

Couch Potatoes

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

Menu & Instructions – October 7th

- Honey-Mustard Pork Tenderloin
 - Rosemary Roasted Green Beans & Shallot
 - White/Brown Rice
- Brats
 - Roasted Cabbage
 - Sauerkraut
 - German Potato Salad
- Paprika Cream Chicken
 - Roasted Broccoli
- Balsamic Glazed Carrots
- Salmon with Brown-Butter Tomato Relish
 - Wild Rice
 - Pureed Butternut Squash & Parsnips
- Enchiladas
 - Caesar Salad
- Additional
 - Maple Dijon Carrots

Entrees

Tenderloin & Brats

The patties/frittata have been cooked to 165F and just need a gentle reheat.

- Microwave: Probably the best method. Follow GRG, allowing an additional 30 seconds if the items are reheating with sauce.
- Stovetop: Follow GRG.
- Oven: Reheat 350F for 20 minutes, or until internal temperature is 165F.

Enchiladas

These dishes have fully cooked components but are not fully baked. This is to that it'll be at it's very best when you reheat it. Use the oven! If you must, it can be microwaved. Just don't use the stovetop.

- Oven: Preheat oven to 350F with a rack in the middle. Reheat 30-45 minutes, or until the top is golden brown and the sauce is bubbling. Check the temperature in the middle of the dish-it should be at least 165F. While 165F is the safe temperature, the middle might seem cold. Baked dishes do well when heated to an internal, center temp of 180F.
- Microwave: Follow GRG. The microwave works well if you're reheating leftovers.

Chicken Dishes

- Oven: Reheat 350F for 20 minutes, or until internal temperature is 165F.
- Stovetop & microwave: In a microwave safe container, reheat in the microwave 2 minutes at a time until is hot. Let stand for a minute for the heat to distribute.

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Roasted Fish

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

Sides

Lettuce and Mixed Green Salads and Slaws

These salads have all the ingredients together but haven't been dressed so they don't get soggy.

Tips on dressing a salad:

- Place the greens in a large bowl and add about a tablespoon of dressing per serving. Toss the greens until they are lightly coated. Taste. If you want more dressing, add by tablespoon and toss between additions. The goal is to lightly coat the greens but not use so much that dressing is pooling in the bottom of the bowl. Plate the greens.
- Add the garnish to the same bowl and dress as you did the greens. You'll likely be able to use less dressing. Arrange the garnish on the greens.
- Alternatively, you can dress the greens and garnish together, especially if making a single salad. If making multiple salads this way, pay attention plating to ensure that all the salads have the same amount of garnish.

Vegetable Sides, including German Potato Salad

Stovetop or microwave are the best ways to reheat.

- Stovetop & microwave: Reheat 1-2 minutes at time, checking temperature in between. Remove when hot and let stand for one minute for the heat to distribute.
- Stovetop: reheat over medium heat until hot. Add a little water at a time if necessary to loosen the food.