

Citrus and Herb Marinated Chicken

4-6 chicken breasts or 10-14 tenders
One whole orange
One whole lemon
2 stems fresh sage or 1 T rubbed
4-6 basil leaves or 1 T dried
1/4 c Extra virgin olive oil
1 tsp. kosher salt
Fresh cracked pepper

Juice fruit. Chop juiced peel into quarters. Put all ingredients in gallon size Ziploc bag. Squeeze out all air before sealing. If freezing, lay flat. Defrost completely before cooking. Citrus peels are not meant to be cooked and eaten.

Mexican lasagna

12-14 Flour tortillas
1 can black beans
1 pound ground turkey
1 packet taco seasoning
1 medium jar salsa
1 bag shredded Mexican blend cheese

Brown turkey and add seasoning per packet instructions. Layer tortillas, meat, beans, salsa, and cheese in baking dish. There should be enough to repeat. Top with tortillas and cheese. Bake at 350 degrees for 20 minutes. If freezing, cover with foil. Defrost completely and bake at 350 degrees for 35-40 minutes. Serve with sour cream and sliced avocado.

Pesto Tortellini

One bag frozen cheese tortellini
3 bell peppers, your choice (My family likes yellow, red, and orange)
One package fresh, sliced mushrooms. (My family likes baby bellas)
1 T parsley
One small yellow onion, chopped
One 4 oz jar of pesto

Saute all veggies in a couple teaspoons of Extra Virgin olive oil. Kosher salt and pepper to taste. Cook until tender. Boil pasta per package directions. Drain well. Add sautéed veggies and pesto to pasta. Toss well and serve. If freezing, put cooked veggies in a gallon Ziploc and freeze flat. Defrost completely. Reheat a couple minutes in the microwave. Then follow instructions as listed above.

Chicken Crescent Rolls

Filling:

2 cans all breast meat chicken
2- 8 oz boxes of cream cheese (can substitute low fat or fat free)
One bag frozen veggies (My family like peas and carrots)
2 T butter
1 tsp onion powder
1 T parsley
½ tsp Kosher salt
Fresh ground pepper
2 cans crescent roll dough (can substitute low fat, but they must be really cold)

Mix all filling ingredients well. Roll out crescent roll dough and cut into rectangles. Two triangles should roll and cut into two triangles. Place a scoop of filling in middle of rectangle. Pull dough over top. Pull bottom dough up over top edge and press together. When sealed, press entire "pocket" down to be more flat than domed for even cooking. Bake at 375 degrees for 15-20 minutes. If freezing, bake 10-15 minutes. Cool completely, and stack in a foil pan with wax paper or foil in between layers. To bake, defrost completely. Bake at 375 degrees for 10-15 minutes. I serve these with chicken gravy. You can buy jar gravy or use this recipe:

Gravy:

1 c. chicken stock*, boiling In a measuring cup, whisk together $\frac{1}{4}$ c flour and $\frac{1}{2}$ c milk. Whisk this mixture into the stock and reduce heat. Add $\frac{1}{4}$ tsp. onion powder and a sprinkle of parsley. Cook until desired thickness

Broccoli Cheddar Soup

4 cups chicken broth*

2 cups whole or 2% milk

3-4 large carrots, diced finely

One large bag frozen broccoli

1 stick butter

$\frac{1}{3}$ cup flour

$\frac{1}{2}$ yellow onion, diced finely

Salt and pepper to taste (because I salt my stock, my soup rarely needs additional salt, so taste before adding!)

Saute onion in butter till translucent. Whisk in flour to create a roux. Cook on low five minutes, stirring constantly. Slowly whisk in broth. Whisk until there are no lumps. Add broccoli and carrots. Cook on medium low for 20 minutes. Turn off heat. Add milk and cheese. Stir till cheese is melted.

I blend my soup until smooth. My family likes it creamy with no veggie chunks. This is not a necessary step if your family likes it chunky.

If freezing, put in gallon ziplock and lay flat. Defrost completely. Warm on low, stirring often.

Tip of the month:

Making chicken stock is a breeze! Do you ever buy the roasted, whole chickens from the grocery store? Don't throw it away when you are done eating the meat! It is a bounty of flavor waiting to be used. Place the chicken in a large pot with 8 cups water, one whole, peeled onion, 1 large carrot, 1 stalk celery, 1 bay leaf, 2 T kosher salt, and fresh ground pepper. Bring to a boil. Let simmer for an hour, covered. I then split mine up into Ziploc bags in one and two cup quantities. I can then just pull a bag out in the morning to defrost and cook with it that evening. So easy and so very, very yummy!