

SAVORY SUPPERS

at Atkins Farms Country Market
1150 West Street, Amherst (413) 253-9528
February 2010 Cooking Instructions

Blue Cheese Buttered Steaks (Limit 1 per order please)

Thaw completely. About an hour before serving, take the butter out of fridge and let it come to room temperature. Heat the grill to medium/high heat, or you may use a cast iron pan or skillet on top of stove. Cook steak for about 5 minutes on each side or until done to your liking. Let steak rest for 5 minutes before slicing across the grain. Serve sliced steak topped with blue cheese butter.

Pizza Rolls

Do not thaw!! Lightly grease pan. Bake seam side down at 400°F. for 15 min. Turn and bake an additional 10 minutes. Place sauce mixture in bowl into the microwave, cook until hot, stirring occasionally. Use for dipping.

Scalloped Beef and Potato Bake

Thaw completely in refrigerator. Preheat oven to 350 degrees. Bake uncovered for 45-60 minutes or until top is crispy and edges are bubbly.

Pulled Pork Chili

Thaw completely. Spray a large pot with pam and heat over medium heat. Brown the pork in batches and remove from pot and set aside. Sauté the vegetables in same pot about 7 minutes. Add the brown sugar/spice mixture. Add the pork back to the pot with the tomato mixture. Simmer, covered, on low for 2 – 3 hours or until pork is juicy and buttery soft. After 2 hours add the beans, stir well. Continue cooking until meat pulls into shreds. Using a fork shred some of the pork while it is still in the pot.

Italian Herb Crusted Pork Tenderloin

Thaw completely. Preheat oven to 400°F. Roll pork tenderloin in breadcrumbs on a plate. Place in foil lined pan and spray top of pork with Pam. Bake uncovered 30-35 minutes or until internal temperature reaches 165°F.

Pork Medallions with Dijon Marsala Sauce

Thaw completely. Boil egg noodles in a large pot of boiling water for 5-7 minutes; drain and set aside. Meanwhile, heat 2 tablespoons of olive oil in a large skillet on medium high heat. Place medallions in pan. Cook about 5 minutes on each side. Place medallions on a serving platter and keep warm. Sauté onions in a small sauce pan with 1 tablespoon of butter. Stirring often cook until lightly brown, add marsala/cream bag. Cook until reduced by half. Spoon over medallions and serve with egg noodles.

Apricot Ginger Turkey

Thaw completely. Prepare Spaghetti according to package directions. Heat 1 TB of Canola Oil in a large non-stick skillet or wok over medium-high heat. Add Turkey Tenderloins and brown 3 minutes per side. Add Sauce and bring to a boil. Sauce should thicken slightly. Simmer 8 – 10 mins. until Turkey measures 165°. Add Sugar Snap Peas to pan and cook for 1 – 2 mins until warm. Serve immediately over spaghetti.

Shoyu Chicken Tenders (Soy Sauce Chicken)

Thaw completely. Place chicken into a large pot or skillet. Pour sauce bag over into pot over chicken. Bring to a boil and reduce heat to simmer. Cook slowly until chicken is done about 20-25 mins. OR until chicken reaches 165°. Serve with rice provided.

Chicken Divan Casserole

Thaw completely in refrigerator. Preheat oven to 350*. Spray a 11X7 Casserole dish with cooking spray. Evenly spread chicken/broccoli mixture in pan. Evenly pour mushroom soup mixture over chicken/broccoli. Melt butter and mix with breadcrumb mixture; evenly sprinkle on top of casserole. Bake for 30 – 45 minutes.

Chicken Breasts with a Caper Cream Sauce

Thaw completely. Melt butter in a large skillet over medium-high heat. Remove chicken from bag and place on a plate. Sprinkle with spiced from portion cup on both sides. Place chicken in pan turning frequently, until browned; about 5 minutes. Reduce to medium and cook 5-7 minutes until cooked. Place on serving dish and cover with foil. Return skillet to stove, and increase heat to high. Wisk in ½ & ½ continuously until reduced to sauce consistency; about 3 minutes. Remove from heat and stir in capers. Pour sauce over chicken and serve.

Shrimp with Puttanesca Sauce

Thaw completely in refrigerator. Heat a non-stick skillet over medium/high heat. Add onion bag to skillet. Cook, for 5 minutes or until onions are soft. Add tomato mixture to skillet. Cook for 8-10 minutes or until sauce is thickened. Add shrimp to pan. Cook for 5 minutes or until shrimp is opaque in center. Cook spaghetti according to directions. Serve shrimp over spaghetti.

Not Your Mom's Tuna Casserole

Thaw completely. Boil salted water and cook pasta 7-9 minutes, or until al dente. Drain and set aside. Meanwhile, in a saucepan over medium heat melt butter and wisk in the flour mixture; stir for 1 minute. Then wisk in milk, cook stirring frequently until the sauce begins to thicken. Remove from heat but keep warm. In another skillet, heat 1 Tablespoon olive oil over medium-high heat. Add artichoke bag and cook until tender about 5 minutes. Add tuna/pea bag and warm through. Pour in sauce. Add pasta and toss to coat. Serve and sprinkle with the spices/lemon zest.

Southwestern Dumpling Soup

Thaw completely in refrigerator. Place contents of soup into a crock pot. Cover and cook on low for 8 – 10 hours. In a small bowl combine flour mixture with the milk mixture. During the last 30 minutes of cooking; turn crock pot to high. Drop the dumpling batter by the teaspoon full over the soup. **Do not stir** Cover and cook for 30 – 40 minutes.

Penne a la Vodka

Thaw completely. Heat large pan to med. high and place into it the contents of small Ziploc bag. Sauté until garlic is lightly browned, about 2-3 minutes. Add vodka and let it steam off for 30 seconds. Slowly pour in sauce mixture. Bring sauce to a boil making sure to stir frequently. Reduce heat to simmer and cook for 30 minutes. It can occasionally boil so keep stirring occasionally so the sauce does not stick to the bottom of the pan. Cook Penne pasta according to box directions. Toss cooked Penne with sauce and serve.