



Hop into the Kitchen, Let's get cooking!



3 ways to make your baked potato!

The first step in each of these is to scrub your potatoes clean and poke holes all over with a fork!

Then...

1. In the oven

- ♦ Preheat oven to 350 degrees
- ♦ Pat potato dry and brush with olive or vegetable oil and sprinkle with salt
- ♦ Place on pan and bake or wrap in foil and place on oven rack for 60-90 minutes (until tender)

2. In the microwave

- ♦ Pat potato dry and brush with olive or vegetable oil and sprinkle with salt
- ♦ Place on microwave safe dish and microwave for 5 minutes
- ♦ Then flip and microwave for 5 more minutes until soft when squeezed

3. On the grill!

- ♦ Preheat grill to 350-400 degrees
- ♦ Pat potato dry and brush with olive or vegetable oil and sprinkle with salt
- ♦ Wrap in foil
- ♦ Grill for 60 minutes rotating often



Pasta Primavera

1. Cook your pasta!

- ♦ Boil for 10-13 minutes

2. Strain water away

3. Sauté your veggies!

- ♦ Start with vegetable oil on medium heat in a pan.
 - ♦ Chop carrots and broccoli into small to medium pieces
 - ♦ Add carrots first. Add 2 tbs of water and let cook for 10 minutes
 - ♦ Add broccoli and cook until soft
- ### 4. Add your seasonings
- ♦ Season however you want with herbs like parsley, oregano, and basil and cheese!



Chicken & Waffles

Heat chicken to an internal temp of 165 degrees and pop waffle in the toaster or microwave until warm. Enjoy!

Pork Carnitas

Thawed: bake in oven at 350 degrees for 20 minutes

Frozen: bake in oven at 350 degrees for 25-30 minutes

Microwave: on high for 2-3 minute or until it meets an internal temperature of 165 degrees

Fun Frog Fact!

Frogs don't drink water, they soak up water through their skin! How crazy! We lose water through sweat on hot days so make sure you are dinking plenty of water!

