

POULTRY RECIPES

Recipe: Parsley Parmesan Chicken

Recipes:	1	2	3	4	5	6
Servings:	6	12	18	24	30	36
Ingredients:						
Italian salad dressing	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Fresh fryer parts	2 lbs.	4 lbs.	6 lbs.	8 lbs.	10 lbs.	12 lbs.
Parmesan cheese, grated	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Dry breadcrumbs	1/3 C.	2/3 C.	1 C.	1-1/3 C.	1-2/3 C.	2 C.
Parsley flakes	2 T.	1/4 C.	1/4 C. + 2 T.	1/2 C.	1/2 C. + 2 T.	3/4 C.
Paprika	1/2 t.	1 t.	1-1/2 t.	2 t.	2-1/2 t.	3 t.
Salt	1/2 t.	1 t.	1-1/2 t.	2 t.	2-1/2 t.	3 t.
Pepper	1/4 t.	1/2 t.	3/4 t.	1 t.	1 1/4 t.	1 1/2 t.

Assembly Directions:

To Pre-Bake on Cooking Day: Pour salad dressing in a large bowl. Add the chicken parts to the dressing, coating well. Cover and chill about 4 hours, or overnight. Turn chicken in the dressing occasionally.

Combine Parmesan cheese, dry breadcrumbs, parsley flakes, paprika, salt and pepper in a shallow bowl. Roll chicken one piece at a time in the crumbs, then place chicken in a greased 9x13 baking pan or on a cookie sheet. Spoon the excess dressing over the chicken. Bake at 350 degrees for 1 hour or until thickest piece is done.

To Bake on Serving Day: Pour chicken parts and salad dressing into a freezer bag. Combine the Parmesan cheese, dry bread crumbs, parsley flakes, paprika, salt and pepper and pour into a quart-sized freezer bag. Attach to the bag of chicken or put both bags into a larger freezer bag.

Freezing Directions:

Non-Baked Chicken: Seal, label, and freeze.

Pre-Baked Chicken: Remove from oven and cool. Put baked chicken pieces into a freezer bag or rigid freezer container. Label and freeze.

Serving Directions:

Non-Baked Chicken: Thaw chicken and coating. Roll pieces in coating and place in a greased 9x13 pan or on a cookie sheet. Bake at 350 degrees for 1 hour or until thickest piece is done.

Pre-Baked Chicken: Place chicken in a 9x13 baking dish or pan. Warm in a 400 degree oven for 10 minutes or until warmed through.

Comments:

Having the chicken already baked can really come in handy if you don't have an hour before dinnertime.

Nutritional Info: Parsley Parmesan Chicken

Per Serving: 337 Calories; 24g Fat (65.5% calories from fat); 23g Protein; 6g Carbohydrate; trace Dietary Fiber; 105mg Cholesterol; 509mg Sodium.

Exchanges: 1/2 Grain (Starch); 3 Lean Meat; 3 Fat.

Nutritional information for a "lite" version of this recipe may be found on page 139.

SIDES & SALADS RECIPES

Recipe: Fruit Slush

Recipes:	1	2	3	4	5	6
Servings:	32	64	96	128	160	192
Makes:	16 C.	32 C.	48 C.	64 C.	80 C.	96 C.
Ingredients:						
Strawberries; sliced, sweetened, frozen	10 oz.	20 oz.	30 oz.	40 oz.	50 oz.	60 oz.
Fruit cocktail, in syrup	40 oz.	80 oz.	120 oz.	160 oz.	200 oz.	240 oz.
Orange juice concentrate, frozen	12 oz.	24 oz.	36 oz.	48 oz.	60 oz.	72 oz.
Pineapple; crushed, in juice	20 oz.	40 oz.	60 oz.	80 oz.	100 oz.	120 oz.
Bananas, diced	3	6	9	12	15	18

Assembly Directions:

Partially thaw strawberries so they can be separated. Mix all the ingredients together including all the juices from the canned and frozen fruits.

Freezing Directions:

Pour into suitable containers for your family such as quart-sized freezer bags, small rigid freezer containers or foil baking cups. Allow about 1/4 – 1/3 C. per child and 1/2 C. per adult. The leftovers have to be re-frozen, so make sure not to have too much leftover. Seal, label and freeze.

Serving Directions:

That 10 to 15 minutes before needed. It should be slushy.

Comments:

Fresh fruits may be added to your liking. Small Styrofoam cups with lids may be purchased at restaurant supply stores. These work well for take-out lunches. By lunchtime, they will be slushy and ready to eat.

Nutritional Info: Fruit Slush

Per Serving: 67 Calories; trace Fat (1.5% calories from fat); 1g Protein; 17g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium.

Exchanges: 1 Fruit.

SIDES & SALADS RECIPES

Recipe: Make Ahead Mashed Potatoes

Recipes:	1	2	3	4	5	6
Servings:	14	28	42	56	70	84
Makes:	7 C.	14 C.	21 C.	28 C.	35 C.	42 C.
Ingredients:						
Potatoes	5 lbs.	10 lbs.	15 lbs.	20 lbs.	25 lbs.	30 lbs.
Cream cheese	8 oz.	16 oz.	24 oz.	32 oz.	40 oz.	48 oz.
Eggs	1	2	3	4	5	6
Garlic powder	1/2 t.	1 t.	1-1/2 t.	2 t.	2-1/2 t.	3 t.
Salt	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
Butter or margarine, melted	3 T.	1/4 C. + 2 T.	1/2 C. + 1 T.	3/4 C.	3/4 C. + 3 T.	1 C. + 2 T.
Almonds, sliced (optional)	1/4 C.	1/2 t.	3/4 t.	1 t.	1 1/4 t.	1-1/2 t.
Paprika for color						

Assembly Directions:

Peel and quarter potatoes. Place the potatoes in a saucepan and cover completely with water. Bring to a boil, and then gently cook until tender. Drain well. In a large bowl, combine potatoes, cream cheese, egg(s), garlic powder and salt. Mash well by hand or with an electric mixer. Spoon potatoes into spray-treated or greased 3-quart casserole or 9 x 13 pan. Drizzle or brush melted butter over potatoes. Sprinkle with almonds (optional) and paprika.

Freezing Directions:

Wrap pan tightly with freezer paper, foil or place dish in a 2-gallon freezer bag. You may also put the potato mixture into a 1-gallon freezer bag adding the melted butter and almonds just before baking.

Serving Directions:

Thaw completely. Bake at 375 degrees for 30 to 40 minutes until the top is golden brown.

Comments:

You'll love having this side dish handy.

Options:

1/4 C. of crumbled, crisp bacon may be stirred in for great flavor.

Potatoes may also be topped with 1/2 C. shredded cheddar cheese.

Nutritional Info: Make Ahead Mashed Potatoes

Per Serving: 227 Calories; 10g Fat (38.4% calories from fat); 6g Protein; 30g Carbohydrate; 3g Dietary Fiber; 31mg Cholesterol; 243mg Sodium.

Exchanges: 2 Grain (Starch); 1/2 Lean Meat; 2 Fat.

Nutritional Info: Make Ahead Mashed Potatoes - Lite

Replace the cream cheese with light cream cheese. No bacon or cheese was added.

Per Serving: 207 Calories; 7g Fat (30.2% calories from fat); 6g Protein; 31g Carbohydrate; 3g Dietary Fiber; 22mg Cholesterol; 286mg Sodium.

Exchanges: 2 Grain (Starch); 1/2 Lean Meat; 1 Fat.

Nutritional information for the bacon and cheese options is available in the Members' section of our website at www.30daygourmet.com

SNACK & DESSERT RECIPES

Recipe: Frozen Peanut Butter Bars

Recipes:	1	2	3	4	5	6
Servings:	24	48	72	96	120	144
Ingredients:						
Butter or margarine	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.
Peanut butter, creamy	2 C.	4 C.	6 C.	8 C.	10 C.	12 C.
*Graham cracker crumbs	2-1/2 C.	5 C.	7-1/2 C.	10 C.	12-1/2 C.	15 C.
Powdered sugar	1-3/4 C.	3-1/2 C.	5-1/4 C.	7 C.	8-3/4 C.	10-1/2 C.
Chocolate chips, semi-sweet or milk chocolate	2 C.	4 C.	6 C.	8 C.	10 C.	12 C.
Milk	1/3 C.	2/3 C.	1 C.	1-1/3 C.	1-2/3 C.	2 C.

Assembly Directions:

In a large saucepan, melt butter and peanut butter together. Mix well. Remove from heat. Add crumbs and powdered sugar, mixing well. Spread peanut butter mixture in a jelly roll pan (for thinner bars) or 9x13 pan (for thicker bars). Chill. When the peanut butter layer is firm, melt chocolate chips with milk over low heat. Spread over chilled peanut butter mixture. Chill again.



Freezing Directions:

Cut into serving size pieces. Wrap individually and freeze in large rigid containers or one-gallon freezer bags.

Serving Directions:

Eat straight from the freezer or thaw slightly.

Comments:

Hey, you peanut butter and chocolate lovers! It doesn't get any better than this! If you can keep from eating them, these are great to keep around for company, after school snacking and for a treat after the kids go to bed!

*We have found that we can usually buy the graham cracker crumbs for the same price as the equivalent in graham crackers. Why do the work if you don't have to?

Nutritional Info: Frozen Peanut Butter Bars

Per Serving: 323 Calories; 21g Fat (55.4% calories from fat); 7g Protein; 32g Carbohydrate; 3g Dietary Fiber; trace Cholesterol; 202mg Sodium.

Exchanges: 1/2 Grain (Starch); 1/2 Lean Meat; 4 Fat; 1-1/2 Other Carbohydrates.