

Power Cooking Chicken

Recipe Summary

(A handy guide to use at your Shows)



Start with:

- Make-Ahead Chicken
- Divide meat into three portions.



Add:

- Ingredients to prepare three different recipes.
- Freeze and use within three months.



Finish and serve

- Eat and enjoy!



Make-Ahead Chicken



To prepare first

- 3 lb boneless, skinless chicken breast or thighs
- 1 tbsp vegetable oil
1. Cut chicken into 1/2-in. cubes using **Chef's Knife**.
2. Heat oil in **(12-in.) Skillet** over medium-high heat 1-3 minutes or until shimmering. Add chicken and cook 7-10 minutes or until chicken is no longer pink, stirring occasionally. Drain chicken, if necessary.
3. Divide chicken into three portions.

You'll want to prepare the chicken before the guests arrive.

Chicken Stir-Fry



To prepare and freeze

In Bag 1, combine:

- 1 portion of *Make-Ahead Chicken*
- 1 cup frozen shelled edamame (soybeans)
- 2/3 cup prepared stir-fry sauce

In Bag 2, combine:

- 2 medium carrots, peeled and cut into julienne strips
- 3 cups small broccoli florets
- 2 tbsp **Asian Seasoning Mix**

Seal Bag 2 and place into Bag 1; seal. Freeze for up to three months.



To demonstrate and serve

- Heat 1 tsp vegetable oil in **(12-in.) Skillet** 1-3 minutes or until shimmering. Add contents of Bag 2. Cook 3-5 minutes or until broccoli is slightly tender.
- Add contents of Bag 1. Cook 3-5 minutes or until broccoli is crisp-tender and chicken is hot.
- Serve stir-fry with 6 cups hot cooked rice. If desired, garnish with sliced green onions and coarsely chopped peanuts.

Greek Chicken and Orzo Skillet



To prepare and freeze

In Bag 1, combine:

- 1 portion of *Make-Ahead Chicken*
- 2 medium zucchini, cut into 1/4-in. pieces

In Bag 2, combine:

- 1 can (15 oz) garbanzo beans, drained and rinsed
- 1 can (14 oz) garlic and onion-flavored diced tomatoes
- 3 tbsp **Greek Rub**

Seal Bag 2 and place into Bag 1; seal. Freeze for up to three months.



To demonstrate and serve

- Add contents of Bag 2, two cans (14 oz each) chicken broth and 1/2 cup water to **(12-in.) Skillet**; cover. Bring to a simmer over medium-high heat.
- Reduce heat to medium; add 1 lb uncooked orzo. Cover and cook 5 minutes (or halfway through cooking time according to package directions), stirring occasionally.
- Add contents of Bag 1. Cover and cook 5-7 minutes or until orzo is tender and zucchini begins to soften. Remove from heat; top with 2 oz crumbled feta cheese. Sprinkle with 1/2 cup coarsely chopped pitted kalamata olives, if desired.

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Smoky Black Bean Chicken Wraps

To prepare and freeze

In Bag 1, combine:

- 1 portion of *Make-Ahead Chicken*
- 1 can (15 oz) black beans, drained and rinsed
- 1½ cups water
- 1-2 tbsp **Smoky Barbecue Rub**
(see Cook's Tip)

In Bag 2, combine:

- 2 cups cooked rice
- 1 tbsp Smoky Barbecue Rub

Seal Bag 2 and place into Bag 1; seal. Freeze for up to three months.

To demonstrate and serve

- Place contents of Bags 1 and 2 into **(12-in.) Skillet**. Heat over medium-high heat 3-5 minutes or until heated through.
- Divide 4 oz shredded cheddar cheese evenly among six 11-in. flour tortillas; top with chicken mixture and optional ingredients such as lettuce, tomatoes and barbecue sauce or Louisiana hot sauce.
- Roll up tightly, cut wraps in half on a bias.

Cook's Tip: If freezing, increase rub in Bag 1 to 2 tbsp.

Cheesy Chicken Tortilla Soup

To prepare and freeze

In Bag 1, combine:

- 1 portion of *Make-Ahead Chicken*
- 3 cups tortilla chips, finely crushed
- 2 cups frozen corn kernels

In Bag 2, combine:

- 8 oz pasteurized process cheese spread, cut into 1-in. cubes
- 1 can (14.5 oz) diced tomatoes with green chilies
- 2 tbsp **Chipotle Rub**

Seal Bag 2 and place into Bag 1; seal. Freeze for up to three months.

To demonstrate and serve

- Add contents of Bag 2 and 2 cans (14 oz each) reduced-sodium chicken broth to **(4-qt.) Casserole**. Bring to a simmer over medium heat; cook 12-14 minutes or until cheese is melted and mixture is smooth, stirring occasionally.
- Add contents of Bag 1 to Casserole; simmer 4-6 minutes or until soup is thickened.
- Serve soup with optional toppings such as shredded cheddar cheese, snipped fresh cilantro, diced tomatoes and additional crushed tortilla chips, if desired.

Dijon Chicken Noodle Toss

To prepare and freeze

In Bag 1, combine:

- 1 portion of *Make-Ahead Chicken*
- 2 cups frozen peas

In Bag 2, combine:

- ¼ lb deli ham, diced into ¼-in. pieces
- 1 can (10¾ oz) condensed cream of chicken soup
- 2 tbsp Dijon mustard

Seal Bag 2 and place into Bag 1; seal. Freeze for up to three months.

To demonstrate and serve

- Cook 12 oz rotini pasta according to package directions; drain.
- Meanwhile, place ½ cup water and contents of Bag 2 in **(12-in.) Skillet**; cover. Bring to a simmer over medium-high heat, stirring occasionally.
- Add 8 oz sour cream to Skillet. Reduce heat to medium; add contents of Bag 1. Cover and cook 4-6 minutes or until chicken is hot, stirring occasionally.
- Toss cooked pasta with parsley. Spoon chicken mixture over pasta and sprinkle with 1 oz grated fresh Parmesan cheese, if desired.