

# May 23rd Meal Pick Up

multiple pages, scroll down for cookies & provisions - all meals should be consumed by Wednesday May 27th

#### Slow Roasted Ribs Kit

- Warm ribs in a 350 degree oven for 15-20 minutes covered.
- Option 1: After you can baste with your blueberry bbq sauce and broil for 5-8 minutes until your desired crisp.
- Option 2: Another great option is to kiss your ribs on the grill instead of broiling until you get some grill marks.
- Warm your asparagus either in the oven at 350 for 10-15 minutes or on the grill along with your ribs.

### Chopped BBQ Sandos Kit

- Warm chicken in its pan in a 350 degree oven covered for 15-20 minutes.
- Extra BBQ sauce is on the side for building your sandwiches
- The composed vegetable salad can be enjoyed chilled or at room temp
- If enjoying your buns before Sunday simply toast on the top rack of your oven at 350 degrees for 2 minutes.
- If enjoying past Sunday we suggest freezing the buns in a zip top bag, letting warm on your counter for 10-15 minutes and then toasting in the oven on the top rack at 350 degrees for 4 minutes.

## Chopped BBQ Chicken

- Warm chicken in its pan in a 350 degree oven covered for 15-20 minutes.

## Blueberry BBQ Pulled Pork

- Warm pork in its pan in a 350 degree oven covered for 15-20 minutes.

### Slow Cooked Ribs

- Warm ribs in a 350 degree oven for 15-20 minutes covered.
- Option 1: After you can baste with your blueberry bbq sauce and broil for 5-8 minutes until your desired crisp.
- Option 2: Another great option is to kiss your ribs on the grill instead of broiling until you get some grill marks.

#### Buffalo Chicken Dip

- Can be enjoyed at room temperature
- If you desire to warm, put the contents of your dip into an oven safe dish. Bake uncovered at 350 degrees for 10-15 minutes or until bubbly.

#### **Buffalo Calzones**

- Use or freeze within five days.
- To reheat, preheat oven to 350°F. Place calzones on a lined baking sheet. Bake for 15-20 minutes, until hot. If reheating from freezer, it may take 5-10 minutes longer to heat thoroughly.

#### Egg Cups

- Use or freeze within five days.
- To reheat, preheat oven to 350°F. Place egg cups on a lined baking sheet. Bake for 10-15 minutes, until hot. If reheating from freezer, it may take 5-10 minutes longer to heat thoroughly.

## Take & Bake Cookies (frozen, please keep frozen)

- Preheat oven to 350°F
- Spray your baking sheet. Space out about 6-8",
- Place into a preheated oven. Bake for 6 minutes.
- Rotate tray.
- Bake for 6 more minutes, remove and let set. Cookies should be gooey in center.

Removing items from the fridge 30-45 minutes prior to reheating helps!

If you have any questions about your food and reheating please feel free to reach out to Chef Ashley at (401) 301-9005