Herb Roasted Chicken and Vegetables

(Thaw in refrigerator overnight before baking)

Remove cover and bake at 375° for 45 minutes to 1 hour.

5-Ingredient Black Bean Enchilada Casserole

(Thaw in refrigerator overnight before baking)

Bake covered casserole at 350° for 30 minutes, then uncover and bake an additional 10 minutes.

Turkey Meatball Tortellini Soup

In a large pot, bring 45 oz of chicken broth to a boil. Add ingredients from bag and simmer for 10-15 minutes. Optional: Garnish with shredded parmesan cheese.

Sausage with Onions and Peppers

(Thaw in refrigerator overnight before baking)

Defrost and stir fry for 10 minutes or until completely thawed. Serve on sub rolls or with rice.

Teriyaki Chicken with Rice and Vegetables

(Thaw in refrigerator overnight before baking)

Bake covered at 400° for 50 minutes. Add additional Teriyaki Sauce and chop green onions before serving.