

Apricot Chicken

Thaw and bake covered at 350 F/177 C for 30 minutes, then remove foil and bake another 30 minutes, or until cooked through. Serve with dinner rolls and veggies.

Date: _____



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Thaw and bake covered at 350 F/177 C for 30 minutes, then remove foil and bake another 30 minutes, or until cooked through. Serve with dinner rolls and veggies.

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Coconut Curried Salmon

Thaw completely before sauting and poaching in coconut milk and spices. See recipe for directions. Serve over rice with veggies.

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Beef Fajita Skillet

Add contents of baggie to skillet. Bring to bubbling over medium high heat and then reduce to low and simmer for 20 minutes or until beef is cooked through. Stir in corn tortilla strips just before serving. Serve with fruit.

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Creamy Herbed Chicken {Keto}

Thaw and bake at 400 F for 30 to 35 minutes, or until chicken is cooked through. Serve with rice and salad.

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Creamy Herbed Chicken {Keto}

Thaw and bake at 400 F for 30 to 35 minutes, or until chicken is cooked through. Serve with rice and salad.

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Creamy Chicken and Wild Rice Soup

Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and cook for 10 minutes, then shred chicken, add rice and other ingredients and cook as directed. Serve with salad.

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