



GFDF Pizza Muffins

Thaw. Eat at room temperature or warmed through

Date Made/Frozen:



GFDF Pizza Muffins

Thaw. Eat at room temperature or warmed through

Date Made/Frozen:



GFDF Taco Fritters

Thaw. Eat chilled, at room temperature or heat through.

Date Made/Frozen:



GFDF Taco Fritters

Thaw. Eat chilled, at room temperature or heat through.

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Balsamic Chicken & Roasted Veggies

Thaw. Drain chicken & veggie marinades. Place chicken on one end of a large roasting pan, and veg on other. Bake at 425° 35 - 40 minutes.

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Balsamic Chicken & Roasted Veggies

Thaw. Drain chicken & veggie marinades. Place chicken on one end of a large roasting pan, and veg on other. Bake at 425° 35 - 40 minutes.

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Honey Chicken Kabobs

Thaw. Preheat grill. Drain & discard marinade from chicken and veggies. Thread chicken and veggies onto skewers. Place the skewers on oiled grill grate. Cook for 12-15 minutes, until chicken juices run clear.

Date Made/Frozen:



Honey Chicken Kabobs

Thaw. Preheat grill. Drain & discard marinade from chicken and veggies. Thread chicken and veggies onto skewers. Place the skewers on oiled grill grate. Cook for 12-15 minutes, until chicken juices run clear.

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Cilantro & Lime Chicken Breasts

Thaw. Cook by baking, grilling or pan frying until juices run clear and chicken is cooked through.

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