Joes

Thaw and reheat in skillet. Serve on buns with slice of cheddar cheese. Serve with salad.

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## Grilled Southwest Chicken

Thaw completely before transferring chicken to grill. Grill over direct heat for 5 to 6 minutes per side, or until chicken is cooked through. Serve with dinner rolls and salad.

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## Flank Steak with Chimichurri

Thaw and cook in skillet or on grill pan. Sear both sides, then cook through to your liking. Prepare chimichurri sauce (on recipe) for garnish. Serve with rice and veggies.

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Thaw and cook in skillet or on grill pan. Sear both sides, then cook through to your liking. Prepare chimichurri sauce (on recipe) for garnish. Serve with rice and veggies.

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## Grilled Cajun 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 over salad with side of fruit.

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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 over salad with side of fruit.

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