



# MEAL TAKING MONDAY

A collection of recipes that transport well so you can confidently take your friends and family meals.



# SLOW COOKER PULLED PORK

## INGREDIENTS:

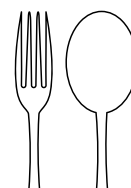
1 (2 POUND) PORK TENDERLOIN  
1 (12 FLUID OUNCES) CAN OR BOTTLE ROOT BEER  
1 (18 OUNCE BOTTLE) YOUR FAVORITE BARBEQUE SAUCE  
8 HAMBURGER BUNS, SPLIT AND LIGHTLY TOASTED

## DIRECTIONS:

PLACE THE PORK TENDERLOIN IN A SLOW COOKER; POUR THE ROOT BEER OVER THE MEAT.  
COVER AND COOK ON LOW UNTIL WELL COOKED AND THE PORK SHREDS EASILY, 6 TO 7 HOURS.  
NOTE: THE ACTUAL LENGTH OF TIME MAY VARY ACCORDING TO INDIVIDUAL SLOW COOKER.  
DRAIN WELL.  
STIR IN BARBECUE SAUCE.  
SERVE OVER HAMBURGER BUNS

## FREEZER DIRECTIONS:

COOL AND PORTION INTO QUART OR GALLON SIZE FREEZER BAGS.  
TO SERVE, REHEAT MEAT IN MICROWAVE OR STOVE TOP.



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Send us your favorite recipe you take to friends or a video of you making it to be featured on our Instagram!

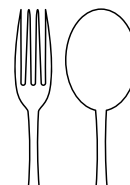




# CHICKEN & CRANBERRY SPINACH SALAD

## INGREDIENTS:

1 TABLESPOON UNSALTED BUTTER  
3/4 CUP ALMONDS, BLANCHED AND SLIVERED  
1 POUND SPINACH, TORN INTO BITE SIZED PIECES  
1 CUP DRIED CRANBERRIES  
2 TABLESPOONS TOASTED SESAME SEEDS  
1 TABLESPOON POPPY SEEDS  
1/2 CUP WHITE SUGAR  
1 TEASPOON MINCED ONION  
1/4 TEASPOON PAPRIKA  
1/4 CUP WHITE WINE VINEGAR  
1/4 CUP CIDER VINEGAR  
1/2 CUP VEGETABLE OIL  
ROTISSERIE CHICKEN OR GRILLED CHICKEN TENDERS



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## DIRECTIONS:

IN A MEDIUM SAUCEPAN, MELT BUTTER OVER MEDIUM HEAT. COOK AND STIR ALMONDS IN BUTTER UNTIL LIGHTLY TOASTED. REMOVE FROM HEAT, AND LET COOL. IN A MEDIUM BOWL, WHISK TOGETHER THE SESAME SEEDS, POPPY SEEDS, SUGAR, ONION, PAPRIKA, WHITE WINE VINEGAR, CIDER VINEGAR, AND VEGETABLE OIL. TOSS WITH SPINACH JUST BEFORE SERVING. IN A LARGE BOWL, COMBINE THE SPINACH WITH THE TOASTED ALMONDS AND CRANBERRIES. TOP WITH PICKED ROTISSERIE CHICKEN OR GRILLED CHICKEN TENDERS

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# BALSAMIC CHICKEN THIGHS

## INGREDIENTS:

1 TEASPOON GARLIC POWDER  
1 TEASPOON DRIED BASIL  
1/2 TEASPOON SALT  
1/2 TEASPOON PEPPER  
2 TEASPOONS DRIED MINCED ONION  
4 GARLIC CLOVES, MINCED  
1 TABLESPOON EXTRA VIRGIN OLIVE OIL  
1/2 CUP BALSAMIC VINEGAR  
8 BONELESS, SKINLESS CHICKEN THIGHS  
SPRINKLE OF FRESH CHOPPED PARSLEY

## DIRECTIONS:

COMBINE THE FIRST FIVE DRY SPICES IN A SMALL BOWL AND SPREAD OVER CHICKEN ON BOTH SIDES.

SET ASIDE.

POUR OLIVE OIL AND GARLIC ON THE BOTTOM OF THE CROCK POT.

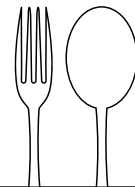
PLACE CHICKEN ON TOP.

POUR BALSAMIC VINEGAR OVER THE CHICKEN.

COVER AND COOK ON HIGH FOR 4 HOURS.

SPRINKLE WITH FRESH PARSLEY ON TOP TO SERVE.

TO SERVE, REHEAT MEAT IN MICROWAVE OR STOVE TOP.



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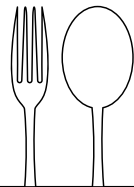
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# BAKED SALMON

## INGREDIENTS:

2 CLOVES GARLIC, MINCED  
6 TABLESPOONS LIGHT OLIVE OIL  
1 TEASPOON DRIED BASIL  
1 TEASPOON SALT  
1 TEASPOON GROUND BLACK PEPPER  
1 TABLESPOON LEMON JUICE  
1 TABLESPOON FRESH PARSLEY, CHOPPED  
1 (6 OUNCE) SALMON FILETS



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## DIRECTIONS:

IN A MEDIUM GLASS BOWL, PREPARE MARINADE BY MIXING GARLIC, OLIVE OIL, BASIL, SALT, PEPPER, LEMON JUICE AND PARSLEY. PLACE SALMON FILETS IN A MEDIUM GLASS BAKING DISH AND COVER WITH THE MARINADE. MARINATE IN THE REFRIGERATOR ABOUT 1 HOUR, TURNING OCCASIONALLY. PREHEAT OVEN TO 375 DEGREES. PLACE FILETS IN ALUMINUM FOIL, COVER WITH MARINADE, AND SEAL. PLACE SEALED SALMON IN THE GLASS DISH AND BAKE 35-45 MINUTES, UNTIL EASILY FLAKED WITH A FORK.

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# FREE PRINTABLE LABELS



DISH NAME: \_\_\_\_\_

made especially for you by: \_\_\_\_\_

instructions: \_\_\_\_\_

\_\_\_\_\_

