

## 1. Tuscan Chicken Pasta

### A. Ingredients

- I. Skin-off chicken breast from rotisserie chicken (2 lb.)
- II. Knorr cavatappi and marinara pasta side
- III. Glory southern seasoned collard greens

### B. Recipe

- I. Prepare Knorr pasta side (instructions on bag).
- II. Break down chicken. Shred desired amount and heat (about 6 ounces).
- III. Heat up one cup of the collard greens in a microwave-safe bowl for one minute.
- IV. Combine all of the ingredients.

Next recipe is ...

## 2. Chili

### A. Ingredients

- I. Kroger chili seasoning packet
- II. 1 pound ground beef (93 lean/7% fat)
- III. Diced tomatoes with green chilis
- IV. Chili beans (mild)
- V. Cajun mirepoix blend

### B. Recipe:

- I. Flatten beef in microwave container (preferably a long flat container), adding chili seasoning packet while flattening.
- II. Microwave for a minute at a time and break up while cooking.
- III. Final beef should be cooked through and 160 degrees.
- IV. Combine cooked beef, Cajun mirepoix blend, tomatoes and beans, and mix.
- V. Microwave in 2-minute increments, stirring thoroughly in between cooking.
- VI. Once heated through, taste and add any desired seasonings.

Next recipe is...

## 3. Sausage & veggie skillet

### A. Ingredients

- 9 ounces Applegate spinach-and-feta sausage
- 2 cups baby potatoes, diced
- 2 bell peppers, sliced
- 1/2 onion, sliced
- 1/2 tsp minced garlic
- 1 zucchini, sliced

- 3 tablespoons olive oil
- 1/4 teaspoons red pepper flakes
- 1 tablespoons Italian seasoning
- 1/2 cup chicken broth
- Salt and pepper

## B. Recipe

- I. In a heavy pot or large skillet, heat 2 tablespoons olive oil over medium-high. Season potatoes with salt and pepper and add to skillet. Fry until cooked through and golden (8-10 minutes), stirring occasionally. Remove potatoes and set aside.
- II. Add 1 tablespoon to the same skillet and brown sliced sausage for about 5 minutes. Remove sausage and set to the side. Add onion and garlic to skillet and cook until fragrant (1-2 minutes). Add peppers and zucchini, seasoning with red pepper, Italian seasoning, salt and pepper. Cook until soft, stirring occasionally (about 2 minutes).
- III. Add the potatoes and sausage back to the pot and mix everything together. Add chicken broth and cook for an additional 5 minutes.