

3 Dinners Mini Menu #17 - Progressive Baked Chicken

Grocery List

5lb boneless chicken breasts
White Rice
Red Enchilada Sauce (10.5oz)
Black Beans (16oz)
Can Corn (14.5oz)
Pasta (16oz- any shape)
Roma Tomatoes X3
Pesto (6-8oz)
Spinach (10oz)
Dehydrated Hash Browns
(4.6oz)
Cream of Chicken (10.5oz)
Sour Cream (8oz)
Cheddar Cheese (16oz)

@lowdoughfamily

Chicken Pesto Pasta

3 cups cooked sliced chicken
16 oz pasta (any shape)
6-8 oz basil pesto
2 Roma tomatoes, diced
3 cups fresh spinach
Favorite Seasonings

1. Cook pasta according to package directions. Drain and reserve 1/2 cup pasta water.
2. In the same pot, add hot pasta, pesto, chicken, tomatoes, and spinach. Toss together, adding a splash of pasta water if needed to loosen the sauce.
3. If you have mozzarella or parmesan cheese, you can sprinkle it on top before serving!

Base Recipe for Oven-Baked Chicken

5 lb boneless, skinless chicken breasts
3 Tbsp preferred cooking oil*
Favorite Seasonings*
(go mild like salt, pepper, garlic powder, etc.)

1. Preheat oven to 400°F. Line a large baking sheet with foil or parchment for easy cleanup.
2. Pat chicken dry. Drizzle oil and sprinkle seasoning evenly over both sides.
3. Arrange chicken in a single layer on the baking sheet.
4. Bake for 25-30 minutes, or until internal temperature reaches 165°F.
5. Let rest 15-20 minutes, then slice, cube, or shred as needed.

Chicken Enchilada Rice Skillet

3 cups cooked diced chicken
3 cups cooked rice
10 oz red enchilada sauce
15 oz black beans, drained and rinsed
14.5oz corn, drained
1 1/2 cups shredded cheddar
Favorite Seasoning (chili powder, cumin, taco/fajita seasoning, etc)*

1. In a large skillet, combine rice, enchilada sauce, black beans, corn, seasonings, and chicken. Stir until everything is coated and heated through (5-7 minutes).
2. Sprinkle cheese on top. Cover skillet with lid and cook on low until cheese melts (2-3 minutes).
3. Serve hot with your favorite toppings.

Chicken Hashbrown Casserole

3 cups cooked diced chicken
4.6oz dehydrated hashbrowns
10.5 oz cream of chicken soup
1 cup sour cream
1/2 cup melted butter or margarine*
2 cups shredded cheddar cheese, divided

1. Preheat oven to 350°F. Grease a 9x13 baking dish. Add hot water to potatoes to rehydrate. Let sit 10-12 minutes, then drain.
2. In a large bowl, mix hashbrowns, soup, sour cream, melted butter, onion, 1 1/2 cups cheese, salt, and pepper.
3. Stir in cooked chicken until evenly combined.
4. Spread mixture into prepared baking dish. Top with remaining cheese.
5. Bake uncovered for 45-50 minutes, until hot and bubbly.
6. Serve with a spinach side salad! (leftover tomatoes, parmesan, etc.)