

Couch Potatoes

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

Menu & Instructions – August 19th

- Sirloin Steak
 - Wild Rice Pilaf
 - Parmesan Polenta
 - Mustard Greens with Warm Walnut Vinaigrette
- Sausage Stuffed Pizza Peppers
 - Italian Roasted Zucchini Spears
 - Tavern Green Beans
- Chicken Tikka Masala
- Tofu Tikka Masala
- Jeera Aloo
- Parsley Carrots
- Spinach & Artichoke Chicken
 - Arugula & Carrot Salad with Walnuts & Cheese
 - Roasted Brussels Sprouts
- Chilaquiles
 - Baja Salad
- Additional Sides
 - Spicy Zucchini Stir Fry

Entrees

Sirloin Steak

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.

Chilaquiles

The components are already fully cooked. You'll just need to reheat and finish the dish one of two ways:

- Wet: Lightly crumble 2/3 of the chips (as in don't crush them into powder-or you can leave them whole) into a skillet or a casserole. Pour the sauce over and top with remaining chips. If using the skillet, place over medium heat. Cover and let heat for 10 minutes. Check occasionally. If they appear to dry, add water a tablespoon at a time until moistened. Ready when the chips are soft and the sauce is gently simmering. Add the cheese and heat a minute more. If using the casserole dish, sprinkle the cheese on top. Place in a preheated 350F oven for 35 min, or until the sauce and cheese are gently bubbling.
- Dry: Heat the sauce in the microwave or stovetop until gently simmering and hot throughout. Place slightly crumbled chips in a bowl, on a plate, etc., and pour sauce over. Top with cheese.

Stuffed Peppers

All the components are fully cooked, but 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.

Couch Potatoes

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

- Oven: Preheat oven to 375F 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.

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.
- Vacuum Sealed: Follow the GRG.

Polenta

Polenta is fully cooked and just needs a reheat. When it cools, it forms into a cake. You can reheat the cake (you can even sear it with a little butter for more flavor!) or you can mash it into a loose side dish similar to mashed potatoes. The trick to mashing it is to gently break it apart with a spoon as it heats and add a little liquid to thin it.

- Stovetop & microwave: Follow GRG
- Skillet: Cut the polenta into shapes. Heat the skillet over medium heat and add butter or oil. When butter is melted and starts to foam, or oil has a light shimmer, add the polenta shapes. Let them be for a few minutes, then gently shake the skillet to break them loose. If they won't break loose, they are ready to yet-just let them go a few more minutes. When the tops are This dish has all fully cooked components. Use either the oven or microwave-but the oven will be better. Just don't use the stovetop.

Oven: Preheat oven to 375F with a rack in the middle. Reheat 30 minutes, or until the edges are bubbling and the interior is at least 165F.

Microwave: Follow GRG. The microwave works well if you're reheating leftovers.