

# Chicken Freezer Meals

Meal	Cooking Method	Cooking Time	Serving Suggestions
Baked Chicken with Tomato and Cheese	Slow Cooker or Oven at 375	Low 6-7 hours High 4-5 hours Bake 25 min.	Pasta; Salad; Green Vegetable
Maple Glazed Chicken	Stovetop	15 minutes	*Need to Add: 2 apples (wedges) to onion and sage; serve with salad or vegetable
Lemon Glazed Tenders	Oven at 350 degrees	Bake 20 minutes	Rice or pasta; salad and vegetable
Chicken Tuscan Luau	Oven at 350 degrees	80-90 minutes	Green beans or stir fry vegetable mix
Italian Chicken Tenders	Grill, Bake at 350 or Skillet	5-10 on grill 15-20 in oven	Over lettuce for a salad; with vegetables and pasta or rice
Baked Cranberry Chicken	Oven at 350	40 minutes	Dressing and green bean casserole; sweet potatoes or mashed potatoes
Sesame Honey Chicken	Slow Cooker	4 hours	*Need: cornstarch; chopped scallions and sesame seeds; Serve on rice
Hickory Grilled Chicken	Grill or Oven	10-14 minutes or 25 min.	*Need: ½ lime, juiced Grilled vegetables; mashed potatoes
Fajita Chicken Soup	Stovetop	30-40 minutes	*Need: ½ lime, juiced Serve with cheese, sour cream, salsa, etc.