CHICKEN RECIPE
MAGIC: Healthy meals that please the toughest critic – your child.

“mommy, please make this again”
IT’S 5 O’CLOCK: do you know where your dinner is?

Time-crunch moms want premium-tasting meals. With a little advance planning, your family can enjoy gourmet meals while you unwind after a long day. The following meal plan delivers, with minimum time and hassle. Here’s how it works. You prepare the basic recipe. Then simply freeze it. Days – or weeks – later, add seasoning or sauces for high-powered, high-taste meals in minutes. Eating well gives joy to life and health to the body. And planning ahead gives peace of mind to moms. The perfect recipe for success!

BASIC RECIPE: roast lemon chicken

Prep Time: 10 minutes
Cook Time: 50 minutes

Heat oven to 450°F. Rub outside of two chickens (3½-4 lbs each) with 2 tablespoons of olive oil. Sprinkle inside and outside of chickens with salt and pepper—about ¾ teaspoon salt and ¼ teaspoon pepper. Place 1 lemon, cut into quarters, and 4 large cloves of crushed and peeled garlic inside each chicken. Roast the chickens in the same baking pan for 50 minutes (170°F internal temperature).

While chicken is cooking, scrub 4 medium baking potatoes. Pierce each potato with a fork. Place on the oven rack below chickens. Bake until tender, about 40 to 45 minutes. Let chicken rest about 10 minutes before carving. Serve 1 chicken with baked potatoes and a tossed green salad. Divide and wrap the second chicken into two equal amounts for use in other recipes. Refrigerate or freeze remaining chicken. (Leftover chicken stored in the refrigerator should be used within 3 days.)

chicken and cheddar quesadillas

Prep Time: 20 minutes
Cook Time: 8 minutes

Defrost frozen Roast Lemon Chicken in the refrigerator before using this recipe. Heat oven to 450°F. Start with 8 (8-inch) flour tortillas, 1 can (4 oz) chopped mild green chilies, leftover Roast Lemon Chicken shredded (about 2 cups), ½ cup shredded Cheddar cheese, ½ cup bottled taco sauce, 1 cup bottled salsa and ¼ cup sour cream. Place four tortillas on large baking sheet. Spread each tortilla with 1 tablespoon chilies and top with about ¼ cup chicken, cheese and taco sauce. Top each with another tortilla. Bake for 8 minutes until crispy and cheese is melted. Remove from oven; let stand for 5 minutes. Cut into quarters. Garnish with cilantro, salsa and sour cream. Makes 4 servings.

chicken noodle soup

Prep Time: 15 minutes
Cook Time: 5-10 minutes

Defrost frozen Roast Lemon Chicken in the refrigerator before using this recipe.

In a medium saucepan, bring 2 cans (14.5 oz) chicken broth and ½ cup water to a boil. Add 1 minced garlic clove, 1 cup fine egg noodles and 1 cup cut green beans (fresh or frozen). Reduce heat and simmer 5 minutes. Add 2 grated carrots and remaining shredded Roast Lemon Chicken. Simmer 3 to 5 minutes until chicken is heated. Makes 4 servings.