

ALL CHICKEN MEALS PLAN

NOVEMBER 2016

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1. Maple Glazed Chicken & Carrots

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 55 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

Ingredients for Single Meal

- 4 boneless chicken breasts
 - 1 lb(s) baby carrots
 - Salt and pepper
 - 1/4 cup(s) maple syrup
 - 2 Tbsp orange juice
 - 2 Tbsp Dijon mustard
 - 2 Tbsp olive oil
 - Garnish: cracked pepper
 - Side: mashed potatoes
 - 1 gallon-size freezer baggie(s)
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Cooking Directions for Single Meal

1. Preheat oven to 400 F.
2. Place the chicken breasts and baby carrots into 9x13-inch baking dish and season with salt and pepper.
3. In a small mixing bowl, whisk together the maple syrup, orange juice, Dijon mustard and olive oil. Pour over the chicken breasts and carrots.
4. Bake in the preheated oven for 40 minutes, then baste the chicken with the juices in the baking dish. Return to the oven and bake another 15 minutes, or until chicken is cooked through. Add cracked pepper as simple garnish.
5. Prepare the mashed potatoes.
6. Serve Maple Glazed Chicken & Carrots with mashed potatoes.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 1/2 cup maple syrup, 4 Tbsp orange juice, 4 Tbsp Dijon mustard, and 4 Tbsp olive oil.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 boneless chicken breasts
- 1 - 1 lb. bag baby carrots
- Half of the prepared maple marinade
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to a baking dish and baking as directed.*

Dairy-Free Modifications: *Recipe is dairy-free when served with dairy-free sides.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sides.*

2. Chicken & Shrimp Jambalaya

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 30 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

Ingredients for Single Meal

- 1 Tbsp canola oil
- 1 lb(s) andouille sausage
- 2 small boneless chicken breasts
- 1 lb(s) cooked shrimp without tails
- 1 small white onion(s)
- 2 celery stalk(s)
- 1 red bell pepper(s)
- 1 tsp minced garlic
- 1 x 15 oz. can(s) diced tomatoes
- 1 x 4 oz. can(s) green chiles
- 1 Tbsp Creole seasoning
- Salt and pepper
- 3 cup(s) chicken stock
- 1 1/2 cup(s) white rice
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open and drain the cans of diced tomatoes and green chilies.
2. Slice the andouille sausage into 1-inch circles.
3. Cut the chicken breasts into bite size pieces.
4. Chop the onion, celery and red bell pepper.
5. In a large saucepan, heat the oil and add the andouille sausage, chicken and shrimp. Toss in the chopped onion, celery, bell pepper, minced garlic, diced tomatoes, green chiles and Creole seasoning. Saute for 5 to 7 minutes, tossing often.
6. Pour in the chicken stock and bring to bubbling. Then stir in the rice and cover and cook for 20 minutes, or until rice is tender. Season with salt and pepper.
7. Prepare veggies.
8. Serve Chicken & Shrimp Jambalaya with veggies.

Assembly Prep Directions for 2 Meals

Slice the andouille sausage into 1-inch circles.

Cut the chicken breasts into bite size pieces.

Chop the onion, celery and red bell pepper.

Open and drain the cans of diced tomatoes and the green chiles.

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the sliced andouille sausage
- Half of the chicken pieces
- 1 lb. cooked shrimp
- Half of the chopped onion
- Half of the chopped celery
- Half of the chopped red bell pepper
- Half of the drained diced tomatoes
- Half of the drained green chiles
- 1 Tbsp Creole seasoning
- Salt and pepper

Do NOT add the chicken stock or rice. Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to a large saucepan. Bring to bubbling, then add chicken stock and rice and cook as directed.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides.

3. Chicken & Artichoke Fettuccini

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 20 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

Ingredients for Single Meal

- 1 Tbsp olive oil
- 3 small boneless chicken breasts
- 1 x 24 oz. jar(s) Alfredo sauce
- 15 oz. can(s) artichoke hearts
- Salt and pepper
- 16 oz. fettuccini noodles
- Garnish: shredded Parmesan cheese
- Side: salad
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Cut the chicken breasts into bite size pieces.
2. Open and drain the artichoke hearts.
3. Cook the pasta, as directed.
4. In a large skillet, heat the olive oil and brown the chicken pieces on all side. Pour in the artichoke hearts, then reduce heat and pour in the alfredo sauce. Bring to bubbling. Season with salt and pepper.
5. Prepare the salad.
6. Spoon the chicken alfredo sauce over the cooked pasta.
7. Serve Chicken & Artichoke Fettuccini and shredded Parmesan cheese garnish with salad.

Assembly Prep Directions for 2 Meals

Cut 6 chicken breasts into bite size pieces.

Open and drain 2 cans of artichoke hearts.

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the chicken pieces
- Half of the artichoke hearts
- 1 - 24 oz. jar alfredo sauce
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to a large skillet and cooking for 10 to 15 minutes, or until chicken is cooked through.

Dairy-Free Modifications: Unfortunately, there is not a great dairy-free option for this meal.

Gluten-Free Modifications: Recipe is gluten-free when made with gluten-free pasta.

4. Slow Cooker Chicken Enchilada Soup

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 8 hours in slow cooker

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

Ingredients for Single Meal

- 3 boneless chicken breasts
- 1 x 15 oz. can(s) pinto beans
- 1 x 15 oz. can(s) black beans
- 1 x 15 oz. can(s) tomato & green chiles
- 1 x 6 oz. can(s) tomato paste
- 1 packet taco seasoning
- 1 Tbsp chili powder
- 2 cup(s) chicken stock
- Salt and pepper
- Garnish: shredded Monterrey Jack cheese
- Side: veggies
- 1 gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the pinto beans, black beans, diced tomatoes with green chiles and tomato paste.
2. Place the chicken breasts, pinto beans, black beans, diced tomatoes with green chiles and tomato paste into the base of the slow cooker. Sprinkle in the taco seasoning and chili powder, then pour in the chicken stock plus 4 cups hot water.
3. Set the slow cooker on low and cook for 8 hours. Once finished cooking, shred the chicken with 2 forks and mix into the soup. Season with salt and pepper to taste. Add a garnish of shredded Monterrey Jack cheese to each bowl.
4. Prepare veggies.
5. Serve Slow Cooker Chicken Enchilada Soup with veggies

Assembly Prep Directions for 2 Meals

Open 2 cans of pinto beans, 2 cans of black beans, 2 cans of diced tomatoes with green chiles, and 2 cans of tomato paste.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 3 boneless chicken breasts
- Half of the pinto beans
- Half of the black beans
- Half of the diced tomatoes with green chiles
- Half of the tomato paste
- 1 packet taco seasoning
- 1 Tbsp chili powder
- 2 cups chicken stock
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: *Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the slow cooker with 4 cups hot water and cooking on low for 8 hours.*

Special Notes: *To cook in saucepan, add all contents of baggie plus 4 cups hot water and simmer on medium low for 30 minutes, or until chicken is cooked through. Shred chicken before serving.*

Dairy-Free Modifications: *Recipe is dairy-free when omit the shredded cheese topping.*

Gluten-Free Modifications: *Recipe is gluten-free when served with gluten-free sides.*

5. Chicken Pesto Pasta Bake

Yield: 4 servings

Active Time: 15 minutes . Cook Time: 30 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

Ingredients for Single Meal

- 1 x 12 oz. box(es) penne pasta
- 1 Tbsp olive oil
- 2 cup(s) shredded rotisserie chicken
- 1 x 8 oz. container pesto sauce
- 2 cup(s) shredded mozzarella cheese
- Side: salad
- Tbsp 9x13 disposable foil tray

Cooking Directions for Single Meal

1. Cook the pasta, al dente - about 8 minutes.
2. Preheat the oven to 350 F. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
3. Drain pasta and add to large mixing bowl. Toss with olive oil, chicken and pesto sauce. Pour into the prepared baking dish. Top with shredded mozzarella cheese.
4. Cover with foil and bake in the preheated oven for 20 minutes, and then uncover and bake another 10 minutes.
5. Prepare the salad.
6. Serve Chicken Pesto Pasta Bake with salad.

Assembly Prep Directions for 2 Meals

Cook 2 boxes pasta, al dente - about 8 minutes. Drain the pasta and add to large mixing bowl. Toss with 2 Tbsp olive oil, 4 cups shredded rotisserie chicken and 16 oz. pesto sauce.

To each disposable tray, layer the following ingredients:

- Half of the chicken-pasta mixture
- 2 cups shredded mozzarella cheese

Cover with foil or lid, add label and freeze.

Freeze & Thaw Instructions: *Put tray in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm shallow dish of water for about 20 minutes, before transferring to the oven and baking as directed.*

Dairy-Free Modifications: *Unfortunately, there is not a great dairy-free option for this meal.*

Gluten-Free Modifications: *Recipe is gluten-free when you use small shell gluten-free pasta.*

Complete Shopping List by Recipe

1. Maple Glazed Chicken & Carrots

- ☐ 8 boneless chicken breasts
- ☐ 2 lb(s) baby carrots
- ☐ Salt and pepper
- ☐ 1/2 cup(s) maple syrup
- ☐ 4 Tbsp orange juice
- ☐ 4 Tbsp Dijon mustard
- ☐ 4 Tbsp olive oil
- ☐ cracked pepper
- ☐ mashed potatoes
- ☐ 2 gallon-size freezer baggie(s)

2. Chicken & Shrimp Jambalaya

- ☐ 2 Tbsp canola oil
- ☐ 2 lb(s) andouille sausage
- ☐ 4 small boneless chicken breasts
- ☐ 2 lb(s) cooked shrimp without tails
- ☐ 2 small white onion(s)
- ☐ 4 celery stalk(s)
- ☐ 2 red bell pepper(s)
- ☐ 2 tsp minced garlic
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 2x4 oz. can(s) green chiles
- ☐ 2 Tbsp Creole seasoning
- ☐ Salt and pepper
- ☐ 6 cup(s) chicken stock
- ☐ 3 cup(s) white rice
- ☐ veggies
- ☐ 2 gallon-size freezer baggie(s)

3. Chicken & Artichoke Fettuccini

- ☐ 2 Tbsp olive oil
- ☐ 6 small boneless chicken breasts
- ☐ 2x24 oz. jar(s) Alfredo sauce
- ☐ 30 oz. can(s) artichoke hearts
- ☐ Salt and pepper
- ☐ 32 oz. fettuccini noodles
- ☐ shredded Parmesan cheese
- ☐ salad
- ☐ 2 gallon-size freezer baggie(s)

4. Slow Cooker Chicken Enchilada Soup

- ☐ 6 boneless chicken breasts
- ☐ 2x15 oz. can(s) pinto beans
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x15 oz. can(s) tomato & green chiles
- ☐ 2x6 oz. can(s) tomato paste
- ☐ 2 taco seasoning
- ☐ 2 Tbsp chili powder
- ☐ 4 cup(s) chicken stock
- ☐ Salt and pepper
- ☐ shredded Monterrey Jack cheese
- ☐ veggies
- ☐ 2 gallon-size freezer baggie(s)

5. Chicken Pesto Pasta Bake

- ☐ 2x12 oz. box(es) penne pasta
- ☐ 2 Tbsp olive oil
- ☐ 4 cup(s) shredded rotisserie chicken
- ☐ 2x8 oz. container pesto sauce
- ☐ 4 cup(s) shredded mozzarella cheese
- ☐ salad

☐ Tbsp 9x13 disposable foil tray

Complete Shopping List by Store Section/Category

Meat

- ☐ 14 boneless chicken breasts
- ☐ 2 lb(s) andouille sausage
- ☐ 10 small boneless chicken breasts
- ☐ 2 lb(s) cooked shrimp without tails
- ☐ 4 cup(s) shredded rotisserie chicken

Pantry Staples - Canned, Boxed

- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 2x4 oz. can(s) green chiles
- ☐ 10 cup(s) chicken stock
- ☐ 3 cup(s) white rice
- ☐ 30 oz. can(s) artichoke hearts
- ☐ 2x15 oz. can(s) pinto beans
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x15 oz. can(s) tomato & green chiles
- ☐ 2x6 oz. can(s) tomato paste
- ☐ 2x12 oz. box(es) penne pasta

Spices

- ☐ Salt and pepper
- ☐ **Garnish:** cracked pepper
- ☐ 2 tsp minced garlic
- ☐ 2 Tbsp Creole seasoning
- ☐ 2 taco seasoning
- ☐ 2 Tbsp chili powder

Supplies

- ☐ **Side:** 8 gallon-size freezer baggie(s)
- ☐ 32 oz. fettuccini noodles
- ☐ **Side:** Tbsp 9x13 disposable foil tray

Produce

- ☐ 2 lb(s) baby carrots
- ☐ **Side:** mashed potatoes
- ☐ 2 small white onion(s)
- ☐ 4 celery stalk(s)
- ☐ 2 red bell pepper(s)
- ☐ **Side:** veggies
- ☐ **Side:** salad

Sauces/Condiments

- ☐ 1 cup(s) maple syrup
- ☐ 4 Tbsp Dijon mustard
- ☐ 8 Tbsp olive oil
- ☐ 2 Tbsp canola oil
- ☐ 2x24 oz. jar(s) Alfredo sauce

Dairy/Frozen

- ☐ 4 Tbsp orange juice
- ☐ **Garnish:** shredded Parmesan cheese
- ☐ **Garnish:** shredded Monterrey Jack cheese
- ☐ 2x8 oz. container pesto sauce
- ☐ 4 cup(s) shredded mozzarella cheese

Freezer Meal Prep Day Shopping List by Recipe

Note: This shopping list doesn't include any side dish items like rice, dinner rolls, veggies or salad.

****In addition to a shopping list for prep day, this list could be used to help you organize ingredients on your counter before you begin preparing the meals for the freezer.**

1. Maple Glazed Chicken & Carrots

- ☐ 8 boneless chicken breasts
- ☐ 2 lb(s) baby carrots
- ☐ Salt and pepper
- ☐ 1/2 cup(s) maple syrup
- ☐ 4 Tbsp orange juice
- ☐ 4 Tbsp Dijon mustard
- ☐ 4 Tbsp olive oil
- ☐ 2 gallon-size freezer baggie(s)

2. Chicken & Shrimp Jambalaya

- ☐ 2 Tbsp canola oil
- ☐ 2 lb(s) andouille sausage
- ☐ 4 small boneless chicken breasts
- ☐ 2 lb(s) cooked shrimp without tails
- ☐ 2 small white onion(s)
- ☐ 4 celery stalk(s)
- ☐ 2 red bell pepper(s)
- ☐ 2 tsp minced garlic
- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 2x4 oz. can(s) green chiles
- ☐ 2 Tbsp Creole seasoning
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

3. Chicken & Artichoke Fettuccini

- ☐ 2 Tbsp olive oil
- ☐ 6 small boneless chicken breasts
- ☐ 2x24 oz. jar(s) Alfredo sauce
- ☐ 30 oz. can(s) artichoke hearts
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

4. Slow Cooker Chicken Enchilada Soup

- ☐ 6 boneless chicken breasts
- ☐ 2x15 oz. can(s) pinto beans
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x15 oz. can(s) tomato & green chiles
- ☐ 2x6 oz. can(s) tomato paste
- ☐ 2 taco seasoning
- ☐ 2 Tbsp chili powder
- ☐ 4 cup(s) chicken stock
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

5. Chicken Pesto Pasta Bake

- ☐ 2x12 oz. box(es) penne pasta
- ☐ 2 Tbsp olive oil
- ☐ 4 cup(s) shredded rotisserie chicken
- ☐ 2x8 oz. container pesto sauce
- ☐ 4 cup(s) shredded mozzarella cheese
- ☐ Tbsp 9x13 disposable foil tray

Freezer Meal Prep Day Shopping List by Store Section/Category

Note: This shopping list doesn't include any side dish items like fruit, dinner rolls, veggies or salad.

Meat

- ☐ 14 boneless chicken breasts
- ☐ 2 lb(s) andouille sausage
- ☐ 10 small boneless chicken breasts
- ☐ 2 lb(s) cooked shrimp without tails
- ☐ 4 cup(s) shredded rotisserie chicken

Pantry Staples - Canned, Boxed

- ☐ 2x15 oz. can(s) diced tomatoes
- ☐ 2x4 oz. can(s) green chiles
- ☐ 30 oz. can(s) artichoke hearts
- ☐ 2x15 oz. can(s) pinto beans
- ☐ 2x15 oz. can(s) black beans
- ☐ 2x15 oz. can(s) tomato & green chiles
- ☐ 2x6 oz. can(s) tomato paste
- ☐ 4 cup(s) chicken stock
- ☐ 2x12 oz. box(es) penne pasta

Spices

- ☐ Salt and pepper
- ☐ 2 tsp minced garlic
- ☐ 2 Tbsp Creole seasoning
- ☐ 2 taco seasoning
- ☐ 2 Tbsp chili powder

Supplies

- ☐ 8x gallon-size freezer baggie(s)
- ☐ Tbsp 9x13 disposable foil tray

Produce

- ☐ 2 lb(s) baby carrots
- ☐ 2 small white onion(s)
- ☐ 4 celery stalk(s)
- ☐ 2 red bell pepper(s)

Sauces/Condiments

- ☐ 1 cup(s) maple syrup
- ☐ 4 Tbsp Dijon mustard
- ☐ 8 Tbsp olive oil
- ☐ 2 Tbsp canola oil
- ☐ 2x24 oz. jar(s) Alfredo sauce

Dairy/Frozen

- ☐ 4 Tbsp orange juice
- ☐ 2x8 oz. container pesto sauce
- ☐ 4 cup(s) shredded mozzarella cheese

Meal Assembly Instructions

- ☐ Label your bags/foil with printable labels or sharpie.
- ☐ Pull out all the ingredients into a central location or into stations.

Pre-Cook & Chop Instructions

- ☐ In a small mixing bowl, whisk together 1/2 cup maple syrup, 4 Tbsp orange juice, 4 Tbsp Dijon mustard, and 4 Tbsp olive oil.
- ☐ Slice the andouille sausage into 1-inch circles.
- ☐ Cut the chicken breasts into bite size pieces.
- ☐ Chop the onion, celery and red bell pepper.
- ☐ Open and drain the cans of diced tomatoes and the green chiles.
- ☐ Cut 6 chicken breasts into bite size pieces.
- ☐ Open and drain 2 cans of artichoke hearts.
- ☐ Open 2 cans of pinto beans, 2 cans of black beans, 2 cans of diced tomatoes with green chiles, and 2 cans of tomato paste.
- ☐ Cook 2 boxes pasta, al dente - about 8 minutes. Drain the pasta and add to large mixing bowl. Toss with 2 Tbsp olive oil, 4 cups shredded rotisserie chicken and 16 oz. pesto sauce.

The Assembly Prep should take between 30 to 35 minutes.

Assembly by Recipe (Set Out on the Counter)

If you prefer to load your freezer baggies and trays one recipe at a time, you can follow the below instructions.

Maple Glazed Chicken & Carrots

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 boneless chicken breasts
- 1 - 1 lb. bag baby carrots
- Half of the prepared maple marinade
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

Chicken & Shrimp Jambalaya

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the sliced andouille sausage
- Half of the chicken pieces
- 1 lb. cooked shrimp
- Half of the chopped onion
- Half of the chopped celery
- Half of the chopped red bell pepper
- Half of the drained diced tomatoes
- Half of the drained green chiles
- 1 Tbsp Creole seasoning
- Salt and pepper

Do NOT add the chicken stock or rice. Remove as much air as possible and seal. Add label to baggie and freeze.

Chicken & Artichoke Fettuccini

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the chicken pieces
- Half of the artichoke hearts
- 1 - 24 oz. jar alfredo sauce
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

Slow Cooker Chicken Enchilada Soup

To each gallon-size plastic freezer baggie, add the following ingredients:

- 3 boneless chicken breasts
- Half of the pinto beans
- Half of the black beans
- Half of the diced tomatoes with green chiles
- Half of the tomato paste
- 1 packet taco seasoning
- 1 Tbsp chili powder
- 2 cups chicken stock
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

Chicken Pesto Pasta Bake

To each disposable tray, layer the following ingredients:

- Half of the chicken-pasta mixture
- 2 cups shredded mozzarella cheese

Cover with foil or lid, add label and freeze.