

## Baked Mediterranean Chicken {Foil Packs}

Thaw chicken and veggies completely before placing foil packs on baking sheet and baking at 400 F for 40 minutes, or until chicken is cooked through. Serve with rice and salad.

Date: \_\_\_\_\_



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## Chicken Tangine

Thaw and add contents of baggie to slow cooker. Set on low and cook for 8 hours. Serve with rice and veggies.

Date: \_\_\_\_\_



## Chicken Tangine

Thaw and add contents of baggie to slow cooker. Set on low and cook for 8 hours. Serve with rice and veggies.

Date: \_\_\_\_\_



## Mango & Red Bell Pepper 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 dinner rolls.

Date: \_\_\_\_\_



## Mango & Red Bell Pepper 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 dinner rolls.

Date: \_\_\_\_\_



## White Beans with Spinach and Tomatoes

Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and simmer for 10 minutes. Serve with salad and dinner rolls.

Date: \_\_\_\_\_



## White Beans with Spinach and Tomatoes

Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and simmer for 10 minutes. Serve with salad and dinner rolls.

Date: \_\_\_\_\_



## Split Pea Soup

Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and add the split peas and water, then simmer with lid for 50 minutes, or until split peas are softened. Serve with veggies and garlic toast.

Date: \_\_\_\_\_



## Split Pea Soup

Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and add the split peas and water, then simmer with lid for 50 minutes, or until split peas are softened. Serve with veggies and garlic toast.

Date: \_\_\_\_\_

