



Thank you so much for your patience over the past month. I am so glad to be back in the kitchen cooking for you. The heating instructions for this week's meals are below. I list the dinners in the order that I recommend you enjoy them but feel free to enjoy them however you wish.

Enjoy the meals this week! Feel free to reach out with any heating or serving questions.

Sarah

DINNER: Pepperoncini Roasted Chicken Thighs and Potatoes

- Preheat oven to 400°. Transfer chicken and potatoes to a sheet pan and bake until heated through, about 10 minutes. Serve with lemon wedges.

DINNER: Pomegranate Roasted Tofu and Eggplant

- Preheat oven to 425°. Transfer tofu and eggplant to a sheet pan and bake until heated through, about 10 minutes. Serve with lemon wedges.

DINNER: Baked Spanakopita Pasta with Greens and Feta

- Preheat oven to 425°. Bake, uncovered, until cheese is bubbling, about 10 minutes.

SOUP: Roasted Tomato and White Bean Stew

- Microwave on high until heated through, about 2 minutes.

TREAT: Pumpkin Muffins

- Enjoy at room temperature.