

# SAVORY SUPPERS

## March 2010 Cooking Instructions

### Mexicali Chicken

Thaw completely. Preheat oven to 375\*. Spray a 9X13 pan with nonstick spray. Place chicken breasts in pan. Sprinkle taco seasoning evenly on chicken. Evenly pour salsa over chicken. Bake for 25-30 minutes until chicken reaches 165\* and juices run clear. Remove from oven and sprinkle pepper jack cheese over chicken. Bake 3-5 mins. more or until cheese is melted. Meanwhile; Cook rice according to instructions. Sautee vegetables in a skillet over medium/high heat until tender. Add cooked rice and stir until mixed. Serve chicken over rice.

### Old World Chicken

Thaw completely. In a heavy, large skillet, heat 2 tablespoons olive oil over medium high heat. Brown chicken, about 5 minutes on each side. Pour wine/broth bag into skillet with chicken. Reduce heat to low and simmer, uncovered for 45 minutes or until chicken is cooked and tender. Remove bay leaf. Serve with couscous provided.

### Couscous

Bring 2 cups of water to a boil. Add couscous, Stir and return to boil. Remove from heat, cover and let stand 5 minutes. Fluff with fork and add spice mixture and stir. Serve with Moroccan Chicken.

### Sour Cream and Cheddar Chicken Tenders

Best cooked from frozen. Preheat oven to 450°F. Bake uncovered 30-35 minutes or until done and internal temperature reaches 165°F. If thawed, bake for 20-25 minutes or until done.

### Skillet Chicken Cordon Bleu

Thaw completely. Spray a large skillet with cooking spray and heat over medium heat. Remove chicken tenders from wine and toss in bag with flour to coat. Lay in skillet and brown chicken 3-4 minutes per side. Remove and keep warm. Reduce heat and add chicken broth to pan. Add Neufchatel cheese to pan and stir with a whisk until smooth. Return chicken to pan. Top chicken with Swiss cheese and ham. Cover and simmer on low for 5-10 minutes.

### Guinness Bathed Beef Brisket

Thaw completely. Pour contents of bag containing beef into a Dutch oven. Cover tightly and cook in 300° F. oven for 3 to 4 hours. Once brisket is fork tender, remove, let rest and slice on the diagonal. To make the gravy, put flour and butter pats into a sauce pan. Over low heat, stir until butter melts completely and it makes a paste. Turn heat a little higher and add brisket drippings, stirring constantly.

### Saucy Bourbon Beef Tips

Thaw completely. Spray a large skillet with Pam and heat over medium heat. Add bag with beef and brown meat evenly on all sides. Add marinade to skillet, cover tightly and reduce heat to low. Simmer for 40 minutes. Uncover and cook for an additional 5 minutes to slightly reduce the sauce. Serve with egg noodles provided.

### Open Sesame Bistro Tenderloin

Thaw completely. Preheat oven to broil. Remove meat from marinade and discard remaining marinade. To cook to medium – Place meat on foil-lined baking sheet and broil 8-10 minutes each side, turning meat once.

### Chinese Style Pork Roast

Thaw completely. Heat oven to 375°F. Place roast in foil lined 9X13 pan. Pour ¼ c. marinade over roast, reserving the rest. Loosely cover with foil Bake 45 min. Remove foil cover, pour ½ c. of remaining marinade over roast. Bake an additional 45 min. uncovered or until done and internal temp is 165°F.

### Tuscan Style Pork Chops

Thaw completely. Preheat oven to 375 degrees. Remove foil cover. Bake uncovered for approximately 45 minutes or until pork is no longer pink and internal temperature reaches 165 degrees

### Pomegranate Pork Tenderloin

Thaw completely. *Allow pork to marinate in sauce for at least 3 hours if possible, preferably overnight.* Preheat oven to 350. Spray a roasting pan or baking sheet with PAM. Remove tenderloin from marinade, reserving it for basting. Place meat in roasting pan or on sheet. Bring reserved marinade to a boil and simmer until reduced volume by half. Cook tenderloin 45-55 minutes, basting lightly but often with reduced marinade until temp. reaches 155 degrees. Let rest 5-10 minutes. Serve slices with extra bag of sauce drizzled over top. **GRILL:** Oil grates and heat grill to med-high heat. Grill each side evenly, 25-30 mins. basting lightly but often with reduced marinade (see above).

### Broccoli and Cheddar Stuffed Sole

Thaw completely. Preheat oven to 350 F and spray an 8x8 baking dish with cooking spray. Remove fish from bag, pat dry and salt and pepper both sides. Divide broccoli mixture and place an equal amount in center of each sole. Roll up fish, jelly roll style and place in pan. Melt butter in microwave and pour over fish. Place in oven and bake uncovered for 20-25 minutes or until fish flakes easily with a fork. Serve with rice, provided.

### Tilapia Bruschetta Bake

Thaw completely. Preheat oven to 400\*. Bake uncovered for 30 minutes or until Tilapia is cooked through, cheese is melted and stuffing topping has browned.

### Greek Isle Pasta

Thaw completely. Bring a large pot of water to boil. Add pasta and cook for 10-12 minutes. Drain and set aside. Preheat a large skillet over medium heat. Add contents of tomato bag to the skillet. Cook, stirring, until heated through; about 5-7 minutes. Stir Kalamata Olives into the tomato sauce and cook additional 1 minute. Place pasta in a large serving bowl and toss with the tomato mixture. Toss in Feta Cheese. Enjoy!

### Pesto Primavera Pizza

**KEEP FROZEN.** Preheat oven to 400°F. Place pizzas on cookie sheets. Bake for 20 – 25 minutes or until cheese is melted and golden brown.