

Maple Glazed Chicken & Carrots

Thaw and bake at 400 F for 40 minutes, then baste with maple sauce and cook another 15 minutes. Garnish with cracked pepper. Serve with mashed potatoes.

Date: _____



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Chicken & Shrimp Jambalaya

Thaw and bring contents of bag in saucepan to boiling, then stir in the chicken stock and rice. Cook for 20 minutes, or until rice is tender. Serve with veggies.

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Thaw and bring contents of bag in saucepan to boiling, then stir in the chicken stock and rice. Cook for 20 minutes, or until rice is tender. Serve with veggies.

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Chicken & Artichoke Fettuccini

Thaw and cook the chicken and sauce in large skillet for 10 to 15 minutes, or until chicken is cooked through. Cook pasta. Serve with shredded Parmesan cheese garnish and salad.

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Thaw and cook the chicken and sauce in large skillet for 10 to 15 minutes, or until chicken is cooked through. Cook pasta. Serve with shredded Parmesan cheese garnish and salad.

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Slow Cooker Chicken Enchilada Soup

Thaw, add 4 cups hot water, and slow cook on low for 8 hours. Once cooked, shred the chicken with 2 forks and serve with shredded Monterrey Jack cheese garnish. Serve with veggies.

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Chicken Pesto Pasta Bake

Thaw, keep covered and bake at 350 F for 20 minutes, then uncover and bake another 10 minutes. Serve with salad.

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