

Recipe Name: PASTA FAGIOLI

Servings:_____ **Date Prepared:**_____

Directions: Thaw soup in refrigerator for approx. 24-36 hours. Pour contents of plastic bag in large pot and cook over medium heat until heated through, stirring frequently.

Recipe Name: QUICHE LORRAINE

Servings:_____ **Date Prepared:**_____

Directions: Thaw quiche in refrigerator for approx. 24-36 hours. Preheat oven to 350F. Pour mixture into frozen pie shell. Gently distribute egg mixture with fork. Bake uncovered for approx. 60-70 minutes or until inserted knife comes out clean. The top should be lightly brown. Allow to sit for 10-15 minutes before cutting.

Recipe Name: MARYLAND STYLE CRAB CAKES

Servings:_____ **Date Prepared:**_____

Directions: Thaw overnight. Stove-top: Heat 1/4 cup oil in a pan over medium high heat. Cook cakes for about 2-3 minutes per side, until golden brown, turning once with spatula. Do not handle too much. Remove crab cakes to a paper lined plate. Oven: Bake at 350F for approx. 45 min.

Recipe Name: GOURMET MEATLOAF

Servings:_____ **Date Prepared:**_____

Directions: Thaw in refrigerator for approx. 24-36 hours. Preheat oven to 350F. Bake uncovered for approx. 1 hour or until meat thermometer registers 160F.

Recipe Name: HERB CRUSTED CHICKEN

Servings:_____ **Date Prepared:**_____

Directions: Thaw chicken in refrigerator for approx. 24-36 hours. Preheat oven to 350F. Bake uncovered for approx. 30 minutes or until meat thermometer registers 170F.