



The
Ultimate Guide
to
Freezer
Friendly
Meals

Chicken



recipes & inspiration to fill your freezer

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Table of Contents

INTRODUCTION	3-5
How to prepare chicken for the freezer	6
SECTION ONE: <i>Meals prepared with frozen chicken breast</i>	
Chicken Fiesta Soup	8
Creamy Italian Chicken	9
Shredded BBQ Chicken Sandwiches	10
Creamy Chicken Enchiladas	11
SECTION TWO: <i>Marinades prepared with fresh or frozen chicken breast</i>	
Easy Stockpile Marinades	13
Savory Chicken Marinade	14
Thai Chicken Satay Marinade	15
Chicken Kebabs	16
Chipotle Chicken Marinade	17
Chicken Fajita Marinade	18
Soy Thyme Marinade	19
SECTION THREE: <i>Meals prepared with diced chicken breast</i>	
Greek Quinoa Chicken Salad	21
Mexican Brown Rice Bake	22
Orzo Chicken Salad	23
Tortellini Soup	24
BBQ Chicken Pizza	25
Chicken Tetrazzini	26
Italian Baked Chicken with Pasta	27
Mexican Chicken and Rice	28
Microwave Chicken Penne Pasta	30
Chicken Lettuce Wraps	31
Chicken Penne Bake	32
Greek Penne Pasta	33
Chicken Chili	34
Chicken Pot Pie	35
Chicken Stuffing Bake	36
SECTION FOUR: <i>Meals prepared with fresh chicken breast, then frozen</i>	
Almond Crusted Chicken	38
Chicken in Gravy	39
Dijon Crusted Chicken	40
Chicken Lasagna Roll-Ups	41
Chicken Parmesan	42
Chicken Cordon Bleu	43
Honey Mustard Chicken	44
RESOURCES	
Menu & Planning Worksheet	45
Shopping List Worksheet	46
Master Menu List Worksheet	47

Introduction

So, you want to take the plunge and buy a large quantity of chicken breast in bulk. The price is right. And the idea of just pulling a prepared meal or partially-prepared meal from the freezer on a busy day sounds fantastic.

But you're a bit unsure of exactly what to *do* with that much chicken.

This eBook is designed to guide you through the planning process and give you the tools and recipes you need to successfully turn a large amount of boneless, skinless chicken breast into meals that will help feed your family for months to come.

Buying meat in bulk is smart for a couple of reasons:

1. You save a bunch of money by taking advantage of the quantity discount.
2. You save time in the long run by preparing meals or portions of meals ahead of time.

The most important key to your bulk buying success is this: **you must have a plan.**

We cannot stress this enough. You absolutely must be ready to take action when the chicken arrives in your kitchen. And your plan does not need to be elaborate. In fact, you can reasonably prepare and freeze a large amount of chicken in less than three hours. But you need a game plan figured out ahead of time.

The inspiration for this eBook was the first round of meat deliveries in the Pacific Northwest from Zaycon Foods, a Northwest company that sells larger quantity boxes of fresh meat and vegetables at a volume discount. About twice a year, Zaycon delivers 40 pound boxes of boneless, skinless chicken breast for a significant discount off typical grocery store prices (\$1.49/pound at the time of publication).

Zaycon Foods is rapidly expanding, bringing their deliveries to all 48 contiguous states. Copy the link below and paste it in your web browser to find out more about Zaycon Food and to sign up to receive notification of your area's next delivery.

<http://bit.ly/Zaycon>

Making the plan

Figure out what you're going to do with the chicken.

The recipes and tips in this eBook are divided into four sections:

1. Meals prepared with frozen chicken breast
2. Marinades prepared with fresh or frozen chicken breast
3. Meals prepared with diced chicken breast
4. Meals prepared with fresh chicken breast, then frozen

Depending on your time and energy, we suggest you prepare meals from each category to give you the most flexibility at meal time. If you are short on time once your chicken arrives, just focus on the first three sections. Use the *Menu & Planning Worksheet* on page 45 to write out the meals you plan to prepare.

Each recipe is printed on its own page so you can print just the recipes in your preparation plan and have ample room to make notes.

:: Figure out what you need to buy.

As always, shop your pantry or stockpile first. This will save you money and perhaps a trip to the store. Use the *Shopping List Worksheet* on page 46 to plan for your grocery trip. The sooner you create your list, the longer you have to pull coupons and check the grocery ads for sales.

Remember to also plan for how you are going to store your chicken in the freezer. There are several ways to do this:

- Use gallon sized freezer bags for flash-frozen chicken in Section One meals (you can also wrap meal sized portions in wax paper),
- Use gallon sized freezer bags for marinades in Section Two,
- Use gallon or quart sized freezer bags or plastic storage containers for cooked or fresh diced chicken in Section Three,
- Use disposable foil baking pans from the dollar store or your grocery store for freezer meals in Section Four. Make sure you cover the meal with plastic wrap, then foil. You can freeze the meals in glass or metal baking pans if you have enough to spare.

:: Go grocery shopping.

For the most part, generic items at your discount grocery store (WinCo, Aldi) or Super Walmart are your least expensive options.

:: Plan your cooking/preparation day.

We *strongly* suggest you make childcare arrangements for your preparation session. Drop them off at someone's home, hire a babysitter to care for them in your own home (ideal for babies who still need to breastfeed), swap babysitting with friend or cook while your partner can take them out of the house.

Executing the plan

Now that you know what meals you are going to prepare, you've purchased the supplies and your home and family are ready for the big day, **create a plan for your cooking session**. Use the *Menu & Planning Worksheet* on page 45 to map out your plan.

:: Prepare your kitchen.

Make sure you have room to work — declutter and clean your kitchen surfaces, create space in your refrigerator, clear off your kitchen/dining room table (or set up a card table), rearrange your freezer and make sure you have a clean kitchen sink and an empty dishwasher.

:: Write out a schedule.

This is a rough idea of how you could schedule your session:

- Rinse all chicken and pat dry. Trim unwanted fat with a knife or kitchen scissors (if necessary).
- Start boiling and/or baking chicken for recipes in Section Three. Remember to let the chicken cool before dicing.
- While the chicken is cooking, start assembling the freezer meals in Section Four.
- Prepare the marinades for meals in Section Two and put the chicken and marinades in freezer bags.
- When you have a lull, put chicken in freezer bags to flash-freeze for meals in Section One.

Make sure you label all meals with a permanent marker and/or labels BEFORE you start putting chicken and liquid in bags.

One cooking/preparation day may not be reasonable for your family. Just split your preparation into two or three sessions, perhaps over a few evenings after the kids are in bed or during nap times. This is ideal for those of you with little or no childcare options.

The first session, you could wash and trim all the chicken and flash-freeze chicken for Section One meals. The second session you could prepare the chicken for Section Two and Three meals. The third session, you could assemble the Section Four meals.

:: Keep track of your meals.

Use the *Master Menu List Worksheet* on page 47 to list the meals you have in your freezer so you're not "discovering" a frost-bitten bag of chicken next year. Also keep in mind the ingredients needed for Section Three meals and be looking for ways to get these items as inexpensively as possible.

How to flash freeze chicken

Flash-freezing whole or diced chicken breasts is the quickest way to get your chicken in the freezer.

- Rinse and trim unwanted fat off the chicken breasts. Pat dry with a paper towel.
- If freezing whole, place the chicken into labeled plastic freezer bags in one layer and press the air out. Place bags flat on a baking tray and put in the freezer. Once the chicken is frozen, take it off the tray and stack the bags in the freezer.
- If freezing diced, cut the chicken into one-inch cubes with a knife or kitchen scissors. Place pieces flat on a baking tray lined with parchment paper and put in freezer. Once the chicken is frozen, take it off the tray and put meal-sized portions in labeled freezer bags or containers.

How to shred chicken

Shredded chicken is ideal for Mexican and soup dishes and is super easy to do with frozen chicken.

- Place chicken breasts in the slow cooker and cook on low for 2-4 hours for fresh chicken or 4-6 hours for frozen chicken or bake it in the oven (see below for directions). Make sure it is no longer pink in the middle, but take care to not overcook it. You do not need to add liquid.
- Remove the chicken, place it on a cutting board and allow it to cool.
- Take two forks and, with their back sides facing each other, insert the prongs into the center of the meat. Gently pull the forks away from each other. As you pull the forks, the chicken will break into thin strips. You can also put the chicken in a Kitchen Aid mixer and shred with the paddle attachment to make smaller pieces.
- If you used fresh chicken, you can freeze the chicken in meal-sized portions to use in future meals.

How to boil chicken

Boiled chicken comes out tender, is easy to dice and retains much of its moisture.

- Place the fresh chicken breasts in a medium saucepan and cover with water or chicken broth.
- Bring the liquid to a boil over a high heat then turn the heat down. Simmer the chicken breasts for eight to ten minutes. After eight minutes, remove one chicken breast and make a slit in it. If it is pink, it needs to cook longer. If it's white, the chicken is cooked. Be careful not to overcook the chicken.
- Drain the chicken and allow to cool on a cutting board. Dice the chicken into one-inch cubes.
- Place diced chicken into labeled freezer bags in meal-sized portions and freeze flat.

How to bake chicken

Baking chicken is another way to prepare diced chicken.

- Coat each chicken breast with olive oil and sprinkle with salt and pepper.
- Place the chicken in a baking dish and bake at 350 degrees for 30-45 minutes uncovered.
- Cut one piece at the deepest part. The chicken is done if the meat is not pink and the juice runs clear. Be careful not to overcook the chicken.
- Remove chicken from the dish and allow to cool on a cutting board. Dice the chicken into one-inch cubes.
- Make sure chicken is cool before freezing it. Place diced chicken into labeled freezer bags in meal-sized portions and freeze flat.

Section One:

Meals prepared with frozen chicken breasts

Meals in this section use whole chicken breasts that have been washed, trimmed and flash frozen. They are slow-cooker meals.

Chicken Fiesta Soup	8
Creamy Italian Chicken	9
Shredded BBQ Chicken Sandwiches	10
Creamy Chicken Enchiladas	11

Chicken Fiesta Soup

Ingredients

- 4 chicken breasts, frozen
- ½ onion, chopped
- 1 can chili beans
- 1 can black beans, undrained
- 2 cans petite diced tomatoes
- 1 can corn, drained
- 1 can chicken broth
- 1 pkg taco seasoning
- sour cream, cheese, avocado (cubed)

Directions

- Place onion through taco seasoning in the slow cooker and stir to combine. Press frozen chicken down to the bottom of the liquid.
- Cook on low for 4 hours.
- Shred the chicken and return to slow cooker for an additional 2 hours.
- Serve topped with sour cream, cheese, and avocado cubes.

Creamy Italian Chicken

Ingredients

- ❑ 2 chicken breasts, frozen
- ❑ 1 envelope Italian salad dressing mix or bottle of Italian salad dressing
- ❑ 1/4 cup water
- ❑ 1 package cream cheese (8 oz), softened
- ❑ 1 can cream of mushroom or cream of chicken soup
- ❑ 3-4 fresh mushrooms, chopped
- ❑ cooked rice or egg noodles

Directions

- Place frozen chicken in slow cooker.
- Combine salad dressing mix and water (omit the water if using salad dressing). Pour over chicken. Cook on low for 4-6 hours.
- Beat the cream cheese and soup until blended in a small mixing bowl. Stir in mushrooms. Pour over chicken after initial cooking period.
- Cook 1 hour longer or until chicken is cooked through. Mix once or twice over the last hour to break up any small clumps of cream cheese.
- Serve the chicken shredded or whole over rice or noodles.

Shredded BBQ Chicken Sandwiches

Ingredients

- 4 chicken breasts, frozen
- 1 bottle of BBQ sauce
- 2 T apple cider vinegar (optional)
- shredded or leaf lettuce
- pepperjack cheese, sliced
- ½ red onion, sliced (optional)
- King's Hawaiian rolls or hamburger buns

Directions

- Put chicken in slow cooker and cover with BBQ sauce and apple cider vinegar.
- Cook on low for 4 hours (fresh); 4-6 hours (frozen).
- Shred the chicken and return to slow cooker for an additional 2 hours.
- Serve on rolls or buns topped with cheese, lettuce and onion.

Creamy Chicken Enchiladas

Ingredients

- ❑ 2 chicken breasts, frozen
- ❑ 1 can cream of chicken soup
- ❑ 1 cup sour cream (8 oz)
- ❑ ½ cup milk
- ❑ 1 cup picante sauce or salsa
- ❑ 2 tsp chili powder
- ❑ 1 cup Monterey jack cheese, shredded
- ❑ 10 taco-sized tortillas

Directions

- Cook chicken in slow cooker for 3-4 hours. Remove and shred.
- Mix soup, sour cream, milk, picante sauce and chili powder in a large bowl.
- In a separate bowl, mix 1 cup of the picante sauce mixture with the chicken and cheese.
- Spread ¼ cup chicken mixture down center of each tortilla, roll and place in 9x13 pan.
- Pour remaining picante sauce mixture over enchiladas, cover and freeze.
- Bake at 350 degrees for 40 minutes or until bubbly.

Section Two:

Marinades prepared with fresh or frozen chicken breasts

Meals in this section use chicken breasts that have been washed, trimmed and flash frozen or fresh chicken breasts.

Easy Stockpile Marinades	13
Savory Chicken Marinade	14
Thai Chicken Satay Marinade	15
Chicken Kebabs	16
Chipotle Chicken Marinade	17
Chicken Fajita Marinade	18
Soy Thyme Marinade	19

Easy Stockpile Marinades

Ingredients

- ❑ 4 chicken breasts; frozen
- ❑ 1 bottle of something from your stockpile or pantry:
 - teriyaki sauce
 - Italian dressing
 - BBQ sauce
 - balsamic vinaigrette
 - soy sauce
 - orange chicken sauce

Directions

You can freeze the chicken in the marinade OR make the marinade, put frozen chicken in it and let it defrost in the fridge overnight.

- Place the frozen chicken in storage bag or covered baking dish.
- Pour sauce on top.
- Cover or seal and put in fridge overnight.
- Grill, bake, or cook over stovetop until chicken is no longer pink. Discard leftover sauce.
- Serve with cooked rice or roasted potatoes.

Savory Chicken Marinade

Ingredients

- 6-8 chicken breasts
- ½ cup olive oil
- ¼ cup white wine vinegar
- 1 T Worcestershire sauce
- 1 T lemon juice, preferably fresh
- 1 tsp salt
- 1 tsp fresh ground black pepper
- 1 T poultry seasoning
- 1 T garlic salt or powder
- 1 T paprika
- ½ T onion powder
- 1 tsp thyme

Directions

You can freeze the chicken in the marinade OR make the marinade, put frozen chicken in it and let it defrost in the fridge overnight.

- Put all ingredients in jar (except chicken) with tight-fitting lid and shake well until all ingredients are combined. Add chicken and marinate overnight in a bag or covered baking dish.
- Grill, bake, or cook over stovetop until chicken is no longer pink. Discard leftover sauce.
- Serve with baked potatoes.

Thai Chicken Satay Marinade

Ingredients

- 2 chicken breasts, cut into long strips to be able to thread onto a skewer
- ¼ cup soy sauce
- 2 T lime
- 2 cloves garlic, minced
- 1 tsp fresh ginger
- ½ tsp red pepper flakes
- 2 T water
- 4 green onions, chopped

Directions

You can freeze the chicken in the marinade OR make the marinade, put frozen chicken in it and let it defrost in the fridge overnight.

- Combine all ingredients and marinate overnight in a bag or covered baking dish.
- Thread chicken on skewer and grill or bake until chicken is cooked through. Discard leftover sauce.
- Serve with cooked rice and grilled or roasted vegetables.

Chicken Kebabs

Ingredients

- ❑ 4 chicken breasts, cubed
- ❑ 2-3 cups teriyaki sauce
- ❑ ¼ cup zucchini, cut into 1 inch pieces
- ❑ 1 cup sweet red pepper, cut into 1 inch pieces
- ❑ 8 whole mushrooms
- ❑ skewers

Directions

- Marinate cubed chicken with teriyaki sauce overnight in a bag or covered baking dish. Set aside one-fourth of the sauce.
- Toss the vegetables with the remaining teriyaki and refrigerate for as long as you'd like.
- Soak the skewers (if wood) in water for 30 minutes.
- Assemble chicken and vegetables on skewer. Grill or bake until chicken is cooked through and vegetables are tender. You can also toss all ingredients in a wok and stir fry.
- Serve over or with brown rice.

Chipotle Chicken Marinade

Ingredients

- 4-6 chicken breasts
- 3 T olive oil
- 1 T honey
- salt and pepper
- ¼ teaspoon ground cumin
- 2 cloves fresh garlic, smashed & roughly chopped
- 2 whole Chipotle chilies in adobo, chopped

Directions

You can freeze the chicken in the marinade OR make the marinade, put frozen chicken in it and let it defrost in the fridge overnight.

- Put all ingredients (except chicken) in a food processor and blend until the marinade is thick. Add chicken and marinate overnight in a bag or covered baking dish.
- Grill, bake, or cook over stovetop until chicken is no longer pink. Discard leftover sauce.
- Serve with Mexican rice.

Chicken Fajita Marinade

Ingredients

- 4 chicken breasts, sliced into strips
- ¼ cup white wine vinegar
- ¼ cup fresh lime juice
- 2 T Worcestershire sauce
- 1 tsp dried oregano
- ¼ tsp ground cumin
- ½ tsp crushed red pepper flakes
- 2 T olive oil
- 2 cloves garlic, minced or pressed
- 1 red pepper, cut into strips
- 1 green pepper, cut into strips
- 10 medium sized tortillas (optional)

Directions

Marinade Preparation

- Marinate frozen chicken strips overnight with the vinegar, lime juice, Worcestershire sauce, oregano, cumin and red pepper flakes in a bag or covered baking dish.

Meal Preparation

- Add oil to a skillet and heat on medium-high. Take chicken out of the marinade of container and discard leftover sauce. Sauté the chicken for 5-6 minutes.
- Add peppers, onions and garlic. Cook an additional 3 minutes or until heated through and chicken is no longer pink.
- Serve with warm tortillas if desired.

Soy Thyme Marinade

Ingredients

- 4 chicken breasts
- ¼ cup olive oil
- ¼ cup soy sauce
- 2 green onions, chopped
- 2 cloves of garlic, chopped
- 1 ½ tsp dried thyme
- 1 tsp ginger, minced

Directions

You can freeze the chicken in the marinade OR make the marinade, put frozen chicken in it and let it defrost in the fridge overnight.

- Combine oil, soy sauce, onions, garlic, thyme and ginger. Add chicken and marinate overnight in a bowl or plastic bag.
- Grill, bake, or cook over stovetop until chicken is no longer pink. Discard leftover sauce.

Section Three:

Meals prepared with diced chicken

Meals in this section use chicken breasts been either cooked, diced then frozen OR diced raw, flash frozen then defrosted.

Cooking the chicken first then freezing it will make meal preparation a bit faster. Freezing the chicken raw will yield a less-dried out meat. If you are choosing to freeze the chicken before cooking it, you will need to add the cooking step to each recipe.

Greek Quinoa Chicken Salad	21
Mexican Brown Rice Bake	22
Orzo Chicken Salad	23
Tortellini Soup	24
BBQ Chicken Pizza	25
Chicken Tetrazzini	26
Italian Baked Chicken with Pasta	27
Mexican Chicken and Rice	28
Microwave Chicken Penne Pasta	30
Chicken Lettuce Wraps	31
Chicken Penne Bake	32
Greek Penne Pasta	33
Chicken Chili	34
Chicken Pot Pie	35
Chicken Stuffing Bake	36

Greek Quinoa Chicken Salad

Ingredients

- 3 chicken breasts, cooked & diced
- 4 cups chicken broth
- 1 1/2 cups quinoa
- 1/4 cup apple cider vinegar
- 2 cloves garlic, minced
- 1 T lemon juice
- 3 T olive oil
- 1/2 cup black olives, sliced
- 1/3 cup fresh parsley, chopped
- 1/3 cup fresh cilantro, chopped
- 1 cup cherry tomatoes, sliced in half
- salt and pepper
- 1/2 cup crumbled feta cheese

Directions

- Defrost the chicken in the refrigerator overnight.
- In a medium-large saucepan, combine quinoa and chicken broth. Bring to a boil then simmer for 15-20 minutes, stirring occasionally, until quinoa is tender and broth is absorbed. Remove from heat and allow to cool.
- In a small bowl, whisk together the vinegar, lemon juice, garlic and olive oil.
- Gently toss the quinoa together with the olives, parsley, cilantro and tomatoes.
- Pour the olive oil mixture over the quinoa.
- Add salt and pepper to taste and gently stir in the feta.

Mexican Brown Rice Bake

Ingredients

- ❑ 3 chicken breasts, cooked & diced
- ❑ 4 cups cooked brown rice
- ❑ 1 ¼ cups salsa
- ❑ 1 tsp ground cumin
- ❑ 1 can refried beans (15 oz)
- ❑ frozen or canned corn, drained (10 oz)
- ❑ 1 small can green chilies (4 oz)
- ❑ 1 T chili powder
- ❑ 1 cup cheddar cheese
- ❑ flour tortillas or tortilla chips

Directions

- Defrost the chicken in the refrigerator overnight.
- Grease 9x13 pan.
- In a large bowl, combine rice, salsa, and cumin.
- Spoon 2 cups into the bottom of the pan. Spread out evenly.
- In another bowl, combine chicken, beans, corn, chilies and chili powder. Spread out over the rice mixture and smooth. Top with half of the cheese.
- Spread remaining rice mixture over the top and sprinkle with remaining cheese.
- Bake at 375 degrees for 30 minutes or until heated through and cheese is bubbly.
- Serve with warm tortillas or tortilla chips.

Orzo Chicken Salad

Ingredients

- ❑ 2 chicken breasts, cooked & cubed
- ❑ 6 cups baby spinach, chopped
- ❑ 2 T pine nuts, toasted
- ❑ 2 sun-dried tomatoes, sliced
- ❑ 2 T capers
- ❑ 1 small can sliced olives
- ❑ 1 cup orzo pasta, cooked & cooled
- ❑ 1/4 cup Parmesan cheese

Directions

- Defrost the chicken in the refrigerator overnight.
- Toss all ingredients together with Lemon Vinaigrette

Lemon Vinaigrette:

- 1/4 cup red wine vinegar
- 3 T honey
- 1/2 tsp salt
- 1 clove garlic, minced
- 3/4 cup extra virgin olive oil
- 1/2 lemon, juiced

Blend all ingredients until combined.

Tortellini Soup

Ingredients

- 2 chicken breasts, cooked & cubed
- 1 tsp olive oil
- 2 cloves garlic
- 32 oz chicken broth
- 1 bag frozen cheese tortellini (19 oz)
- frozen spinach, thawed & drained (10 oz)
- can of stewed tomatoes, undrained (14.5 oz)
- ¼ cup Parmesan cheese

Directions

- Defrost the chicken in the refrigerator overnight.
- In large saucepan coated with olive oil, cook garlic for two minutes.
- Add chicken, broth and tortellini. Cover and bring to a boil. Reduce heat and simmer uncovered for 5 minutes.
- Add spinach and tomatoes. Simmer uncovered for 5 minutes.
- Top each serving with Parmesan cheese.
- Serve with breadsticks.

BBQ Chicken Pizza

Ingredients

- ❑ 2 chicken breasts, cooked & cubed
- ❑ 1 ball or tub pizza dough (store bought or homemade)
- ❑ 1 cup BBQ sauce
- ❑ 1/2 red onion, sliced or chopped
- ❑ 1/4 cup chopped cilantro
- ❑ 2 cups pepper jack cheese, shredded

Directions

- Defrost the chicken in the refrigerator overnight.
- Roll out dough on a pizza stone or baking sheet. Bake crust at 425 degrees for 5-6 minutes.
- Combine chicken and BBQ sauce in a bowl.
- Once crust is baked, place sliced red onions and cilantro all around.
- Spread chicken over dough and top with cheese.
- Bake entire pizza for until cheese is bubbly (5-10 additional minutes).

Chicken Tetrazzini

Ingredients

- 3 chicken breasts, cooked & cubed
- 1 package egg noodles
- 1 cup onion, diced
- 8 oz mushrooms, sliced
- 1 tsp garlic
- 1 tsp Worcestershire sauce
- ¼ tsp pepper
- 1 can cream of mushroom soup
- ½ cup milk
- ½ cup sour cream
- 1 cup cheddar cheese, shredded

Directions

- Defrost the chicken in the refrigerator overnight.
- Cook egg noodles according to package directions. Drain.
- Sauté onion and garlic for 5 minutes in a skillet.
- Add the chicken cubes and all the other ingredients except the cheese.
- Once the mixture is hot and bubbly, add the cheese until melted.
- Either combine the mixture with the egg noodles or spoon it on top of the noodles individually.

Italian Baked Chicken with Pasta

Ingredients

- 1 chicken breast, cooked & cubed
- 2 cup small shell pasta
- 2 T olive oil
- 2 cloves garlic, minced
- ½ cup diced onion
- 2 tsp Italian seasoning
- 1 can of diced tomatoes (14.5 oz)
- salt and pepper
- 2 cups shredded mozzarella
- ½ cup seasoned bread crumbs
- ½ cup grated Parmesan cheese
- 2 T butter

Directions

- Defrost the chicken in the refrigerator overnight.
- Cook pasta until tender and drain into large mixing bowl. Drain.
- Heat olive oil in pan and sauté onions and garlic until onion is soft. Add chicken, tomatoes, Italian seasoning, tomatoes and salt & pepper and mozzarella cheese and stir to combine.
- Place everything in a greased 9x13 pan.
- Combine bread crumbs and parmesan and sprinkle over top of pasta. Dot with small bits of butter.
- Bake at 400 degrees for 30 minutes or until top is golden.

Mexican Chicken and Rice

Ingredients

- 4 chicken breasts, cooked & cubed
- 1 cup white rice
- 2 cups water
- 1 can black beans, drained & rinsed
- 1 can corn, drained
- 1 pkg taco seasoning
- 1 can diced green chilies (4 oz)
- sour cream
- flour tortillas

Directions

- Defrost the chicken in the refrigerator overnight.
- Mix all ingredients in a large dish and cover with a lid or foil.
- Bake at 375 degrees for 45 minutes. Top with cheddar cheese for the last 10 minutes.
- Serve with tortillas and sour cream.

Bruschetta Chicken Bake

Ingredients

- 4 chicken breasts, cooked & cubed
- 1 can petite diced tomatoes
- 1 pkg stuffing mix
- ½ cup water
- 1 clove garlic
- ¼ cup fresh basil, chopped
- 1 cup shredded mozzarella

Directions

- Defrost the chicken in the refrigerator overnight.
- Mix tomatoes, stuffing mix, water and garlic just until stuffing is moistened.
- Layer chicken, basil, cheese, and stuffing in 9x13 pan. Top with mozzarella cheese.
- Bake at 400 degrees for 30 minutes.

Microwave Chicken Penne Pasta

Ingredients

- ❑ 1 chicken breast, cooked & cubed
- ❑ 8-10 cherry tomatoes
- ❑ 3 cloves garlic, minced
- ❑ 3 cups penne pasta
- ❑ 3 cups chicken broth
- ❑ salt and pepper
- ❑ ¼ cup basil, chopped
- ❑ ½ cup Parmesan cheese

Directions

- Defrost the chicken in the refrigerator overnight.
- Put cherry tomatoes and garlic in a microwave safe lidded dish. Put the lid on and microwave for 3 minutes.
- Remove from microwave (be careful, it will be hot) and smash tomatoes until flat.
- Add the penne pasta, chicken broth, salt and pepper. Microwave for 8 minutes, stir, and then return to cook for additional 8 minutes.
- Remove from microwave, add chicken, basil and return the lid to sit on the counter for 5 minutes.
- Add Parmesan and stir to combine.

Chicken Lettuce Wraps

Ingredients

- 2 chicken breasts, cooked & cubed
- 1 head iceberg lettuce,
Separated into large pieces
- 3 T hoisin sauce
- 2 T soy sauce
- 2 T water
- 3 garlic cloves, minced
- 2 tsp ginger, minced
- 2 tsp peanut oil
- 5 green onions, chopped
- 1/2 cup salted peanuts, chopped

Directions

- Defrost the chicken in the refrigerator overnight.
- Run the chicken through a food processor or dice it as small as possible.
- Whisk hoisin, soy sauce and water in cup; set aside.
- Mix garlic, ginger, green onions and peanut oil. Sauté in a skillet for 30 seconds.
- Add chicken and sauce. Stir until thick and heated through.
- Place chicken mixture in center of a lettuce piece and wrap it up.

Chicken Penne Bake

Ingredients

- 2 chicken breasts, cooked & cubed
- 1 ½ cup penne pasta
- 1 pkg fresh baby spinach (9 oz)
- 1 tsp dried basil
- 2 cups spaghetti sauce
- 1 can diced tomatoes (14.5 oz)
- 2 oz cream cheese
- 1 cup shredded mozzarella cheese
- 2 T Parmesan cheese

Directions

- Defrost chicken in fridge overnight.
- Cook pasta according to package, adding spinach to boiling water for the last minute. Drain and set aside.
- Heat chicken, basil, sauce and tomatoes in a large skillet. Bring to a boil. Decrease heat and simmer for three minutes. Stir in cream cheese.
- Add pasta to chicken mixture and ½ cup mozzarella. Pour into 2 quart baking dish.
- Bake uncovered at 375 degrees for 20 minutes. Sprinkle with remaining cheese and bake additional 3 minutes or until melted.

Greek Penne Pasta

Ingredients

- 2 chicken breasts, cooked & cubed
- 12 oz uncooked penne pasta
- 2T olive oil
- 3 T pine nuts
- 2 cloves garlic, minced
- 1 pkg frozen spinach, thawed & drained (10 oz)
- 1 can diced tomatoes (15 oz)
- 4 oz feta cheese
- black/kalmata olives

Directions

- Defrost chicken in fridge overnight.
- Cook pasta according to package directions. Drain.
- Coat large skillet with olive oil and cook pine nuts and garlic until nuts are golden.
- Stir in spinach, chicken and tomatoes and heat through.
- Add spinach mixture to pasta and combine.
- Serve with feta cheese and olives.

Chicken Chili

Ingredients

- 2 chicken breasts, cooked & cubed
- 1 T olive oil
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 2 cans petite diced tomatoes (15 oz each)
- 1 can pinto beans, undrained
- 1 can black beans, undrained
- 2 cans diced chilies (4 oz each)
- 2 tsp cumin
- 3 tsp chili powder
- cheddar cheese, shredded
- sour cream

Directions

- Defrost chicken in the fridge overnight.
- In a large sauce pan, sauté onions in olive oil until onion is soft.
- Add garlic and cook for an additional minute.
- Add chicken and the rest of the ingredients. Bring to a boil and then reduce to a simmer for 20 minutes.
- Serve topped with cheese and sour cream.

Chicken Pot Pie

Ingredients

- ❑ 3 chicken breasts, cooked & cubed
- ❑ 3 T butter
- ❑ 1/4 cup onion, chopped
- ❑ 3 T flour
- ❑ 1 1/4 cup chicken broth
- ❑ salt and pepper to taste
- ❑ 1 cup cheddar cheese, shredded
- ❑ 2 cups vegetables (fresh or frozen)
- ❑ 1 cup sweet potato, cooked & cubed (optional)
- ❑ 1 cup Bisquick baking mix or tube of crescent rolls
- ❑ 1/3 cup milk (if using baking mix)

Directions

- Defrost chicken in fridge overnight.
- Spray or grease a 9 inch pie plate.
- Melt butter in a saucepan over medium heat. Saute onions until tender. Add flour and cook 1 minute, whisking constantly. Slowly add chicken broth and continue to whisk to avoid lumps. Bring to a simmer, whisking occasionally.
- Remove from heat. Stir in salt, pepper and cheese until melted. Add chicken and vegetables. Mix well and pour into pie plate.
- If using baking mix, mix together baking mix and milk. Spread thinly over the chicken mixture. If using crescent rolls, unroll the dough and overlap pieces over the chicken mixture.
- Bake at 400 degrees for 25 minutes or until topping is golden and filling is bubbly.

Chicken Stuffing Bake

Ingredients

- ❑ 3 chicken breasts, cooked & diced
- ❑ 1 box of stuffing mix (6 oz)
- ❑ 1 can cream of chicken soup
- ❑ 1 cup sour cream (8 oz)
- ❑ 4 oz fresh mushrooms, sliced
- ❑ 1 can sliced water chestnuts, drained (8 oz)
- ❑ 1/4 cup Parmesan cheese

Directions

- Defrost chicken in fridge.
- Prepare stuffing mix as directed on box.
- Grease a 2 quart baking dish with spray or butter and place chicken in the dish.
- Combine soup, sour cream and soup mix. Spread over chicken. Sprinkle with mushrooms and water chestnuts.
- Spread stuffing over top and sprinkle with Parmesan cheese.
- Bake at 350 degrees uncovered for 30-40 minutes or until bubbly.

Section Four:

*Meals prepared with fresh chicken,
then frozen*

Almond Crusted Chicken	38
Chicken in Gravy	39
Dijon Crusted Chicken	40
Chicken Lasagna Roll-Ups	41
Chicken Parmesan	42
Chicken Cordon Bleu	43
Honey Mustard Chicken	44

Almond Crusted Chicken

Ingredients

- 4-6 chicken breasts, fresh
- 1 ½ cups Panko bread crumbs
- 1 ½ cups sliced almonds
- 1 tsp salt
- 1 tsp pepper
- 1 cup flour
- 2 eggs, beaten
- sweet & sour sauce

Directions

- Spray or grease a 9x13 baking dish.
- Using three flat dishes or pie plates, combine bread crumbs, almonds, salt and pepper in the first, flour in the second and eggs in the third.
- Cut chicken in half lengthwise.
- Dip each chicken breast in the flour, the egg and then the almond & bread crumb mixture. Place in prepared dish.
- Sprinkle the chicken with any remaining almond mixture.
- Cover and freeze.
- Defrost in refrigerator overnight.
- Lightly spray top of chicken with cooking spray.
- Bake at 400 degrees for 15 minutes, turn chicken over and bake an additional 12 minutes or until chicken is no longer pink.
- Serve with cooked rice and sweet & sour sauce.

Chicken in Gravy

Ingredients

- ❑ 2 chicken breasts
- ❑ 4 slices thick cut bacon, chopped into pieces
- ❑ ½ cup onion, chopped
- ❑ 1 cup chicken broth
- ❑ 2 oz cream cheese, cubed
- ❑ cooked rice or egg noodles

Directions

- Defrost chicken in fridge overnight.
- Cut chicken in half lengthwise.
- Cook bacon in large skillet over medium heat for 5 minutes or until crisp. Remove and drain on paper towels. Leave grease in skillet.
- Add chicken to skillet and cook 5-6 minutes on each side or until gold brown and cooked through. Transfer chicken to a plate, cover to keep warm.
- Add onion and ½ cup broth to skillet. Cover and simmer for 10 minutes or until onion is tender.
- Stir in remaining broth and cream cheese. Cook uncovered for 2 minutes or until cream cheese is melted and sauce is thickened, stirring frequently.
- Return chicken to skillet; cook 2 minutes or until heated through.
- Spoon over rice or noodles. Top with chicken, sauce and bacon.

Dijon Crusted Chicken

Ingredients

- ❑ 4 chicken breasts, fresh
- ❑ ½ cup butter
- ❑ 1 clove garlic, minced
- ❑ 5 tsp Dijon or honey mustard
- ❑ 1 ½ cups Panko bread crumbs
- ❑ 1/3 cup grated Parmesan cheese
- ❑ ¼ tsp paprika
- ❑ ¼ cup dried parsley flakes

Directions

- Cut chicken breasts in half lengthwise. Place chicken in a 9x13 baking dish.
- Melt butter in a saucepan. Add garlic and sauté for 2 minutes. Add mustard, blending well with a whisk.
- Turn off heat. Cool enough to touch but not solidify. Whip vigorously until the mixture thickens. It will look very creamy and start to separate a little.
- Drizzle the mustard mixture over the top.
- Mix breadcrumbs, parmesan cheese, paprika and parsley in a bowl. Spread over the top of the chicken.
- Cover and freeze.
- Defrost meal in refrigerator overnight.
- Bake at 350 degrees for 30-40 minutes or until chicken is no longer pink.

Chicken Lasagna Roll-Ups

Ingredients

- 2 chicken breasts, fresh
- 2 T olive oil
- 9 lasagna noodles
- 1 pkg frozen spinach, thawed & drained (10 oz)
- 15 oz ricotta
- ½ cup Parmesan cheese
- 1 tsp Italian seasoning
- 1 egg, beaten
- ½ tsp garlic powder
- salt and pepper
- jar or can pasta sauce
- 1 cup mozzarella cheese, shredded

Directions

- Prepare lasagna noodles to al dente (slightly cooked) according to package directions.
- Dice chicken into one-inch pieces and cook in a sauté pan with olive oil until chicken is no longer pink.
- Combine spinach, ricotta, chicken, parmesan, egg, salt, pepper, Italian seasoning and garlic powder in a medium bowl.
- Spread ½ cup pasta sauce in the bottom of a 9x13 pan.
- Lay lasagna noodle flat on a clean surface and place ¼ cup chicken mixture down the entire noodle and roll. Place in the pan, seam side down and repeat with remaining noodles.
- Pour remaining pasta sauce over noodles and top with mozzarella.
- Cover and freeze.
- Defrost in refrigerator overnight.
- Cover with foil and bake at 350 degrees for 40 minutes or until cheese melts.

Chicken Parmesan

Ingredients

- ❑ 4 chicken breasts, fresh
- ❑ 1 cup flour
- ❑ 1 tsp salt
- ❑ 1/2 tsp pepper
- ❑ 2 eggs
- ❑ 2 T water
- ❑ 1 1/2 cups seasoned bread crumbs
- ❑ 1/2 cup Parmesan cheese
- ❑ 2 tsp Italian seasoning
- ❑ 1 tsp garlic powder or garlic salt
- ❑ 3 T olive oil
- ❑ 2 cups pasta sauce
- ❑ 1 cup mozzarella cheese, shredded

Directions

- Cut chicken in half lengthwise or into strips
- Spread pasta sauce on the bottom of a 9x13 baking dish.
- Shake the chicken together with flour, salt and pepper in a gallon storage bag, making sure both sides are coated evenly.
- In a shallow dish or pie plate, whisk together eggs and water. In a dish, combine bread crumbs, Parmesan cheese, and seasonings.
- Dip the chicken in the egg and cover with the bread crumb mixture.
- Heat olive oil in a skillet. Cook each side for five minutes or until chicken is no longer pink. Be careful to not overcook it. Place chicken in the baking dish and sprinkle with mozzarella cheese. Cover and freeze.
- Defrost the chicken in the fridge overnight.
- Bake at 350 degrees for 25 minutes or until heated through. Serve with pasta and additional pasta sauce if desired.

Chicken Cordon Bleu

Ingredients

- 4 chicken breasts, fresh
- 1/2 tsp salt
- 1/2 tsp pepper
- 8 slices Swiss cheese
- 8 slices cooked ham or sliced deli ham
- 2 eggs
- 1/2 cup seasoned bread crumbs
- 1/2 cup Parmesan cheese

Directions

- Spray or grease 9x13 baking dish.
- Cut chicken breasts in half but leave one side still attached (like a book).
- Sprinkle chicken with salt and pepper on both sides.
- Place two slices of cheese and ham in each breast. Use a toothpick to secure closure if needed.
- Beat eggs in small shallow dish or pie plate. Combine bread crumbs and Parmesan cheese in another.
- Dip chicken in egg, coating both sides and then dip in bread crumbs. Place in dish. Cover and freeze.
- Defrost in refrigerator overnight.
- Bake at 350 degrees for 30-35 minutes, flipping chicken half-way through, until chicken is no longer pink. Remove toothpicks before serving.

Honey Mustard Chicken

Ingredients

- 4 chicken breasts; frozen
- ¼ cup honey
- 2 T yellow mustard
- ½ tsp basil
- ½ tsp paprika
- ½ tsp parsley
- salt and pepper to taste

Directions

- Defrost chicken in the fridge overnight.
- Cut chicken in half lengthwise.
- Combine honey, mustard and seasonings in a bowl.
- Place chicken in 9x13 baking dish.
- Pour sauce over chicken and stir to make sure all chicken is covered.
- Bake at 350 degrees for 40 minutes or until golden.
- Serve with roasted potatoes.

Master Menu List

List the meals that you have in your freezer & the eBook page that you can find the recipe. Check them off in the box when you use it.

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