

Maple Leaf turkey breast in homestyle herb gravy

Ingredients

1 package(s) Maple Leaf Turkey Breast in Homestyle Herb Gravy

Directions

Heating Directions Microwave (1000 Watts)

1. Remove cardboard sleeve and film from microwave-safe tray. Cut pouch with scissors and empty contents into tray provided. Cover with microwave-safe plastic wrap, ensuring at least one corner of the tray is WELL vented to allow steam to escape.

2. Microwave on HIGH for 5 minutes. Carefully remove cover and using tongs turn meat over. Caution while removing from microwave, the entr e is very hot. Sauce splattering or steam release can occur while handling. Do NOT pierce with a fork to turn meat; recover with plastic wrap. Microwave on HIGH for an additional 3 minutes. Let stand for 2 minutes before serving.

Makes 2 to 3 servings.

Total preparation and cooking time: 8 to 10 minutes.

- 1 cup(s) chicken broth 250 mL
- 1 cup(s) instant rice 250 mL

Directions

In saucepan, heat oil over medium-high heat. Add mushrooms and garlic and saut e for 1 to 2 minutes. Add chicken stock and bring to a boil. Stir in rice, cover and remove from heat. Let stand for 5 minutes. Fluff with a fork before serving.

Makes 2 to 3 servings.

Total preparation and cooking time: 10 minutes.

Peas and Tomato Saut e

Ingredients

- 1 tablespoon(s) vegetable oil 15 mL
- 2 cup(s) frozen peas 500 mL
- 12 cherry tomatoes, cut in half 12
- 2 green onions, chopped 2
- 1/4 teaspoon(s) dried basil 1 mL
- 1/4 teaspoon(s) dried oregano 1 mL

Directions

Heat a large nonstick skillet or wok for 2 minutes on high. Lower heat to medium-high and add oil. Add peas and saut e for 2 minutes. Add tomatoes, green onions and dried herbs. Continue cooking for 2 minutes.

Makes 2 to 3 servings.

Total preparation and cooking time: 8 to 10 minutes.

Easy Mushroom Rice

Ingredients

- 1 tbsp(s) vegetable oil 15 mL
- 3/4 cup(s) chopped mushrooms 175 mL
- 1/2 tsp(s) ready prepared minced garlic 2 mL
- 1 Clove OR 1 Clove clove garlic, minced

—News Canada



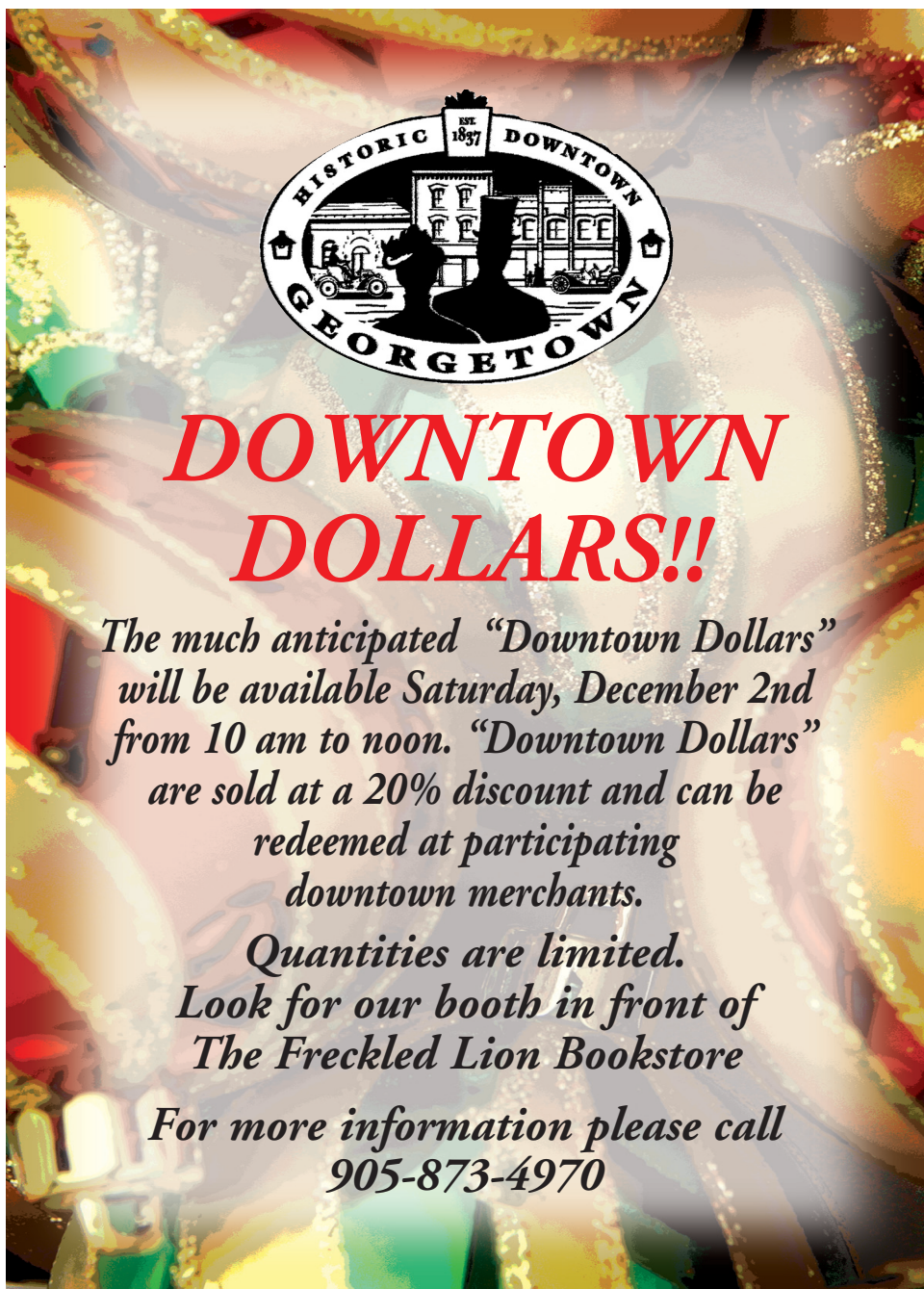
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