



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

Menu & Instructions – September 23rd

- Acapulco Fajita Beef/Pork/Turkey Skillet
 - Zucchini with Chili-Lime Seasoning
 - Roasted Sweet Potatoes with Pepitas
- Salisbury Steak
 - Mashed Potatoes or cauliflower
 - Roasted Carrots
- Zanzibar Chicken (Fish/Beef) Curry
 - Fragrant Basmati Rice (White/Brown/ Cauliflower)
 - Skillet Greens with Cumin & Tomato
- Kung Pao Chicken/Pork/Shrimp
 - Stir Fried Succotash with Edamame
 - Spicy Sesame Ginger Bok Choy
- Mushroom Ragout
 - Cauliflower Polenta
 - Corn Polenta
 - Garden Salad
- Additional Side
 - Orzo/Brown Rice with Spinach & Asiago
 - French Grated Carrot Salad

Entrees

Fajita Skillet

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.

Zanzibar Chicken/Kung Pao

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

Curries & Vegetable Ragouts

This dish is fully cooked in its gravy or sauce

- BEST: Reheat on the stovetop or microwave following the GRG.
- Vacuum sealed: Follow the GRG.

For best results, use stovetop or microwave, GRG. Add a tablespoon of water to the dish before reheating

Sides

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.

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

Rice & Rice Noodle 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.