

Sweet 'n Sour Chicken

Thaw completely and then saute in skillet or wok for 10 to 12 minutes, or until chicken is cooked through. Stir in 1 Tbsp cornstarch, if needed, to thicken the sauce.
Serve over rice with veggies.

Date: _____



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Serve over rice with veggies.

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Grilled BBQ Chicken Sandwiches

Thaw chicken completely before grilling for 20 minutes, or until cooked through.
Serve with fruit and chips.

Date: _____



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Thaw chicken completely before grilling for 20 minutes, or until cooked through.
Serve with fruit and chips.

Date: _____



Garlic Dijon Chicken

Thaw chicken completely before grilling for 6 to 8 minutes per side, or until cooked through.
Serve with dinner rolls and salad.

Date: _____



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Thaw chicken completely before grilling for 6 to 8 minutes per side, or until cooked through.
Serve with dinner rolls and salad.

Date: _____



Slow Cooker Chicken Tikka Masala

Thaw and slow cook on low for 8 hours.
Serve over rice with side salad.

Date: _____



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Serve over rice with side salad.

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Grilled Sage Chicken Foil Packs

Thaw chicken and veggies completely before
adding foil packs to the grill and grilling for 20
minutes, or until chicken is cooked through.
Serve with focaccia bread and veggies.

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