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summer 2021

O1 JUNE CHICKEN FAJITAS

- 1 tbsp. oil
- 4- 6inch flour tortillas
- 1 1/2 cups of chicken strips
- Sliced bell pepper & onion mix
- 1 cup shredded cheddar cheese
- Fresh Lime (optional)

Step 1

• Heat frozen strips in a nonstick skillet on MEDIUM for 3 to 5 minutes or until warm. Set aside.

Step 2

• In the same skillet, on MEDIUM, warm 1tbsp. oil. Add sliced onion and sliced bell pepper mix. Cook for 3-5 minutes.

Step 3

- Add chicken to onion and bell pepper mix and cook an additional 3-5 minutes.
- (optional) squeeze lime over mixture. Step 4
- Put the mixture in warmed tortillas and top with cheddar cheese.

*Add your favorite toppings for a bit of extra flavor

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- 3 flatbread pizza crusts
- Pepperoni slices
- 1 cup prepared pizza sauce
- 1½ cups shredded mozzarella cheese
- 1 pinch salt and ground black pepper to taste
- chopped bell pepper
- chopped onion

Step 1

- Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.
- Step 2
- Place the flatbread crust onto the prepared baking sheet, and spread pizza sauce over the crust. Sprinkle mozzarella cheese over the pizza. Arrange pepperoni pieces on the pizza.

Step 3

• Bake in the oven until the cheese is melted and bubbling, 12 to 15 minutes.

Add chopped bell peppers and chopped onions to really kick up the flavor!

If a crispier crust is desired, remove pizza from the baking sheet and place it back into the oven after 8 minutes of cooking.



CHICKEN DRUMSTICKS

- Chicken drumsticks
- Biscuits
- 1 cup Potato pearls
- 3 cups boiling water
- Butter
- Salt

Step 1

• Preheat oven to 375 F. From frozen, place pieces in a single layer on a lined sheet pan. Heat for 35-40 minutes.

Step 2

 Bring 2 cups of water to a boil. Add potato pearls. Stir for 15 seconds. Add butter. Salt to taste. *Use less water for thicker potatoes.

Step 3

• Thaw biscuits at least 2 hours prior to heating. Brush biscuit tops with butter if desired. Bake at 325 F for6-7 minutes on a sheet pan.



- 10 flour fortillas
- 1 lb. beef crumbles
- ½ teaspoon onion powder
- ½ teaspoon garlic salt
- ½ teaspoon celery salt
- ¹/₂ teaspoon ground cumin
- 1 (8 ounce) can tomato sauce, or more to taste
- 2 cups shredded cheese

Step 1

• Heat a large skillet over medium-high heat. Cook and stir beef crumbles in the hot skillet until heated to 165F

Step 2

• Season beef crumbles with onion powder, garlic salt, celery salt, and cumin. Pour tomato sauce over the beef, stir to coat, and simmer until thickened, slightly, about 5 minutes.

Step 3

• Evenly distribute beef crumbles onto tortillas. Top with shredded cheese. Top with jalapenos, diced tomatoes, and lettuce for an authentic Mexican taste!

ORANGE CHICKEN

- 1 bag frozen popcorn chicken
- 1 onion, chopped
- 1 green pepper, chopped
- 1 cup broccoli, thawed
- vegetable oil

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- 1 cup orange sauce
- cooked rice

Step 1

• Pre-heat oven to 425F. Lay chicken in a single layer on a sheet pan. Bake for 8-10 minutes or until the internal temperature reaches 165F for 15 seconds. Set aside in a covered container.

Step 2

- Cook the onion, green pepper, and broccoli in a skillet with a little vegetable oil. Cook until tender-crisp approximately 5-10 minutes. Step 3
- Add 1 cup of orange sauce, to vegetables and heat thru on low about 3-5 minutes. Add the chicken to the skillet and stir to combine. Serve over rice.



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- Pepperoni slices
- 1 cup prepared pizza sauce
- 2½ cups shredded mozzarella cheese
- 1 pinch salt and ground black pepper to taste
- chopped bell pepper
- chopped onion

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Step 2

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