

AUTUMN CHICKEN w/DIJON-CIDER SAUCE

Remove from freezer and place in refrigerator 24 hours to thaw.

Heat milk mixture in small saucepan over medium heat until thickened, 3-5 minutes. Stir in apple cider and cook 2-3 minutes; set aside. Melt butter in a skillet and saute apples 4-6 minutes. Transfer to a dish and keep warm. Dredge chicken in flour mixture and saute in skillet over medium-high heat until cooked through, about 4 minutes per side. Serve chicken with apples and sauce.

DATE FROZEN: _____

KING RANCH CHICKEN

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 375°F. Bake, uncovered, for 35 to 45 minutes, or until heated through.

DATE FROZEN: _____

CHICKEN POT PIE

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Bake, uncovered, for 45 minutes or until crust is browned and filling is bubbly. Let rest 5 minutes before serving.

DATE FROZEN: _____

CHICKEN SPAGHETTI

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Bake, uncovered, for 40 minutes. Sprinkle remaining cheese over and bake an additional 10 to 15 minutes, or until cheese is melted.

DATE FROZEN: _____

CREAMY CHICKEN & RICE BAKE

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Bake, covered, for 30 minutes; uncover and bake an additional 15 to 20 minutes.

DATE FROZEN: _____

CHICKEN D'IBERVILLE

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Bake, covered, for 40 minutes; uncover and bake an additional 10 minutes.

DATE FROZEN: _____

SOUTHERN CHICKEN CASSEROLE

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 375°F. Bake, uncovered, for 45 to 50 minutes, or until golden brown and set. Let stand 5 to 10 minutes before serving.

DATE FROZEN: _____

CHICKEN IN A POTATO BASKET

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 375°F. Bake, uncovered, for 45 to 50 minutes, or until golden brown and set. Let stand 5 to 10 minutes before serving.

DATE FROZEN: _____

BAKED CHICKEN SALAD

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Bake, uncovered, for 25 to 30 minutes or until heated through.

DATE FROZEN: _____

CHICKEN ENCHILADAS

Remove from freezer and place in refrigerator 48 hours to thaw

Preheat oven to 350°F. Pour sauce over enchiladas, then sprinkle cheese over the top. Bake, uncovered, for 30 minutes or until bubbly and cheese has melted.

DATE FROZEN: _____

CHICKEN ENCHILADAS VERDE

Remove from freezer and place in refrigerator 48 hours to thaw

Preheat oven to 350°F. Pour verde sauce over enchiladas, then sprinkle over the olives and cheese. Bake, uncovered, for 30 minutes, or until cheese is melted. .

DATE FROZEN: _____

SANTA FE CHICKEN & BLACK BEANS

Remove from freezer and place in refrigerator 48 hours to thaw.

Spray a slow cooker with nonstick cooking spray. Place chicken breasts in slow cooker. Pour over bean and corn mixture. Cook on HIGH for 4 to 5 hours, or LOW 8 to 10 hours. About 30 minutes before serving, drop in cream cheese and finish cooking on LOW. To serve, stir to mix cream cheese.

DATE FROZEN: _____

JALAPENO-STUFFED CHICKEN BREASTS

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 375°F. Bake, uncovered, for about 45 minutes or until chicken is cooked through.

DATE FROZEN: _____

GOAT CHEESE STUFFED CHICKEN BREASTS

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Bake, uncovered, for 35 to 45 minutes or until chicken is cooked through.

DATE FROZEN: _____

CHICKEN CORDON BLEU

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Bake, uncovered, for 40 to 45 minutes or until chicken is cooked through. Pour sauce into a small saucepan and heat on low until cheese is melted, stirring frequently.

DATE FROZEN: _____

CHICKEN TENDERS "ON THE RITZ"

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 375°F. Spray a baking sheet with nonstick cooking spray, or line with foil and spray foil with cooking spray. Lay chicken tenders in single layer and bake, uncovered for 10 minutes. Turn over and bake 10 minutes more. For additional browning, broil for 3 to 4 minutes.

DATE FROZEN: _____

PECAN CRUSTED CHICKEN

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 400°F. Remove chicken from milk mixture; toss in flour mixture and lay in baking pan coated with nonstick cooking spray. Bake, uncovered, for 25 to 30 minutes; carefully turn over, skin side up, and bake an additional 20 to 25 minutes or until chicken is cooked through.

DATE FROZEN: _____

SOUTHWESTERN OVEN-FRIED CHICKEN

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Bake chicken pieces on a baking sheet sprayed with nonstick cooking spray for 45 minutes (uncovered), or until chicken is crisp and brown and chicken is cooked through.

DATE FROZEN: _____

CRISPY ORANGE-SESAME CHICKEN

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 400°F. Line a baking sheet with foil and coat with nonstick cooking spray. Bake, uncovered, for 20 to 30 minutes, or until chicken is firm to the touch and oranges are lightly browned. (Cover with foil if coating browns too quickly.)

DATE FROZEN: _____

CHICKEN MIRABELLA

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Spray a 9 x 13 baking pan with nonstick cooking spray. Pour chicken mixture into pan; sprinkle brown sugar and parsley over each chicken piece. Bake, uncovered, 45 minutes to 1 hour, or until chicken is tender and cooked through, basting with sauce during cooking.

DATE FROZEN: _____

BAKED CHICKEN in ORANGE SAUCE

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Spray a baking pan with nonstick cooking spray. Lay chicken breasts in pan; sprinkle with garlic salt, then pour sauce over. Sprinkle almonds over chicken. Bake, uncovered, for 40 to 45 minutes, or until chicken is cooked through.

DATE FROZEN: _____

CHICKEN in RASPBERRY-CHIPOTLE SAUCE

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Spray a 9 x 13 baking pan with nonstick cooking spray. Put chicken breasts in pan and pour sauce over. Bake, covered, for 30 minutes. Uncover and bake an additional 10 to 15 minutes or until chicken is tender.

DATE FROZEN: _____

HONEY-BALSAMIC BAKED CHICKEN

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Spray a 9 x 13 baking pan with nonstick cooking spray. Pour chicken mixture into pan and bake, uncovered, for 40 to 50 minutes, or until chicken is tender.

DATE FROZEN: _____

BOSTON BEACH JERK CHICKEN

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat grill to medium-high heat. Remove chicken from marinade, discarding marinade, and grill chicken 6 to 8 minutes per side for boneless, skinless pieces or 30 to 40 minutes for bone-in pieces. Heat remaining sauce and use to baste chicken during cooking.

DATE FROZEN: _____

COUNTRY CAPTAIN CHICKEN

Remove from freezer and place in refrigerator 48 hours to thaw.

In a large skillet, heat oil over medium-high heat. Add chicken and saute a few minutes on each side. Add bag of onion mixture and saute 2-3 minutes. Add tomato and broth mixture; reduce heat to medium-low and simmer for 50 to 60 minutes. Stir in currants and cook an additional 5 minutes. Garnish with almonds.

DATE FROZEN: _____

CHICKEN ITALIANA

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Spray a 9 x 13 baking pan with nonstick cooking spray. Pour chicken, onions and mushrooms and tomato mixture in pan. Bake, covered, for 45-50 minutes or until chicken is tender.

DATE FROZEN: _____

CHICKEN CACCIATORE

Remove from freezer and place in refrigerator 48 hours to thaw.

SLOW COOKER: Coat with nonstick cooking spray; add chicken and tomato mixture and cook on LOW for 4 to 5 hours. Serve over reheated pasta & top with Parmesan.

OVEN: Saute chicken with onions in oil in a skillet; add tomato mixture. Simmer over low heat 45 to 60 minutes, or until chicken is tender. Serve over heated pasta and top with Parmesan.

DATE FROZEN: _____

CHICKEN CAKES w/CREOLE SAUCE

Remove from freezer and place in refrigerator 48 hours to thaw

Heat oil in a nonstick skillet over medium-high heat. Pan-fry chicken cakes for 4 to 6 minutes per side, or until browned. Serve with Creole Sauce at room temperature.

DATE FROZEN: _____

BARBECUE CHICKEN PIZZA

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 400°F. Remove all wrapping and place pizzas on baking sheet (or can bake directly on oven rack). Bake about 15 minutes or until cheese is melted.

DATE FROZEN: _____

BAKED CHICKEN CHIMICHANGAS

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 375°F. Line a cookie sheet with foil and coat foil with nonstick cooking spray. Unwrap chimichangas and bake on sheet for 12-15 minutes, or until lightly browned and heated through.

DATE FROZEN: _____

BUSH'S BBQ CHICKEN

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Line a baking pan with foil and spray with nonstick cooking spray. Remove chicken from marinade (discard marinade) and bake 30 minutes, basting with BBQ sauce. Finish cooking chicken on grill over medium-high heat for 15 to 20 minutes, or until chicken is cooked through. Serve with extra sauce.

DATE FROZEN: _____

CORNISH HENS RICARDO

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 400°F. Pour wine over hens in baking pan. Roast, uncovered, for 40 to 45 minutes, tenting with foil if hens begin to brown too quickly.

DATE FROZEN: _____

SAN FRANCISCO ROAST CHICKEN

Remove from freezer and place in refrigerator 48 hours to thaw.

SLOW COOKER: Roast on LOW 8-10 hours or HIGH 4-5 hours.

OVEN: Roast at 375°F, uncovered, for 1 to 1 1/4 hours or to internal temperature of 165°F. Let chicken stand 10 minutes before carving.

DATE FROZEN: _____

MANGO ROASTED CHICKEN

Remove from freezer and place in refrigerator 48 hours to thaw.

SLOW COOKER: Pour 1/2 cup water in slow cooker; add chicken and glaze with 1/4 cup mango sauce. Cook on LOW 8-10 hours or to internal temperature of 165°F.

OVEN: Glaze chicken with 1/4 cup mango sauce and roast at 350°F for 1 hour or to internal temperature of 165°F, basting with more mango sauce.

DATE FROZEN: _____

ASIAN LETTUCE WRAPS

Remove from freezer and place in refrigerator 48 hours to thaw.

Heat oil in a large skillet over medium-high heat. Cook chicken, breaking up pieces, until no longer pink. Add water chestnut mixture, mix with chicken and heat through. Spoon onto lettuce leaves with rice noodles and serve with dipping sauce.

DATE FROZEN: _____

CHICKY KOWLOON

Remove from freezer and place in refrigerator 48 hours to thaw.

Spray slow cooker with nonstick cooking spray. Put chicken in slow cooker and add pineapple mixture. Cook on HIGH 1 hour; reduce heat to LOW and cook 6 hours. Add green onions and sauce mixture; cook on HIGH 10 minutes. Serve over rice and top with chow mein noodles.

DATE FROZEN: _____

KUNG PAO CHICKEN

Remove from freezer and place in refrigerator 48 hours to thaw.

Heat oil in skillet over high heat. Add red chiles (discard oil), then add chicken and stir-fry 3 minutes. Add vegetables and stir-fry 2 minutes. Add balsamic vinegar sauce and bring to a boil. Reduce heat to medium-low. Mix cornstarch & 1 Tbsp. water; stir in pan and cook until thick. Stir in walnuts and serve over rice.

DATE FROZEN: _____

SATAY PEANUT CHICKEN KABOBS

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat grill to high heat. Lay skewers on grill rack and cook for 5 to 6 minutes, turning once, or until chicken is just cooked through. To prevent burning, lay a sheet of foil beneath the kabobs.

DATE FROZEN: _____

TURKEY EMPANADAS

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 400°F. Lay a sheet of parchment or foil on a cookie sheet. Spread crust out on cookie sheet; mound filling over bottom half of crust, then fold upper half over to make a half-moon shape. Seal edges tightly; cut 3 slits in crust to allow steam to escape. Bake 25-30 minutes or until golden brown.

DATE FROZEN: _____

TURKEY TETRAZZINI

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Bake, uncovered, for 45 minutes or until bubbly and heated through.

DATE FROZEN: _____

PLUM TURKEY MEDALLIONS

Remove from freezer and place in refrigerator 48 hours to thaw.

Heat oil in a nonstick skillet over medium-high heat. Add turkey medallions and cook 3-4 minutes per side, or until browned. Do not overcook turkey. Pour in reserved plum sauce and heat through.

DATE FROZEN: _____

TURKEY w/FLORENTINE STUFFING

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Bake, uncovered, 1 1/2 hours, or until turkey reaches internal temperature of 170°F.

DATE FROZEN: _____

HERBED TURKEY BREAST

Remove from freezer and place in refrigerator 48 hours to thaw.

SLOW COOKER: Spray cooker with nonstick cooking spray; roast turkey on LOW 8-10 hours.

OVEN: Spray roasting pan with nonstick cooking spray. Add turkey with marinade to pan; roast, uncovered, 1 1/2 hours or to internal temperature of 165°F, basting often.

DATE FROZEN: _____