MAREN PREP

entrees

RECIPES
FROM CLUB 21

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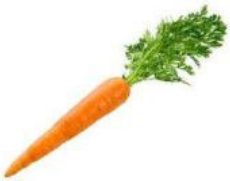
Asian Chicken Lettuce Wraps

Kitchen Tools:

Knife	Skillet	2 Spoons	Bowl
Cutting board	Vegetable peeler		

Ingredients:

¼ c hoisin sauce	1 tbsp. low sodium soy sauce	2 tbsp. vegetable oil	1 lb. ground chicken
 1 large carrot	3 cloves of garlic, minced	4 scallions	1 large head of butter lettuce

Asian Chicken Lettuce Wraps

Steps	Direction	Photo
1	Put the hoisin sauce in a small bowl	
2	Add the soy sauce	
3	Add the water and stir	
4	Peel and cut the carrot into small pieces	
5	Chop the scallions. Separate the green ends from the white ends.	
6	Heat a large skillet on **medium-high** heat	
7	Add 1 tbs. vegetable oil	
8	Put the chicken in the skillet	

Asian Chicken Lettuce Wraps

Steps	Direction	Photo
9	Cook the chicken until browned. Reduce the heat to **medium**.	
10	Add carrots to the skillet	
11	Add 1 tbs. of vegetable oil and cook for **2 minutes**.	
12	Add scallion whites to the skillet	
13	Add garlic to the skillet. Cook for **1 minute**.	
14	Add sauce mixture to the skillet. Cook until sauce thickens.	
15	Place some of the chicken in a piece of lettuce to serve.	
16	Top with scallion greens. Enjoy!	

Baked Chicken Breast

Kitchen Tools:

Baking dish	Spoon	Small mixing bowl	Oven mitt

Ingredients:

16 boneless, skinless chicken breast	½ cup of Extra Virgin Olive Oil	4 teaspoon salt	2 teaspoon black pepper
2 teaspoon garlic powder	2 teaspoon onion powder	2 teaspoon chili powder	

Baked Chicken Breast

Steps	Direction	Photo
1	Preheat oven to 450 degrees	
2	Pour olive oil into a baking pan	
3	Coat the chicken in olive oil	
4	Put salt into a bowl	
5	Put garlic powder into a bowl	
6	Put onion powder into a bowl	

Baked Chicken Breast

Steps	Direction	Photo
7	Put chili powder into a bowl	
8	Put pepper into a bowl Stir the bowl	
9	Evenly spread the spice mix on the chicken	
10	Put the chicken in the oven	
11	Set the timer for 20 minutes	
12	Take the chicken out. Enjoy!	

Chicken Chimichangas

Kitchen Tools:

Large saucepan	Mixing Bowl	Spoon	Baking dish

Ingredients:

10 boneless chicken breasts	5 c. Monterey Jack cheese	5 4 oz. Diced Green Chilis	2 ½ tsp ground cumin
Salt to taste	Pepper to taste	30 flour tortillas	Melted butter

Chicken Chimichangas

Steps	Direction	Photo
1	Preheat oven to 400 degrees	
2	Fill pot halfway with water	
3	Bring water to a boil	
4	Add chicken and boil until cooked through (about 10 minutes)	
5	Use hands or forks to tear chicken into small pieces	
6	Put chicken into a mixing bowl	
7	Add cumin to the bowl	
8	Add cheese to the bowl	
9	Add chilis to the bowl	

Chicken Chimichangas

Steps	Direction	Photo
10	Add salt and pepper to the bowl	
11	Stir the mixture together	
12	Put ½ cup of chicken mixture in the center of a tortilla	
13	Fold sides of tortilla in	
14	Fold the bottom of the tortilla up	
15	Fold the top of the tortilla down, covering the chicken	
16	Roll over and place into the baking sheet	
17	Brush the tortillas with melted butter	
18	Bake in the oven for 14 minutes	

Skillet Toasted Gnocchi with Peas

Kitchen Tools:

Skillet	Knife	Cutting board	Spoon

Ingredients:

¼ c. salted butter, divided	16 oz. pkg. potato gnocchi	1 TBS minced garlic	2 tsp. fresh thyme
1 ½ c. reduced-sodium chicken broth	½ tsp salt	½ tsp black pepper	1 ½ c. frozen sweet peas, thawed
2 TBS lemon zest	1 TBS fresh lemon juice	½ c. grated parmesan	

Skillet Toasted Gnocchi with Peas

Steps	Direction	Photo
1	Chop fresh parsley	
2	Pull thyme leaves off and chop	
3	Zest lemon	
4	Melt 2 TBS butter in a skillet on **MEDIUM-HIGH** heat	
5	Add gnocchi to the pan, stir occasionally, cook until browned all over	
6	Add garlic to the pan	
7	Add thyme to the pan. Cook for **1 minute**, stirring often	
8	Add broth to the pan	

Skillet Toasted Gnocchi with Peas

Steps	Direction	Photo
9	Add salt to the pan	
10	Add pepper to the pan	
11	Bring to a simmer. Cook until reduced by half, **4-5 minutes**	
12	Add parsley to the pan	
13	Add peas to the pan	
14	Add lemon zest and lemon juice to the pan	
15	Add butter to the pan and cook until melted	
16	Top with parmesan and serve immediately	

Healthier Orange Chicken

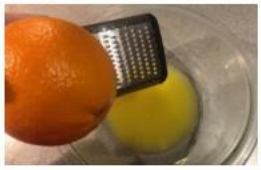
Kitchen Tools:

Frying Pan	Knife	Cutting Board	Mixing Bowl	Wisk

Ingredients:

6 tsp Orange zest	1 ½ c. Orange juice	6 TBS Asian Rice Vinegar	9 TBS Soy Sauce	6 tso Siracha
3 tsp Ground Ginger	3 tsp Garlic Powder	6 tsp Cornstarch	6 tsp Olive Oil	9 Chicken Breasts
3/4 tsp Salt	6 stalks Green Onions	Sesame Seeds		

Healthier Orange Chicken

Steps	Direction	Photo
1	Cut chicken into bite sized pieces	
2	Put orange juice into a bowl	
3	Add orange zest	
4	Add brown sugar	
5	Add rice vinegar	
6	Add soy sauce	
7	Add siracha	
8	Add ginger	
9	Add garlic powder	

Healthier Orange Chicken

Steps	Direction	Photo
10	Add corn starch	
11	Wisk until cornstarch is completely dissolved. With no white lumps.	
12	Put oil into a pan and turn on HIGH heat	
13	Add chicken and salt. Cook until chicken is cooked through	
14	Transfer chicken to bowl	
15	Add the orange sauce mixture to the pan. Reduce to MEDIUM heat until sauce is thickened.	
16	Return chicken to pan and toss to coat thoroughly	
17	Slice scallions	
18	Sprinkle chicken with sesame seeds and scallions. Enjoy!	

Lemon Garlic Chicken Zoodles

Kitchen Tools:

Knife	Skillet	Mixing bowl	Colander

Ingredients:

Zoodles from 6 zucchini	2 chicken breast cut into 1 in cubes	4 tbs fresh parsley	1 c. cherry tomatoes
½ tsp minced garlic	3 tbs olive oil, divided	Juice of one lemon	1 tsp salt
Ground pepper to taste	¼ cup grated parmesan cheese		

Lemon Garlic Chicken Zoodles

Steps	Direction	Photo
1	Prepare or buy zoodles (zucchini noodles)	
2	Cut tomatoes in half	
3	Chop parsley	
4	In a separate bowl, combine 1 tbs olive oil, lemon juice, garlic, salt and pepper	
5	Put 1 Tbs of olive oil in a pan on MEDIUM HIGH heat	
6	Add zoodles to pan	
7	Cook for 3 minutes	
8	Transfer zoodles to a colander and let rest for at least 3 minutes	
9	Put 1 tbs of olive oil in a pan on MEDIUM HIGH heat	

Lemon Garlic Chicken Zoodles

Steps	Direction	Photo
10	Add chicken cubes and cook until browned on all sides	
11	Add tomato to the pan	
12	Add parsley to the pan	
13	Cook for 5 minutes	
14	Add zoodles back to pan	
15	Add lemon juice mixture to the pan	
16	Stir until heated through	
17	Serve onto plates and sprinkle with parmesan cheese	

Taco Bake

Kitchen Tools:

Skillet	Spoon	Baking dish	Oven mitt

Ingredients:

5 tbs. vegetable oil	1 lb. ground beef	1 tsp ground cumin	3 tsp chili powder
1 ½ teaspoons salt	Cooking spray	1 tbs. tomato paste	20 oz. shredded hash browns
2 cups shredded cheddar cheese	½ cup water	Toppings (lettuce, sour cream, avocado, black olives, etc.)	

Recipe

Steps	Direction	Photo
1	Heat 1 tablespoon of the oil in a skillet over medium heat	
2	Add ground beef and break up with a spoon	
3	Cook meat until no longer pink	
4	Add cumin, 2 tsp. of the chili powder, and salt	
5	Put tomato paste in the middle of the skillet and cook for 1 minute	
6	Stir everything together	
7	Add ½ cup of water and bring to a simmer. Cook for 2 minutes.	
8	Preheat the broiler in the oven	
9	Spray baking dish with cooking spray	

Recipe

Steps	Direction	Photo
10	Add hash browns to baking dish	
11	Add salt, 4 tablespoons of oil and 1 tsp of chili powder then stir.	
12	Broil for 10 minutes	
13	Take hash browns out and toss.	
14	Put back in the broiler until golden brown- about 6 minutes.	
15	Put ground beef on top of the hash browns	
16	Add cheese on top of the ground beef	
17	Broil for 2 minutes to melt the cheese.	
18	Add toppings and enjoy!	

Baked Turkey Meatballs

Kitchen Tools:

Baking sheet	Mixing bowl	Grater	Fork

Ingredients:

2 1/2 lbs. ground turkey	1 small onion	1 tsp. minced garlic	2 egg
2 tsp Worcestershire sauce	2/3 c. grated parmesan cheese	2/3 c. unseasoned breadcrumbs	2 tsp. Italian seasoning
1 tsp. salt	½ tsp black pepper	½ tsp. Red pepper flakes (optional)	

Baked Turkey Meatballs

Steps	Direction	Photo
1	Preheat oven to 400 degrees.	
2	Line baking sheet with foil and spray with cooking spray	
3	Put ground turkey into a bowl	
4	Grate onion and add to the bowl	
5	Add garlic to the bowl	
6	Add egg to the bowl	
7	Add Worcestershire sauce to the bowl	
8	Add parmesan to the bowl	
9	Add breadcrumbs to the bowl	

Baked Turkey Meatballs

Steps	Direction	Photo
10	Add Italian seasoning to the bowl	
11	Add salt to the bowl	
12	Add pepper to the bowl	
13	Add red pepper flakes to the bowl (optional)	
14	Mix ingredients with a fork	
15	Shape into 1 inch round meatballs onto the baking sheet	
16	Bake for 20 minutes, until done	
17	Add to pasta and marinara, or stuff into a hoagie for a meatball sub!	