

Refrigerator Sheet

1 Pasta Fagioli (Stove-top)

Cooking Instructions: 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.

Suggested Sides: Parmesan cheese to sprinkle on top, salad with tomatoes, red onions, olives and Italian dressing, crusty bread.

2 Quiche Lorraine (Oven)

Cooking Instructions: 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 and will continue to set after removed from the oven. Allow quiche to sit for 10-15 minutes before cutting. Internal temperature should reach 160F. Cover with aluminum foil at end of cook time if quiche is browning too quickly.

Suggested Sides: Assorted fresh fruit and salad.

3 Maryland Style Crab Cakes (Stove-top or Oven)

Cooking Instructions: Thaw in refrigerator for approx. 24 hours. Compress patties, if necessary. 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 or the crab cakes will fall apart. Remove crab cakes to a paper towel-lined plate. Oven: Bake for approx. 45 minutes uncovered in a 350F oven.

Suggested Sides: Lemon wedges and mustard sauce (combine equal amounts of mayonnaise and mustard.) Serve alone, over salad greens or as a sandwich with a side of potato wedges.

4 Gourmet Meatloaf (Oven)

Cooking Instructions: Thaw in refrigerator for approx. 24-36 hours. Preheat oven to 350F. Bake uncovered for approx. 1 hour or until meat thermometer registers 160F. If meatloaf was frozen in cupcake tins, then cook meatloaf tins for about 30 minutes.

Suggested Sides: Mashed potatoes, green beans and corn on the cob

Leftovers: Crumble leftover meatloaf and place it in crescent dough, roll it up and bake according to package for easy sandwiches.

5 Herb Crusted Chicken (Oven)

Cooking Instructions: 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.

Suggested sides: Couscous, salad and/or asparagus.