

PLATTERS / APPETIZERS

Buffalo Chicken Dip Preheat oven to 350°. Place <u>un</u>covered aluminum tray in oven for 10-15 minutes until warmed through. Dip can also be eaten cold!

<u>Chicken Wings</u> Cook covered at 350° for 20 minutes. Cook <u>uncovered</u> additional 5-10 minutes until desired brownness/crispiness is reached.

Chicken Tenders Cook uncovered 375° for 15-18 minutes until crispy.

<u>Chicken Satay</u> Cook covered at 350° for 10-12 minutes until warmed through. Finish <u>un</u>covered for browning if desired. Satay is fully cooked & can be eaten cold or room temp.

Falafel Place <u>un</u>covered aluminum tray (without dip) in 350° oven for 8-10 minutes until warmed through. Falafel can also be eaten cold!

<u>Stuffed Quahogs or Stuffed Scallops</u> Cook <u>un</u>covered at 350° for 30 minutes

Teriyaki Beef \$kewers Cook uncovered at 350° for 8-10 minutes.

Vegetable \$amosas Cook uncovered at 350° for 12-15 minutes until golden brown.

SIDES

Baked Beans Cook covered at 350° for 25 minutes.

Başmati Rice Add a splash of water to pan and cook covered at 350° for 18 minutes.

Broccoli Cook covered at 350° for 15 minutes.

Cauliflower (parmesan or curried) Cook covered at 350° for 15 minutes.

Butternut \$quash Cook covered at 350° for 25 minutes.

Green Beans Almondine Cook covered at 350° for 15 minutes.

Mac & Cheese Cook covered at 350° for 35 minutes.

Mashed Potatoes Cook covered at 350° for 35 minutes.

Reasted Vegetables Cook covered at 350° for 20 minutes.

Reasted Red or Sweet Potatoes Cook covered at 350° for 20 minutes, finish <u>un</u>covered to brown as desired

Quiche Remove from plastic. Cook <u>un</u>covered in aluminum tray at 350° for 15 minutes.

MAIN COURSES

Baked Ziti Cook covered at 350° for 40 minutes. Finish <u>un</u>covered to brown if desired.

BBQ Ribs Preheat oven to 350°. Cook covered for 20 minutes.

Chicken Broccoli Alfredo Preheat oven to 350°. Cook covered for 40 minutes.

Chicken Piccata Preheat oven to 350°. Cook covered for 30 minutes.

Chicken Parmesan Preheat oven to 350°. Cook covered for 25 minutes. Finish uncovered to brown as desired.

Chicken Tikka Masala Preheat oven to 350°. Cook covered for 30 minutes.

Chickpea & Veggie Curry Preheat oven to 350°. Cook covered for 30 minutes.

Coconut \$hrimp Curry Preheat oven to 350°. Cook covered for 20 minutes.

Cod Piccata Preheat oven to 350°. Cook covered for 10 minutes.

Eggplant Parmesan Preheat oven to 350°. Cook covered for 25 minutes. Finish uncovered to brown as desired.

Grilled Chicken Preheat oven to 350°. Cook covered for 18 minutes.

Herb Crumbed Cod Preheat oven to 350°. Cook covered for 8 minutes. Finish <u>un</u>covered to brown crumbs as desired.

Jerk Chicken Preheat oven to 350°. Cook covered for 30 minutes.

Lasagna (meat, veggie or enchilada) Preheat oven to 350°. Cook covered for 40 minutes. Finish <u>un</u>covered to brown as desired.

Meatballs Preheat oven to 350°. Cook covered for 30 minutes.

Pulled Pork or Chicken Preheat oven to 350°. Cook covered for 30 minutes.

Salmon Preheat oven to 350°. Cook covered for 8-12 minutes.

Sausage & Peppers Preheat oven to 350°. Cook covered for 25 minutes.

Steak Tips Preheat oven to 350°. Cook <u>un</u>covered until desired temp is reached. Beef has been seared and is ready to reheat to temp. ~8-10 minutes for medium-rare

Rare: 125° Medium Rare: 135° Medium: 145° Medium Well: 150° Well Done: 160°

PLEASE NOTE THAT COOKING TIMES AND TEMPERATURES VARY FROM OVEN TO OVEN. FOR BEST RESULTS, WE RECOMMEND USING A FOOD THERMOMETER.

