



Southwest Chicken

Ingredients

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| 4 fresh chicken breasts | 1/2 cup Pace® Picante Sauce |
| 3 Tbsp Bertolli® Extra Virgin Olive Oil | 1 cup Del Monte® corn, drained |
| 1/2 cup KC Masterpiece® Original Barbecue Sauce | 1/2 cup Del Monte® diced Tomatoes |
| 1/2 cup Hidden Valley® the Original Ranch® Salad Dressing | Spice Islands® Sea Salt (to taste) |
| | Spice Islands® Black Peppercorn (to taste) |

Directions

1. Marinate four fresh chicken breasts in 1/2 cup barbecue sauce for 15 minutes.
2. Heat 3 Tbsp oil in a sauté pan and cook chicken until internal temperature reaches 160°F and the juices run clear.
3. Remove chicken from pan, and then baste the chicken with barbecue sauce on both sides.
4. Top chicken breast with ranch sauce and garnish with corn mixture

Ranch Sauce

1. Combine 1/2 cup of ranch dressing and 1/2 cup salsa.
2. Toss 1 cup of drained corn and 1/2 cup of tomatoes together.
3. Season with salt and pepper, to taste.



Greek Salad

Ingredients

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| 2 heads romaine “hearts” lettuce | Dressing |
| 4 oz Feta Cheese (crumbled) | Spice Islands® Sea Salt (to taste) |
| 1 container grape tomatoes | Spice Islands® Black Peppercorn (to taste) |
| 3 oz green or black olives | |
| 1 each red onions (cut into rings) | |
| 1 cup Wishbone® Balsamic or Italian | |

Directions

1. Chop lettuce into bite-sized pieces.
2. In a bowl, mix together salt, pepper, oil and vinegar.
3. Toss in lettuce, tomatoes, olives, onions and peppers. Mix well and serve.

**Recipe Summary:**

Servings: 4

Bean and Cheese Nachos

Ingredients

1 can (16 oz) fat-free refried pinto or black beans	1/2 cup tomato salsa
4 Tbsp grated Monterey Jack or Cheddar Cheese	1 bag baked low-fat tortilla chips

Directions

1. With a spatula, spread the beans in an even layer on a microwave-proof platter.
2. Kids can sprinkle the cheese and salsa over the top.
3. Cover loosely with plastic.
4. Place in microwave and cook on high about 2 minutes.
5. Kids can stand tortilla chips in beans or serve chips alongside for dipping.

Recipe Summary:

Prep Time: 15 minutes

Quick Chicken Enchiladas

Ingredients

2 cans (13 oz) Member's Mark® Chicken Breast, drained	2 cans (10 oz) enchilada Sauce
1/2 cup chopped onion	8 oz shredded cheese
	1 pkg 9" flour tortillas (approx. 12)

Directions

1. Preheat oven to 350°F. Break apart chicken with fork.
2. Combine chicken with chopped onion, 1 can enchilada sauce and 4 oz shredded cheese.
3. Fill tortilla shells with mixture, roll up and place seam-side down in greased glass baking dish.
4. Pour remaining enchilada sauce over top of filled tortillas, then sprinkle with remaining cheese.
5. Bake for 15–20 minutes. Serve with shredded lettuce and sour cream.



Easy Chicken Casserole

Recipe Summary:

Servings: 4

Ingredients

2 cans Member's Mark® Premium	1 can (10.75 oz) cream of mushroom
Chunk Chicken Breast in Water, drained	soup
1 onion chopped, browned	3 Tbsp soy sauce
1 cup uncooked rice	2 Tbsp chopped pimentos
1 cup chopped celery	1/2 cup sliced almonds (optional)
1 cup sour cream	

Directions

1. Mix all ingredients together in 9" x 13" pan.
2. Bake at 350°F for 1 hour or until rice is done.