

A close-up, high-angle shot of several wooden skewers loaded with grilled chicken, red and yellow bell peppers, onions, and zucchini. The skewers are resting on a black metal grill grate. The background is a blurred green lawn. A semi-transparent red rectangular box is overlaid on the left side of the image, containing white text.

20 FOR THE FREEZER - GRILL BUNDLE

40 delicious recipes

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Saving Dinner with



From the Freezer to the Grill

The Menus, Recipes, Instructions,
and Assembly Guidelines
for

20 Delicious Dinner Kits for the Grill
to
Bring your Family Back to the Dinner Table

Includes:

Welcome and Getting Started
Dinner Kit Shopping List
Meal Time Shopping List
Preassembly Prep List
Dinner Planner Check List
Assembly Guides and Recipes

Welcome to 20 for the Freezer

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 20 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and grilling up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and grilling instructions will walk you through the process. So put on some good music and make sure you have on a comfy pair of shoes while you assemble a month's worth of meals at your own pace.

Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

This document is long, but organized! You'll need all of the details to compile your dinner kits so don't forget to be creative and use your printer's ink and page saving features if necessary. Please check your printer's HELP guide if you are unfamiliar with any of the printing suggestions.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

Off and Running

Instructions are printed and you're off! To help you keep track of your 20 For the Freezer, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

Let's talk Dollars and Cents

To give you a rough estimate on what the average cost per meal is, we shopped at one grocery store in Phoenix, Arizona.

This store is relatively high end – definitely not a discount grocer. We shopped using the entire shopping list and bought every item on the list as if we were a new Menu-Mailer subscriber just starting out with only salt and pepper in our pantry.

Whenever possible, we bought organic products, as well. The total cost for every item was only \$285 for the preassembly ingredients. That breaks down to a per meal cost of \$14.50 for 4 people for 20 meals. (You can't take a family of 4 to a fast food burger place for that price.)

We know you can do a lot better than we did by utilizing club stores, discount grocery stores, catching items on sale and using your coupons. We did this so you could see the rough cost on using the 20 For the Freezer – but again, this is straight retail, no penny pinching.

By taking your shopping list and carefully combing thru your pantry and refrigerator, you should be able to purchase most everything you need to make the recipes for much less! Our staff went thru their pantries and could mark off more than half of the ingredients before they even left home!

Make sure to try to ad match and shop at stores that match competitor sale items and used their coupons.

Once begun, half done

Cooking dinner can be exhausting. Preparing 20 dinners can seem daunting! Hang in there – we'll get you through it painlessly. Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (figure 2 one gallon sized bags per meal)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking.

Grocery shopping will probably take you an hour or two, and for a reference point, several of our staff have tested the assembly of the kits and had all 20 meals in the freezer in two – three hours. The pre assembly prep list helps cut down on assembly time so be sure to read it and use it!

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals. So, let's get going!

Shopping Lists – Your plan for success

This wouldn't be a Menu-Mailer without one of your most important tools to dinner success – the shopping list! And 20 For the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List.

When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List to get started. This one has all of the ingredients that you'll be assembling and freezing.

Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our 20 For the Freezer testers found they could cross off almost half of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and

herbs to verify you have plenty for each recipe and that they are fresh. Now, it's time to put on those lace up shoes and head to the market for your remaining ingredients.

If you want to really take the easy way out, use your grocer's ONLINE SHOPPING and order your food ahead so it arrives perfectly timed to begin assembly.

Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips! Remember: You should assemble your meals as soon as possible to have the best results.

Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 20 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 20 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40 degrees F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are short on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals. Overnight thawing is the optimum way to defrost dinner.

Stations Everyone

A place for everything, and everything in its place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, dairy. You'll know right where to go to find your next needed ingredient. If

you're limited on counter space, that's okay, use the kitchen or dining room table.

FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 20 kits in a day, try assembling your meals by type of meat! Do all of your fish at one time, take a break, then do the next meat group.

If you stop for the day after assembling one meat group or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

You'll want to get out the Preassembly Prep List as that will have many time saving do ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one.

Where's the beef?

You'll notice that the menus are broken down into meat categories: beef, chicken, pork and fish. Fish is such a delicate meat, that I strongly recommend you start your meal assembly first with your fresh fish.

Follow this then by your poultry meats, either chicken or turkey. Then move on to your pork, and finally your beef items.

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. Move onto the next meal and follow the same process.

To assemble your kits quicker, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

Something's Fishy!

Ask anyone in my customer service department and FISH is probably the number one ingredient we get complaints on. While fish comes in many different ways, if you've had an ill prepared or overcooked fish dish it's sure to be a turnoff.

The fish recipes included in 20 For the Freezer are RAVES – favorites from subscribers to Menu-Mailer. I'd encourage you to take a leap of faith and try them if you "think" you don't like fish. You'll be pleasantly surprised!

If you still have an aversion to fish, these delicious recipes are also extremely flexible and would be perfect choices to also substitute chicken (or even turkey) in place of any of the fish. Simply remember to adjust cooking times to ensure your chicken is cooked thru and make any needed adjustments to your shopping lists.

What's for Dinner?

With your freezer full of nutritious meals comes the question –How do I use and get the full benefit of my meals?” Start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer you mark it off the list. With 20 dinners tucked inside the freezer, you want to make sure you don't miss out on enjoying every single one of them.

Now is also the time to break out that second shopping list — the Meal Time Shopping List. You may even want to have a couple copies of this on hand. Here you'll find all 20 recipes noted, and below each numbered recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process. I

Some ingredients on the Meal Time Shopping List will be preceded by a * —These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing a month's worth of main courses and some food items are very perishable and only last approximately a week in your pantry or fridge.

Also, you are in control of how you decide to use the meals. You may decide to use these meals for the whole month while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep and then share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

Going forward

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and everyone, even the youngest, feels they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

20 For the Freezer is Saving Dinner

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold 20 For the Freezer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

(Note: Each purchase of 20 for the Freezer is for individual use. Please have participants each purchase their own Mailer.)

Congratulations on Saving Dinner in your home!

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Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits.

MEAT

1 1/2 pounds boneless skinless chicken breast meat [R2]
12 (6-oz.) boneless skinless chicken breast halves [R1,R4,R5]
20 chicken drumsticks [R3]
1 pound beef tenderloin [R8]
2 (14-oz.) New York strip steaks [R9]
4 beef tenderloin steaks, about 1 inch thick [R7]
3 pounds flanken-cut beef short ribs, about 1/4 inch thick [R6]
1 pound 95% lean ground beef [R10]
2 pounds baby back pork ribs [R11]
4 (6-oz.) boneless loin pork chops [R12]
4 rib pork chops, about 1 1/4 inches thick [R15]
1 (1-lb.) lean pork tenderloin [R14]
1 (1 1/2-lb.) ham steak [R13]
4 (6-oz.) skinless salmon fillets [R20]
1 1/2 pounds tuna fillets [R18]
2 pounds fresh shrimp, peeled and deveined [R19]
16 large fresh scallops [R17]
2 pounds fresh mussels OR clams (cleaned and beards removed (for mussels)) [R16]

CONDIMENTS

Olive oil (15 tablespoons) [R2,R3,R4,R9,R16,R17]
Sesame oil (1/4 cup) (in Asian section of grocery store) [R6]
Apple cider vinegar (1 teaspoon) [R1]
Rice wine vinegar (1 tablespoon) [R5]
Red wine vinegar (1/3 cup) [R16]
White wine vinegar (2 tablespoons) [R17]
Balsamic vinegar (2 tablespoons) [R13]
Dijon-style mustard (6 tablespoons) [R1,R9,R18]
Sweet German mustard (1 cup) [R12]
Ketchup (1/4 cup) [R1]
Worcestershire sauce (2 tablespoons) [R4,R10]
Low sodium soy sauce (1 cup plus 7 tablespoons) [R5,R6,R14,R18]
Hot sauce (10 dashes) [R3]
Prepared horseradish (1/4 cup) [R9]
Honey (1/4 cup plus 7 tablespoons) [R6,R14,R15]
Maple syrup, pure (1/4 cup) [R13]
Peach preserves (2/3 cup) [R1]

PRODUCE

Onions (1/2 cup chopped) [R5]
Red onions (1 medium, 1 small and 1/2 cup chopped) [R2,R4,R15]
Shallots (2 tablespoons minced) [R16]
Garlic (49 cloves) [R2,R3,R4,R5,R6,R9,R10,R11,R14,R16,R17,R19]
Green onions (1/4 cup minced plus 1 tablespoon chopped) [R6,R18]
Zucchini (1 medium) [R2]
Jalapeno peppers (1) [R5]
Baby cremini OR button mushrooms (8 ounces) [R10]
Chives (1 tablespoon chopped) [R7]
Lemon grass (one 2-inch piece) [R5]
Lemons (1/4 cup plus 4 tablespoons plus 2 teaspoons juice) [R2,R3,R17]
Limes (3 tablespoons juice plus 2 tablespoons zest) [R5,R19]
Granny Smith apples (1 large) [R15]
Asian pears (1) [R6]

CANNED GOODS

Chipotle chilies in adobo sauce (1/4 cup) [R4]
1 (14-oz.) can coconut milk [R19]

SPICES

Sea salt [R1,R2,R3,R4,R9,R10,R11,R12,R16,R17,R19]
Black peppercorns [R1,R2,R3,R4,R6,R8,R9,R10,R11,R12,R13,R16,R17,R18,R19]
Dried mint [R2]
Oregano [R2,R17,R20]
Ground ginger [R3,R18,R19]
Ground cumin [R4,R11]
Paprika [R4,R11,R20]
Chili powder [R4,R11]
Thyme [R8,R17,R20]
Ground allspice [R8]
Crushed red pepper flakes [R16]
Dry mustard [R17]
Cayenne pepper [R20]
Garlic powder [R20]

DAIRY/DAIRY CASE

Butter, unsalted (4 tablespoons) [R7]
Eggs (1) [R10]
Blue cheese (1/4 cup crumbled) [R7]

DRY GOODS

Brown sugar (3/4 cup plus 2 tablespoons plus 2 teaspoons packed) [R5,R6,R15]
Roasted cashews, salted (1 cup) [R5]

BAKERY

Day-old bread cubes (2 1/4 cups) [R7,R15]

OTHER

Wooden toothpicks [R7,R15]
Zipper-topped plastic freezer bags:
1-quart 28
1-gallon 17

GLUTEN FREE

Apple cider vinegar [R1]
Balsamic vinegar [R13]
Rice wine vinegar [R5]
Red wine vinegar [R16]
White wine vinegar [R17]
Dijon-style mustard [R1,R9,R18]
Sweet German mustard [R12]
Ketchup [R1]
Worcestershire sauce [R4,R10]
Soy sauce [R5,R6,R14,R18]
Hot sauce [R3]
Prepared horseradish [R9]
Maple syrup [R13]
Peach preserves [R1]
Canned chipotle chilies in adobo sauce [R4]
Gluten free bread [R7,R15]



Meal Time Shopping List

Make several copies. Before shopping, highlight ingredients needed for your upcoming meal choices.
(* refers to ingredients needed for the serving suggestions if you are following them.)

1. Just Peachy Chicken

Olive oil
*New potatoes
*Broccoli slaw
*Light mayonnaise
*Rice vinegar
GLUTEN FREE: No changes necessary.

2. Greek Kabobs

Olive oil
Metal OR bamboo skewers (pre-soak if using bamboo)
*Whole wheat couscous
*Mixed baby greens
*Red onion
*Cucumber
*Feta cheese
*Red wine vinaigrette
GLUTEN FREE: No changes necessary.

3. Heat Street Drumsticks

Olive oil
Hot sauce, to taste
Dipping sauce (ranch, blue cheese etc.)
*Butter, unsalted
*Corn on the cob
*Coleslaw mix
*Light mayonnaise
*Rice vinegar
GLUTEN FREE: Make sure hot sauce and dipping sauces are gluten free.

4. Chipotle Chicken

Olive oil
*Canned black beans
*Salsa
*Light sour cream
*Lettuce (not Iceberg, no nutrition)
*Salad veggies (your choice)
*Salad dressing (your choice)
GLUTEN FREE: No changes necessary.

5. Garlic Cashew Chicken

Olive oil
*Rice noodles (in Asian section of grocery store)
*Zucchini, yellow squash and snow peas
GLUTEN FREE: No changes necessary.

6. Korean Short Ribs

Olive oil
*Brown rice
*Broccoli
GLUTEN FREE: No changes necessary.

7. Blue Cheese Steak

Olive oil
Aluminum foil wrap
*Russet potatoes
*Lettuce (not Iceberg, no nutrition)
*Salad veggies (your choice)
*Salad dressing (your choice)
GLUTEN FREE: No changes necessary.

8. Thyme-Rubbed Tenderloin

Olive oil
Aluminum foil wrap
*Sweet potatoes
*Green beans
GLUTEN FREE: No changes necessary.

9. Grilled Horseradish New York Strip

Olive oil
Aluminum foil wrap
*Green bell pepper
*Red onion
*Zucchini
*Summer squash
GLUTEN FREE: No changes necessary.

10. Mushroom-Swiss Burgers

Olive oil
4 slices Swiss cheese
4 whole wheat burger buns
*Butter, unsalted
*Corn on the cob
*Baby carrots
*Radishes
*Cherry tomatoes
*Whole black olives
GLUTEN FREE: Use gluten free burger buns.

11. Baby Back Ribs

Olive oil
Aluminum foil wrap
Barbecue sauce (your favorite)
*Rice pilaf
*Green beans
GLUTEN FREE: Make sure barbecue sauce is gluten free.

12. German Mustard-Marinated Pork Chops

Olive oil
Extra mustard for dipping
*New potatoes
*Coleslaw mix
*Light mayonnaise
*Rice vinegar
GLUTEN FREE: Make sure mustard is gluten free.

13. Maple Ham Steak

Olive oil
Aluminum foil wrap
*Butter, unsalted
*Corn on the cob
*Broccoli slaw
*Light mayonnaise
*Rice vinegar
GLUTEN FREE: No changes necessary.

14. Soy Sweet Pork Loin

Olive oil
Aluminum foil wrap
*Brown rice
*Red and green bell peppers
*Zucchini
GLUTEN FREE: No changes necessary.

15. Apple-Stuffed Pork Chops

Olive oil
Apple butter (1/4 cup)
*Sweet potatoes
*Broccoli
GLUTEN FREE: Make sure apple butter is gluten free.

16. Grilled Mussels in Spicy Garlic Sauce

Parsley (1/4 cup chopped) (optional)
*Whole wheat couscous
*Spinach
*Salad veggies (your choice)
*Salad dressing (your choice)
GLUTEN FREE: No changes necessary.

17. Good Greek! Grilled Scallops

Olive oil
Metal OR bamboo skewers (pre-soak if using bamboo)
*Red potatoes
*Mixed baby greens
*Red onion
*Cucumber
*Feta cheese
*Red wine vinaigrette
GLUTEN FREE: No changes necessary.

18. Tangy Tuna Burgers

Olive oil
4 whole wheat burger buns
*Butter, unsalted
*Corn on the cob
*Baby carrots
*Radishes
*Cherry tomatoes
*Sugar snap beans
GLUTEN FREE: Use gluten free burger buns.

19. Coconut Lime Shrimp

Olive oil
1 lime, quartered
Metal OR bamboo skewers (pre-soak if using bamboo)
*Whole wheat couscous
*Golden raisins
*Slivered almonds
*Spinach
*Garlic
GLUTEN FREE: No changes necessary.

20. Blackened Salmon

Olive oil
*New potatoes
*Asparagus
GLUTEN FREE: No changes necessary.

Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

MEAT

Leave 12 (6-oz.) boneless skinless chicken breast halves as is
Leave 20 chicken drumsticks as is
Cube 1 1/2 pounds boneless skinless chicken breast meat
Leave 3 pounds beef short ribs as is
Leave 1 pound beef tenderloin as is
Leave 1 pound 95% lean ground beef as is
Cut 2 (14-oz.) New York strip steaks in half
Cut a horizontal slit in each of the 4 beef tenderloin steaks
Leave 2 pounds baby back pork ribs as is
Leave 4 rib pork chops as is
Leave 4 (6-oz.) boneless loin pork chops as is
Leave 1 pound lean pork tenderloin as is
Leave 1 (1 1/2-lb.) ham steak as is
Leave 1 1/2 pounds tuna fillets as is
Leave 2 pounds fresh peeled and deveined shrimp as is
Clean and trim beards from 2 pounds fresh mussels OR clams
Rinse and pat dry 16 large fresh scallops
Rinse and pat dry 4 (6-oz.) boneless skinless salmon fillets
KEEP ALL MEAT, POULTRY AND SEAFOOD REFRIGERATED UNTIL READY TO ASSEMBLE.

CONDIMENTS

Set out items shown on Assembly Time Shopping List.

PRODUCE

Onions: Chop 1/2 cup onions.
Red onions: Cut 1 medium into 1-inch wedges; chop 1 small plus 1/2 cup.
Shallots: Mince 2 tablespoons.
Garlic: Peel 49 cloves.
Green onions: Mince 1/4 cup; chop 1 tablespoon.
Zucchini: Halve 1 medium lengthwise then cut into 1-inch pieces.
Jalapeno peppers: Seed and chop 1 (use gloves).
Baby cremini OR button mushrooms: Chop 8 ounces.
Chives: Chop 1 tablespoon.
Lemons: Squeeze 1/4 cup plus 4 tablespoons plus 2 teaspoons juice.
Limes: Squeeze 3 tablespoons juice and grate 2 tablespoons zest.
Granny smith apples: Peel, core and chop 1 apple.
Asian pears: Peel, core and puree.

CANNED GOODS

Chop 1/4 cup chipotle chilies in adobo sauce.

SPICES

Set out all spices shown on Assembly Time Shopping List.

DRY GOODS

Set out dry goods shown on Assembly Time Shopping List.

Saving Dinner with 20 For the Freezer

Dinner Planner

Chicken

- ☐ 1. Just Peachy Chicken
- ☐ 2. Greek Kabobs
- ☐ 3. Heat Street Drumsticks
- ☐ 4. Chipotle Chicken
- ☐ 5. Garlic Cashew Chicken

Beef

- ☐ 6. Korean Short Ribs
- ☐ 7. Blue Cheese Steak
- ☐ 8. Thyme-Rubbed Tenderloin
- ☐ 9. Grilled Horseradish New York Strip
- ☐ 10. Mushroom-Swiss Burgers

Pork

- ☐ 11. Baby Back Ribs
- ☐ 12. German Mustard-Marinaded Pork Chops
- ☐ 13. Maple Ham Steak
- ☐ 14. Soy Sweet Pork Loin
- ☐ 15. Apple-Stuffed Pork Chops

Fish

- ☐ 16. Grilled Mussels in Spicy Garlic Sauce
- ☐ 17. Good Greek! Grilled Scallops
- ☐ 18. Tangy Tuna Burgers
- ☐ 19. Coconut Lime Shrimp
- ☐ 20. Blackened Salmon

Just Peachy Chicken

20 For the Freezer Recipe 1 — Assembly Guidelines
Serves 4

Assembly Ingredients:

4 (6-oz.) boneless skinless chicken breast halves
1/4 cup ketchup
2/3 cup peach preserves
1 teaspoon apple cider vinegar
1 tablespoon Dijon-style mustard
1/2 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

To Assemble:

Place chicken in 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag.

In a small bowl, whisk together remaining ingredients. Pour peach glaze into a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

Just Peachy Chicken

20 For the Freezer Recipe 1 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

4 (6-oz.) boneless skinless chicken breast halves
1/4 cup ketchup
2/3 cup peach preserves
1 teaspoon apple cider vinegar
1 tablespoon Dijon-style mustard
1/2 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

At Time of Cooking Ingredients:

Olive oil

Cooking Instructions:

Preheat outdoor grill to medium. Lightly grease grill grate with olive oil. Place chicken on indirect heat, cover and grill 20 minutes, turning over halfway through cooking. Brush one side of chicken with glaze and grill, glaze-up, about 10 minutes. Turn chicken over and brush other side with glaze, then grill 10 minutes longer or until cooked through and juices run clear.

SERVING SUGGESTION: Steamed new potatoes and a big bowl of broccoli slaw (use a ready-made mix and toss with light mayo and a little rice vinegar).

GLUTEN FREE: Make sure vinegar, ketchup, mustard and peach preserves are gluten free.

Nutrition per serving: 345 Calories; 4g Fat; 40g Protein; 39g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 592mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 0 Fruit; 0 Fat; 2 1/2 Other Carbohydrate. Points: 9

Greek Kabobs

20 For the Freezer Recipe 2 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1 1/2 pounds boneless skinless chicken breast meat, cubed
4 tablespoons lemon juice, divided
4 tablespoons olive oil, divided
4 cloves garlic, pressed
2 teaspoons dried mint, divided
1 teaspoon dried oregano
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper
1 medium red onion, halved and cut into 1-inch wedges
1 medium zucchini, halved lengthwise then cut into 1-inch pieces

To Assemble:

In a small bowl, whisk together 2 tablespoons lemon juice, 2 tablespoons olive oil, garlic, 1 teaspoon dried mint, oregano, salt and pepper. Rub mixture into chicken breasts, then place chicken in a 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag.

Whisk together remaining 2 tablespoons lemon juice, 2 tablespoons olive oil and 1 teaspoon dried mint. Place onion and zucchini in a second 1-quart freezer bag, then pour lemon and olive oil mixture into bag. Gently squeeze the bag to coat, then carefully squeeze the bag to force out any air before sealing.

To prevent freezer burn, place the filled bag in a 1- gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

Greek Kabobs

20 For the Freezer Recipe 2 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

DO-AHEAD TIP: If using bamboo skewers, soak for at least 30 minutes before grilling to prevent burning.

Preassembled Ingredients:

1 1/2 pounds boneless skinless chicken breast meat, cubed
4 tablespoons lemon juice, divided
4 tablespoons olive oil, divided
4 cloves garlic, pressed
2 teaspoons dried mint, divided
1 teaspoon dried oregano
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper
1 medium red onion, halved and cut into 1-inch wedges
1 medium zucchini, halved lengthwise then cut into 1-inch pieces

At Time of Cooking Ingredients:

Olive oil
Metal OR bamboo skewers (pre-soak if using bamboo)

Cooking Instructions:

Preheat outdoor grill to medium. Lightly grease grill grate with olive oil. Thread chicken and vegetables onto grill skewers, alternating chicken then onion then zucchini. Grill 5 minutes per side, until chicken is cooked through and juices run clear.

SERVING SUGGESTION: Whole wheat couscous and a salad of mixed baby greens, thinly sliced red onion and cucumber, tossed with crumbled Feta cheese and red wine vinaigrette.

GLUTEN FREE: No changes necessary.

Nutrition per serving: 275 Calories; 9g Fat; 40g Protein; 7g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 349mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat. Points: 7

Heat Street Drumsticks

20 For the Freezer Recipe 3 — Assembly Guidelines
Serves 4 to 6

Assembly Ingredients:

20 chicken drumsticks
6 cloves garlic, pressed
1/4 cup lemon juice
2 tablespoons olive oil
10 dashes hot sauce
1/4 teaspoon ground ginger
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper

To Assemble:

In a large bowl, whisk together garlic, lemon juice, olive oil, hot sauce, ginger, salt and pepper. Add drumsticks and toss to coat. Transfer drumsticks and extra sauce to a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

Heat Street Drumsticks

20 For the Freezer Recipe 3 — Cooking Instructions
Serves 4 to 6

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you **don't have** a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Premeassembled Ingredients:

20 chicken drumsticks
6 cloves garlic, pressed
1/4 cup lemon juice
2 tablespoons olive oil
10 dashes hot sauce
1/3 teaspoon ground ginger
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper

At Time of Cooking Ingredients:

Olive oil
Hot sauce, to taste
Your favorite dipping sauce (ranch, blue cheese, etc.)

Cooking Instructions:

Preheat outdoor grill to medium-high. Lightly grease grill grate with olive oil. Place drumsticks on the grill and brush with extra sauce from freezer bag. Cover and grill 10 minutes. Turn and brush with extra sauce from freezer bag, discarding any unused sauce. Cover and grill 10 minutes longer, or until cooked through and juices run clear. Add more hot sauce to taste and serve with your favorite dipping sauce.

SERVING SUGGESTION: Buttered corn on the cob and a big bowl of coleslaw (use a ready-made mix and toss with light mayo and a little rice vinegar).

GLUTEN FREE: Make sure hot sauce and dipping sauces are gluten free.

Nutrition per serving: 432 Calories; 28g Fat; 41g Protein; 3g Carbohydrate; trace Dietary Fiber; 173mg Cholesterol; 469mg Sodium. Exchanges: 6 Lean Meat; 2 Fat. Points: 11

Chipotle Chicken

20 For the Freezer Recipe 4 — Assembly Guidelines
Serves 4

Assembly Ingredients:

4 (6-oz.) boneless skinless chicken breast halves
1/4 cup canned chipotle chilies in adobo sauce
1 tablespoon olive oil
1 tablespoon Worcestershire sauce
6 cloves garlic, pressed
1/2 cup chopped red onion
1 tablespoon ground cumin
1 tablespoon paprika
1 teaspoon chili powder
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper

To Assemble:

Combine chipotle chilies, olive oil, Worcestershire sauce, garlic, onion, cumin, paprika, chili powder, salt and pepper in a food processor; process until onion is finely chopped. Coat chicken with chipotle sauce, then place chicken and remaining sauce in a 1-quart freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

Chipotle Chicken

20 For the Freezer Recipe 4 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you **don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!)** to speed-thaw your food safely.

Preassembled Ingredients:

4 (6-oz.) boneless skinless chicken breast halves
1/4 cup canned chipotle chilies in adobo sauce
1 tablespoon olive oil
1 tablespoon Worcestershire sauce
6 cloves garlic, pressed
1/2 cup chopped red onion
1 tablespoon ground cumin
1 tablespoon paprika
1 teaspoon chili powder
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper

At Time of Cooking Ingredients:

Olive oil

Cooking Instructions:

Preheat outdoor grill to medium heat. Lightly grease grill grate with olive oil. Grill chicken about 30 minutes, turning over halfway, until cooked through and juices run clear.

SERVING SUGGESTION: Warmed black beans topped with a little salsa and light sour cream. Add a big salad on the side.

GLUTEN FREE: Make sure canned chipotle chilies and Worcestershire sauce are gluten free.

Nutrition per serving: 249 Calories; 6g Fat; 41g Protein; 6g Carbohydrate; 2g Dietary Fiber; 99mg Cholesterol; 441mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates. Points: 6

Garlic Cashew Chicken

20 For the Freezer Recipe 5 — Assembly Guidelines
Serves 4

Assembly Ingredients:

4 (6-oz.) boneless skinless chicken breast halves
1 cup roasted, salted cashews
1/2 cup chopped onion
6 cloves garlic, pressed
1 jalapeño pepper, seeded and chopped
1 (2-inch) piece lemon grass
2 tablespoons low sodium soy sauce
1 tablespoon rice wine vinegar
1 tablespoon lime juice
2 teaspoons brown sugar, packed

To Assemble:

Combine cashews, onion, garlic, jalapeño, lemon grass, soy sauce, rice wine vinegar, lime juice and brown sugar in a food processor; process until a smooth paste forms. Coat chicken with cashew paste, then place in a 1-quart freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

Garlic Cashew Chicken

20 For the Freezer Recipe 5 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you **don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!)** to speed-thaw your food safely.

Preamsembled Ingredients:

4 (6-oz.) boneless skinless chicken breast halves
1 cup roasted, salted cashews
1/2 cup chopped onion
6 cloves garlic, pressed
1 jalapeño pepper, seeded and chopped
1 (2-inch) piece lemon grass
2 tablespoons low sodium soy sauce
1 tablespoon rice wine vinegar
1 tablespoon lime juice
2 teaspoons brown sugar, packed

At Time of Cooking Ingredients:

Olive oil

Cooking Instructions:

Preheat outdoor grill to medium heat. Lightly grease grill grate with olive oil. Grill chicken, turning occasionally, about 30 minutes, or until cooked through and juices run clear.

SERVING SUGGESTION: Rice noodles topped with stir-fried zucchini, yellow squash and snow peas.

GLUTEN FREE: Make sure soy sauce and rice wine vinegar are gluten free.

Nutrition per serving: 411 Calories; 18g Fat; 46g Protein; 17g Carbohydrate; 2g Dietary Fiber; 99mg Cholesterol; 632mg Sodium. Exchanges: 5 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates. Points: 9

Korean Short Ribs

20 For the Freezer Recipe 6 — Assembly Guidelines
Serves 4 to 6

Assembly Ingredients:

3 pounds flanken-cut beef short ribs, about 1/4 inch thick
1 cup low sodium soy sauce
3/4 cup packed brown sugar
1/4 cup honey
1/4 cup sesame oil
1 Asian pear, peeled, cored and pureed
4 cloves garlic, pressed
1/4 cup minced green onion
1 teaspoon freshly ground black pepper

To Assemble:

In a large bowl, combine soy sauce, brown sugar, honey, sesame oil, pureed pear, garlic, green onion and black pepper.

Place short ribs in a 1-gallon freezer bag. Pour marinade into bag and gently squeeze bag to coat. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

Korean Short Ribs

20 For the Freezer Recipe 6 — Cooking Instructions
Serves 4 to 6

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you **don't have a full thaw at cooking time, remove each bag from the** holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

3 pounds flanken-cut beef short ribs, about 1/4 inch thick
1 cup low sodium soy sauce
3/4 cup packed brown sugar
1/4 cup honey
1/4 cup sesame oil
1 Asian pear, peeled, cored and pureed
4 cloves garlic, pressed
1/4 cup minced green onion
1 teaspoon freshly ground black pepper

At Time of Cooking Ingredients:

Olive oil

Cooking Instructions:

Preheat outdoor grill to high heat. Lightly grease grill grate with olive oil. Grill ribs 3-5 minutes per side, until outside is seared and desired doneness is achieved.

SERVING SUGGESTION: Brown rice and steamed broccoli spears.

GLUTEN FREE: Make sure soy sauce is gluten free.

Nutrition per serving: 736 Calories; 37g Fat; 55g Protein; 46g Carbohydrate; 1g Dietary Fiber; 132mg Cholesterol; 1712mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat; 2 1/2 Other Carbohydrates. Points: 19

Blue Cheese Steak

20 For the Freezer Recipe 7 — Assembly Guidelines
Serves 4

Assembly Ingredients:

4 beef tenderloin steaks, about 1 inch thick
4 tablespoons unsalted butter, melted
1/4 cup crumbled blue cheese
1 tablespoon chives, chopped
1/4 cup day-old bread cubes
Wooden toothpicks

To Assemble:

In a small bowl, combine butter, blue cheese, chives and bread crumbs. Cut a horizontal slit in side of each steak. Spoon blue cheese mixture into slits, then secure with toothpicks. Place stuffed steaks in a 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

Blue Cheese Steak

20 For the Freezer Recipe 7 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you **don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water** (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

4 beef tenderloin steaks, about 1 inch thick
4 tablespoons unsalted butter, melted
1/4 cup crumbled blue cheese
1 tablespoon chives, chopped
1/4 cup day-old bread cubes
Wooden toothpicks

At Time of Cooking Ingredients:

Olive oil
Aluminum foil

Cooking Instructions:

Preheat outdoor grill to medium-high. Lightly grease grill grate with olive oil.

Grill steaks about 15 minutes or until desired doneness is achieved, turning once halfway through cooking. Remove steaks from heat and cover in aluminum foil. Allow to rest 8 to 10 minutes before serving.

SERVING SUGGESTION: Baked russet potatoes (wrap in foil and cook in slow cooker to keep your kitchen cool, if desired). Add a big salad on the side.

GLUTEN FREE: Use gluten free bread for bread crumbs.

Nutrition per serving: 616 Calories; 53g Fat; 32g Protein; 2g Carbohydrate; trace Dietary Fiber; 157mg Cholesterol; 216mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 8 Fat. Points: 22

Thyme-Rubbed Tenderloin

20 For the Freezer Recipe 8 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1 pound beef tenderloin, trimmed and patted dry
1 tablespoon dried thyme
1/4 teaspoon ground allspice
1 teaspoon freshly ground black pepper

To Assemble:

In a small bowl, combine thyme, allspice and pepper. Rub spice mixture into roast, then place roast in 1-gallon freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

Thyme-Rubbed Tenderloin

20 For the Freezer Recipe 8 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you **don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water** (do not use hot water!) to speed-thaw your food safely.

Allow tenderloin to come to room temperature before grilling.

Preassembled Ingredients:

1 pound beef tenderloin, trimmed and patted dry
1 tablespoon dried thyme
1/4 teaspoon ground allspice
1 teaspoon freshly ground black pepper

At Time of Cooking Ingredients:

Olive oil
Aluminum foil wrap

Cooking Instructions:

Preheat outdoor grill to high heat. Lightly grease grill grate with olive oil. Sear tenderloin on all sides, about 3 minutes per side. Reduce grill heat to medium and move tenderloin off direct heat. Grill, covered, 30 minutes or until desired doneness is achieved, turning tenderloin over halfway through cooking. Remove tenderloin from heat and cover with aluminum foil. Allow to rest 20 minutes before serving.

SERVING SUGGESTION: Baked sweet potatoes (wrap in foil and cook in slow cooker to keep your kitchen cool, if desired. Add steamed green beans.

GLUTEN FREE: No changes necessary.

Nutrition per serving: 336 Calories; 27g Fat; 20g Protein; 1g Carbohydrate; 1g Dietary Fiber; 81mg Cholesterol; 55mg Sodium. Exchanges: 0 Grain (Starch); 2 1/2 Lean Meat; 4 Fat. Points: 9

Grilled Horseradish New York Strip

20 For the Freezer Recipe 9 — Assembly Guidelines
Serves 4

Assembly Ingredients:

2 (14-oz.) New York strip steaks, cut in half to make 4 servings
1/4 cup prepared horseradish
3 tablespoons Dijon-style mustard
6 cloves garlic, pressed
2 tablespoons olive oil
1/2 teaspoon sea salt
1 tablespoon freshly ground black pepper

To Assemble:

Whisk together horseradish, mustard, garlic, olive oil, salt and pepper. Spread horseradish mixture over top of steaks, then gently place in a 1-gallon freezer bag, carefully squeezing the bag to force out the air before sealing.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

Grilled Horseradish New York Strip

20 For the Freezer Recipe 9 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you **don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!)** to speed-thaw your food safely.

Allow steaks to come to room temperature before grilling.

Preassembled Ingredients:

2 (14-oz.) New York strip steaks, cut in half to make 4 servings
1/4 cup prepared horseradish
3 tablespoons Dijon-style mustard
6 cloves garlic, pressed
2 tablespoons olive oil
1/2 teaspoon sea salt
1 tablespoon freshly ground black pepper

At Time of Cooking Ingredients:

Olive oil
Aluminum foil

Cooking Instructions:

Preheat outdoor grill to high heat. Lightly grease grill grate with olive oil. Sear steaks, horseradish-side up, about 6 minutes. Reduce grill heat to medium and rotate steaks on grill to create crosshatch pattern. Close lid and continue grilling 6-8 minutes, or until desired doneness is achieved. Remove steaks from heat and cover with aluminum foil. Allow to rest 10 minutes before serving.

SERVING SUGGESTION: Grilled green bell peppers, red onion, zucchini and summer squash.

GLUTEN FREE: Make sure prepared horseradish and mustard are gluten free.

Nutrition per serving: 398 Calories; 21g Fat; 45g Protein; 5g Carbohydrate; 1g Dietary Fiber; 93mg Cholesterol; 512mg Sodium. 6 Lean Meat; 1/2 Vegetable; 1 1/2 Fat. Points: 10

Mushroom-Swiss Burgers

20 For the Freezer Recipe 10 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1 pound 95% lean ground beef
8 ounces baby cremini OR button mushrooms, chopped
1 egg, beaten
1 tablespoon Worcestershire sauce
2 cloves garlic, pressed
1/2 teaspoon freshly ground black pepper
1/2 teaspoon sea salt

To Assemble:

In a large bowl, knead together all ingredients, handling as little as possible, to mix well. Form into four patties, making an indenture in the middle of each patty with your thumb. Place burgers in a 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

Mushroom-Swiss Burgers

20 For the Freezer Recipe 10 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you **don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water** (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

1 pound 95% lean ground beef
8 ounces baby cremini OR button mushrooms, chopped
1 egg, beaten
1 tablespoon Worcestershire sauce
2 cloves garlic, pressed
1/2 teaspoon freshly ground black pepper
1/2 teaspoon sea salt

At Time of Cooking Ingredients:

Olive oil
4 slices Swiss cheese
4 whole wheat burger buns

Cooking Instructions:

Preheat outdoor grill to high heat. Lightly grease grill grate with olive oil. Grill burgers 5 minutes per side, or until desired doneness is achieved. Add a slice of Swiss cheese to each burger and toast buns over indirect heat during last 3 minutes of cooking.

SERVING SUGGESTION: Buttered corn on the cob and a relish tray of baby carrots, radishes, cherry tomatoes and whole black olives.

GLUTEN FREE: Make sure Worcestershire sauce is gluten free and use gluten free hamburger buns.

Nutrition per serving: 470 Calories; 18g Fat; 42g Protein; 34g Carbohydrate; 4g Dietary Fiber; 149mg Cholesterol; 741mg Sodium. Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates. Points: 12

Baby Back Ribs

20 For the Freezer Recipe 11 — Assembly Guidelines
Serves 4

Assembly Ingredients:

2 pounds baby back pork ribs, trimmed
1 teaspoon ground cumin
1 teaspoon chili powder
1 teaspoon paprika
3 cloves garlic, pressed
1/4 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

To Assemble:

In a small bowl, combine cumin, chili powder, paprika, garlic, salt and pepper. Rub mixture into both sides of ribs, being careful not to rub the mixture in very much. Place rubbed ribs in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

Baby Back Ribs

20 For the Freezer Recipe 11 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you **don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water** (do not use hot water!) to speed-thaw your food safely.

Preamsembled Ingredients:

2 pounds baby back pork ribs, trimmed
1 teaspoon ground cumin
1 teaspoon chili powder
1 teaspoon paprika
3 cloves garlic, pressed
1/4 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

At Time of Cooking Ingredients:

Olive oil
Aluminum foil wrap
Barbecue sauce (your favorite)

Cooking Instructions:

Preheat outdoor grill to medium. Lightly grease grill grate with olive oil. Place aluminum foil on lower rack to catch drippings and prevent flare-ups. Lay ribs on top of grate and grill, covered, for 90 minutes or desired doneness is achieved. Brush ribs with barbecue sauce and grill 5 minutes longer. Serve with barbecue sauce.

SERVING SUGGESTION: Rice pilaf and steamed green beans.

GLUTEN FREE: Make sure barbecue sauce is gluten free.

Nutrition per serving: 453 Calories; 35g Fat; 24g Protein; 10g Carbohydrate; 1g Dietary Fiber; 114mg Cholesterol; 740mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 5 Fat; 1/2 Other Carbohydrates. Points: 12

German Mustard-Marinated Pork Chops

20 For the Freezer Recipe 12 — Assembly Guidelines

Serves 4

4 (6-oz.) boneless loin pork chops
1 cup sweet German mustard
1/4 teaspoon sea salt
1 teaspoon freshly ground black pepper

To Assemble:

Whisk together mustard, salt and pepper. Place pork chops in a 1-quart freezer bag, then pour in mustard mixture, gently squeezing the bag to coat. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

German Mustard-Marinated Pork Chops

20 For the Freezer Recipe 12 — Cooking Instructions

Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you **don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.**

Preassembled Ingredients:

4 (6-oz.) boneless loin pork chops
1 cup sweet German mustard
1/4 teaspoon sea salt
1 teaspoon freshly ground black pepper

At Time of Cooking Ingredients:

Olive oil
Extra mustard for dipping

Cooking Instructions:

Preheat outdoor grill to medium-high heat. Lightly grease grill grate with olive oil. Place pork chops on grill and brush with mustard marinade. Grill pork chops 4-6 minutes per side, until cooked through. Serve with extra mustard.

SERVING SUGGESTION: Steamed new potatoes and a big bowl of coleslaw (use a ready-made mix and toss with light mayo and a little rice vinegar).

GLUTEN FREE: Make sure mustard is gluten free.

Nutrition per serving: 243 Calories; 11g Fat; 42g Protein; 4g Carbohydrate; 2g Dietary Fiber; 83mg Cholesterol; 968mg Sodium. Exchanges: 0 Grain(Starch); 17 1/2 Lean Meat; 0 Fat; 0 Other Carbohydrates. Points: 7

Maple Ham Steak

20 For the Freezer Recipe 13— Assembly Guidelines
Serves 4 to 6

Assembly Ingredients:

1 (1-1/2 lb.) ham steak, patted dry
1/4 cup pure maple syrup
2 tablespoons balsamic vinegar
1/2 teaspoon freshly ground black pepper

To Assemble:

Whisk together maple syrup, balsamic vinegar and pepper. Place ham steak in 1-quart freezer bag and add maple syrup mixture. Gently squeeze bag to coat; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

Maple Ham Steak

20 For the Freezer Recipe 13 — Cooking Instructions
Serves 4 to 6

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you **don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water** (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

1 (1-1/2 lb.) ham steak, patted dry
1/4 cup pure maple syrup
2 tablespoons balsamic vinegar
1/2 teaspoon freshly ground black pepper

At Time of Cooking Ingredients:

Olive oil
Aluminum foil wrap

Cooking Instructions:

Preheat outdoor grill to medium-high heat. Lightly grease grill grate with olive oil. Grill ham 8 minutes on each side, brushing with marinade after turning over. Remove grilled ham from heat and cover with aluminum foil. Allow to rest 5 minutes before serving.

SERVING SUGGESTION: Buttered corn on the cob and a big bowl of broccoli slaw (use a ready-made mix and toss with light mayo and a little rice vinegar).

GLUTEN FREE: Make sure maple syrup and balsamic vinegar are gluten free.

Nutrition per serving: 261 Calories; 7g Fat; 33g Protein; 14g Carbohydrate; trace Dietary Fiber; 77mg Cholesterol; 2162mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Fruit; 0 Fat; 1 Other Carbohydrates. Points: 6

Soy Sweet Pork Loin

20 For the Freezer Recipe 14 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1 (1-lb.) lean pork tenderloin
4 tablespoons low sodium soy sauce
4 tablespoons honey
4 cloves garlic, pressed

To Assemble:

Whisk together soy sauce, honey and garlic. Place pork tenderloin in a 1-quart freezer bag, then add soy mixture to bag, gently squeezing to coat. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

Soy Sweet Pork Loin

20 For the Freezer Recipe 14 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you **don't have a full thaw at cooking time, remove each bag** from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

1 (1-lb.) lean pork tenderloin
4 tablespoons low sodium soy sauce
4 tablespoons honey
4 cloves garlic, pressed

At Time of Cooking Ingredients:

Olive oil
Aluminum foil wrap

Cooking Instructions:

Preheat outdoor grill to medium-high heat. Lightly grease grill grate with olive oil. Remove tenderloin from marinade and pat dry. Cover and grill 40 minutes, basting with marinade halfway through cooking. Remove tenderloin from heat and cover with aluminum foil. Allow to rest 5 minutes before serving.

SERVING SUGGESTION: Brown rice and grilled red and green bell peppers with zucchini.

GLUTEN FREE: Make sure soy sauce is gluten free.

Nutrition per serving: 215 Calories; 4g Fat; 25g Protein; 20g Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 658mg Sodium. Exchanges: 3 1/2 Lean Meat; 1/2 Vegetable; 1 Other Carbohydrates. Points: 5

Apple-Stuffed Pork Chops

20 For the Freezer Recipe 15 — Assembly Guidelines
Serves 4

Assembly Ingredients:

4 rib pork chops, about 1 1/4 inches thick
1/4 cup water
3 tablespoons honey
2 tablespoons packed brown sugar
1 small red onion, chopped
2 cups day-old bread cubes
1 large Granny Smith apple, peeled, cored and chopped
Wooden toothpicks

To Assemble:

In a large bowl, whisk together water, honey and brown sugar. Add onion, bread and apple, tossing to coat.

Cut horizontal slit in side of each pork chop. Spoon apple mixture into slits, then secure with toothpicks. Place stuffed pork chops in a 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

Apple-Stuffed Pork Chops

20 For the Freezer Recipe 15 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you **don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water** (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

4 rib pork chops, about 1 1/4 inches thick
1/4 cup water
3 tablespoons honey
2 tablespoons packed brown sugar
1 small red onion, chopped
2 cups day-old bread cubes
1 large Granny Smith apple, peeled, cored and chopped
Wooden toothpicks

At Time of Cooking Ingredients:

Olive oil
1/4 cup apple butter

Cooking Instructions:

Preheat outdoor grill to medium-high heat. Lightly grease grill grate with olive oil. Grill stuffed pork chops 40 to 45 minutes, turning over halfway through cooking and basting with apple butter during last 10 minutes of cooking. Pork chops are done when meat is no longer pink inside.

SERVING SUGGESTION: Baked sweet potatoes (wrap in foil and cook in slow cooker to keep your kitchen cool, if desired. Add steamed broccoli spears on the side.

GLUTEN FREE: Use gluten free bread and make sure apple butter is gluten free.

Nutrition per serving: 667 Calories; 24g Fat; 37g Protein; 74g Carbohydrate; 3g Dietary Fiber; 91mg Cholesterol; 534mg Sodium. Exchanges: 2 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat; 2 Other Carbohydrates. Points: 17

Grilled Mussels in Spicy Garlic Sauce

20 For the Freezer Recipe 16 — Assembly Guidelines

Serves 4

Assembly Ingredients:

2 pounds fresh mussels OR clams, cleaned and beards removed (for mussels), discarding any that are opened
1/4 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
2 tablespoons minced shallots
4 cloves garlic, pressed
1/3 cup red wine vinegar
2 tablespoons olive oil
1/2 teaspoon dried crushed red pepper flakes

To Assemble:

Combine mussels (or clams), salt and pepper in a 1-quart freezer bag, gently tossing to coat. Carefully squeeze the bag to force out any air then seal the bag.

In a small bowl, whisk together remaining ingredients (shallots through crushed red pepper). Transfer to a 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bags in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

Grilled Mussels in Spicy Garlic Sauce

20 For the Freezer Recipe 16 — Cooking Instructions

Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you **don't have a full thaw** at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

2 pounds fresh mussels OR clams, cleaned and beards removed (for mussels), discarding any that are opened
1/4 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
2 tablespoons minced shallots
4 cloves garlic, pressed
1/3 cup red wine vinegar
2 tablespoons olive oil
1/2 teaspoon dried crushed red pepper flakes

At Time of Cooking Ingredients:

1/4 cup chopped fresh parsley (optional)

Cooking Instructions:

Preheat outdoor grill to high heat. Place mussels in a grill basket. Grill with lid closed over high heat, about 10 minutes or until shells pop open. Discard any unopened mussels. Pour contents of second freezer bag into a serving bowl and whisk. Add grilled mussels to mixture and toss well. Sprinkle with chopped parsley if desired. Serve immediately.

SERVING SUGGESTION: Whole wheat couscous and a big spinach salad.

GLUTEN FREE: Make sure red wine vinegar is gluten free.

Nutrition per serving: 268 Calories; 12g Fat; 27g Protein; 12g Carbohydrate; trace Dietary Fiber; 64mg Cholesterol; 770mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates. Points: 7

Good Greek! Grilled Scallops

20 For the Freezer Recipe 17 — Assembly Guidelines
Serves 4

Assembly Ingredients:

16 large fresh scallops, rinsed and patted dry
2 cloves garlic, pressed
4 tablespoons olive oil
2 tablespoons white wine vinegar
2 teaspoons lemon juice
1 teaspoon dried oregano
1 teaspoon dried thyme
1/2 teaspoon dry mustard
1/2 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

To Assemble:

Place scallops in a 1-quart freezer bag.

In a small bowl, whisk together remaining ingredients (garlic through black pepper). Pour mixture into bag with scallops, then gently squeeze bag to coat. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

Good Greek! Grilled Scallops

20 For the Freezer Recipe 17 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you **don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!)** to speed-thaw your food safely.

DO-AHEAD TIP: If using bamboo skewers, soak for at least 30 minutes before grilling to prevent burning.

Preassembled Ingredients:

16 large fresh scallops, rinsed and patted dry
2 cloves garlic, pressed
4 tablespoons olive oil
2 tablespoons white wine vinegar
2 teaspoons lemon juice
1 teaspoon dried oregano
1 teaspoon dried thyme
1/2 teaspoon dry mustard
1/2 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

At Time of Cooking Ingredients:

Olive oil
Metal OR bamboo skewers (pre-soak if using bamboo)

Cooking Instructions:

Preheat outdoor grill to medium-high heat. Lightly grease grill grate with olive oil. Thread scallops onto skewers and grill, covered, 4 minutes per side or until scallops are opaque.

SERVING SUGGESTION: Steamed red potatoes and a salad of mixed baby greens, thinly sliced red onion and cucumber, tossed with crumbled Feta cheese and red wine vinaigrette.

GLUTEN FREE: Make sure white wine vinegar is gluten free.

Nutrition per serving: 180 Calories; 14g Fat; 10g Protein; 3g Carbohydrate; trace Dietary Fiber; 20mg Cholesterol; 332mg Sodium. Exchanges 1 1/2 Lean Meat; 2 1/2 Fat; 0 Other Carbohydrates. Points: 5

Tangy Tuna Burgers

20 For the Freezer Recipe 18 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1 1/2 pounds tuna fillets, cubed
2 tablespoons Dijon-style mustard
1 tablespoon chopped green onions
1 tablespoon low sodium soy sauce
1/2 teaspoon ground ginger
1/4 teaspoon freshly ground black pepper

To Assemble:

Combine all ingredients in food processor and process until tuna is finely chopped. Shape tuna mix into 4 patties, making an indentation with your thumb in the center of each patty. Place patties in a 1-quart freezer bag;

To prevent freezer burn, place the filled bag in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

Tangy Tuna Burgers

20 For the Freezer Recipe 18 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you **don't have a** full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

1 1/2 pounds tuna fillets, cubed
2 tablespoons Dijon-style mustard
1 tablespoon chopped green onions
1 tablespoon low sodium soy sauce
1/2 teaspoon ground ginger
1/4 teaspoon freshly ground black pepper

At Time of Cooking Ingredients:

Olive oil
4 whole wheat burger buns

Cooking Instructions:

Preheat outdoor grill to medium-high. Lightly grease grill grate with olive oil. Brush patties evenly on each side with olive oil. Grill, covered, about 4 minutes each side until cooked through. Toast buns on cool part of grill, if desired, then serve.

SERVING SUGGESTION: Buttered corn on the cob and a relish tray of baby carrots, radishes, cherry tomatoes and sugar snap beans.

GLUTEN FREE: Make sure mustard and soy sauce are gluten free. Use gluten free burger buns.

Nutrition per serving: 363 Calories; 5g Fat; 47g Protein; 30g Carbohydrate; 3g Dietary Fiber; 77mg Cholesterol; 607mg Sodium. Exchanges: 2 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.. Points: 9

Coconut Lime Shrimp

20 For the Freezer Recipe 19 — Assembly Guidelines
Serves 4

Assembly Ingredients:

2 pounds fresh shrimp, peeled and deveined
1 (14-oz.) can coconut milk
2 cloves garlic, pressed
2 tablespoons lime juice
2 tablespoons lime zest
1 teaspoon ground ginger
1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper

To Assemble:

In a large bowl, whisk together coconut milk, garlic, lime juice, lime zest, ground ginger, salt and pepper. Add shrimp and toss to coat. Pour mixture into a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1- gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

Coconut Lime Shrimp

20 For the Freezer Recipe 19 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

DO-AHEAD TIP: If using bamboo skewers, soak for at least 30 minutes before grilling to prevent burning.

Preassembled Ingredients:

2 pounds fresh shrimp, peeled and deveined
1 (14-oz.) can coconut milk
2 cloves garlic, pressed
2 tablespoons lime juice
2 tablespoons lime zest
1 teaspoon ground ginger
1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper

At Time of Cooking Ingredients:

Olive oil
1 lime, quartered
Metal OR bamboo skewers (pre-soak if using bamboo)

Cooking Instructions:

Preheat outdoor grill to medium-high heat. Lightly grease grill grate with olive oil. Over indirect heat, place lime wedges flesh-down on grate. Thread shrimp onto grill skewers and grill 2 to 3 minutes per side, until pink. Squeeze grilled lime over shrimp and serve.

SERVING SUGGESTION: Whole wheat couscous tossed with golden raisins and slivered almonds. Add garlicky stir-fried spinach on the side.

GLUTEN FREE: No changes necessary.

Nutrition per serving: 477 Calories; 27g Fat; 48g Protein; 9g Carbohydrate; 3g Dietary Fiber; 345mg Cholesterol; 822mg Sodium. Exchanges: 0 Grain (Starch); 6 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 5 Fat. Points: 12

Blackened Salmon

20 For the Freezer Recipe 20 — Assembly Guidelines
Serves 4

Assembly Ingredients:

4 (6-oz.) boneless skinless salmon fillets, rinsed and patted dry
1 tablespoon paprika
2 teaspoons dried oregano
2 teaspoons ground thyme
2 teaspoons cayenne pepper
1 teaspoon freshly ground black pepper
1/2 teaspoon garlic powder

To Assemble:

In a small bowl, combine spice rub mixture. Rub mixture into salmon fillets, then place in a 1-quart freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

Blackened Salmon

20 For the Freezer Recipe 20 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you **don't have a** full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

4 (6-oz.) boneless skinless salmon fillets, rinsed and patted dry
1 tablespoon paprika
2 teaspoons dried oregano
2 teaspoons ground thyme
2 teaspoons cayenne pepper
1 teaspoon freshly ground black pepper
1/2 teaspoon garlic powder

At Time of Cooking Ingredients:

Olive oil

Cooking Instructions:

Preheat outdoor grill to medium-high heat. Lightly grease grill grate with olive oil. Grill salmon 6 to 8 minutes or until desired doneness is achieved.

SERVING SUGGESTION: Steamed new potatoes and steamed OR grilled asparagus.

GLUTEN FREE: No changes necessary.

Nutrition per serving: 212 Calories; 6g Fat; 35g Protein; 3g Carbohydrate; 1g Dietary Fiber; 88mg Cholesterol; 116mg Sodium. Exchanges: 0 Grain (Starch); 5 Lean Meat; 0 Fat. Points: 5

SAVING DINNER

with



20 for the Freezer Grill Volume 2

Welcome to 20 for the Freezer

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 20 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. So put on some good music and make sure you have on a comfy pair of shoes while you assemble a month's worth of meals at your own pace.

Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

This document is long, but organized! You'll need all of the details to compile your dinner kits so don't forget to be creative and use your printer's ink and page saving features if necessary. Please check your printer's HELP guide if you are unfamiliar with any of the printing suggestions.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

Off and Running

Instructions are printed and you're off! To help you keep track of your 20 For the Freezer, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

Let's talk Dollars and Cents

To give you a rough estimate on what the average cost per meal is, we shopped at one grocery store in Phoenix, Arizona.

This store is relatively high end – definitely not a discount grocer. We shopped using the entire shopping list and bought every item on the list as if we were a new Menu-Mailer subscriber just starting out with only salt and pepper in our pantry.

Whenever possible, we bought organic products, as well. The total cost for every item was only \$285 for the preassembly ingredients. That breaks down to a per meal cost of \$14.50 for 4 people for 20 meals. (You can't take a family of 4 to a fast food burger place for that price.)

We know you can do a lot better than we did by utilizing club stores, discount grocery stores, catching items on sale and using your coupons. We did this so you could see the rough cost on using the 20 For the Freezer – but again, this is straight retail, no penny pinching.

By taking your shopping list and carefully combing thru your pantry and refrigerator, you should be able to purchase most everything you need to make the recipes for much less! Our staff went thru their pantries and could mark off more than half of the ingredients before they even left home!

Make sure to try to ad match and shop at stores that match competitor sale items and used their coupons.

Once begun, half done

Cooking dinner can be exhausting. Preparing 20 dinners can seem daunting! Hang in there – we'll get you thru it painlessly. Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (figure 2 one gallon sized bags per meal)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking.

Grocery shopping will probably take you an hour or two, and for a reference point, several of our staff have tested the assembly of the kits and had all 20 meals in the freezer in two – three hours. The pre assembly prep list helps cut down on assembly time so be sure to read it and use it!

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals. So, let's get going!

Shopping Lists – Your plan for success

This wouldn't be a Menu-Mailer without one of your most important tools to dinner success – the shopping list! And 20 For the Freezer has TWO of them! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List.

When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List to get started. This one has all of the ingredients that you'll be assembling and freezing.

Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our 20 For the Freezer testers found they could cross off almost half of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and herbs to verify you have plenty for each recipe and that they are fresh. Now, it's time to put on those lace up shoes and head to the market for your remaining ingredients.

If you want to really take the easy way out, use your grocer's ONLINE SHOPPING and order your food ahead so it arrives perfectly timed to begin assembly.

Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips! Remember: You should assemble your meals as soon as possible to have the best results.

Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 20 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 20 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminates.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40 degrees F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are short on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals. Overnight thawing is the optimum way to defrost dinner.

Stations Everyone

A place for everything, and everything in its place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 20 kits in a day, try assembling your meals by type of meat! Do all of your fish at one time, take a break, then do the next meat group.

If you stop for the day after assembling one meat group or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

You'll want to get out the Preambly Prep List as that will have many time saving do ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List". Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one.

Where's the beef?

You'll notice that the menus are broken down into meat categories: beef, chicken, pork and fish. Fish is such a delicate meat, that I strongly recommend you start your meal assembly first with your fresh fish.

Follow this then by your poultry meats, either chicken or turkey. Then move on to your pork, and finally your beef items.

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. Move onto the next meal and follow the same process.

To assemble your kits quicker, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening.

Something's Fishy!

Ask anyone in my customer service department and FISH is probably the number one ingredient we get complaints on. While fish comes in many different ways, if you've had an ill prepared or overcooked fish dish it's sure to be a turnoff.

The fish recipes included in 20 For the Freezer are RAVES – favorites from subscribers to Menu-Mailer. I'd encourage you to take a leap of faith and try them if you "think" you don't like fish. You'll be pleasantly surprised!

If you still have an aversion to fish, these delicious recipes are also extremely flexible and would be perfect choices to also substitute chicken (or even turkey) in place of any of the fish. Simply remember to adjust cooking times to ensure your chicken is cooked thru and make any needed adjustments to your shopping lists.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

What's for Dinner?

With your freezer full of nutritious meals comes the question “How do I use and get the full benefit of my meals?” Start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer you mark it off the list. With 20 dinners tucked inside the freezer, you want to make sure you don't miss out on enjoying every single one of them.

Now is also the time to break out that second shopping list — the Meal Time Shopping List. You may even want to have a couple copies of this on hand. Here you'll find all 20 recipes noted, and below each numbered recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process. I

Some ingredients on the Meal Time Shopping List will be preceded by a “* “. These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing a month's worth of main courses and some food items are very perishable and only last approximately a week in your pantry or fridge.

Also, you are in control of how you decide to use the meals. You may decide to use these meals for the whole month while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep and then share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

Going forward

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and everyone, even the youngest, feels they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

20 For the Freezer is Saving Dinner

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold 20 For the Freezer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

(Note: Each purchase of 20 for the Freezer is for individual use. Please have participants each purchase their own Mailer.)

Congratulations on Saving Dinner in your home!

Dinner Kit Shopping List

Ingredients needed to do initial assembly of dinner kits.

MEAT

20 (6-oz.) boneless skinless chicken breast halves [R1,R2,R3,R4,R5]
2 pounds lean beef chuck roast [R6,R8]
4 (6-oz.) beef sirloin steaks [R7]
1 (16-oz.) beef flank steak [R9]
1 pound lean beef round steak [R10]
4 (4-oz.) salmon fillets [R11]
4 (4-oz.) flounder fillets [R12]
4 (4-oz.) halibut fillets [R13]
2 1/4 pounds (36 count) large shrimp [R14,R15]
1/2 pound (8 count) sea scallops [R15]
2 1/2 pounds pork tenderloin [R16,R19]
8 (4-oz.) boneless center-cut pork chops, about 1-inch thick [R17,R18]
1 pound cooked ham [R20]
10 slices low sodium bacon [R14]

CONDIMENTS

Olive oil (1 1/2 cups) [R7,R10,R11,R13,R15,R16,R17,R20]
Balsamic vinegar (4 tablespoons plus 1 teaspoon if not using red wine) [R6,R7,R9]
Red wine vinegar (1/4 cup plus a splash if not using dry red wine) [R7,R9,R10]
White wine vinegar (1 teaspoon if not using red wine) [R5]
Cider vinegar (1/4 cup plus 1/2 teaspoon) [R1,R16,R20]
Dijon mustard (1/4 cup plus 2 tablespoons plus 1 1/2 teaspoons) [R1,R3,R18,R20]
Worcestershire sauce (2 tablespoons) [R18]
Chili sauce (1/4 cup) [R15]
Salsa (1/2 cup) [R4]
Hot pepper sauce (1/2 teaspoon) [R15]
Low sodium soy sauce (2/3 cup plus 3/4 cup) [R1,R2,R11,R16,R17,R19]
Fish sauce (1/4 teaspoon) (in Asian section of grocery store) [R2]
Creamy peanut butter (1/4 cup) [R19]
Red wine (1 cup) (or use red grape juice/vinegar) [R5,R6,R9]
Dry red wine (1/2 cup plus 2 tablespoons (or use red grape juice/vinegar) [R7,R10]
Dry white wine (1/3 cup) (or use low sodium vegetable broth) [R12]
Tequila (2 tablespoons) (or use lemon juice) [R4]
Brandy (2 tablespoons) (or use Brandy extract or flavoring) [R5]
Light rum (2 tablespoons) (optional) [R11]

CANNED GOODS

Low sodium chicken broth (1/2 cup) [R3]
Low sodium beef broth (1 1/2 cups) [R5,R6,R9,R10]
Low sodium vegetable broth (1/3 cup, if not using dry white wine) [R12]
1 (14.5-oz.) can stewed tomatoes [R3]
Tomato paste (2 tablespoons) [R1]
1 (15-oz.) can pineapple chunks [R20]
Pineapple juice (1/2 cup) [R1,R8]
Apple juice, unsweetened (2 tablespoons) [R18]
Red grape juice (1 cup, if not using red wine plus 1/2 cup and 2 tablespoons if not using dry red wine) [R5,R6,R7,R9,R10]
Low fat coconut milk (1/4 cup) [R2]

DRY GOODS

Brown sugar (1 teaspoon packed) [R8]
Light brown sugar (1/3 cup plus 1/2 cup plus 3 tablespoons) [R1,R10,R11,R18,R19,R20]
Dark brown sugar (1/2 tablespoon) [R16]
Dried cranberries (3/4 cup) [R6]

DAIRY/DAIRY CASE

Low fat cream cheese (3/4 cup) [R14]

PRODUCE

Onions (1/2 cup chopped plus 1/4 cup minced) [R7,R16]
Yellow onions (1 cup diced plus 2 tablespoons minced) [R3,R14]
Red onions (1 medium) [R20]
Garlic (35 cloves) [R1,R3,R5,R6,R7,R8,R9,R10,R11,R12,R13,R14,R15,R16,R17,R19]
Green onions (2 tablespoons chopped) [R17]
Jalapeno peppers (10 whole plus 1/2 cup diced) [R1,R2,R13,R14,R16]
Lemons (1/3 cup juice plus 1 teaspoon zest) (plus 2 tablespoons juice if not using tequila) [R4,R12]
Limes (1 1/3 cups plus 1 tablespoon juice and 3 tablespoons zest) [R2,R4,R11,R12,R12,R14,R19]
Oranges (1 whole plus 1 1/4 cups juice) [R6,R17]

SPICES

Sea salt [R1,R3,R4,R5,R8,R9,R10,R11,R12,R13,R14,R15,R19]
Black peppercorns [R1,R2,R3,R4,R5,R8,R9,R10,R11,R12,R13,R14,R15,R16,R19]
Thyme [R8,R16]
Ground ginger [R1,R8,R16,R19]
Ground allspice [R6,R8,R10,R16,R18]
Ground nutmeg [R8]
Chipotle chili powder [R3,R4,R13]
Herbes de Provence [R5]
Onion powder [R8]
Cayenne pepper [R8,R16]
Marjoram [R9]
Oregano [R9]
Basil [R17,R19]
Dill [R12]
Crushed red pepper flakes [R19]
Brandy extract or flavoring (if not using brandy) [R5]

OTHER

Metal OR bamboo skewers [R14,R20]
Zipper-topped plastic freezer bags:
1-gallon 23
1-quart 19
Sandwich 1

GLUTEN FREE

Bacon [R14]
Ham [R20]
Vinegars [R1,R5,R6,R7,R9,R10,R16,R20]
Mustard [R1,R3,R18,R20]
Worcestershire sauce [R18]
Soy sauce [R1,R2,R11,R16,R17,R19]
Fish sauce [R2]
Chili sauce [R15]
Hot pepper sauce [R15]
Salsa [R4]
Peanut butter [R19]
Wines [R5,R6,R7,R9,R10,R12]
Tequila [R4]
Brandy (or extract or flavoring) [R5]
Rum (if using) [R11]
Chicken broth [R3]
Beef broth [R5,R6,R9,R10]
Vegetable broth (if using) [R12]
Tomato paste [R1]
Canned tomatoes [R3]
Canned pineapple [R20]
Pineapple juice [R1,R8]
Apple juice [R18]
Grape juice [R5,R6,R10]



Meal Time Shopping List

Make several copies. Before shopping, highlight ingredients needed for your upcoming meal choices.

(* refers to ingredients needed for the serving suggestions if you are following them.)

<p>1. Spicy Grilled Pineapple Chicken Olive oil 1/4 cup chopped fresh cilantro 8 pineapple rings *Brown rice *Asparagus</p> <p>2. Grilled Thai Chicken with Jasmine Rice Olive oil 2 cups whole white button mushrooms 4 metal OR bamboo skewers 1/4 cup chopped fresh cilantro 2 cups cooked Jasmine rice *Broccoli</p> <p>3. TexMex Tomato Chicken Olive oil 4 (1-oz.) slices Pepper Jack cheese 4 poblano peppers *Corn on the cob *Butter, unsalted *Lettuce (not Iceberg, no nutrition) *Salad veggies (your choice) *Salad dressing (your choice)</p> <p>4. Spicy Tequila Lime Chicken Olive oil 2 cups cherry tomatoes 1/2 cup (1-inch pieces) green bell pepper 1 medium red onion 4 metal OR bamboo skewers *Wild rice pilaf</p> <p>5. Coq au Vin on the Grill Olive oil 1 small red onion 1 cup whole white button mushrooms 4 metal OR bamboo skewers *Baby red potatoes *Butter, unsalted *Parsley *Asparagus</p> <p>6. Grilled Cranberry Orange Beef Kabobs Olive oil 1 small red onion 1 cup whole button mushrooms 4 metal OR bamboo skewers *Brown rice *Spinach *Salad dressing (your choice)</p> <p>7. Balsamic Sirloin Steaks Olive oil *Russet potatoes *Butter, unsalted *Cheddar cheese *Sour cream *Bacon bits *Chopped chives *Lettuce (not Iceberg, no nutrition) *Salad veggies (your choice) *Salad dressing (your choice)</p>	<p>8. Jerk-Style Beef and Pineapple Kabobs Olive oil Metal OR bamboo skewers 1 small red onion 2 cups (1-inch cubes) fresh pineapple *Brown rice *Broccoli</p> <p>9. Mediterranean-style Flank Steak Salad Olive oil 8 cups mixed salad greens 1 cup cucumber half-slices 1 cup tomato half-slices 1/3 cup thinly sliced red onion 1/4 cup extra virgin olive oil 1/2 cup lemon juice 1 teaspoon dried oregano 1/2 teaspoon dried marjoram *Pita bread halves</p> <p>10. Spiced Beef and Sweet Potato Kabobs Olive oil 1 medium yellow onion 2 cups (1-inch) sweet potato cubes Metal OR bamboo skewers *Spinach *Salad dressing (your choice)</p> <p>11. Brown Sugar and Soy Salmon Olive oil *Baby new potatoes *Asparagus</p> <p>12. Lemon Dill Flounder Olive oil *Wild rice pilaf *Lettuce (not Iceberg, no nutrition) *Salad veggies (your choice) *Salad dressing (your choice)</p> <p>13. Spicy Lime Halibut Fillets Olive oil *Brown rice *Sour cream *Green onions *Garlic *Olive oil *Baby spinach</p> <p>14. Bacon-Wrapped Jalapeno Stuffed Shrimp Olive oil *Wild rice pilaf *Green beans</p>	<p>15. Sweet and Spicy Mango Shrimp and Scallop Skewers Olive oil 1 cup pitted, peeled and cubed mango 4 metal OR bamboo skewers *Brown rice *Curry powder *Lime (juice) *Green onions *Cilantro *Green beans</p> <p>16. Easy Grilled Jerk Pork Tenderloin Olive oil *Swiss chard *Sweet potatoes</p> <p>17. Orange Soy Center-cut Pork Chops Olive oil 1/2 cup chopped orange 1 teaspoon dark brown sugar 1 teaspoon chopped fresh basil leaves *Brown rice *Zucchini *Yellow squash *Red bell peppers</p> <p>18. Apple Dijon Pork Chops Olive oil 1 cup cored and chopped Granny Smith apple 1 tablespoon raisins 1 teaspoon ground allspice 1/2 teaspoon light brown sugar 2 tablespoons low sodium vegetable broth 2 teaspoons cider vinegar *New potatoes *Medley of baby carrots, broccoli and cauliflower florets GLUTEN FREE: Make sure broth and vinegar are gluten free.</p> <p>19. Spicy Thai Peanut Pork Kabobs Olive oil 1 cup (1-inch) bell pepper chunks 4 metal OR bamboo skewers 1/4 cup chopped unsalted peanuts 1 tablespoon chopped fresh basil leaves *Brown rice *Zucchini *Yellow squash *Snow peas</p> <p>20. Tangy Ham and Pineapple Skewers Olive oil *Sweet potatoes *Broccoli slaw *Low fat mayonnaise *Rice vinegar</p>
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Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

MEAT – Keep all meat, chicken, fish, seafood refrigerated until ready to use.

Chicken:

Cube 4 boneless skinless chicken breast halves.

Beef:

Cut 2 pounds lean beef chuck roast into 1-inch cubes.

Cube 1 pound lean beef round steak.

Pork:

Cut 1 pound pork tenderloin into 1-inch cubes.

Cut 1 pound cooked ham into 1-inch cubes.

Cut 10 sliced low sodium bacon into halves.

CONDIMENTS

Set out items shown on Assembly Time Shopping List and measure as needed for each recipe.

CANNED GOODS

Open all cans.

Measure canned goods listed on Assembly Time Shopping List as needed for each recipe.

DRY GOODS

Measure dry goods listed on Assembly Time Shopping List as needed for each recipe.

PRODUCE

Onions:

Chop 1/2 cup of onions and mince 1/4 cup of onions.

Dice 1 cup of yellow onions and mince 2 tablespoons of yellow onions.

Cut 1 medium red onion into 1-inch wedges.

Garlic:

Press 35 cloves of garlic as needed for each recipe.

Green onions:

Chop 2 tablespoons of green onions.

Jalapeno peppers:

Cut 10 jalapeno peppers in half lengthwise and de-seed.

De-seed and dice 1/2 cup jalapeno peppers.

Lemons:

Squeeze 1/3 cup of lemon juice plus 2 tablespoons if not using tequila.

Grate 1 teaspoon of lemon zest.

Limes:

Squeeze 1 1/3 cups plus 1 tablespoon lime juice.

Grate 3 tablespoons lime zest.

Oranges:

Peel and slice 1 whole orange.

Squeeze 1 1/4 cups orange juice.

Dinner Planner

20 for the Freezer Grill Volume 2

- ☐ 1. Spicy Grilled Pineapple Chicken
- ☐ 2. Grilled Thai Chicken with Jasmine Rice
- ☐ 3. TexMex Tomato Chicken
- ☐ 4. Spicy Tequila Lime Chicken
- ☐ 5. Coq au Vin on the Grill
- ☐ 6. Grilled Cranberry Orange Beef Kabobs
- ☐ 7. Balsamic Sirloin Steaks
- ☐ 8. Jerk-Style Beef and Pineapple Kabobs
- ☐ 9. Mediterranean-style Flank Steak Salad
- ☐ 10. Spiced Beef and Sweet Potato Kabobs
- ☐ 11. Brown Sugar and Soy Salmon
- ☐ 12. Lemon Dill Flounder
- ☐ 13. Spicy Lime Halibut Fillets
- ☐ 14. Bacon-Wrapped Jalapeno Stuffed Shrimp
- ☐ 15. Sweet and Spicy Mango Shrimp and Scallop Skewers
- ☐ 16. Easy Grilled Jerk Pork Tenderloin
- ☐ 17. Orange Soy Center-cut Pork Chops
- ☐ 18. Apple Dijon Pork Chops
- ☐ 19. Spicy Thai Peanut Pork Kabobs
- ☐ 20. Tangy Ham and Pineapple Skewers

Spicy Grilled Pineapple Chicken

20 For the Freezer Recipe 1 — Assembly Guidelines
Serves 4

Assembly Ingredients:

2 tablespoons tomato paste
1/2 teaspoon Dijon mustard
1 tablespoon light brown sugar
1/2 teaspoon cider vinegar
2 tablespoons low sodium soy sauce
1 1/2 teaspoons ground ginger
1/4 cup pineapple juice
2 cloves garlic, pressed
2 tablespoons diced jalapeno pepper
3/4 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
4 (6-oz.) boneless skinless chicken breast halves

To Assemble:

In a medium bowl, whisk together first 6 ingredients (tomato paste through ground ginger); blend well. Slowly whisk in pineapple juice, garlic, jalapeno, salt and pepper. Place chicken in a 1-gallon freezer bag; add pineapple marinade. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Spicy Grilled Pineapple Chicken" and date of preparation; place it in the freezer.

GLUTEN FREE: Make sure tomato paste, mustard, vinegar, soy sauce and pineapple juice are gluten free.

Spicy Grilled Pineapple Chicken

20 For the Freezer Recipe 1 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

2 tablespoons tomato paste
1/2 teaspoon Dijon mustard
1 tablespoon light brown sugar
1/2 teaspoon cider vinegar
2 tablespoons low sodium soy sauce
1 1/2 teaspoons ground ginger
1/4 cup pineapple juice
2 cloves garlic, pressed
2 tablespoons diced jalapeno pepper
3/4 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
4 (6-oz.) boneless skinless chicken breast halves

At Time of Cooking Ingredients:

Olive oil
1/4 cup chopped fresh cilantro
8 pineapple rings

Cooking Instructions:

Preheat grill to HIGH. Clean the grate and lightly coat it with olive oil before it gets hot. Remove chicken from marinade and pour marinade into a small saucepan; add chopped cilantro. Carefully place chicken on the hottest part of the grill and cook for 2 minutes (without moving or checking the underside). Using tongs, lift each piece of chicken and rotate it 45 degrees; grill for 2 minutes then flip and cook for 4 to 6 minutes, lifting chicken half way through to rotate 45 degrees to create perfect grill marks. Transfer chicken to a plate and keep warm. Bring marinade to a boil then reduce heat and cook for 10 minutes or until reduced and thickened. Grill pineapple rings for 30 seconds per side.

SERVING SUGGESTION: Serve chicken over brown rice topped with a little sauce and 2 pineapple rings. Add steamed OR grilled asparagus on the side.

Nutrition per serving: 333 Calories; 3g Fat; 41g Protein; 36g Carbohydrate; 3g Dietary Fiber; 99mg Cholesterol; 840mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 2 Fruit; 0 Fat; 0 Other Carbohydrates. **Points:** 8

Grilled Thai Chicken with Jasmine Rice

20 For the Freezer Recipe 2 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1/4 cup low fat coconut milk
2 tablespoons lime juice
1 tablespoon lime zest
1 tablespoon low sodium soy sauce
1/4 teaspoon fish sauce
1 tablespoon diced jalapeno pepper
1 teaspoon freshly ground black pepper
4 (6-oz.) boneless skinless chicken breast halves

To Assemble:

In a small bowl, whisk together first 7 ingredients (coconut milk through black pepper). Place chicken in a 1-quart freezer bag and pour marinade on top. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Grilled Thai Chicken" and date of preparation; place it in the freezer.

GLUTEN FREE: Make sure soy sauce and fish sauce are gluten free.

Grilled Thai Chicken with Jasmine Rice

20 For the Freezer Recipe 2 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

1/4 cup low fat coconut milk
2 tablespoons lime juice
1 tablespoon lime zest
1 tablespoon low sodium soy sauce
1/4 teaspoon fish sauce
1 tablespoon diced jalapeno pepper
1 teaspoon freshly ground black pepper
4 (6-oz.) boneless skinless chicken breast halves

At Time of Cooking Ingredients:

Olive oil
2 cups whole white button mushrooms
4 metal or bamboo skewers
1/4 cup chopped fresh cilantro
2 cups cooked Jasmine rice

DO-AHEAD TIP: Cook Jasmine rice. If using bamboo skewers, soak them in water for 30 minutes before use, to prevent burning on the grill.

Cooking Instructions:

Preheat grill to HIGH. Clean the grate and lightly coat it with olive oil before it gets hot. Remove chicken from marinade and pour marinade into a small saucepan; add chopped cilantro. Thread mushrooms onto skewers; set aside. Carefully place chicken on the hottest part of the grill and cook for 2 minutes (without moving or checking the underside). Using tongs, lift each piece of chicken, rotate it 45 degrees then place it back on the grill and cook for 2 minutes. Flip with tongs and cook for 4 to 6 minutes, lifting half way through cooking time to rotate 45 degrees to create perfect grill marks. Transfer chicken to a plate and keep warm. Bring marinade/cilantro mixture to a boil then reduce heat and cook for 10 minutes or until reduced by half. Grill mushrooms for 30 seconds to 1 minute. Serve chicken and sauce over Jasmine rice with a skewer of mushrooms.

SERVING SUGGESTION: Add steamed broccoli spears on the side.

Nutrition per serving: 239 Calories; 6g Fat; 41g Protein; 4g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 265mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates. **Points:** 6

TexMex Tomato Chicken

20 For the Freezer Recipe 3 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1 (14.5-oz.) can stewed tomatoes
1/2 cup low sodium chicken broth
2 teaspoons chipotle chili powder
2 cloves garlic, pressed
2 tablespoons Dijon mustard
1 cup diced yellow onion
1/2 teaspoon sea salt
1/8 teaspoon freshly ground black pepper
4 (6-oz.) boneless skinless chicken breast halves

To Assemble:

In a medium bowl, combine first 8 ingredients (tomatoes through black pepper); blend well. Place chicken in a 1-gallon freezer bag and pour tomatoes/broth mixture on top. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "TexMex Tomato Chicken" and date of preparation; place it in the freezer.

GLUTEN FREE: Make sure canned tomatoes, chicken broth and mustard are gluten free.

TexMex Tomato Chicken

20 For the Freezer Recipe 3 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

1 (14.5-oz.) can stewed tomatoes
1/2 cup low sodium chicken broth
2 teaspoons chipotle chili powder
2 cloves garlic, pressed
2 tablespoons Dijon mustard
1 cup diced yellow onion
1/2 teaspoon sea salt
1/8 teaspoon freshly ground black pepper
4 (6-oz.) boneless skinless chicken breast halves

At Time of Cooking Ingredients:

Olive oil
4 (1-oz.) slices Pepper Jack cheese
4 poblano peppers

Cooking Instructions:

Preheat grill to HIGH. Clean the grate and lightly coat it with olive oil before it gets hot. Remove chicken from marinade, transferring marinade to a small saucepan. Carefully place chicken on the hottest part of the grill and cook for 2 minutes (without moving or checking the underside). Using tongs, lift each piece and rotate 45 degrees; place back on the grill and cook for 2 minutes. Flip with tongs and cook for 4 to 6 minutes, lifting chicken half way through cooking time to rotate 45 degrees to create perfect grill marks. Transfer chicken to a plate, top each piece with a slice of cheese and keep warm. Bring the marinade to a boil then reduce heat and cook for 10 minutes or until reduced by half. Grill poblano peppers for 1 to 2 minutes per side then place 1 pepper on each chicken/cheese piece and top with sauce.

SERVING SUGGESTION: Serve buttered corn on the cob and a big salad on the side.

Nutrition per serving: 380 Calories; 12g Fat; 51g Protein; 18g Carbohydrate; 3g Dietary Fiber; 124mg Cholesterol; 701mg Sodium. **Exchanges:** 0 Grain(Starch); 6 1/2 Lean Meat; 3 Vegetable; 1 Fat; 0 Other Carbohydrates. **Points:** 9

Spicy Tequila Lime Chicken

20 For the Freezer Recipe 4 — Assembly Guidelines
Serves 4

Assembly Ingredients:

4 (6-oz) boneless skinless chicken breast halves
1 teaspoon chipotle chili powder
1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1/4 cup lime juice
2 tablespoons tequila, or use lemon juice
1 tablespoon lime zest
1/2 cup salsa

To Assemble:

Sprinkle each chicken breast with chipotle chili powder, salt and pepper. Prepare marinade: In a small bowl, whisk together lime juice, tequila (or lemon juice), lime zest and salsa. Place chicken in a 1-quart freezer bag and pour marinade on top. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Spicy Tequila Lime Chicken" and date of preparation; place it in the freezer.

GLUTEN FREE: Make sure tequila and salsa are gluten free.

Spicy Tequila Lime Chicken

20 For the Freezer Recipe 4 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

4 (6-oz) boneless skinless chicken breast halves
1 teaspoon chipotle chili powder
1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1/4 cup lime juice
2 tablespoons tequila, or use lemon juice
1 tablespoon lime zest
1/2 cup salsa

At Time of Cooking Ingredients:

Olive oil
2 cups cherry tomatoes
1/2 cup (1-inch) green bell pepper chunks
1 medium red onion, quartered
4 metal or bamboo skewers

DO-AHEAD TIP: If using bamboo skewers, soak them in water for 30 minutes before use, to prevent burning on the grill.

Cooking Instructions:

Preheat grill to HIGH. Lightly coat grill grates with olive oil. Alternately thread cherry tomatoes, bell pepper pieces and red onion quarters on skewers; set aside. Remove chicken from marinade, transferring marinade to a small saucepan. Carefully place chicken on the hottest part of the grill and cook for 2 minutes (without moving or checking the underside). Using tongs, lift each piece and rotate 45 degrees and cook for 2 minutes. Flip with tongs and cook for 4 to 6 minutes, lifting chicken half way through cooking time to rotate 45 degrees to create perfect grill marks. Transfer chicken to a plate and keep warm. Bring marinade to a boil then reduce heat and cook for 10 minutes or until reduced by half. Grill vegetable skewers for 1 to 2 minutes per side.

SERVING SUGGESTION: Serve chicken over wild rice pilaf topped with sauce and a skewer of vegetables on the side.

Nutrition per serving: 257 Calories; 3g Fat; 41g Protein; 12g Carbohydrate; 3g Dietary Fiber; 99mg Cholesterol; 736mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 0 Fat. **Points:** 6

Coq au Vin on the Grill

20 For the Freezer Recipe 5 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1/2 cup low sodium beef broth
1/4 cup red wine (or use red grape juice and 1 teaspoon of white wine vinegar)
2 tablespoons brandy (or use 2 tablespoons of brandy extract or flavoring)
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
2 cloves garlic, pressed
2 tablespoons herbes de Provence
4 (6-oz.) boneless skinless chicken breast halves, cubed

To Assemble:

In a small bowl, whisk together first 7 ingredients (broth through herbes de Provence), noting substitutions if used. Place chicken in a 1-quart freezer bag; pour broth mixture on top. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Grill Coq au Vin" and date of preparation; place it in the freezer.

GLUTEN FREE: Make sure broth, wine (or juice/vinegar) and brandy (or extract/flavoring) are gluten free.

Coq au Vin on the Grill

20 For the Freezer Recipe 5 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preamsembled Ingredients:

1/2 cup low sodium beef broth
1/4 cup red wine (or use red grape juice and 1 teaspoon of white wine vinegar)
2 tablespoons brandy (or use 2 tablespoons of brandy extract or flavoring)
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
2 cloves garlic, pressed
2 tablespoons herbes de Provence
4 (6-oz.) boneless skinless chicken breast halves, cubed

DO-AHEAD TIP: If using bamboo skewers, soak them in water for 30 minutes before use, to prevent burning on the grill.

At Time of Cooking Ingredients:

Olive oil
1 small red onion, quartered
1 cup whole white button mushrooms
4 metal or bamboo skewers

Cooking Instructions:

Preheat grill to HIGH. Clean the grates before they get hot and lightly coat them with olive oil. Drain marinade from the chicken and transfer it to a small saucepan; bring to a boil then remove from heat. Alternately thread chicken cubes, onion quarters and mushrooms on skewers; place on the grill and cook for 12 to 15 minutes, turning and brushing with marinade every 2 to 3 minutes, until chicken juices run clear. Return remaining marinade to the stovetop and bring to a boil; cook for 3 minutes. Top chicken/vegetable skewers with sauce.

SERVING SUGGESTION: Steamed baby red potatoes tossed with a little butter and chopped parsley; add steamed or grilled asparagus.

Nutrition per serving: 250 Calories; 3g Fat; 42g Protein; 4g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 605mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 0 Fat. **Points:** 5

Grilled Cranberry Orange Beef Kabobs

20 For the Freezer Recipe 6 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1 pound lean beef chuck roast, cut into 1-inch cubes
2 teaspoons ground allspice
3 cloves garlic, pressed
1 orange, peeled and thickly sliced
1/2 cup red wine (or use red grape juice and 1 teaspoon of balsamic vinegar)
1/2 cup low sodium beef broth
1/4 cup orange juice
3/4 cup dried cranberries

To Assemble:

In a 1-quart freezer bag, combine beef cubes, allspice and garlic. Shake the bag a little and gently rub the allspice/garlic mixture through the bag into the beef cubes; add sliced orange. In a small bowl, combine remaining ingredients (noting substitutions if needed); pour mixture over beef cubes. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write "Cranberry Orange Beef Kabobs" and date of preparation; place it in the freezer.

GLUTEN FREE: Make sure wine (or juice/vinegar) and beef broth are gluten free.

Grilled Cranberry Orange Beef Kabobs

20 For the Freezer Recipe 6 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preamsembled Ingredients:

1 pound lean beef chuck roast, cut into 1-inch cubes
2 teaspoons ground allspice
3 cloves garlic, pressed
1 orange, peeled and thickly sliced
1/2 cup red wine (or use red grape juice and 1 teaspoon of balsamic vinegar)
1/2 cup low sodium beef broth
1/4 cup orange juice
3/4 cup dried cranberries

DO-AHEAD TIP: If using bamboo skewers, soak them in water for 30 minutes before use, to prevent burning on the grill.

At Time of Cooking Ingredients:

Olive oil
1 small red onion, quartered
1 cup whole button mushrooms
4 metal or bamboo skewers

Cooking Instructions:

Preheat grill to HIGH. Clean the grate and lightly coat with a little olive oil before it gets hot. Remove beef from marinade and transfer marinade (with orange slices) to a small saucepan; bring to a boil then remove from heat and carefully remove orange slices. Alternately thread beef cubes, onion quarters and mushrooms on skewers then place them on the grill. Cook for 12 to 15 minutes, turning and brushing with reserved marinade every 2 to 3 minutes or until desired level of doneness is reached. Serve over brown rice. Return remaining marinade to the stovetop; bring to a boil and cook for 2 to 3 minutes.

SERVING SUGGESTION: Serve kabobs over brown rice; top with a little sauce if desired. Add a big spinach salad on the side.

Nutrition per serving: 241 Calories; 9g Fat; 28g Protein; 11g Carbohydrate; 2g Dietary Fiber; 96mg Cholesterol; 98mg Sodium. **Exchanges:** 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Fat. **Points:** 6

Balsamic Sirloin Steaks

20 For the Freezer Recipe 7 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1/4 cup olive oil
2 tablespoons balsamic vinegar
2 tablespoons dry red wine (or red grape juice with a splash of red wine vinegar)
3 cloves garlic, pressed
1/4 cup minced onion
4 (6-oz.) beef sirloin steaks

To Assemble:

Prepare marinade: In a small bowl, whisk together first 5 ingredients (olive oil through onion). Place steaks in a 1-gallon freezer bag and pour marinade on top. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Balsamic Sirloin" and date of preparation; place it in the freezer.

GLUTEN FREE: Make sure vinegar, wine (or juice/vinegar) are gluten free.

Balsamic Sirloin Steaks

20 For the Freezer Recipe 7 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preamsembled Ingredients:

1/4 cup olive oil
2 tablespoons balsamic vinegar
2 tablespoons dry red wine (or red grape juice with a splash of red wine vinegar)
3 cloves garlic, pressed
1/4 cup minced onion
4 (6-oz.) beef sirloin steaks

At Time of Cooking Ingredients:

Olive oil

Cooking Instructions:

Preheat grill to HIGH. Clean the grate and lightly coat it with olive oil before it gets hot. Remove steaks from marinade and transfer marinade to a small saucepan; bring to a boil then remove from heat. Place steaks on the grill; cook, uncovered, for 4 minutes then, using tongs, rotate them 45 degrees; grill for 4 minutes to create perfect grill marks. Flip the steaks and repeat those steps for perfect grill marks on both sides. To grill steaks beyond RARE, cover grill and cook until desired level of doneness is reached.

SERVING SUGGESTION: Baked russet potatoes topped with your favorite garnishes (butter, shredded Cheddar cheese, sour cream, bacon bits, chopped chives). Add a big salad on the side.

Nutrition per serving: 512 Calories; 37g Fat; 39g Protein; 2g Carbohydrate; trace Dietary Fiber; 125mg Cholesterol; 101mg Sodium. **Exchanges:** 5 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 Fat. **Points:** 13

Jerk-Style Beef and Pineapple Kabobs

20 For the Freezer Recipe 8 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 teaspoon ground allspice
1 teaspoon packed brown sugar
1 teaspoon onion powder
1 clove garlic, pressed
1/2 teaspoon ground nutmeg
1/2 teaspoon ground ginger
1/4 teaspoon cayenne pepper
1/4 teaspoon dried thyme
1 pound lean beef chuck roast, cut into 1-inch cubes
1/4 cup pineapple juice

To Assemble:

In a small container, combine all ingredients except beef and pineapple juice; blend well. Rub mixture into beef cubes and place them in a 1-quart freezer bag; pour pineapple juice on top. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Jerk-Style Beef and Pineapple Kabobs" and date of preparation; place it in the freezer.

GLUTEN FREE: Make sure pineapple juice is gluten free.

Jerk-Style Beef and Pineapple Kabobs

20 For the Freezer Recipe 8 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 teaspoon ground allspice
1 teaspoon packed brown sugar
1 teaspoon onion powder
1 clove garlic, pressed
1/2 teaspoon ground nutmeg
1/2 teaspoon ground ginger
1/4 teaspoon cayenne pepper
1/4 teaspoon dried thyme
1 pound lean beef chuck roast, cut into 1-inch cubes
1/4 cup pineapple juice

DO-AHEAD TIP: If using bamboo skewers, soak them in water for 30 minutes before use, to prevent burning on the grill.

At Time of Cooking Ingredients:

Olive oil
Metal or bamboo skewers
1 small red onion, quartered
2 cups (1-inch cubes) fresh pineapple

Cooking Instructions:

Preheat grill to HIGH. Clean the grate and lightly coat it with olive oil before it gets hot. Drain beef cubes from marinade, discarding marinade and bag. Alternately thread beef cubes, onion quarters and pineapple cubes onto skewers; place on the grill and cook for 25 to 15 minutes, turning every 2 to 3 minutes or until desired level of doneness is achieved.

SERVING SUGGESTION: Serve kabobs over brown rice. Add steamed broccoli spears on the side.

Nutrition per serving: 239 Calories; 9g Fat; 26g Protein; 17g Carbohydrate; 2g Dietary Fiber; 96mg Cholesterol; 545mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1 Fruit; 0 Fat; 0 Other Carbohydrates. **Points:** 6

Mediterranean-style Flank Steak Salad

20 For the Freezer Recipe 9 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1/4 cup low sodium beef broth
1/4 cup red wine (or red grape juice with a splash of red wine vinegar)
2 tablespoons balsamic vinegar
3 cloves garlic, pressed
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1/2 teaspoon dried marjoram
1 teaspoon dried oregano
1 (16-oz.) beef flank steak, trimmed

To Assemble:

Prepare marinade: In a small bowl, whisk together first 8 ingredients (broth through oregano). Place flank steak in a 1-gallon freezer bag and pour marinade on top. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Mediterranean-style Flank Steak" and date of preparation; place it in the freezer.

GLUTEN FREE: Make sure beef broth, wine (or juice/vinegar) and balsamic vinegar are gluten free.

Mediterranean-style Flank Steak Salad

20 For the Freezer Recipe 9 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

1/4 cup low sodium beef broth
1/4 cup red wine (or red grape juice with a splash of red wine vinegar)
2 tablespoons balsamic vinegar
3 cloves garlic, pressed
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1/2 teaspoon dried marjoram
1 teaspoon dried oregano
1 (16-oz.) beef flank steak, trimmed

At Time of Cooking Ingredients:

Olive oil
8 cups mixed salad greens
1 cup cucumber half-slices
1 cup tomato half-slices
1/3 cup thinly sliced red onion
1/4 cup extra virgin olive oil
1/2 cup lemon juice
1 teaspoon dried oregano
1/2 teaspoon dried marjoram

Cooking Instructions:

Preheat grill to HIGH. Clean the grate and lightly coat it with olive oil before it gets hot. Drain marinade from the flank steak and transfer it to a small saucepan; bring to a boil then remove from heat. Place flank steak on the grill and cook, uncovered, for 3 minutes. Using tongs, flip the steak and cook for 3 minutes or until desired level of doneness is achieved. Allow steak to rest for 5 minutes then slice across the grain (diagonally) into thin strips. In a large bowl, place salad greens and sliced cucumber, tomato and red onion; toss well. In a small bowl, whisk together olive oil, lemon juice, oregano and marjoram; drizzle over salad; toss again. Top with steak strips and serve.

SERVING SUGGESTION: Serve warmed pita bread halves on the side.

Nutrition per serving: 368 Calories; 23g Fat; 27g Protein; 13g Carbohydrate; 4g Dietary Fiber; 57mg Cholesterol; 367mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 2 1/2 Fat. **Points:** 9

Spiced Beef and Sweet Potato Kabobs

20 For the Freezer Recipe 10 — Assembly Guidelines
Serves 4

Assembly Ingredients:

2 teaspoons ground allspice
1 tablespoon light brown sugar
4 cloves garlic, pressed
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1/4 cup low sodium beef broth
1/4 cup olive oil
1/2 cup dry red wine (or red grape juice)
1/4 cup red wine vinegar
1 pound lean beef round steak, cubed

To Assemble:

In a small bowl, whisk together first 9 ingredients (ground allspice through vinegar) until brown sugar has dissolved. Place beef cubes in a 1-quart freezer bag and pour marinade on top. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Spiced Beef and Sweet Potato Kabobs" and date of preparation, and place it in the freezer.

GLUTEN FREE: Make sure broth, wine (or juice) and vinegar are gluten free.

Spiced Beef and Sweet Potato Kabobs

20 For the Freezer Recipe 10 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

2 teaspoons ground allspice
1 tablespoon light brown sugar
4 cloves garlic, pressed
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1/4 cup low sodium beef broth
1/4 cup olive oil
1/2 cup dry red wine (or red grape juice)
1/4 cup red wine vinegar
1 pound lean beef round steak, cubed

At Time of Cooking Ingredients:

Olive oil
1 medium yellow onion, quartered
2 cups (1-inch) sweet potato cubes
Metal or bamboo skewers

Cooking Instructions:

Preheat grill to MEDIUM. Clean the grill grate and lightly coat it with olive oil before it gets hot. Drain beef cubes from marinade, discarding marinade and bag. Alternately thread beef cubes, onion quarters and sweet potato cubes on skewers; grill, covered, for 12 to 15 minutes, turning every 5 minutes, until beef reaches desired level of doneness and sweet potatoes are tender.

SERVING SUGGESTION: Serve a big spinach salad on the side.

Nutrition per serving: 400 Calories; 20g Fat; 27g Protein; 24g Carbohydrate; 3g Dietary Fiber; 66mg Cholesterol; 568mg Sodium. **Exchanges:** 1 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates. **Points:** 10

Brown Sugar and Soy Salmon

20 For the Freezer Recipe 11 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1 teaspoon lime zest
1 clove garlic, pressed
2 tablespoons light rum (optional)
1/3 cup lime juice
1/3 cup low sodium soy sauce
1/3 cup light brown sugar
2 tablespoons olive oil
4 (4-oz.) salmon fillets

To Assemble:

Prepare marinade: In a small bowl, whisk together first 9 ingredients (salt through olive oil) until brown sugar has dissolved. Place salmon fillets in a 1-quart freezer bag and pour marinade on top; seal bag and shake gently to coat. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Brown Sugar and Soy Salmon" and date of preparation; place it in the freezer.

GLUTEN FREE: Make sure rum (if using) and soy sauce are gluten free.

Brown Sugar and Soy Salmon

20 For the Freezer Recipe 11 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preamsembled Ingredients:

1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1 teaspoon lime zest
1 clove garlic, pressed
2 tablespoons light rum (optional)
1/3 cup lime juice
1/3 cup low sodium soy sauce
1/3 cup light brown sugar
2 tablespoons olive oil
4 (4-oz.) salmon fillets

At Time of Cooking Ingredients:

Olive oil

Cooking Instructions:

Preheat the grill to MEDIUM. Clean the grate and lightly coat it with olive oil before it gets hot. Place salmon on the preheated grill, discarding marinade and bag. Grill salmon fillets for 6 to 8 minutes per side or until they flake easily when tested with a fork.

SERVING SUGGESTION: Steamed baby new potatoes and steamed OR grilled asparagus.

Nutrition per serving: 274 Calories; 11g Fat; 24g Protein; 16g Carbohydrate; trace Dietary Fiber; 59mg Cholesterol; 1351mg Sodium. **Exchanges:** 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 1 Other Carbohydrates. **Points:** 7

Lemon Dill Flounder

20 For the Freezer Recipe 12 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1 teaspoon lemon zest
1 clove garlic, pressed
2 tablespoons dried dill
1/3 cup lemon juice
1/3 cup dry white wine (or low sodium vegetable broth)
2 tablespoons olive oil
4 (4-oz.) flounder fillets

To Assemble:

Prepare marinade: In a small bowl, whisk together first 8 ingredients (salt through olive oil). Place flounder fillets in a 1-quart freezer bag and pour marinade on top; seal bag and shake gently to coat. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Lemon Dill Flounder" and date of preparation; place it in the freezer.

GLUTEN FREE: Make sure wine (or broth) is gluten free.

Lemon Dill Flounder

20 For the Freezer Recipe 12 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1 teaspoon lemon zest
1 clove garlic, pressed
2 tablespoons dried dill
1/3 cup lemon juice
1/3 cup dry white wine (or low sodium vegetable broth)
2 tablespoons olive oil
4 (4-oz.) flounder fillets

At Time of Cooking Ingredients:

Olive oil

Cooking Instructions:

Preheat grill to MEDIUM. Clean the grate and lightly coat it with olive oil before it gets hot. Place flounder on preheated grill, discarding marinade and bag. Grill flounder fillets for 6 to 8 minutes per side or until they flake easily when tested with a fork.

SERVING SUGGESTION: Serve wild rice pilaf on the side. Add a big salad.

Nutrition per serving: 188 Calories; 8g Fat; 22g Protein; 3g Carbohydrate; trace Dietary Fiber; 54mg Cholesterol; 566mg Sodium. **Exchanges:** 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat. **Points:** 4

Spicy Lime Halibut Fillets

20 For the Freezer Recipe 13 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1/4 teaspoon chipotle chili powder
1 teaspoon lime zest
3 cloves garlic, pressed
3 tablespoons diced jalapeno peppers
1/4 cup lime juice
1/4 cup olive oil
4 (4-oz.) halibut fillets

To Assemble:

In a small bowl or cup, combine salt, pepper and chipotle chili powder; rub mixture evenly into both sides of halibut fillets. Prepare marinade: In a small bowl, whisk together lime zest, garlic, jalapeno, lime juice and olive oil. Place fish in a 1-quart freezer bag and pour marinade on top; seal bag and shake gently to coat. Open the bag and carefully squeeze the bag to force out any air; seal the bag.

To prevent freezer burn, place the filled bag in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Spicy Lime Halibut" and date of preparation, and place it in the freezer.

GLUTEN FREE: No changes necessary.

Spicy Lime Halibut Fillets

20 For the Freezer Recipe 13 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1/4 teaspoon chipotle chili powder
1 teaspoon lime zest
3 cloves garlic, pressed
3 tablespoons diced jalapeno peppers
1/4 cup lime juice
1/4 cup olive oil
4 (4-oz.) halibut fillets

At Time of Cooking Ingredients:

Olive oil

Cooking Instructions:

Preheat grill to MEDIUM. Clean the grate and lightly coat it with olive oil before it gets hot. Place halibut on the preheated grill, discarding marinade and bag. Grill fillets for 6 to 8 minutes per side or until they flake easily when tested with a fork.

SERVING SUGGESTION: Brown rice topped with a dollop of sour cream and chopped green onions. Add garlic-olive oil sautéed baby spinach.

Nutrition per serving: 255 Calories; 16g Fat; 24g Protein; 3g Carbohydrate; trace Dietary Fiber; 36mg Cholesterol; 533mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat. **Points:** 7

Bacon-Wrapped Jalapeno Stuffed Shrimp

20 For the Freezer Recipe 14 — Assembly Guidelines
Serves 4

DO-AHEAD TIP: If using bamboo skewers, soak them in water for 30 minutes before threading with bacon-wrapped shrimp and freezing. This will prevent burning at grill time.

Assembly Ingredients:

3/4 cup low fat cream cheese, softened
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
3 tablespoons lime juice
2 cloves garlic, minced
2 tablespoons minced yellow onion
10 jalapeno peppers, halved lengthwise and de-seeded
1 1/4 pounds (20 count) large shrimp, peeled and deveined
10 slices low sodium bacon, halved
4 metal or bamboo skewers

To Assemble:

In a small bowl, combine first 6 ingredients (cream cheese through yellow onion); blend well. Fill each jalapeno half with about 1 tablespoon of cream cheese mixture then place a filled jalapeno against each shrimp (cream cheese side facing the shrimp); wrap in a piece of bacon. Thread 5 bacon-wrapped shrimp onto each skewer. Place skewers in a 1-gallon freezer bag (being careful to not pierce the bag). Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Bacon-Wrapped Jalapeno Stuffed Shrimp" and date of preparation, and place it in the freezer.

GLUTEN FREE: Make sure bacon is gluten free.

Bacon-Wrapped Jalapeno Stuffed Shrimp

20 For the Freezer Recipe 14 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preamsembled Ingredients:

3/4 cup low fat cream cheese, softened
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
3 tablespoons lime juice
2 cloves garlic, minced
2 tablespoons minced yellow onion
10 jalapeno peppers, halved lengthwise and de-seeded
1 1/4 pounds (20 count) large shrimp, peeled and deveined
10 slices low sodium bacon, halved
4 metal or bamboo skewers

At Time of Cooking Ingredients:

Olive oil

Cooking Instructions:

Preheat grill to HIGH. Clean the grill grate and lightly coat it with olive oil before it gets hot. Grill shrimp/bacon skewers for 4 to 5 minutes per side or until bacon is browned and shrimp are pink and cooked through.

SERVING SUGGESTION: Wild rice pilaf and steamed green beans.

Nutrition per serving: 359 Calories; 18g Fat; 39g Protein; 8g Carbohydrate; 1g Dietary Fiber; 253mg Cholesterol; 995mg Sodium. **Exchanges:** 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates. **Points:** 9

Sweet and Spicy Mango Shrimp and Scallop Skewers

20 For the Freezer Recipe 15 — Assembly Guidelines
Serves 4

Assembly Ingredients:

2 cloves garlic, pressed
1/4 cup olive oil
1/4 cup chili sauce
2 tablespoons lime juice
1/2 teaspoon hot pepper sauce
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1 pound (16 count) large shrimp, peeled and deveined
1/2 pound (8 count) sea scallops

To Assemble:

In a small bowl, whisk together first 7 ingredients (garlic through black pepper). Place shrimp and scallops in a 1-quart freezer bag and pour the marinade on top; seal bag and shake gently to coat. Open the bag and carefully squeeze the bag to force out any air; seal the bag.

To prevent freezer burn, place the filled bag in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Sweet and Spicy Mango Shrimp and Scallop Skewers" and date of preparation; place it in the freezer.

GLUTEN FREE: Make sure chili sauce and hot pepper sauce are gluten free.

Sweet and Spicy Mango Shrimp and Scallop Skewers

20 For the Freezer Recipe 15 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

DO-AHEAD TIP: If using bamboo skewers, soak them in water for 30 minutes before use, to prevent burning on the grill.

Preassembled Ingredients:

2 cloves garlic, pressed
1/4 cup olive oil
1/4 cup chili sauce
2 tablespoons lime juice
1/2 teaspoon hot pepper sauce
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1 pound (16 count) large shrimp, peeled and deveined
1/2 pound (8 count) sea scallops

At Time of Cooking Ingredients:

Olive oil
1 cup pitted, peeled and cubed mango
4 metal or bamboo skewers

Cooking Instructions:

Preheat grill to HIGH. Clean the grate and lightly coat it with olive oil before it gets hot. Assemble the 4 skewers as follows: 2 shrimp, 1 scallop, 2 cubes of mango, 2 shrimp and 1 scallop on each skewer. Grill skewers for 4 to 5 minutes per side or until shrimp and scallops are pink and cooked through.

SERVING SUGGESTION: Brown rice tossed with a little curry powder, lime juice and chopped green onion and cilantro. Add steamed green beans.

Nutrition per serving: 325 Calories; 16g Fat; 33g Protein; 11g Carbohydrate; 1g Dietary Fiber; 191mg Cholesterol; 515mg Sodium. **Exchanges:** 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates. **Points:** 8

Easy Grilled Jerk Pork Tenderloin

20 For the Freezer Recipe 16 — Assembly Guidelines
Serves 8

Assembly Ingredients:

1/2 cup chopped onion
2 tablespoons de-seeded and diced jalapeno peppers
3 cloves garlic, pressed
1/2 tablespoon dark brown sugar
2 tablespoons dried thyme
1 teaspoon ground allspice
1 teaspoon freshly ground black pepper
1/8 teaspoon cayenne pepper
1/2 tablespoon ground ginger
2 tablespoons cider vinegar
1 tablespoon low sodium soy sauce
1 tablespoon olive oil
1 1/2 pounds pork tenderloin, trimmed

To Assemble:

In a blender, process the first 12 ingredients (onion through olive oil) until mostly smooth. Cut the tenderloin in half then cut the larger half in half again, to create 3 almost equal-sized medallions. Place medallions in a 1-quart freezer bag and pour marinade on top; seal bag and shake gently to coat. Open the bag and carefully squeeze the bag to force out any air; seal the bag.

To prevent freezer burn, place the filled bag in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Jerk Tenderloin" and date of preparation, and place it in the freezer.

GLUTEN FREE: Make sure vinegar and soy sauce are gluten free.

Easy Grilled Jerk Pork Tenderloin

20 For the Freezer Recipe 16 — Cooking Instructions
Serves 8

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

1/2 cup chopped onion
2 tablespoons de-seeded and diced jalapeno peppers
3 cloves garlic, pressed
1/2 tablespoon dark brown sugar
2 tablespoons dried thyme
1 teaspoon ground allspice
1 teaspoon freshly ground black pepper
1/8 teaspoon cayenne pepper
1/2 tablespoon ground ginger
2 tablespoons cider vinegar
1 tablespoon low sodium soy sauce
1 tablespoon olive oil
1 1/2 pounds pork tenderloin, trimmed

At Time of Cooking Ingredients:

Olive oil

Cooking Instructions:

Preheat grill to HIGH. Clean the grate and lightly coat it with olive oil before it gets hot. Remove pork medallions from marinade and drain, discarding marinade and bag. Grill pork until grill marks appear and medallions can be easily lifted from the grill, 6 to 7 minutes per side or until internal temperatures read 145 degrees when inserted into the thickest parts.

SERVING SUGGESTION: Braised Swiss chard and "baked" sweet potatoes ("bake" in your slow cooker or on the grill to keep the kitchen cool).

Nutrition per serving: 134 Calories; 5g Fat; 18g Protein; 4g Carbohydrate; 1g Dietary Fiber; 55mg Cholesterol; 119mg Sodium. **Exchanges:** 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates. **Points:** 3

Orange Soy Center-cut Pork Chops

20 For the Freezer Recipe 17 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1 cup orange juice
1/3 cup low sodium soy sauce
1/4 cup olive oil
1 clove garlic, pressed
2 teaspoons dried basil
2 tablespoons chopped green onions
4 (4-oz.) boneless center-cut pork chops, about 1-inch thick

To Assemble:

Prepare marinade: In a small bowl, whisk together first 6 ingredients (orange juice through green onions). Place pork chops in a 1-quart freezer bag then pour the marinade on top; seal the bag and shake it gently to coat. Open the bag and carefully squeeze it to force out any air; seal the bag.

To prevent freezer burn, place the filled bag in a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Orange Soy Pork Chops" and date of preparation, and place it in the freezer.

GLUTEN FREE: Make sure soy sauce is gluten free.

Orange Soy Center-cut Pork Chops

20 For the Freezer Recipe 17 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preamsembled Ingredients:

1 cup orange juice
1/3 cup low sodium soy sauce
1/4 cup olive oil
1 clove garlic, pressed
2 teaspoons dried basil
2 tablespoons chopped green onions
4 (4-oz.) boneless center-cut pork chops, about 1-inch thick

At Time of Cooking Ingredients:

Olive oil
1/2 cup chopped orange, and juice reserved
1 teaspoon dark brown sugar
1 teaspoon chopped fresh basil leaves

Cooking Instructions:

Preheat grill to MEDIUM. Clean the grate and lightly coat it with olive before it gets hot. Remove pork from marinade and shake excess marinade from chops, discarding marinade and bag. Grill pork chops until no longer pink inside and grill marks appear on the outsides, 12 to 15 minutes per side. Meanwhile, in a small saucepan, combine orange, reserved orange juice, brown sugar and basil over medium heat. Bring mixture to a boil then reduce heat and cook until reduced to a chutney-like consistency; serve with pork chops.

SERVING SUGGESTION: Brown rice and stir-fried OR grilled zucchini, yellow squash and red bell peppers.

Nutrition per serving: 311 Calories; 19g Fat; 22g Protein; 13g Carbohydrate; 1g Dietary Fiber; 51mg Cholesterol; 844mg Sodium. **Exchanges:** 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates. **Points:** 8

Apple Dijon Pork Chops

20 For the Freezer Recipe 18 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1/4 cup Dijon mustard
1/4 cup light brown sugar
2 tablespoons unsweetened apple juice
2 tablespoons Worcestershire sauce
2 teaspoons ground allspice
4 (4-oz.) boneless center-cut pork chops, about 1-inch thick

To Assemble:

Prepare marinade: In a small bowl, whisk together first 4 ingredients (Dijon mustard through Worcestershire sauce) until brown sugar has dissolved. Sprinkle allspice on both sides of pork chops then place them in a 1-quart freezer bag; pour marinade on top. Seal the bag and shake gently to coat. Open the bag and carefully squeeze it to force out any air; seal the bag.

To prevent freezer burn, place the filled bag in a second 1-quart freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Apple Dijon Pork Chops" and date of preparation, and place it in the freezer.

GLUTEN FREE: Make sure mustard, apple juice and Worcestershire sauce are gluten free.

Apple Dijon Pork Chops

20 For the Freezer Recipe 18 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove the bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preamsembled Ingredients:

1/4 cup Dijon mustard
1/4 cup light brown sugar
2 tablespoons unsweetened apple juice
2 tablespoons Worcestershire sauce
2 teaspoons ground allspice
4 (4-oz.) boneless center-cut pork chops, about 1-inch thick

At Time of Cooking Ingredients:

Olive oil
1 cup cored and chopped Granny Smith apple (peeled, optional)
1 tablespoon raisins
1 teaspoon ground allspice
1/2 teaspoon light brown sugar
2 tablespoons low sodium vegetable broth
2 teaspoons cider vinegar

Cooking Instructions:

Preheat grill to MEDIUM. Clean the grate and lightly coat it with olive oil before it gets hot. Remove pork chops from freezer bag, gently shaking off excess marinade and discarding marinade and bag. Grill pork chops until no longer pink inside and grill marks appear on the outsides, 12 to 15 minutes per side. Meanwhile, in a small saucepan over medium heat, combine apple, raisins, allspice, brown sugar, broth and vinegar; cook until brown sugar is dissolved and apple is fork-tender. Serve sauce over pork chops.

SERVING SUGGESTION: Steamed new potatoes and steamed medley of baby carrots with broccoli and cauliflower florets.

Nutrition per serving: 214 Calories; 6g Fat; 22g Protein; 19g Carbohydrate; 1g Dietary Fiber; 51mg Cholesterol; 325mg Sodium. **Exchanges:** 0 Grain(Starch); 3 Lean Meat; 1/2 Fruit; 0 Fat; 1 Other Carbohydrates. **Points:** 6

Spicy Thai Peanut Pork Kebobs

20 For the Freezer Recipe 19 — Assembly Guidelines
Serves 4

Assembly Ingredients:

1/2 cup low sodium soy sauce
1/4 cup lime juice
1/4 cup creamy peanut butter
2 tablespoons light brown sugar
2 cloves garlic, pressed
1 teaspoon crushed red pepper flakes
1/4 teaspoon ground ginger
1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
2 teaspoons dried basil
1 pound pork tenderloin, trimmed and cut into 1-inch cubes

To Assemble:

Prepare marinade: In a small bowl, combine first 7 ingredients (soy sauce through ground ginger); blend until brown sugar has dissolved. Pour 1/2 cup of this marinade into a sandwich-size freezer bag and seal; set aside remaining marinade. In a cup, combine salt, pepper and basil; sprinkle mixture over entire surface of tenderloin then place it in a 1-quart freezer bag; pour remaining marinade on top. Seal bag and gently shake to coat. Open the bag and carefully squeeze it to force out any air. Seal the bag tightly.

To prevent freezer burn, place the filled bags a 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Spicy Thai Peanut Pork Kabobs" and date of preparation, and place it in the freezer.

GLUTEN FREE: Make sure soy sauce and peanut butter are gluten free.

Spicy Thai Peanut Pork Kebobs

20 For the Freezer Recipe 19 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

DO-AHEAD TIP: If using bamboo skewers, soak them in water for 30 minutes before use, to prevent burning on the grill.

Preassembled Ingredients:

1/2 cup low sodium soy sauce
1/4 cup lime juice
1/4 cup creamy peanut butter
2 tablespoons light brown sugar
2 cloves garlic, pressed
1 teaspoon crushed red pepper flakes
1/4 teaspoon ground ginger
1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
2 teaspoons dried basil
1 pound pork tenderloin, trimmed and cut into 1-inch cubes

At Time of Cooking Ingredients:

Olive oil
1 cup (1-inch) bell pepper chunks
4 metal or bamboo skewers
1/4 cup chopped unsalted peanuts
1 tablespoon chopped fresh basil leaves

Cooking Instructions:

Preheat grill to MEDIUM. Clean the grate and lightly coat it with olive oil before it gets hot. Remove pork cubes from the bag and gently shake to remove excess marinade; discard marinade and bag. Transfer sauce from the sandwich bag to a small saucepan; bring to a boil and cook for 2 to 3 minutes then remove from heat and set aside. Alternately thread pork cubes and bell pepper chunks on skewers, leaving space between. Grill kabobs, uncovered, for 6 minutes, turning once and basting frequently with sauce. Grill for 8 to 10 minutes longer or until pork juices run clear, turning only to baste every few minutes as desired for flavor. Garnish grilled kabobs with chopped peanuts, basil and sauce.

SERVING SUGGESTION: Brown rice and stir-fried zucchini, yellow squash and snow peas.

Nutrition per serving: 341 Calories; 17g Fat; 33g Protein; 17g Carbohydrate; 3g Dietary Fiber; 74mg Cholesterol; 1806mg Sodium. **Exchanges:** 1/2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat; 1/2 Other Carbohydrates. **Points:** 9

Tangy Ham and Pineapple Skewers

20 For the Freezer Recipe 20 — Assembly Guidelines
Serves 4

DO-AHEAD TIP: If using bamboo skewers, soak them in water for 30 minutes before threading with ham, onion and pineapple chunks. This will prevent burning at grill time.

Assembly Ingredients:

3 tablespoons light brown sugar
2 tablespoons cider vinegar
1 tablespoon olive oil
1 teaspoon Dijon mustard
1 (15-oz.) can pineapple chunks, drained and syrup reserved
1 pound cooked ham, cut into 1-inch cubes
1 medium red onion, cut into 1-inch wedges
8 metal or bamboo skewers

To Assemble:

In a small bowl, whisk together first brown sugar, vinegar, oil, mustard and pineapple syrup; blend well until brown sugar has dissolved then pour into a 1-quart freezer bag; carefully squeeze the bag to force out any air then seal it. Thread the 8 skewers in the following order: 2 cubes of ham, 2 wedges of onion, 2 pineapple chunks and 2 cubes of ham. Place skewers in a 1-gallon freezer bag, being careful to not pierce the bag. Carefully squeeze the bag to force out any air then seal it.

To prevent freezer burn, place the filled bags in a second 1-gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label "Tangy Ham and Pineapple Skewers" and date of preparation, and place it in the freezer.

GLUTEN FREE: Make sure ham, canned pineapple, vinegar and mustard are gluten free.

Tangy Ham and Pineapple Skewers

20 For the Freezer Recipe 20 — Cooking Instructions
Serves 4

Before You Cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.

Preassembled Ingredients:

3 tablespoons light brown sugar
2 tablespoons cider vinegar
1 tablespoon olive oil
1 teaspoon Dijon mustard
1 (15-oz.) can pineapple chunks, drained and syrup reserved
1 pound cooked ham, cut into 1-inch cubes
1 medium red onion, cut into 1-inch wedges
8 metal or bamboo skewers

At Time of Cooking Ingredients:

Olive oil

Cooking Instructions:

Preheat grill to HIGH. Clean the grate then lightly coat it with olive oil before it gets hot. Grill skewers for 6 to 8 minutes, turning frequently and brushing often with marinade.

SERVING SUGGESTION: "Baked" sweet potatoes ("bake" in your slow cooker or on the grill to keep the kitchen cool). Add a big bowl of broccoli slaw (use a ready-made mix and toss with low fat mayo and a little rice vinegar).

Nutrition per serving: 344 Calories; 16g Fat; 21g Protein; 31g Carbohydrate; 1g Dietary Fiber; 65mg Cholesterol; 1515mg Sodium. **Exchanges:** 3 Lean Meat; 1/2 Vegetable; 1 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 9