

Couch Potatoes

It's Easy. It's Comfort. It's Ready.

Menu & Instructions – January 13th

- Braised Pork Chops
 - Roast Sweet Potatoes
 - Roasted Brussels Sprouts
- Swiss Beef/Pork Steak
- Pork cutlet
 - Wild Rice Pilaf
 - Peas & Carrots / Edamame & Carrots
- Salmon Cakes
 - Parsley Carrots
 - Black Eyed Peas
- Scarborough Fair Chicken
 - Parsley Carrots
 - Black Eyed Peas w/ Tomatoes & Greens
- Spicy Garlic Tofu
 - White/Brown/Cauliflower Rice
 - Bok Choy with Shiitakes
- Tavern Green Beans

Entrees

Chops & Swiss Steak/Pork

For best results, use stovetop or microwave, following instructions GRG. If the dish includes noodles, add a few tablespoons of water or milk to the noodles before reheating.

Chicken & Tofu Dishes

The chicken is undercooked so that it won't be overdone when reheated.

- Oven: Reheat 350F for 20 minutes, or until internal temperature is 165F.
- Stovetop & microwave: Follow GRG.

Salmon Cakes

This dish may contain undercooked protein and needs to be fully cooked before eating. For best results, use stovetop or oven.

- Stovetop: Add a tablespoon or so of water. Watching the pot, bring to a boil and reduce the heat until there's just a few bubbles popping. Continue heating for 8-12 minutes, or until fish has reached an internal temperature of 165F.
- Oven: Reheat 350F for 25 minutes, or until internal temperature is 165F.
- Microwave. NOT RECOMMENDED as fish is likely to become overcooked and rubbery

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Sides

Rice Side Dishes

Add a tablespoon or two of water first, regardless of heating method. Also, watch rice carefully to ensure that it doesn't dry out and burn, especially if on the stovetop. Add water by tablespoons as needed. Use microwave or stovetop for best results.

- Stovetop & microwave: Follow GRG.
- Oven: Reheat 350F for 20 minutes, or until internal temperature is 165F.

Vegetable Sides

Stovetop or microwave are the best ways to reheat.

- Stovetop & microwave: Follow GRG
- Oven: Reheat 350F for 20 minutes, or until internal temperature is 165F.