



### Teriyaki Grilled Salmon

Thaw both bags. Drain & discard marinade in bag. Use pint-size bag of liquid for basting. Place salmon on a broiler pan. Broil 3-4 inches from heat for 5 min. Brush w/reserved marinade; turn & broil for 5 min+ or until fish flakes easily w/fork. Brush w/more marinade. If grilling: pre-heat grill on med-high heat; using fish cage, cook on each side approx 5 min or until flaky, basting w/marinade.

*Date Made/Frozen:*



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*Date Made/Frozen:*



### Slow Cooker Ham & Green Beans

Thaw. Place all ingredients in a slow cooker. Cook on low 6-8 hours or high 3-4 hours.

*Date Made/Frozen:*



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### Country Captain Chicken

Place contents (not rice) in slow cooker for 6 hours on low. Using tongs, remove chicken carefully from the slow cooker and place in a covered dish to keep warm. Stir one bag of rice into the remaining contents of the slow cooker. Cover and cook again for about 30 minutes, or until rice is bite-tender. Serve.

*Date Made/Frozen:*



### Country Captain Chicken

Place contents (not rice) in slow cooker for 6 hours on low. Using tongs, remove chicken carefully from the slow cooker and place in a covered dish to keep warm. Stir one bag of rice into the remaining contents of the slow cooker. Cover and cook again for about 30 minutes, or until rice is bite-tender. Serve.

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### Island Chicken

Thaw. Cook chicken on the grill on medium heat, brushing chicken with marinade after 7 minutes. Turn chicken over and brush with extra marinade and continue to cook until done (165 F internal temperature). Chicken should be firm to the touch but not hard.

*Date Made/Frozen:*



### Island Chicken

Thaw. Cook chicken on the grill on medium heat, brushing chicken with marinade after 7 minutes. Turn chicken over and brush with extra marinade and continue to cook until done (165 F internal temperature). Chicken should be firm to the touch but not hard.

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### Italian Stuffed Peppers

Remove the amount that you need and thaw. Bake in a glass dish at 350 degrees for 45 minutes covered with foil. Remove foil and bake an additional 15 minutes.

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