

GARLIC-PARMESAN PORK CHOPS

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 375°F. Spray a baking sheet with nonstick cooking spray. Bake chops 35-45 minutes, or until tender. Heat sauce in small saucepan and serve over cooked pork chops.

DATE FROZEN: _____

SOUTHWESTERN GRILLED PORK CHOPS

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat grill to medium-high heat. Remove chops from marinade, discarding marinade, and grill 10-12 minutes per side, turning once. For chops thinner than 3/4", decrease cooking time to 7-10 minutes per side. Serve with compound butter.

DATE FROZEN: _____

APPLE GLAZED PORK CHOPS

Remove from freezer and place in refrigerator 48 hours to thaw.

Spray slow cooker with nonstick cooking spray. Place chops in slow cooker; pour apple mixture over. Cook on HIGH 2-3 hours, or LOW 4-5 hours. Mix cornstarch with 1 Tbsp. water; mix into apple mixture and cook 15 minutes more.

DATE FROZEN: _____

SOUTHWESTERN PORK TENDERLOIN w/ORANGE & BLACK BEAN SALSA

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 400°F. Spray a roasting pan with nonstick cooking spray. Roast tenderloin, uncovered, for 40 to 45 minutes or to an internal temperature of 165°F. Tenderloin can also be grilled over medium heat for 30 to 40 minutes or to same internal temperature. Slice pork and serve with salsa at room temperature.

DATE FROZEN: _____

MARGARITA PORK TENDERLOIN

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat grill to medium-high heat. Grill, covered, for 30 to 40 minutes, turning once, or to an internal temperature of 165°F. If meat begins to burn, place a sheet of foil beneath tenderloin. Let rest for 5 minutes before slicing.

DATE FROZEN: _____

BOURBON PORK TENDERLOIN

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 375°F. Remove tenderloin(s) from marinade and roast, uncovered, for about 45 minutes or to internal temperature of 165°F. Pork can also be grilled over medium-high heat for 30 to 40 minutes or to same internal temperature. Place foil beneath pork to avoid burning.

DATE FROZEN: _____

SAUCY BARBECUE RIBS

Remove from freezer and place in refrigerator 48 hours to thaw.

Spray slow cooker with nonstick cooking spray. Add ribs; pour sauce over and cook on HIGH 6-7 hours. Check frequently to be sure ribs are not cooking too fast and that sauce is not burning. Adjust heat to LOW if necessary.

DATE FROZEN: _____

JAPANESE PORK STIR-FRY

Remove from freezer and place in refrigerator 48 hours to thaw.

Heat oil in a nonstick skillet over medium-high to high heat. Add pork and stir-fry 3-4 minutes. Add vegetables and cook 2-3 minutes. Add sauce; reduce heat to medium-low and stir well. Mix cornstarch & water and add; cook until thickened. Serve over reheated rice.

DATE FROZEN: _____

MU SHU WRAPS

Remove from freezer and place in refrigerator 48 hours to thaw.

Spray nonstick skillet with nonstick cooking spray and heat over medium-high to high heat. Add vegetables and saute 3-4 minutes; add pork and stir to warm pork. Pour in sauce and cook 1 more minute. Use to fill warmed flour tortillas.

DATE FROZEN: _____

GINGERED PORK w/PEANUT SAUCE

Remove from freezer and place in refrigerator 48 hours to thaw.

Prepare Ramen noodles & reserve 1/2 cup broth; stir broth into peanut sauce. Spray nonstick skillet with cooking spray and heat to medium-high to high heat. Add pork and stir-fry 4 minutes. Reduce heat to medium, then stir in spinach, green onions & peanut sauce. Stir in noodles and mix well.

DATE FROZEN: _____

ORANGE GLAZED COUNTRY STYLE RIBS

Remove from freezer and place in refrigerator 48 hours to thaw.

Spray slow cooker with nonstick cooking spray. Add ribs, onions & garlic. Cook on LOW 8-9 hours. Add 3/4 cup juices to orange sauce; heat sauce on stove over medium-low heat and serve over ribs.

DATE FROZEN: _____

ASIAN PORK TENDERLOIN

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 375°F. Spray roasting pan with non-stick spray. Remove pork from marinade and roast for 30-40 minutes or to internal temperature of 165°F. Pork can be grilled over medium-high heat for 30-40 minutes or to same internal temperature.

DATE FROZEN: _____

APPLESAUCE PORK TENDERLOIN

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 375°F. Spray roasting pan with non-stick spray. Remove pork from marinade and roast for 30-40 minutes or to internal temperature of 165°F. Pork can be grilled over medium-high heat for 30-40 minutes or to same internal temperature.

DATE FROZEN: _____

PORK MEDALLIONS PICCATA

Remove from freezer and place in refrigerator 48 hours to thaw.

Dredge pork medallions in flour mixture. Heat oil or margarine in a skillet over medium-high heat. Quickly saute medallions, turning once, until golden brown, about 7-8 minutes. Pour in wine sauce; reduce heat to medium-low and cook gently until sauce is thickened.

DATE FROZEN: _____

CUBAN MOJO PORK ROAST

Remove from freezer and place in refrigerator 48 hours to thaw.

SLOW COOKER: Spray cooker with nonstick spray; put roast with liquid in cooker and cook on LOW 8-10 hours or until meat is tender.

OVEN: Put roast with liquid in roasting pan and cook at 350°F for 2 hours; uncover and cook 30 minutes more.

DATE FROZEN: _____

HEAVENLY HAM CASSEROLE

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 375°F. Bake, uncovered, for 30 to 40 minutes or until heated through.

DATE FROZEN: _____

GUMBO POT PIE

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 375°F. Bake, uncovered, for 45 minutes or until pastry is golden brown. Let pie rest 5 to 10 minutes before serving.

DATE FROZEN: _____