



Freezer Meal Workshop Lighten Up! Menu Overview

Recipe	Protein	Recommended Cooking Vessel	Cooking Method	Serving Suggestion	Pampered Chef® Pantry Items	Retail Price <i>(Spring/Summer 2016)</i>
Chimichurri Steak Salad	Beef Top Sirloin Steak (<i>boneless</i>) or Flank Steak	Grill Pan & Press or Outdoor Grill	Stovetop or Outdoor Grill	Crusty Rolls	# 9860 Asian Seasoning Mix # 9578 Bell Pepper Herb Rub # 9880 Chipotle Rub # 9704 Lemon Pepper Rub # 9736 Crushed Peppercorn & Garlic Rub # 9805 Parmesan-Garlic Oil Dipping Seasoning # 9686 Sweet Basil Rub # 9666 Teriyaki Sauce with Honey	\$ 8.75 \$ 6.75 \$ 6.75 \$ 6.75 \$ 6.75 \$ 9.00 \$ 6.75 \$ 16.00 \$ 67.50 (+tax/shipping)
Pork Fried Rice	Pork Tenderloin	(12-in./30-cm) Skillet	Stovetop	Sliced Pineapple		
Chipotle Burgers	Ground Turkey or Ground Beef	Double Burner Grill or Outdoor Grill	Stovetop or Outdoor Grill	Roasted Potato Wedges		
Penne with Chicken Sausage & Peppers	Chicken Sausage	(12-in./30-cm) Skillet or Rockcrok® Dutch Oven	Stovetop	Mixed Green Salad		
Chicken Paprikash	Chicken Tenders	(12-in./30-cm) Skillet or Rockcrok® Dutch Oven	Stovetop or Microwave	Spinach Salad		
Lemon-Chicken Scallopine	Chicken Breasts (<i>boneless,skinless</i>)	(12-in./30-cm) Skillet	Stovetop	Steamed Broccoli		
Creamy Pasta Primavera	Vegetarian	(12-in./30-cm) Skillet	Stovetop	Sliced Tomatoes & Cucumbers		

IMPORTANT: To follow food safety best practices, guests are asked to bring their meat/poultry to the workshop already placed in large freezer bags. If the meat or poultry needs to be trimmed or cut before bagging, that is noted on the grocery list. With this approach, they won't need to handle raw meat at the workshop.