

ATKINS SAVORY SUPPERS

April 2010 COOKING INSTRUCTIONS

Corn and Black Bean Quesadillas

Thaw completely in refrigerator. Preheat non-stick pan to medium to medium low heat. Lightly grease pan with butter. Place one quesadilla in pan on cook until golden. Carefully flip quesadilla and cook until golden. Repeat for each quesadilla.

Crusty Cheddar Spaghetti Pie

Thaw completely. Cook spaghetti according to package directions. Drain spaghetti and put back into pot it was cooked in. Stir the ricotta cheese/tomato mixture into the warm drained spaghetti. **Preheat the oven to 375***. Grease a pie plate or an 8" square baking dish. Spread the spaghetti mixture into the pie plate. Sprinkle with cheddar cheese. Bake for about 30 mins or until cheese is melted and browned.

Chinese Chicken Salad

Thaw completely. Preheat oven to 350*. Mix together the diced cooked chicken and dressing mixture. Toss with contents of vegetable bag. Pour into a 9X13 Pan; Sprinkle top with the almond/chow mein noodles. Bake uncovered for 30-40 minutes; until top is bubbly and crisp.

Asian Style Orange Chicken

Thaw completely Preheat oven to 400*. Place chicken and sauce into a greased baking dish. Bake in oven for 30-35 minutes or until juices run clear and chicken reaches an internal temperature of 165*. Baste with sauce (from baking dish) often through out cooking. Serve with rice provided.

Poulet Marengo (Chicken with Wine, Mushrooms & Tomatoes)

Thaw completely. Heat 2 Tablespoons of oil in a large skillet until hot. Add chicken; cook until brown on both sides, turning once, about 3 mins. for each side. Remove from the pan. To the same pan add 1 tablespoon of oil. Add mushrooms and onions, cook and stir until mushrooms start to brown, about 10 mins. Remove from heat and add wine. Return to heat and simmer 5 mins Return Chicken to pan. Add tomatoes and spices, bring to a boil. Reduce heat to medium low; cover and simmer until chicken is tender and cooked through. About 10 mins. Serve over rice provided

Crunchy Caesar Chicken

Thaw completely. Preheat oven to 350*. Spray a baking sheet with nonstick cooking spray. Place contents of the French fried onions bag on a plate. Remove each breast from marinade and place on plate to coat both sides with onions. Press lightly to coat. Place chicken on baking sheet. Repeat with others. Bake 10-15 minutes covered with foil, then remove foil and continue to bake 10-15 more minutes, turning once, until chicken reaches 165* and juices run clear. Use extra sauce for dipping or dressing.

Sweet Mustard Pork Tenderloin

Thaw completely. *Remove from fridge at least 30 mins before cooking.* Heat grill to medium/high heat. Remove pork from rub and cook, basting with mustard sauce every 10 minutes for 45 minutes or until internal temperature reaches 160*. During the last 10 minutes, baste with thick coats of honey to seal in the mustard flavor. Remove from grill and rest 5 minutes before slicing.

Company Spiced Pork Chops

Thaw completely. Preheat oven to 350*. Put flour mixture in a shallow dish. Dredge pork chops in flour on both sides. Place in a greased 9X13 pan. Pour ketchup/brown sugar sauce over pork chops. Bake, uncovered, for 45-50 minutes or until internal temperature of pork chop reaches 165*

Fettucine Florentine Carbonara

Thaw completely. Boil 2 Quarts of salted water in a large pot and add pasta. Reduce heat and cook 9-11 minutes, or until al dente. Drain well, toss with a small amount of oil to prevent sticking and return to pot. Meanwhile, in a medium sized skillet, heat 1 TBS of oil over medium high heat. Sautee contents of bacon bag about 5 minutes. Mix bacon in with the fettucine thoroughly, and place on low heat burner. In a small bowl, whisk cheese and egg together. SLOWLY add egg/cheese mixture to pasta, stirring constantly as sauce thickens, 2-3 minutes. Remove from heat and serve immediately.

Garlic Chili Flank Steak (limit 1 per order please)

Thaw completely. Preheat grill to high heat. Oil grill rack. Grill the steak until desired doneness, 5 to 6 minutes per side for medium. Transfer to a plate and cover with foil. Let rest for 5 minutes; slice across the grain.

Fire Breathing Burgers

Thaw completely. Heat grill to medium/high heat. Place (unwrapped) burgers on grill. Cook burgers about 5 minutes per side; or to desired doneness. Sprinkle ¼ C. pepper jack cheese on each burger and let melt. Spread desired amount of sauce on each roll. Place burger on roll and enjoy!

Thai Beef Stir Fry (limit 1 per order please)

Thaw completely. Spray a large skillet with cooking spray. Heat over high heat. Add beef to pan. Cook until well browned, about 5 minutes. Stirring constantly. Remove beef from pan. Add 2 teaspoons of oil to pan. Add Garlic Mixture, and stir. Cooking for 3 minutes. Add sauce mixture to pan, and cook 1 minute. Return beef to pan and heat until beef reaches 145*. Serve with rice provided and sprinkle peanuts on top.

Sweet Glazed Salmon

Thaw completely. Preheat grill to medium heat. Empty bag of glaze into medium saucepan. Simmer on stove until butter and sugar are melted and heated through. Place half of glaze in a bowl and set aside for dipping. Sprinkle lemon pepper seasoning on salmon. Place salmon on preheated grill and cook for 5 minutes. Brush with reserved glaze. Continue to cook, basting often, for about 10 minutes longer; or until salmon flakes easily with a fork. Serve with dipping sauce

Szechwan Style Stir Fried Shrimp

Thaw completely. Heat oil in a medium sized wok or nonstick skillet over medium high heat. Stir in vegetable bag and cook until tender, stirring constantly. Add shrimp, cover and all to cook 2-3 minutes or until shrimp is pink and cooked. Serve with lo mein noodles provided.

Lo Mein Noodles

Cook from frozen. Bring a pot of salted water to a boil. Put noodles in boiling water. Return to a boil and stir gently. Boil for 3-5 minutes until heated through.