

**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-crunched 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.