

## Grilled 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: \_\_\_\_\_



## Grilled 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: \_\_\_\_\_



## Mediterranean Quinoa Skillet

Thaw baggie in fridge before transferring to a skillet for reheating. Serve with chopped cucumbers, feta cheese, and fresh oregano.

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



## Mediterranean Quinoa Skillet

Thaw baggie in fridge before transferring to a skillet for reheating. Serve with chopped cucumbers, feta cheese, and fresh oregano.

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



## Slow Cooker Puttanesca with Pasta

Thaw and add to slow cooker and set on low for 8 hours. Add water to the sauce if your slow cooker runs hot. Toss with cooked pasta. Serve with veggies.

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



## Slow Cooker Puttanesca with Pasta

Thaw and add to slow cooker and set on low for 8 hours. Add water to the sauce if your slow cooker runs hot. Toss with cooked pasta. Serve with veggies.

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



## Creamy Chicken and Wild Rice Soup

Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and cook for 10 minutes, then shred chicken, add rice and other ingredients and cook as directed.

Serve with salad.

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



## Black Bean Fajitas

Thaw and saute the peppers and onion in skillet. Reheat the black bean mixture in small skillet or saucepan. Assemble fajitas with black beans and peppers-onions. Serve with cheese or guacamole garnish, and salad.

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



## Creamy Chicken and Wild Rice Soup

Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and cook for 10 minutes, then shred chicken, add rice and other ingredients and cook as directed.

Serve with salad.

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



## Black Bean Fajitas

Thaw and saute the peppers and onion in skillet. Reheat the black bean mixture in small skillet or saucepan. Assemble fajitas with black beans and peppers-onions. Serve with cheese or guacamole garnish, and salad.

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

