



Cooking tips:

To remove all contents of baggie, lay bag on hard surface and use a spatula to scrape (on the outside of the bag) contents to the bottom corner of the bag. Snip the corner with scissors and squeeze out remaining contents into recipe.

When water is needed in a recipe, add proper amount of water to emptied bag. Seal, shake, and pour into recipe.

Almond-Crusted Chicken

Thaw completely in refrigerator. If frozen, cook times will vary.

Cooking instructions: Preheat oven to 400 degrees. Spray 9x13 baking dish (8x8 half-size) with non-stick cooking spray. Place almond mixture in a shallow dish (stir to mix well). Remove chicken from baggie and flour each breast lightly. Dip floured breasts in buttermilk baggie and then dredge in almond mixture. Lay breasts in baking dish. Bake covered 20 minutes or until no longer pink. Uncover and bake an addition 5 minutes to brown. Serving suggestions: steamed broccoli (provided) and dinner rolls

Baked Ziti

Thaw completely in refrigerator. If frozen, cook times will vary.

Preheat oven to 350. Cook pasta according to directions, drain, and set aside. Add $\frac{3}{4}$ c water ($\frac{1}{4}$ c + $\frac{1}{8}$ c for half-size) to tomato sauce bag. Seal bag and knead to mix thoroughly. In pot with drained pasta add contents of ricotta bag and 2 c tomato sauce (1 c for half-size) reserving remaining sauce. Spray 9x13 casserole dish (8x8 for half-size) with non-stick cooking spray. Pour contents of pot into pan. Pour reserved sauce over ziti mixture. Cover with foil and bake for 20 minutes. Uncover, top with cheese and bake 10 min more or until cheese is melted and bubbling. **Ziti Pasta:** Bring 3 quart (1 $\frac{1}{2}$ quart) water to a boil. Add salt to taste (optional). Add 4 c. (2 c.) pasta gently. Return to a rolling boil and stir occasionally. Cook for 9 – 10 minutes. Avoid overcooking. Cook until tender. Check frequently. Drain pasta in colander and serve. Serving suggestions: Garden salad and dinner rolls

Banana Split Pie

Place in freezer for at least 6 hours or until firm. Remove from freezer when ready to serve. Let stand at room temperature for 15 minutes or until pie can be cut easily. To make serving easy, dip pie plate into warm water (just to rim) for 30 seconds to help release crust. Serve frozen.

Bean Enchiladas

Thaw completely in refrigerator. If frozen, cook times will vary.

Note: For half-size dish, remove plastic cover and replace with foil.

Preheat oven to 350. Bake covered at 350 for 45 minutes or until heated throughout.

Serving suggestions: Fiesta creamed corn and pecan pralines



Blackened Tilapia

Thaw completely in refrigerator. If frozen, cook times will vary.

Cooking instructions: Bring 3 ½ c. water (1 ¾ c for half-size) to a boil. Stir in rice and veggies. Reduce heat, cover and simmer 20 minutes. Remove from heat. Let stand covered 5 minutes or until water is absorbed. Fluff with fork. 10 minutes before rice is done, cook tilapia. Rinse fish and pat dry. Sprinkle and then rub spice over both sides of each filet. Heat 2 T oil and 2 T butter (1 T each for half-size) in skillet over medium-high heat. Add tilapia to skillet and cook 3 minutes on each side or until done. Sever fish over rice. Serving suggestions: Savory green beans

Bowtie Pasta

Bring 3 quart (1 ½ quart) water to a boil. Add salt to taste (optional).

Add 4 c. (2 c.) pasta gently Return to a rolling boil and stir occasionally. Cook for 9 – 10 minutes. Avoid overcooking. Cook until tender. Check frequently. Drain pasta in colander and serve.

Broccoli Rice Casserole

Thaw in refrigerator. Preheat oven to 350. Empty contents of bag into small baking dish. Bake uncovered for 30 minutes or until hot and bubbly.

Cheesy Potatoes

Thaw in refrigerator. Preheat oven to 350. Empty contents of bag into small baking dish. Bake uncovered for 30 minutes or until hot and bubbly.

Candy's Slow Cooker Beef Sandwiches

Thaw completely in refrigerator. If frozen, cook times will vary.

Place beef in slow-cooker. Pour sauce over meat in cooker. Add ½ c. water (¼ c. for half-size) to bag and then to slow cooker. Cover and cook on low heat all day or until meat is fork-tender. Remove meat from cooker, shred it, return to cooker and stir into sauce. Serve on warmed buns. Serving suggestions: cheesy potatoes and baked beans.

Cajun Fried Tilapia with Okra Sauté

Thaw completely in refrigerator. If frozen, cook times will vary.

Rinse fish and pat dry. Dip filets in corn meal to coat. Heat ¼ c. cooking oil (1/8 c. for half-size) in skillet over medium-high heat. Add tilapia and cook 3 minutes on each side or until golden and no longer translucent. Keep warm. In a separate pan, empty contents of okra sauté baggie into pan. Cook over medium heat 10 minutes or until heated throughout and liquid is reduced. Serve fish next on plate with okra sauté.

Serving suggestions: savory green beans



Caribbean Pork Tenderloin

Thaw completely in refrigerator. If frozen, cook times will vary.

Prepare rice according to cooking instructions. Trim fat from pork as needed. Cut pork into ½ inch slices. Coat a non-stick skillet with non-stick cooking spray and place over medium-high heat until hot. Cook pork pieces for 3 – 5 minutes on each side or until browned and done. Transfer the pork to a plate; cover to keep warm. Add the contents of the sauce baggie to the skillet. Bring to a boil. Serve sauce over pork and rice or transfer pork back to the pan to coat with sauce. Serving suggestions: Rice (provided) and savory green beans.

Chicken Coq Au Vin

Thaw completely in refrigerator. If frozen, cook times will vary.

Dip chicken into flour baggie to coat. In skillet over medium heat, add 2 T (1 T for half-size dish) olive oil. Add chicken, cook 5 minutes on each side. After chicken is browned, add vegetable mixture and sauté for 2 minutes. Add 1 c. (½ c. for half-size dish) water and simmer covered for 20 minutes or until chicken is done and juice runs clear. Uncover and simmer an additional 5 minutes or until liquid is reduced to desired consistency. Serving suggestions: garden salad & dinner rolls

Chicken Cordon Bleu Bake

Thaw completely in refrigerator. If frozen, cook times will vary.

Preheat oven to 350. Spray bottom of 9x13 baking pan (8x8 for half-size) with non-stick cooking spray. Remove chicken from bag. Salt and pepper to taste. Place chicken in baking pan. Knead sauce bag to mix and spread contents of bag over chicken. Bake covered for 30 min or until chicken is done. Lightly crush croutons in bag. Uncover chicken and pour croutons over top.

Bake an additional 5 -10 min. or until croutons are golden.

Serving suggestions: Garden salad and dinner rolls

Chicken Florentine

Thaw completely in refrigerator. If frozen, cook times will vary.

Preheat oven to 350. Spray bottom of 9x13 baking pan (8x8 for half-size) with non-stick cooking spray. Remove chicken from bag. Salt and pepper to taste. Place chicken in baking pan. Knead sauce bag to mix and spread contents of bag over chicken. Bake covered for 30 min or until chicken is done. Lightly crush croutons in bag. Uncover chicken and pour croutons over top. Bake an additional 5 -10 min. or until croutons are golden. Serving suggestions: Glazed carrots and dinner rolls

Chicken Fried Rice

Thaw completely in refrigerator. If frozen, cook times will vary.

For best results, cook rice ahead of time and chill. Cook rice according to directions.

In skillet or wok, heat 1 T cooking oil over medium heat. Add egg to pan, scramble, remove to plate. Add 2 T oil to skillet. Add chicken and veggie mixture to skillet, stir-fry until heated throughout. Add cooked rice, egg, and soy sauce to pan. Stir-fry until heated throughout. Serving suggestions: Egg rolls and wonton soup.



Chicken Imperial

Thaw completely in refrigerator. If frozen, cook times will vary.

Reserve 1 T flour. Remove chicken from bag and coat with flour. In skillet over medium heat, heat 2 T (1 T for half-size) butter or margarine. Add chicken breasts and cook 3 minutes or until lightly browned on both sides. Set chicken breasts aside. Add contents of sauce bag to the drippings in the skillet and stir to blend well. Return chicken to skillet, reduce heat to low, cover and simmer 15 minutes or until chicken is done. Remove chicken to plates. In cup, blend 1 T flour with 2 T water. Gradually add to sauce, stirring constantly, and simmer until mixture is thickened. To serve, spoon sauce over chicken. Serving suggestions: Spinach salad and dinner rolls.

Chicken Lasagna

Thaw completely in refrigerator. If frozen, cook times will vary.

NOTE: For half-size dish, remove plastic cover and replace with foil.

Bake covered at 350 for 30-40 minutes or until hot & bubbling. Uncover and bake an additional 10 minutes. Let stand 10 minutes and serve hot. Serving suggestions: Garden salad

Chicken Parmesan

Thaw completely in refrigerator. If frozen, cook times will vary.

Preheat oven to 350 degrees. Pour breadcrumbs onto a plate. Dip chicken into baggie with egg mixture then roll in breadcrumb mixture. In a large skillet over medium high heat, brown chicken for 5 minutes on each side. Spray 9x13 baking dish (8x8 infor half-size) with non-stick cooking spray. Remove chicken from pan and place into baking dish. Cover each breast with ¼ c. pasta sauce (reserve remainder for pasta) and top with mozzarella cheese. Bake for 20-30min or until chicken is done. Prepare spaghetti

according cooking instructions. Heat pasta sauce in small saucepan. Serve chicken with pasta on the side. Top pasta with heated sauce. Servings suggestions: Spaghetti and savory green beans

Chicken Spaghetti

Thaw completely in refrigerator. If frozen, cook times will vary.

Preheat oven to 375 degrees. Spray 9x13 casserole dish (8x8 for half-size) with non-stick cooking spray. Place contents of chicken mixture, dry spaghetti (break into 2 inch pieces), and 5 c water (2 ½ c for half-size) into pan and stir to mix thoroughly. Cover pan with foil and bake for 40 – 50 minutes or until pasta is tender. NOTE: Stir contents of dish 30 minutes into cook time. Serving suggestions: garden salad and cheesy garlic bread.

Chicken with Asparagus

Thaw completely in refrigerator. If frozen, cook times will vary.

Preheat oven to 375. Coat chicken with flour. In skillet over medium-high heat. Heat 2T oil (1T for half-size). Brown chicken for 3 minutes on each side. In 2-quart casserole dish (1-quart for half-size) pour sauce mixture and stir to mix thoroughly. Arrange chicken on top of sauce and spoon some sauce over chicken to coat it. Cover dish tightly with foil and bake 50 – 60 minutes or until chicken is done and asparagus are tender. Serving suggestion: Spinach salad and dinner rolls.



Cranberry-Jalapeno Pork Chops

Thaw in refrigerator before cooking. Adjust cook times as needed.

On the grill: Heat grill to medium. Place chops on the grill rack over drip pan. Cover and grill chops for 20 to 30 minutes or until juices run clear (internal temperature registers 160) turning once. Meanwhile, place sauce in a small saucepan. Bring to a boil, stirring constantly. Reduce heat, simmer uncovered 5 minutes stirring occasionally.

To serve, brush chops with sauce. Pass remaining sauce.

In the broiler: Place pork chops on the unheated rack of a broiler pan.

Broil chops 3 to 4 inches from the heat for 18 to 22 minutes or until juices run clear (internal temperature registers 160) turning once. Prepare sauce & serve as above.

Serving suggestions: Steamed broccoli (provided) and dinner rolls.

Creamy Almond Chicken

Thaw completely in refrigerator. If frozen, cook times will vary.

Prepare rice per cooking instructions. Heat 3 T (1 ½ T for half-size dish) butter or margarine in large (medium) non-stick skillet. Cook chicken for 3 minutes on each side or until golden. Remove chicken from skillet and reduce heat to medium. Add sauce mixture to skillet and stir well. Add chicken back to skillet, cover and cook for 10 minutes. Uncover and continue to cook for 5 minutes or until sauce thickens.

Serve chicken over prepared rice. Serving suggestions: Savory green beans.

Fiesta Creamed Corn

Thaw in refrigerator. Boil water in saucepan. Place unopened bag in pan.

Boil bag in water until hot throughout (approximately 10 minutes)

Baking option: Preheat oven to 350. Empty contents of bag into small baking dish. Bake uncovered for 30 minutes or until hot and bubbly.

Ginger and Honey Glazed Chicken

Thaw completely in refrigerator. If frozen, cook times will vary.

Preheat oven to 350. Spray 9x13 baking dish (8x8 for half-size dish) with non-stick cooking spray. Place carrots in bottom of the dish. Lay chicken over carrots. Add honey packets to sauce mixture. Pour over chicken and carrots. Cover dish with foil. Bake at 350 for 30 minutes or until chicken is done. Remove foil, turn chicken over again, return

to oven and cook an additional 5 - 10 minutes to brown chicken. Serving suggestions: savory green beans

Ginger Butter Basted Chicken

Thaw completely in refrigerator. If frozen, cook times will vary.

In a small saucepan over low heat, melt ginger-butter mixture. In a grill with a cover, cook chicken 15 to 20 minutes or until tender and no longer pink turning at least once. Brush occasionally with butter (up to the last 5 minutes of grilling).

Cooking options: Bake covered in oven at 375 for 45 – 60 minutes or until tender and no longer pink basting with butter up to the last 5 minutes.

Serving suggestions: Green bean medley (provided) and garlic bread.



Glazed Carrots

Thaw in refrigerator. Boil water in saucepan. Place unopened bag in pan. Boil bag in water until hot throughout (approximately 10 minutes)

Baking option: Preheat oven to 350. Empty contents of bag into small baking dish. Bake uncovered for 30 minutes or until hot and bubbly.

Ham & Veggie Brunch Bake

Thaw completely in refrigerator. If frozen, cook times will vary.

Preheat oven to 400. Spray bottom of pan with non-stick cooking spray. Pour contents of baggie into pan. Stir to evenly distribute ingredients. Bake uncovered at 400 for 45 minutes (30 minutes for half-size dish) or until done (firm). Remove from oven and let stand for 10 minutes before serving. Serving suggestions: Fresh fruit and toast.

Herb-marinated Chicken

Thaw completely in refrigerator. If frozen, cook times will vary.

On the grill: Remove chicken from baggie, reserving liquid for marinade. In a grill with a cover, cook chicken back-side down for 15-20 minutes or until tender and no longer pink. Brush occasionally with marinade (up to the last 5 minutes of grilling).

In the oven: Bake covered at 375 for 45 minutes or until tender and no longer pink. Serving suggestions: Green bean medley (provided) and cheesy potatoes.

Homemade Goulash

Thaw completely in refrigerator. If frozen, cook times will vary.

Cook pasta according to cooking instructions, drain, and set aside. Heat skillet over medium-high heat. Crumble and then brown ground beef until done. Drain excess grease. Add sauce to skillet. Cover, reduce heat, and simmer 15 minutes. Add cooked pasta to skillet, toss, and serve. Serving suggestions: garden salad and cheesy garlic bread

Home-style Smothered Steaks and Potatoes

Thaw completely in refrigerator. If frozen, cook times will vary.

Remove cubed steaks from package and season with salt and pepper. In large (medium) skillet over medium-high heat, brown steaks 3 minutes on each side. Wash and cut potatoes. Add contents of gravy bag and 1 c. water (½ c. for half-size) to skillet. Bring to boil and add potatoes. Reduce heat, cover, and simmer for 30 minutes or until steaks and potatoes are fork tender. Serving suggestion: Savory green beans and glazed carrots.

Italian Sausage and Peppers Sauté

Thaw completely in refrigerator. If frozen, cook times will vary.

Cook pasta according to cooking instructions, drain, and set aside. Heat skillet over medium-high heat. Cut sausage lengthwise (or in ¼" pieces) and place in heated skillet. Brown sausage for 5 minutes on each side or until done. Drain excess grease. Add sauce to skillet. Cover and simmer 15 minutes. Add cooked pasta to skillet, toss, and serve. Serving suggestions: garden salad and cheesy garlic bread



Jalapeno Tilapia

Thaw completely in refrigerator. If frozen, cook times will vary.

Rinse fish and pat dry. Lightly flour filets. Heat 3 T oil (1 1/2 T for half-size) in skillet over medium-high heat. Add tilapia and cook 3 minutes on each side or until golden and no longer translucent (keep warm). In a medium sauce pan heat 1 T (1/2 T for half-size) oil. Add contents of vegetable bag and sauté 3-5 min. Add cream sauce to pan. Pour 1/4 c. (1/8 c. for half-size) water into emptied cream bag, seal, shake to release all remaining cream sauce, and add to pan. Stir and simmer an additional 3-5 min or until heated throughout. Serve sauce over tilapia.

Serving suggestions: Garden salad and dinner rolls

Marinara Meat Sauce

Thaw completely in refrigerator. If frozen, cook times will vary.

Note: For a smooth sauce, blend contents of sauce baggie before cooking.

Cook pasta according to label. In skillet over medium-high heat, crumble & brown sausage and beef together. Drain. Stir in contents of marinara sauce baggie. Bring sauce to a boil. Reduce heat and simmer for 5 -10 minutes (or until desired consistency). Serve sauce over pasta. Serving suggestions: garden salad and cheesy garlic bread.

Mexican Casserole

Thaw completely in refrigerator. If frozen, cook times will vary.

Note: For half-size dish, remove plastic cover and replace with foil.

Preheat oven to 350. Bake covered at 350 for 45 minutes or until heated throughout.

Serving suggestions: Fiesta corn

Mexican Lasagna

Thaw completely in refrigerator. If frozen, cook times will vary.

NOTE: For half-size dish, remove plastic cover and replace with foil.

Bake covered at 350 for 40 minutes. Uncover and bake an additional 10-20 minutes.

Let stand 10 minutes and serve hot. Serving suggestions: Garden salad and dinner rolls

Molasses Pork Tenderloin

Thaw completely in refrigerator. If frozen, cook times will vary.

Cooking instructions: Preheat oven to 400. Trim pork as needed. Place pork on baking sheet.

Spoon 1/2 of molasses mixture over pork. Bake at 400 for 20 minutes or until thermometer inserted in thickest portion registers 160. Baste occasionally with molasses mixture. Cut into thin slices and serve. Cooking options: Cook as above on grill.

Serving suggestions: Steamed carrots (provided) and cheesy potatoes.



Mushroom Stuffed Pork Chops

Do not thaw mushroom mixture. Thaw stuffing and pork chops completely.

Melt 2 T butter (1 T for half-size) in skillet over medium-high heat; add frozen mushrooms, onion, and celery. Cook, stirring constantly, for 5 minutes or until tender. Stir in stuffing baggie contents and remove from heat. Spray baking dish with non-stick cooking spray. Using gloved hands, remove pork chops from package, season inside and out with salt and pepper, and place in baking dish. Scoop 1/6 of stuffing mixture (1/3 for half-size dish) into pocket of each pork chop. Once all are stuffed, remove gloves. Bake covered at 350 for 45 minutes or until no pink remains. In saucepan, heat apricot preserves until melted. Pour over cooked pork chops. Cooking option: For added moisture, pour 1 c. white wine or chicken broth (½ c. for half-size) into pan before baking. Serving suggestions: glazed carrots and savory green beans

Nacho Chicken Casserole

Thaw completely in refrigerator. If frozen, cook times will vary.

Preheat oven to 350. Spray bottom of 9x13 pan (8x8 for half-size). Pour contents of chicken baggie into pan and stir to mix thoroughly. Bake uncovered for 35 minutes. Sprinkle cheese and tortilla chips over the top and bake, uncovered, an additional 5 – 10 minutes or until heated throughout. Servings suggestions: fiesta creamed corn

Paprika Chicken with Potatoes

Thaw completely in refrigerator. If frozen, cook times will vary.

Remove chicken from baggie(s) and place in an empty freezer bag. Sprinkle spices into bag with chicken. Seal baggie, shake to coat, and knead baggie to rub spice into chicken. Heat 2 T oil (1 T for half-size) in a skillet over medium-high heat. Brown chicken 5 minutes on each side. Cover and cook over medium/low heat for 5 minutes. Add bell pepper/onion mixture and ½ c. water* (¼ c. half-size) to pan, stir and simmer. Add potatoes. Cover, reduce heat and simmer for 5 minutes or until chicken and vegetables are done. Serving suggestion: savory green beans

Pecan and Brown Sugar Glazed Salmon

Thaw completely in refrigerator. If frozen, cook times will vary.

Preheat oven to 375. Spray baking dish with non-stick cooking spray. Place salmon filets in dish. Sprinkle with pecan & brown sugar mixture. Bake for 15 minutes or until fish flakes easily. Serving suggestion: savory green beans and rice pilaf

Pork Chop and Potato Bake

Thaw completely in refrigerator. If frozen, cook times will vary.

Preheat oven to 350. Pan sear pork chops to lock in juices and brown chops (optional). Spray bottom of 9x13 pan (8x8 for half-size). Pour contents of potato baggie into bottom of pan. Place pork chops over potatoes. Sprinkle pork chops with salt & pepper to taste. Cover and bake for 40 minutes. Uncover and bake 15 minutes longer or until pork is done and browned. Servings suggestions: garden salad and diner rolls



Pork Piccata

Thaw completely in refrigerator. If frozen, cook times will vary.

Trim fat from pork as needed. Cut pork crosswise into ½ inch slices. Dredge pork pieces in cracker crumbs. Spray skillet and heat over medium-high heat. Cook pork pieces for 3 minutes on each side or until browned. Transfer the pork to a plate; cover to keep warm. Reduce heat to medium, add the contents of the sauce baggie to the skillet. Simmer 1 minute stirring constantly. Transfer pork back to the pan and cook for 5 minutes or until pork is done. Serving suggestions: savory green beans and dinner rolls

Quiche Lorraine

Thaw completely in refrigerator. If frozen, cook times will vary.

Preheat oven to 425. Arrange pie crust(s) on cookie sheet. Knead egg mixture baggie to mix. Pour into pie crust(s). Bake 15 minutes. Turn oven down to 325 and bake 35 minutes longer. Quiche is done when knife inserted in center comes out clean. Let stand 10 minutes before serving. Serving suggestions: Fresh fruit and orange juice

Rice – White (or Brown)

Full-size dish (6 servings): Bring 3 1/3 c. water to a boil. Add 1T butter and ¾ tsp. salt (optional). Stir in 1 ½ c. rice. Reduce heat, cover and simmer 20 minutes (25 minutes for brown rice). Remove from heat. Let stand covered 5 minutes or until water is absorbed. Fluff with fork. Serve.

Half-size dish (3 servings): Bring 1 ¾ c. water to a boil. Add 1 ½ tsp. butter and ¼ tsp. salt (optional). Stir in ¾ c. rice. Reduce heat, cover and simmer 20 minutes (25 minutes for brown rice). Remove from heat. Let stand covered 5 minutes or until water is absorbed. Fluff with fork. Serve.

Sausage Brunch Bake

Thaw completely in refrigerator. If frozen, cook times will vary.

Preheat oven to 325. Spray the bottom of foil pan with non-stick cooking spray. Pour contents of baggie into pan and stir to mix thoroughly. Bake uncovered for 50 – 60 minutes or until done (firm). Serving suggestions: Fresh fruit and orange juice.

Sausage Pizza

Thaw completely in refrigerator. If frozen, cook times will vary.

Preheat oven to 350. Slice foccaccia bread in half (like a sandwich). Place bread open-faced on a cookie sheet. Bake for 10 minutes. Remove from oven. Top with marinara sauce, sausage, veggies, and cheese. Return to oven for. Continue to bake for 15 minutes or until browned and bubbly. Serving suggestions: garden salad

Savory Green Beans

Thaw in refrigerator. Preheat oven to 350. Empty contents of bag into small baking dish. Bake uncovered for 30 minutes or until hot and bubbly.



Seafood Lasagna

Thaw completely in refrigerator. If frozen, cook times will vary.

NOTE: For half-size dish, remove plastic cover and replace with foil.

Preheat oven to 350. Bake covered at 350 for 40 minutes. Uncover and bake an additional 20 minutes. Let stand 10 minutes and serve hot. Serving suggestions: Garden salad and garlic bread

Seasoned Chicken Bake

Thaw completely in refrigerator. If frozen, cook times will vary.

Preheat oven to 350. Spray bottom of 9x13 (8x8 for half-size) pan. Pour stuffing mixture into a shallow bowl. Remove chicken from bag (discard bag & remaining marinade) and coat chicken with stuffing mixture. Arrange chicken in pan. Bake covered 20 minutes or until chicken is done. Uncover and bake an addition 5 minutes to brown.

Bake potato wedges according to package directions. Serving suggestions: roasted potato wedges (provided) and glazed carrots.

Shredded Beef Ciabatta Sandwiches

Thaw completely in refrigerator. If frozen, cook times will vary.

Cut beef into 4 pieces. Place beef in slow-cooker (do not use a large slow-cooker for this recipe). Pour contents of vegetable bag over meat in cooker. Cover and cook on low heat all day or until meat is done. Remove meat from cooker, shred it, return to cooker. Divide meat evenly onto 6 ciabatta rolls (3 for half-size). Top meat with cheese. **Ciabatta Sandwich Rolls:** Thaw completely in refrigerator. If frozen, cook times will vary. Preheat oven to 350. Place rolls on cookie sheet. Bake in oven for 10 – 12 minutes or until crispy on outside and hot inside. Serving suggestions: Potato chips and iced tea

Shrimp Alfredo

Thaw completely in refrigerator. If frozen, cook times will vary.

Cook pasta per directions on label. Remove shrimp from bag and pat dry. In a large (medium) skillet heat 1 T (½ T for half-size) cooking oil. Add shrimp to skillet. Cook 3-5 min or until shrimp is pink throughout. Add ¼ C water (1/8 C for half-size) and contents of sauce bag to skillet. Stir and simmer an additional 3-5 min or until heated throughout. Serve over prepared pasta. Serving suggestions: Garden salad and French bread.

Slow Cooker Beef Casserole

NOTE: DO NOT FREEZE POTATOES. STORE IN REFRIGERATOR.

Thaw completely in refrigerator. If frozen, cook times will vary.

Slow cooker: Place cubed steaks and potatoes (cut if desired) into slow-cooker. Pour in contents of vegetable bag. Cover and cook on low 6 to 8 hours.

Bake/oven: Place cubed steaks & potatoes (cut into wedges) into baking dish. Pour contents of sauce baggie over steaks and potatoes. Cover tightly and bake at 325 for at least 2 hours or until steaks & potatoes are fork-tender.

Serving suggestions: Garden salad and dinner rolls.



Slow-Cooker Chicken with Vegetables

DO NOT THAW. COOK FROZEN.

Pour 2 c. water (1 c. for half-size) into bottom of crock pot.

Add gravy mix and stir. Place frozen chicken breasts in crock pot. Add potatoes (clean & cut into quarters), carrots, and onions on top of chicken. Cover and cook on low for up to 8 hours.

Servings suggestions: savory green beans and dinner rolls

NOTE: Best if you use tall crock pot with a narrow bottom vs. a short and wide pot.

Soft Chicken Tacos

Thaw completely in refrigerator. If frozen, cook times will vary.

Spray medium skillet with non-stick cooking spray. Place chicken mixture into skillet and cook over medium heat until hot throughout. Add a small amount of water as needed. Spoon chicken evenly into center of tortillas. Add cheese on top and fold tortillas around the filling. Garnish with lettuce and tomato if desired. Servings suggestions: Fiesta creamed corn and garden salad

Southern Style Tilapia w/ Seasoned Potatoes

Thaw completely in refrigerator. If frozen, cook times will vary.

Rinse fish and pat dry. Flour filets lightly. Heat 2 T cooking oil (1 T for half-size) in skillet over medium-high heat. Add tilapia and cook 3 minutes on each side or until golden and no longer translucent. Keep warm. In a separate pan, heat 4 T (2 T for half-size) cooking oil. Empty contents of potato baggie into pan. Cook over medium heat 8-10 minutes or until desired degree of doneness. Serving suggestions: savory green beans and dinner rolls

Southwestern Pot Roast

DO NOT THAW. COOK FROZEN.

Place frozen beef roast(s) into bottom of crock pot. Add vegetable sauce over beef. Cover and cook on low for 8 hours. Prepare rice per cooking instructions. Serve beef and sauce over rice.

Servings suggestions: garden salad and dinner rolls

NOTE: Best if you use tall crock pot with a narrow bottom vs. a short and wide pot.

Spaghetti and Homemade Meatballs

Thaw completely in refrigerator. If frozen, cook times will vary.

Prepare spaghetti according to cooking instructions, drain, and set aside. With gloved hands, remove ground beef mixture and roll into balls. Remove gloves. Heat large non-stick skillet over medium-high heat. Add meatballs to skillet, cover and cook for 10 minutes or until juices run clear (brown on all sides). Add sauce baggie and 3 ½ cups water (1 ¾ cups for half-size) to skillet and stir to mix. Cover, reduce heat, and simmer for at least 30 minutes. Stir in prepared pasta or serve meatballs and sauce over pasta.

Serving suggestions: Green salad and French bread.



Swiss Steak

Thaw completely in refrigerator. If frozen, cook times will vary.

Lightly coat beef with flour. Heat 3 T (1 ½ T for half-size) oil in skillet over medium-high heat. Brown beef 3 minutes on each side. Pour sauce baggie into pan over beef and stir to mix thoroughly. Heat to boil. Reduce heat to low. Cover and simmer 30 minutes stirring occasionally. Add water as needed. TIP: For more tender beef, cook for 60 minutes or longer. Prepare rice per cooking instructions. Serve over rice.

Option: Place all ingredients in crock pot and cook on low heat all day (8 -10 hours).

NOTE: Best if you use tall crock pot with a narrow bottom vs. a short and wide pot.

Serving suggestions: savory green beans

Three Cheese Lasagna

Thaw completely in refrigerator. If frozen, cook times will vary.

Note: For half-size dish, remove plastic lid and replace with foil.

Preheat oven to 350. Bake covered for 50 minutes. Uncover and bake an additional 10 minutes. Let stand 10 minutes and serve hot. Serving suggestions: Green salad and garlic bread

The Dinner Station's Cookie Pie

Thaw completely in refrigerator. If frozen, cook times will vary.

Cooking instructions: Preheat oven to 350. Pour contents of baggie into pie shell(s). Bake at 350 for 55 minutes to 1 hour. NOTE: If butterscotch chips were used, allow pie to cool before slicing.

Serving suggestion: The perfect dessert to follow any dish from The Dinner Station! Serve with whipped topping or vanilla ice cream.

Vegetable Lasagna

Thaw completely in refrigerator. If frozen, cook times will vary.

Note: For half-size dish, remove plastic cover and replace with foil.

Bake covered at 350 for 30-40 minutes. Uncover and bake an additional 10-20 minutes or until bubbling. Let stand 10 minutes and serve hot. Serving suggestions: garden salad and dinner rolls