

## Bean & Cheese Enchiladas

Thaw and bake at 350 F for 25 minutes. Serve with cilantro garnish, refried beans and veggies.

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



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## Slow Cooker Dijon Pork Chops

Thaw and slow cook on low for 6 to 8 hours. Serve with mashed potatoes and salad.

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



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Thaw and slow cook on low for 6 to 8 hours. Serve with mashed potatoes and salad.

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



## Slow Cooker Brown Sugar Chicken

Thaw and slow cook on low for 8 hours. With 30 minutes remaining in cooking cycle, stir in the cornstarch to thicken sauce. Serve with crushed red pepper garnish, over rice with veggies.

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



## Slow Cooker Brown Sugar Chicken

Thaw and slow cook on low for 8 hours. With 30 minutes remaining in cooking cycle, stir in the cornstarch to thicken sauce. Serve with crushed red pepper garnish, over rice with veggies.

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



## Slow Cooker Creamy Tuscan Chicken

Thaw and slow cook on low for 8 hours. Serve with side of pasta and salad.

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



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Thaw and slow cook on low for 8 hours. Serve with side of pasta and salad.

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



## Herbed Butter Salmon

Thaw completely, then bake at 400 F for 15 to 20 minutes, or until salmon is no longer pink in the middle. Serve with veggies and cauliflower rice.

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



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Thaw completely, then bake at 400 F for 15 to 20 minutes, or until salmon is no longer pink in the middle. Serve with veggies and cauliflower rice.

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

