

Brown Sugar & Balsamic Pork Chops

Thaw and bake at 350 F for 30 to 40 minutes, or until cooked through. Serve with mashed potatoes and veggies.

Date: _____



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Slow Cooker Hoisin Chicken Wraps

Thaw and slow cook on low for 8 hours. With 30 minutes remaining in cooking cycle, stir in the cornstarch to thicken sauce. Spoon shredded chicken and sauce into lettuce leaves and add sliced green onion garnish. Serve with rice.

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Slow Cooker Lemon Garlic Chicken

Thaw and slow cook on low for 8 hours. Serve with veggies and salad.

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Chicken & Black Bean Enchiladas

Thaw and bake at 350 F for 25 minutes. Serve with rice and salad.

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Greek Beef Pita-chos

Thaw and reheat in skillet. Then assemble "pita-chos" with pita chips, warmed ground beef and shredded mozzarella cheese. Bake at 350 F for 10 minutes, or until cheese has melted. Serve with sliced red onion and cucumbers and side salad.

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Greek Beef Pita-chos

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Skillet Nacho Dip

Thaw and reheat in skillet. Once warmed through, top with the cheddar cheese and avocado chunks and red bell pepper pieces. Serve with tortilla chips.

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Ground Beef Gyros

Thaw and reheat in skillet. Once warmed, spoon into pita or naan bread. Serve with red onion and cucumber slices and tzatziki sauce.

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Cajun Style Steak

Thaw and cook in skillet or on grill pan. Sear both sides, then pour over some marinade, then cook to your liking. Discard excess marinade. Serve with rice and black beans.

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Cream Cheese Pork Chops

Thaw completely and simmer pork chops and sauce in skillet over low heat for 10 to 12 minutes, or until pork chops are cooked through. Serve with salad and veggies.

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Pork Medallions with Dijon Sauce

Thaw and slow cook on low for 8 hours. Once cooked, swirl in the sour cream for creamy sauce. Serve with mashed potatoes and veggies.

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