



Eggplant Zucchini Spaghetti

Thaw. Keep foil on and bake on 350 degrees for 50 minutes. For last ten minutes, uncover the casserole. You may wish to turn up the heat to brown the dairy free cheese (if using) in the last few minutes.

Date Made:



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Date Made:



Taco Chili

Thaw. Put in slow cooker, put on lid. Cook on low for 6 to 8 hours.

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Spicy Sweet Glazed Chicken

Thaw. Put in oiled baking dish and bake in preheated 350 degree F oven for 20-30 minutes until chicken is cooked through, basting occasionally with marinade in pan.

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Date Made:



Freezer Meatballs.

Thaw and heat before using in recipe of your choice.

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