

Freezer Cooking Session Instructions- Chicken Breast Month 1

**Remember, if you're a real meal lover feel free to substitute any tender quick cooking cut of meat, such as pork tenderloin, in place of the chicken breast. Alternatively, you could also use shrimp!*

1. **PREP THE SAUCES.** Mix together a triple batch of each of the 4 sauces (the amounts below are already calculated to be triple the original recipe, so no need for you to calculate anything). Simply whisk together the ingredients for each sauce. If for some reason you find you don't like one of these sauces, there is a bonus Lemon Pepper Skillet recipe that you can substitute instead. Remember, if using fresh garlic, you may want to use a bit less than called for here as these recipes were tested with pre-minced garlic.
 - a. Honey Soy Sauce
 - i. ¼ cup plus 2 tablespoons olive oil
 - ii. ½ cup honey
 - iii. ½ cup soy sauce
 - iv. 1 ½ teaspoons black pepper
 - v. 2 tablespoons minced garlic (6 cloves)
 - b. Greek Garlic Sauce
 - i. 3 tablespoons minced garlic (9 cloves)
 - ii. 1 ½ cups finely minced onions
 - iii. ¾ cup lemon juice (3 lemons)
 - iv. ¼ cup plus 2 tablespoons olive oil
 - v. 3 tablespoons Italian seasoning
 - vi. 1 tablespoon paprika
 - vii. 1 ½ teaspoons each of salt and pepper
 - c. French Dijon Sauce
 - i. 1 ½ cups olive oil
 - ii. ¼ cup plus 2 tablespoons lemon juice (1 ½ lemons)
 - iii. 6 tablespoons Dijon mustard
 - iv. 6 tablespoons honey
 - v. 1 ½ teaspoons salt
 - vi. 3 tablespoons minced garlic (9 cloves)
 - d. Pesto Parmesan Sauce
 - i. 1 ½ cups basil pesto (*no need to put this in a mixing bowl, simply measure out and add ½ cup pesto to each of the 3 bags of chicken for this recipe*)
2. **PREP THE BAGS.** Get out 12 plastic gallon freezer bags. Label your bags with a black permanent marker; each recipe name goes on 3 of the bags. Once that is done, open the bags wide and roll the zippered opening of the bag down so that you can easily place the chicken inside the opening without getting liquid on the rim of the opening or having to touch the outside of the bag with your chicken juice covered hand.
3. **PREP THE CHICKEN** Once the bags are ready get out your cutting board, knife, and chicken. If you have kitchen shears you could also use those to snip the chicken into pieces instead of using

your knife. (*I highly recommend sharpening your knife before beginning; it will make the process go so much faster and easier if you're not struggling with a dull knife.*) You should have 12 chicken breasts (*a total of about 6 pounds*) if you are following the serving size of 2 people for each meal (*because our meal includes other protein in the quinoa and chicken stock, we are splitting one breast between 2 people to stretch our budget*). Go ahead and cut the chicken into 1 inch pieces, and as you finish each breast place the meat into one of the bags.

4. **PUT IT ALL TOGETHER** Once each bag has one diced chicken breast inside then go ahead and pour the sauces into the appropriately labeled bags. No need to be too exact, just eyeball splitting each sauce between 3 of the bags. Add your 2 cups of Stir Fry vegetable mix to each bag. Press out as much air as possible, seal the bags tightly, use your hands to squish and mix the sauce together with everything else in the bag, and then place in the freezer. Then stand back and admire the fruit of your labors, 3 months worth of chicken breast dinners, ready to just dump in a skillet and heat. Not bad for an afternoons work!