

January 20th: Reheat, Prep & Freeze Guidelines

Remove items from refrigeration 30 minutes prior to heating.

Note: Reheating times may vary due to variations of ovens and calibration.

Breakfast

Individual Healthy Frittata Bites - GF DF VEG NF (Freezer Safe) / Individual Frittata Bites - GF VEG NF (Freezer Safe)

Preheat the oven to 350 degrees. Place in an oven covered and heat for 8-10 minutes and serve.

***Can also be served at room temperature!

Freezer/Thawing Instructions-

Tightly wrap each frittata bite with saran wrap and aluminum foil and place in a freezer safe Ziploc bag. When ready to use, remove from the freezer and thaw in the refrigerator overnight. Follow reheating instructions.

Thick-Cut Pork Breakfast Sausage - GF, DF, NF (Freezer Safe)

Preheat the oven to 350 degrees. Place in an oven covered and heat for 15 minutes. Remove the lid and heat for an additional 3-5 minutes.

Freezer/Thawing Instructions-

Tightly wrap sausage with saran wrap and aluminum foil and place in a Ziploc freezer bag. When ready to use, remove from the freezer and thaw in the refrigerator overnight. Follow reheating instructions.

Sweet Potato and Black Bean Hash- NF GF

Preheat oven to 350 degrees. Place in oven covered and heat for 15 minutes.

Remove lid and stir. Return to oven uncovered and heat for an additional 8-10 minutes.

Healthy Breakfast Grain Bowl - VEGAN GF

Cinnamon Scented Steel Cut Oats for 3-5 minutes in a small saucepan on a low simmer. Spoon 1 cup of oats into a small bowl and top with ½ cup of quinoa. Layer with Pecans, Roasted Apples, Dried Cranberries, and Golden Raisins. Drizzle with one tablespoon of Maple Syrup and garnish Flax Seeds. Serve immediately.

***Steel oats can also be served cold or at room temperature!

Soups

Classic Chicken Noodle Soup- NF DF Freezer Safe

Transfer soup into small saucepan and heat on medium-low heat for 10-12 minutes (stirring occasionally) or until hot. Add pasta noodles to hot chicken broth and heat for an additional 1-2 minutes and serve.

Freezer/Thawing Instructions-

Freeze container of soup. When ready to use, remove from freezer and thaw in refrigerator overnight. Follow reheating instructions.

Mushroom Barley- NF Freezer Safe

Appetizers

Bacon Wrapped Dates Stuffed with Gorgonzola & Balsamic Glaze -GF, NF (Freezer Safe) veg

Preheat the oven to 350 degrees. Line a baking tray with parchment paper or aluminum foil. Remove skewers and arrange dates in a single layer and bake for 6 minutes. Rotate the tray and cook for an additional 6 minutes, or until bacon is crispy and browned. Allow dates to cool for about 5 minutes and arrange back onto the skewers. Drizzle with balsamic glaze and serve.

Freezer/Thawing Instructions-

Tightly wrap container of dates with saran wrap and aluminum foil and freeze. When ready to use, remove from the freezer and thaw in the refrigerator overnight. Follow reheating instructions.

Edamame Dumplings- NF DF

Preheat the oven to 350 degrees. Place in the oven uncovered and heat for 10-12 minutes or until crispy. Serve with ponzu sauce.

Pigs in a Blanket - NF

Preheat the oven to 350 degrees. Line a baking sheet with parchment paper or aluminum foil and arrange pigs in a single layer. Bake for 5 minutes. Rotate tray and heat for an additional 5 minutes or until pigs are slightly browned. Let cool for 2-3 minutes and transfer to a small plate or platter. Serve with lime crema.

Freezer/Thawing Instructions

Tightly wrap a container of pigs in a blanket with saran wrap and aluminum foil and freeze. When ready to use, remove from the freezer and thaw in the refrigerator overnight. Follow reheating instructions.

Classic Mains

Moroccan Chicken- GF DF NF

Preheat oven to 350 degrees. Place in oven covered and heat for 15-20 minutes

Paprika Monkfish- GF DF NF

Lamb Stew with Harrisa and Garbanzo- NF

Preheat oven to 350 degrees. Place in oven covered and heat for 25 minutes. Serve over warm cilantro couscous.

I found this Lamb Stew w/Harrisa & Garbanzo This is correct

Preheat oven to 350. Remove Lamb from refrigeration 30 minutes before heating. Place Lamb in oven covered and heat for 15 minutes. Remove lid and stir with a spoon. Return to oven covered for an additional 10-15 minutes.

This was a Lamb Stew From a Previous menu

Middle Eastern Tacos- VEGAN NF

Preheat oven to 350 degrees. Wrap flour tortillas in aluminum foil and warm for 5-6 minutes. On warm tortilla, add arugula, ¼ cup of spiced chickpeas, and 1

tablespoon of baba ganoush. Sprinkle diced tomatoes and diced cucumbers and garnish with pickled onions.

Couscous Bowl- GF VEGAN NF

Spoon couscous into a small bowl. Layer with grilled eggplant slices, grilled zucchini, chickpeas, cherry tomatoes, diced cucumbers, and black olives. Add 1-2 tablespoons roasted red pepper dip and drizzle generously with sweet paprika vinaigrette. Garnish with preserved lemon slices and fresh mint.

Classic Sides

Spiced Potatoes- GF VEGAN NF

Roasted Delicata Squash- GF VEGAN NF

Preheat oven to 350 degrees. Place in oven covered and heat for 15 minutes. Remove lid and stir. Return to oven uncovered and heat for an additional 5-8 minutes.

Roasted Green Beans- GF VEGAN

Preheat oven to 350 degrees. Place in oven uncovered and heat for 8-10 minutes.

Wheatberry Salad- VEGAN NF

Tabbouleh Salad- VEGAN NF

This salad is composed. Toss and serve

Field Greens and Pear Salad- GF VEG

Weekly Staples

Cheese Quesadillas – GF VEG NF

Preheat the oven to 350 degrees. Transfer quesadillas into a small sheet tray and place them half inch apart. Place in the oven for 4-5 minutes or until slightly crispy. Cut into triangles and serve with mild salsa.

Chicken Tenders – NF (Freezer Safe)

Preheat the oven to 350 degrees. Place in the oven uncovered and heat for 15 minutes. Serve with Thai Chilli Dipping Sauce and Bacon Ranch Dressing.

Freezer/Thawing Instructions

Tightly wrap chicken tenders with saran wrap and aluminum foil. When ready to use, remove from the freezer and thaw in the refrigerator overnight. Follow reheating instructions.

Kids' Korner

Sauteed Broccoli- GF VEGAN NF

Preheat oven to 350 degrees. Place in oven uncovered and heat for 10 minutes.

Individual Turkey Pot Pies- NF Freezer Safe

Preheat oven to 350 degrees. Place in oven covered and heat for 25 minutes. Remove lid and return to oven uncovered. Heat for an additional 5-10 minutes.

Freezer/Thawing Instructions-

Tightly wrap container of pot pies with saran wrap and aluminum foil and freeze. When ready to use, remove from freezer and thaw in refrigerator overnight. Follow reheating instructions.

Caesar Salad- NF VEG

Transfer ingredients to a mixing bowl and add vinaigrette. Start with a small amount and adjust to your liking. Portion salad onto 4 platters.

Best Ever Mashed Potatoes- GF VEG NF Freezer Safe

Preheat oven to 350 degrees. Place in oven covered and heat for 20 minutes. Remove lid and stir. Return to oven covered and heat for an additional 5-10 minutes.

Freezer/Thawing Instructions-

Tightly wrap container of mashed potatoes with saran wrap and aluminum foil and freeze. When ready to use, remove from freezer and thaw in refrigerator overnight. Follow reheating instructions.

Sweet Treats

Individual Cheesecakes- VEG NF Freezer Safe

Assorted Macarons- GF VEG NF

Meal Prep Essentials

Note: All Meal Prep Items Can Be Enjoyed Chilled at Room Temperature or Heated to Your Liking

Low Fat Proteins – GF DF NF

****Enjoy at Room Temperature****

Heating Recommendation: Preheat oven to 350 degrees. Place in oven for approximately 5-10 minutes. **Note: Items should be at room temperature before heating.**

Super Greens – GF VEGAN NF

****Enjoy at Room Temperature****

Heating Recommendation: Preheat oven to 350 degrees. Place in oven for approximately 7-10 minutes. **Note: Items should be at room temperature before heating.**

Good Carbs – GF VEGAN NF

****Enjoy at Room Temperature****

Heating Recommendation: Preheat oven to 350 degrees. Place in oven for approximately 10 minutes. **Note: Items should be at room temperature before heating.**