

Arroz Con Pollo

Ingredients

2 lbs Fajita Chicken

2 Tbsp Extra Virgin Olive Oil (can use up to 1/4 c)

1 Medium yellow onion, chopped

2 Garlic cloves, minced

2 c Brown Rice

4 c Chicken or vegetable stock

1 c Diced, fresh tomatoes

Pinch of oregano

1 Tbsp salt

Instructions

- 1) To brown the rice: Add the extra virgin olive oil to a 5 qt. non-stick saucepan and heat over a med-high heat. Once the oil is hot, add the brown rice and stir gently with a wooden spoon until all of the rice is coated with oil. Allow the rice to brown evenly by stirring it occasionally.
- 2) Add the onion and garlic to the pan. Cook the onion, garlic and rice mixture, stirring frequently, until the onions have softened, about 4 minutes.
- 3) Place the chicken pieces on top of the rice.
- 4) In a separate bowl, mix together the stock, tomatoes, salt, and oregano. Pour the stock mixture over the rice and chicken.
- 5) Bring to a simmer, reduce the heat to low, and cover. Let cook for 35-40 minutes, until the rice and chicken are done.



Chicken Salad Lettuce Wrap

Ingredients

1/2 c plain yogurt
1 tsp lemon zest juice of 1 1/2 lemons
1 tsp Dijon mustard
2 Tbsp chopped dill, plus more for garnish
kosher salt
Freshly ground black pepper
3 c Fully cooked fajita chicken
1 c Red grapes quartered
1/2 c Chopped pecans
4 stalks of green onions, sliced
1 head Boston Bibb lettuce, leaves removed

Instructions

- 1) In a large bowl, mix together yogurt, lemon zest & juice, mustard, and dill, and season with salt and pepper.
- 2) Stir in chicken, grapes, pecans, and green onions and season with salt and pepper.
- 3) Spoon chicken salad into lettuce leaves, garnish with dill, and serve.



Chicken Tortilla Soup

Ingredients

4 c Fully cooked diced chicken
1-1/2 tsp Cumin
1 tsp Chili powder
1/2 tsp Garlic powder
1/2 tsp Salt
1 Tbsp Olive Oil
1 c Diced onion
1/2 c Diced celery
1/2 c Diced carrots
1/4 c Diced green bell pepper
1/4 c Red bell pepper
3 Cloves Garlic, minced
1 c Diced tomatoes
1/4 c Mild, Diced green chilies
32 oz Low sodium chicken stock
3 Tbsp Tomato Paste
4 c Hot Water
2 c Black Beans, Drained

Garnish

3.5 oz. Fresh Gourmet, Santa Fe style tortilla strips
Sour Cream
Diced Avocado
Diced Red Onion
Cilantro

Instructions

- 1) In a small bowl mix cumin, chili pepper, garlic powder, and salt. Sprinkle a small amount of spice mix on the chicken and mix well. Set aside the rest of the spice mix.
- 2) Heat 1 tablespoon olive oil in a large pot over medium high heat. Add onions, red pepper, green pepper, and minced garlic. Stir and begin cooking, then add a tablespoon of the spice mix. Stir to combine, then add the diced chicken and stir.
- 3) Pour in the tomatoes, diced green chilies, chicken stock, tomato paste, water, and black beans. Bring to a boil, then reduce heat to a simmer. Simmer for 45 minutes, uncovered.
- 4) Check seasonings, adding more of the spice mix if needed--add more chili powder if it needs more spice, and be sure not to under salt. Turn off heat and allow to sit for 15 to 20 minutes before serving.
- 5) Ladle into bowls, then top with tortilla strips, sour cream, diced red onion, and diced avocado.



Chicken Verde

Ingredients

- 3 c Fully cooked diced Chicken
- 2 tsp Salt
- ¼ tsp Ground cumin
- ½ tsp Granulated garlic
- ¼ tsp Ground black pepper
- ¼ tsp Paprika
- ¼ tsp Granulated onion
- 3 c Las Palmas green enchilada sauce

Instructions

- 1) Add the green enchilada sauce to a medium sized sauce pan and simmer under low heat.
- 2) While the sauce is warming up, prepare the chicken.
- 3) Place the chicken in a medium sized mixing bowl.
- 4) In a separate bowl, combine all of the dry ingredients until it is a uniform spice mix. Sprinkle the spice mix over the chicken and mix it well.
- 5) Once the sauce is warm, add the chicken and simmer until the chicken is thoroughly hot.



Classic Hummus

Ingredients

2 C. Drained and rinsed garbanzo beans
2 large lemon
2 garlic cloves
1 C. tahini, well mixed
1 tsp. (or more) kosher salt
1 t. ground pepper
1/2 t. ground cumin
¼ C. Water

6 T. extra-virgin olive oil, plus more for drizzling
Sesame seeds (for garnish)

Instructions

- 1) Drain the garbanzos in a strainer or colander and rinse thoroughly. Let them drain while you do the other prep.
- 2) Cut 1 lemon in half, remove any visible seeds, and squeeze juice into a small bowl. You should have 3-4 Tbsp.
- 3) Finely mince the garlic until it is almost like a smooth paste.
- 4) Combine drained garbanzos, lemon juice, garlic, tahini, salt, pepper, cumin, and water in a food processor or blender.
- 5) Process until smooth, about 1 minute.
- 6) With the motor running, stream in 6 Tbsp. oil, then continue to process until hummus is very light and creamy, about 1 minute longer. Taste and season with more salt, if needed.
- 7) Transfer hummus to a shallow bowl, top with sesame seeds, and drizzle with more oil.



Easy Cheesy Potatoes

Ingredients

- 3 lbs diced potatoes
- ¼ c butter, melted
- 1 c Low fat sour cream
- 1 c cream of chicken soup
- ¼ c green onion sliced on a bias
- 2 c cheddar cheese divided

Instructions

- 1) Preheat oven to 375°F and grease a 9x13 inch baking dish.
- 2) Place potatoes in a saucepan with cold water. Simmer 12-14 minutes or until fork tender. Drain and allow to cool slightly.
- 3) Melt butter, add sour cream, soup, onion and 1 ½ cups cheese.
- 4) Toss in the potatoes and combine. Spread into a prepared baking dish.
- 5) Top with remaining cheese and bake for 28-30 minutes or until browned and bubbly.



CHEF'S NOTES

The potatoes can be cut in a number of ways or sizes whether it be bigger or smaller dices, sliced, sticks, or even shredded. The smaller or thinner that they are, the shorter that the cooking process will be. The can also be topped off during the baking process to give it a crunchy element with ingredients such as panko bread crumbs, or crumbled corn flakes. The cream of chicken soup can also be substituted for any cream soup of your preference.



Honey Glazed Carrots

Ingredients

1 tsp. Salt
1 lb. peeled carrots, cut on a bias,
approximately 1
in. in size
2 tablespoons butter
2 tablespoons honey
1 tablespoon lemon juice
Freshly ground black pepper
1/4 cup chopped flat-leaf parsley

Instructions

- 1) In a medium saucepan, bring water to a boil. Add salt and then carrots and cook until tender, 5 to 6 minutes. Allow the carrots to drain well for about 10-15 minutes.
- 2) In a non-stick pan, add the butter over a low-med heat and allow it to melt. Once the butter is melted add the honey and lemon juice and stir in until it forms a uniform glaze.
- 3) Once the glaze is ready, add the carrots and cook until the glaze coats the carrots, 5 minutes.
- 4) Season with salt and pepper and garnish with parsley once you're ready to serve.



Incredible Hulk Rice

(Cilantro Lime Rice)

Ingredients

- 2 c Brown Rice
- 2 Tbsp Butter or butter substitute of your choice
- 2 c Cilantro, rough chopped
- ½ Lime
- ½ tsp Ground Cumin
- ½ tsp Ground Black Pepper
- 4 c Low sodium Chicken or Vegetable Stock

Instructions

- 1) In a small, non-stick sauce pan, melt the butter over a low-medium heat. Once the butter is melted, add the rice and stir to coat the rice evenly. Continue to brown the rice for approximately 5-10 minutes.
- 2) While the rice is browning, combine the cilantro, the juice of the lime, and the stock in a blender and puree them together. Puree it for 1-2 minutes, or until the cilantro is completely pureed. The result should be a nice green stock. If it does not appear to be green enough, feel free to add more cilantro.
- 3) Once the puree is ready and the rice has been browned, stir in the cumin and black pepper with the rice and then add the cilantro puree to the rice.
- 4) Increase the heat to high until the stock is boiling and then reduce the heat to low. Cook for approximately 35-45 minutes, or until the rice is fully cooked.



Mediterranean Rice Pilaf

Ingredients

- 1 Tbsp Olive Oil
- 1 c Chopped onion
- 4 tsp Minced fresh garlic
- 2 1/4 c Low sodium chicken or vegetable stock
- 1 c Brown Rice
- 1/2 c Chopped tomato
- 1/3 c Coarsely chopped Greek or ripe olives
- 1/4 c Chopped fresh parsley
- 1 Tbsp Lemon juice
- 1 tsp Salt

Instructions

- 1) In medium saucepan, heat oil. Add onion and garlic. Cook and stir over medium-high heat 2-3 minutes or until onion is just tender.
- 2) Stir in stock and rice. Bring to a rolling boil and reduce heat to simmer (low boil). Cover with tight-fitting lid and simmer 35-40 minutes.
- 3) Stir in tomato, olives, parsley, lemon juice and salt.



Waldorf Chicken Salad

Ingredients

For Salad:

- ½ c Chopped walnuts
- 3 c Chopped cooked chicken
- 1 c Seedless red grapes, halved
- 1 large Granny Smith apple, diced (Can be substituted for any apple of preference)
- 1 c Diced celery

For Dressing:

- ½ c Mayonnaise
- ½ c Plain Greek Yogurt
- 1 Tbsp Orange Juice
- Salt and pepper to taste

Instructions

- 1) In a small bowl, combine the mayonnaise, yogurt, and orange juice and whisk them together until they form a uniform sauce.
- 2) In a large salad bowl, add the walnuts, chicken, grapes, apples, celery, and the dressing and stir it until all of the ingredients are coated evenly.



Healthy Instant Pot Chicken Fried Rice

Ingredients

- 1 c Parboiled, brown rice
- 1 c Vegetable broth
- 2 ½ Tbsp Olive oil, divided
- 10 oz Frozen mixed veggies
- 1 c Fully cooked, diced chicken
- 2 Large eggs

Fried Rice Sauce:

- 1/4 c Low sodium soy sauce
- 1 tsp Maple syrup
- 1 tsp Sesame oil
- 1 tsp Minced garlic

Instructions

1. First, add 1 teaspoon of olive oil to the bottom of your Instant Pot. Make sure the bottom of the pot, as well as the sides, are covered with olive oil.
2. Add rice and broth to the Instant Pot. Cover, turn the valve to seal, and turn your Instant Pot to manual high pressure for 26 minutes.
3. While rice is cooking, add all ingredients for the fried rice sauce to a mason jar and shake until ingredients are combined. Set aside.
4. When rice is done, natural release pressure for 11 minutes. Then, remove rice from the Instant Pot and set aside.
5. Give your Instant Pot a quick wipe-down and then add 2 tablespoons of olive oil to the Instant Pot and turn on sauté feature.
6. Add frozen vegetables and chicken and cook for 3-5 minutes. Then, push the veggies to one half of the Instant Pot to make room for the eggs.
7. Crack 2 eggs onto the other half of the Instant Pot and scramble using a wooden spoon.
8. Once the eggs are fully cooked, add rice and fried rice sauce into the Instant Pot and mix all ingredients together. Let everything cook over the sauté feature for 2-3 minutes or until everything is warm.
9. Garnish with fresh green onions and enjoy!

