

# Mix + Match MENU

## MENU

**MONDAY:** Santa Fe Double Chicken

**TUESDAY:** Crispy Lemon Chicken & Veggies

**WEDNESDAY:** Cilantro Lime Chicken w/ Rice & Broccoli

**THURSDAY:** Cajun Chicken Alfredo

**FRIDAY:** Broccoli Cheddar Stuffed Potatoes

## GROCERY LIST

### PRODUCE

- 7 russet potatoes
- 1 bell pepper
- 1 lb green beans
- 2 heads broccoli
- 1 yellow onion
- 1 head garlic
- lemon
- lime
- avocado (optional)
- fresh cilantro

### GROCERY

- 2 cartons chicken broth (1 if not making Santa Fe Double Chicken into soup)
- 1 can diced tomatoes with green chiles
- 1 can black beans
- tortilla strips or chips (opt)
- box of pasta
- pkg fajita seasoning
- breadcrumbs

### MEAT

- 7 lbs boneless skinless chicken breasts

### COLD

- 8 oz parmesan
- qt. heavy cream
- shredded cheddar cheese
- sour cream (opt)
- butter
- 12 oz frozen corn

### SPICES YOU MAY HAVE

- chives
- dill weed
- chili powder
- cumin
- garlic powder
- onion powder
- paprika
- crushed red pepper

## TIPS

- ✓ Bake the potatoes for the Stuffed Potatoes while you're making the Crispy Lemon Chicken. Keep them in the foil and refrigerate.
- ✓ The Santa Fe Chicken can be made as filling the first night then heat it up with another carton of chicken broth to make it into soup.

## SANTA FE DOUBLE CHICKEN

I nicknamed this "double" chicken because you can use it either as shredded chicken or make it into a soup. Either way it's delicious!

- 1 1/2 lbs boneless skinless chicken breasts
- 1 can diced tomatoes with green chiles
- 1/2 yellow onion, chopped
- 4 cloves garlic, pressed
- Chicken broth:
  - (soup) 6 cups (1 carton + 1 can)
  - (shredded chicken) 2 cups (1 can)

- 1 T lime juice
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp chili powder
- 1/2 tsp ground cumin
- 1 can black beans, drained and rinsed
- 1 1/2 c frozen corn
- 1/4 c fresh cilantro, chopped
- toppings: tortillas, shredded cheddar jack cheese, tortilla chips, sour cream, avocado, tomato

- ✓ Add chicken, tomatoes, onions, garlic, broth, lime juice and spices into 6-qt slow cooker. Cook on low 4-6 hours.
- ✓ Remove chicken and shred, then return to slow cooker with beans, corn, and fresh cilantro. Cook another 30 minutes until heated through.
- ✓ Serve as soup, on tortillas, or over rice with your choice of toppings.

# Mix + Match MENU

## CRISPY LEMON CHICKEN AND VEGGIES

4 boneless skinless chicken breasts (about 2 lbs)  
1 lemon, juiced (about 1/4 c)  
2 garlic cloves, pressed, divided  
2 T olive oil  
1/2 c breadcrumbs  
1/3 c grated parmesan cheese  
3 russet potatoes, cut into 1" pieces  
1 lb green beans, trimmed and cut in half  
1/2 c butter, melted

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- ✓ Preheat oven to 400°F
  - ✓ Pound the chicken breasts 'til 1/2" thick, sprinkle with salt + pepper. Add to gallon sized plastic bag with lemon juice, 1 garlic clove, and olive oil. Refrigerate + marinate 30 mins.
  - ✓ Combine breadcrumbs and parmesan cheese in a bowl. Dip the chicken in the mixture, pressing to coat.
  - ✓ Place chicken on baking sheet and lightly spray with cooking oil (optional).
  - ✓ Arrange potatoes around chicken in a single layer. Mix the melted butter and other pressed garlic clove and pour over potatoes, tossing to coat.
  - ✓ Bake 15 minutes.
  - ✓ Flip chicken, moving potatoes to one side. Add green beans and pour rest of butter mixture over them.
  - ✓ Return pan to oven, turning up to broil, cook 10 minutes.

## CREAMY CILANTRO LIME CHICKEN w/RICE + BROCCOLI

Make some rice ahead of time (or buy pre-made) to make this a super quick meal!

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2 lbs boneless skinless chicken breasts  
1 c chicken broth  
1 T lime juice  
1/2 yellow onion, chopped  
1 T cilantro, cilantro  
1/4 tsp crushed red pepper  
1/4 c heavy cream (room temperature)  
2 T butter

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- ✓ Pound the chicken breasts so they're all about 1/2" thick, sprinkle with salt + pepper.
  - ✓ In a large skillet, heat 2 T oil over med-high heat and brown the chicken breasts - about 3 minutes on each side. Remove to a plate, cover loosely with foil to keep warm.
  - ✓ Add onion to pan, cook until translucent, about 4 minutes. Add broth, lime juice, cilantro, and crushed red pepper. Bring to a boil while scraping up the browned bits.
  - ✓ Reduce heat to low, add cream and butter.
  - ✓ Add the chicken back to the pan and cook (don't boil) for 5 minutes until all heated through.

## CAJUN CHICKEN ALFREDO

8 oz pasta  
1 lb boneless chicken breasts, cubed  
1 bell pepper, sliced  
1/2 onion, sliced  
1 pkg fajita seasoning  
2 c heavy cream (room temperature)  
1/2 c grated parmesan cheese

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- ✓ Start and cook pasta, set aside.
  - ✓ Put the chicken and vegetables into a gallon sized bag with fajita seasoning and shake to coat.
  - ✓ Heat oil in a large skillet over med-high heat. Add chicken and veggie mix and cook for 6-8 minutes until chicken is almost cooked through.
  - ✓ Add cream, bring to a simmer and cook 3-4 more minutes until chicken is cooked all the way through.
  - ✓ Add parmesan and pasta and toss.

## BROCCOLI CHEDDAR STUFFED POTATOES

Bake the potatoes ahead of time save time on cooking night!

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4 russet potatoes, scrubbed clean  
3 T butter, room temp  
3 T heavy cream  
3/4 tsp chives  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/2 tsp dried dill weed  
1/2 tsp paprika  
1 1/2 c cooked broccoli  
1 c cheddar cheese, reserve 1/4 cup

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- ✓ Preheat oven to 400°F and line small baking sheet with parchment.
  - ✓ Wrap potatoes in foil and bake 45-60 minutes until soft.
  - ✓ Slice each potato in half, lengthwise, and scoop out the pulp into a large bowl, being careful to leave 1/4" of the potato in the skin. Rub the outsides of the skin with oil and place on prepared baking sheet.
  - ✓ Add butter and cream to potato pulp and mash.
  - ✓ Add remaining ingredients, reserving 1/4 c cheddar, and fill the potato shells. Top with cheese and bake 20-25 minutes.