

# Couch Potatoes

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

## Menu & Instructions – September 9th

- Beef Pot Roast & Horseradish
  - Veggie Mash
  - Garlic Roasted Green Beans
- Buffalo Meatballs
  - Ranch Cauliflower
  - Stuffed Mirliton
- Chile Rellenos Chicken
  - Chipotle-Butternut & Carrot Mash
  - Corn O'Brien
- Chicken or Tilapia Parmesan
  - Capellini Pomodoro
  - Snap Pea-Tomato Salad
- Quinoa with Roasted Butternut Squash
  - Savory Green Beans
  - Tomatoes Provencal
- Additional Sides
  - Lemony Yellow Split Peas
  - Bourbon Sweet Potatoes

## Entrees

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### Chicken Dishes

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

### Meatballs & Pot Roast

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

## Sides

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### 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.

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- 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.

## Mashed Potatoes & Mashed Root Veggies

Stovetop or microwave is the best way to reheat. Since they're thick, stir often. If using the stovetop, check frequently to ensure they're not burning on the bottom of the pan.

- Stovetop & microwave: Follow GRG
- Oven: Reheat 350F for 20 minutes, or until internal temperature is 165F. Add about 2 tablespoons of milk first

## 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.

## Zoodles

The zoodles are packaged in a plastic pouch. Cut off one corner just large enough to add 1 tablespoon of water. Fold cut corner under the pouch and place on a plate. Microwave for 60 seconds. Without disturbing the packet, remove the plate from the microwave and let steam for an additional two minutes.