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:	Date:
FreezEasy Simple, Elect Freezer Cooking Neal Plans	FreezEasy Simple, Story Freezer Cooking Meet Places
Sloppy Lentil Joes	Sloppy Lentil Joes
Thaw and reheat in skillet. Serve on buns with slice of cheddar cheese. Serve with salad.	Thaw and reheat in skillet. Serve on buns with slice of cheddar cheese. Serve with salad.
Date:	Date:
FreezEasy Simple, Piery Freezer Cooking Next Plans	FreezEasy Simple, Fixty Freezer Cooking Meal Place
Grilled Southwest Chicken	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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veggies.

Date: _____



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.

Date:	

(O)	FreezEasy
	Simple, Fasy Freezer Cooking Heat Flans

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.

Date:	



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