

SHOPPING LIST

COOK ONCE EAT TWICE COOKING DEMO

Garlic Shredded Chicken
Chicken & Veggie Ranch Roll-Ups
Chicken Tortilla Soup
Ranch Dip & Veggies
Mocktail: Zero-Proof Penicillin

PRODUCE

- 1 broccoli crown
- 2 red onions
- 1 lb carrots
- 2 red peppers
- 1 yellow pepper
- 1 bunch fresh chives
- 1 bunch fresh dill
- 1 head garlic
- 1 lime
- 1 bunch fresh cilantro
- 1 lemon
- 1 knob fresh ginger

MEAT

- 4 lbs chicken breast

DAIRY/COOLER

- 1 8 oz package neufchatel cream cheese
- 1/2 cup plain greek yogurt

FROM YOUR PANTRY/GROCERY

- salt & pepper
- extra virgin olive oil
- 1 bottle garlic italian dressing (we like Garlic Expressions)
- 6 whole wheat tortillas or flatbreads
- 1 package ranch dressing mix
- 1 packet taco seasoning
- 1 can tomato paste
- 1 can corn
- 1 can black beans
- 1 jar salsa
- 5 cups chicken stock
- 1 1/2 tsp oregano
- 1 bag tortilla chips
- 1 black tea teabag
- 1 Tbsp honey

GARLIC SHREDDED CHICKEN

PREP TIME

5 mins

COOK TIME

4-6 hours

SERVINGS

8

INGREDIENTS

- 4 lbs boneless skinless chicken breasts
- 1 bottle garlic italian dressing (we like the brand Garlic Expressions)
- Pinch of salt & pepper

INSTRUCTIONS

1. Put all ingredients into a crock pot. Ensure all chicken is coated in dressing.
2. Set crock pot to low (6 hours) or high (4 hours). Once done, use two forks to shred into large pieces. Enjoy in whatever recipes you wish!

CHICKEN & VEGGIE RANCH ROLL-UPS

PREP TIME

10 mins

COOK TIME

10 mins

SERVINGS

6

INGREDIENTS

- 6 soft whole wheat tortillas or flatbreads
- 3 cups shredded chicken
- 1 large broccoli crown, chopped small
- 1 small red onion, minced
- 2 cups shredded carrots
- 1 red pepper, diced
- 1 yellow pepper, diced

- Ranch Spread***
- 1 8 oz. package neufchatel cream cheese
 - 1/2 cup plain greek yogurt
 - 1 package ranch dressing mix
 - 1 Tbsp chopped fresh chives
 - 1 Tbps chopped fresh dill
 - pinch black pepper

INSTRUCTIONS

1. Place tortillas or flatbreads on a large cutting board. Dollop a large spoonful of ranch spread onto each and spread evenly over the whole surface.
2. Evenly sprinkle each tortilla with broccoli, red onion, carrots, peppers and chicken.
3. Tightly roll the tortilla, pressing as you go to ensure it stays together.
4. Slice roll-up into your desired size and enjoy!

- Ranch Spread**
1. Bring cream cheese to room temperature. Add all other ingredients and stir with a spatula until fully combined.
 2. Store in refrigerator for up to 1 week. Delicious in these roll-ups, but also as a veggie dip or bagel topper!

*If you'd like to save a bit of time, you can use veggie cream cheese instead!

CHICKEN TORTILLA SOUP

PREP TIME

10 mins

COOK TIME

25 mins

SERVINGS

6 – 8

INGREDIENTS

3-4 cups shredded chicken, cooked
2 Tbsp extra virgin olive oil, divided
1 cup onion, chopped
3/4 cup red bell pepper, chopped
1 packet taco seasoning
1/4 cup tomato paste

1 cup corn kernels (fresh, canned or frozen)
1 can black beans, rinsed and drained
1 jar of salsa (your favorite type)
5 cups unsalted chicken stock
1 1/2 tsp dried oregano

Extras/Toppings

1 bag tortilla chips – crumble a handful over each bowl
1 lime, juiced
1/4 cup cilantro leaves, chopped

INSTRUCTIONS

1. In a large pot or dutch oven, heat 1 Tbsp of olive oil.
2. Add onions and red bell peppers to the pot and saute for 1 minute.
3. To the pot, add taco seasoning, continuously stirring for 30 seconds.
4. Add tomato paste and saute for 1 minute.

5. Add corn, black beans, salsa, chicken stock, oregano, salt, and shredded chicken. Stir to combine.
6. Bring to a boil and reduce to a simmer, cook until the tortillas are soft (about 15 minutes). Adjust seasoning with salt and pepper.
7. Serve the soup with desired toppings. Enjoy!

RANCH DIP & VEGGIES

PREP TIME

5 mins

COOK TIME

4-6 hours

SERVINGS

8

INGREDIENTS

- 1 8 oz. package neufchatel cream cheese (1/3 fat cream cheese)
- 1/2 cup plain greek yogurt
- 1 package ranch dressing mix
- 1 Tbsp chopped fresh chives
- 1 Tbps chopped fresh dill
- pinch black pepper

Whatever veggies you want! Delicious with sweet peppers, cucumber, carrots, cherry tomatoes...

INSTRUCTIONS

1. Bring cream cheese to room temperature. Add all other ingredients and stir with a spatula until fully combined.
2. Prepare veggies for dipping.
3. Store dip in refrigerator for up to 1 week. Enjoy!

ZERO-PROOF PENICILLIN

PREP TIME

5 mins

COOK TIME

15 mins

SERVINGS

4

INGREDIENTS

1 Tbsp looseleaf black tea (or 1 tea bag)

1 cup boiling water

1 Tbsp fresh ginger, minced

1 Tbsp honey

2 oz fresh lemon juice (about 2 lemons)

ice

INSTRUCTIONS

1. In a teapot, steep the tea in the boiling water. Let steep for about 4 minutes, then strain out the leaves.
2. Add the ginger and honey to the tea, stirring gently to dissolve the honey. Allow to infuse for 15 minutes, then strain out the ginger, pressing to get all of the liquid out. You should have 1 cup of liquid.
3. Add half of the lemon juice, then taste until it's the right sour/sweet/spicy balance you'd like.
4. Refrigerate the drink until ready to serve and pour over ice. Enjoy!