

Turkey Spinach Burgers

Thaw patties completely and add oil to skillet and brown on both sides or grill burgers, flipping until cooked through. Place on whole wheat buns. Serve with salad.

Date: _____



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Bolognese Sauce

Thaw and reheat in saucepan or large skillet and simmer for 10 minutes. Serve with pasta and veggies.

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Italian Chicken Skillet with Zucchini

Thaw and add all of the ingredients from the freezer bag to large skillet or saucepan, cook over medium heat until bubbling, then reduce heat and simmer for 10 minutes or until chicken is cooked and veggies are softened. Serve with Parmesan cheese garnish and side salad.

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Italian Chicken Skillet with Zucchini

Thaw and add all of the ingredients from the freezer bag to large skillet or saucepan, cook over medium heat until bubbling, then reduce heat and simmer for 10 minutes or until chicken is cooked and veggies are softened. Serve with Parmesan cheese garnish and side salad.

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Roasted Vegetable Chili

Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes. Garnish with shredded cheddar cheese. Serve with salad.

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Rosemary Garlic Pork Chops

Thaw completely. Add pork chops and marinade to skillet and bring to bubbling, then reduce heat and simmer for 10 to 12 minutes, or until pork chops are cooked through. Serve with salad and dinner rolls.

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