

# 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.