

# 17 Chicken Crockpot Freezer Meals

*Free printable recipes and grocery list below*

## Recipe List

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## 1. Chicken Tikka Masala

Yields: 6 servings

### • **Ingredients**

- 2 pounds boneless skinless chicken breasts, cut into bite-sized pieces
- Two 15oz cans of tomato sauce
- 2 cloves of garlic, minced
- 2 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon crushed red pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 8oz heavy cream (1 cup or 1/2 pint)

### **Materials**

- 1 gallon-sized plastic freezer bag

### **To Freeze and Cook Later**

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

### **To Cook**

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with naan or rice.

## 2. Crockpot Chicken Philly Cheesesteak

Yields: 6 servings

### Ingredients

- 3 tablespoons corn starch
- 1 cup chicken broth
- 2 pounds boneless skinless chicken breasts, cut into strips
- 1 large onion, sliced
- 1 green bell pepper, cut into strips
- 1 red bell peppers, cut into strips
- 1/2 teaspoon black pepper
- 1 clove of garlic, minced

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients except cheese.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve on rolls topped with provolone cheese. Serve with a side of sweet potato fries.

Tip: Serve the sauce from the crockpot on the side as a dip for the sandwiches.

### **3. Crockpot Cranberry Chicken**

Yields: 6 servings

#### **Ingredients**

- 1 small onion, diced
- 14oz can whole cranberry sauce
- 2 cloves garlic, minced
- 2 tablespoons honey
- 2 tablespoons balsamic vinegar
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon ground black pepper
- 2 pounds boneless, skinless chicken breasts

#### **Materials**

- 1 gallon-sized plastic freezer bag

#### **To Freeze and Cook Later**

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

#### **To Cook**

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with leftover cranberry mixture, green beans, and stuffing.

## 4. Chicken Curry

Yields: 6 servings

### Ingredients

- 2 pounds boneless, skinless chicken breasts, cut into bite-size pieces
- 6oz can of tomato paste
- 13.5oz can of unsweetened coconut milk
- 1 small onion, chopped (about one cup)
- 2 cups of frozen peas
- 14.5oz can of tomato sauce (about 1 3/4 cup)
- 2 large cloves of garlic, minced
- 3 tablespoons honey
- 2 tablespoons curry powder
- 1 teaspoon salt
- 1 teaspoon crushed red pepper

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve over rice.

## 5. Chicken Chili

Yields: 6 servings

### Ingredients

- 1 medium yellow onion (one cup), chopped
- 15oz can black beans, drained and rinsed
- 15oz can cannellini beans (white kidney beans), drained and rinsed
- 14.5oz can diced tomatoes with green chilies, undrained (my family likes medium-heat)
- 14.5oz can petite diced tomatoes, undrained
- 1 cup frozen medley of green & red peppers & onion strips
- 1 2/3 cup frozen corn
- 4 cloves garlic, minced
- 1 tablespoon paprika
- 3 teaspoons chili powder
- 2 teaspoons ground cumin
- 1 1/2 teaspoon oregano
- 1/4 teaspoon crushed red pepper flakes
- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

## 6. Cheesy Chicken Tater Tot Casserole

Recipe adapted from [The Country Cook](#)

Yields: 4 servings

### Ingredients

- 32oz bag frozen tater tots
- 3oz bag bacon pieces
- 1 pound boneless skinless chicken breasts, cut into bite--sized pieces
- 8 oz cheddar cheese, shredded (2 cups)
- 3/4 cup 2% milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Top with sour cream and serve with peas.

## 7. Honey Sesame Chicken

Recipe adapted from [Damn Delicious](#)

Yields: 6 servings

### Ingredients

- 1 small onion, diced
- 2 cloves garlic, minced
- 1/2 cup honey
- 1/2 cup soy sauce
- 1/4 cup ketchup
- 2 tablespoons olive oil
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 pounds boneless, skinless chicken thighs

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. To your freezer bag, add all ingredients.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in the morning in water.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Top with sesame seeds and serve with steamed broccoli and rice.

## 8. Chicken Cacciatore

Yield: 4 servings

### Ingredients

- 1 pound boneless, skinless chicken breasts
- 24oz jar of spaghetti sauce
- 1 zucchini, chopped
- 1 green bell pepper, chopped
- 1 small yellow onion, chopped (one cup)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which will be three months from the prep date).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with spaghetti and salad.

## 9. Shredded BBQ Chicken

Yields: 3 servings

### Ingredients

- 1 pound boneless, skinless chicken breasts
- 1 cup ketchup (I like Simply Heinz)
- 2 tablespoons Worcestershire Sauce
- 1 tablespoon + 1 teaspoon brown sugar
- 1 tablespoon chili powder
- 1 1/2 teaspoons hot sauce
- 1 1/2 teaspoons curry powder

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which will be three months from the prep date).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred chicken and return to slow cooker to mix with remaining BBQ sauce.

Serve on sandwich rolls with a salad.

## 10. Honey Dijon Chicken and Red Potatoes

Yields: 6 servings

### Ingredients

- 2 pounds of boneless, skinless chicken breasts
- ¼ cup honey
- 2 tablespoons Dijon mustard (or whole grain mustard)
- 2 teaspoons black pepper
- ½ teaspoon salt
- ½ teaspoon ground thyme
- ½ cup water (not needed until day of cooking)
- 16oz bag of baby red potatoes (I buy the bags of fresh baby potatoes sold in the produce section)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which will be three months from the prep date).
2. Add all ingredients to your freezer bag except water and potatoes.
3. Remove as much air as possible, seal, and freeze.
4. Place bag of potatoes in freezer.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. The morning of cooking, pour contents into your crockpot; add water and frozen potatoes. (I don't thaw my potatoes because I worry about them getting brown while cooking.)
3. Cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with steamed broccoli or a salad.

## 11. Chicken Soup with Mexican Seasonings

Yields: 4 servings

### Ingredients

- 1 pound carrots, peeled and diced
- 1 small yellow onion, diced (one cup)
- 2 cloves of garlic, minced
- 2 Roma tomatoes, chopped
- 1 cup tomato juice (If you buy a big can/bottle, freeze the extra in ice cubes trays for future soups and chilis)
- 1 teaspoon cumin
- 1 teaspoon fennel seeds
- 1 teaspoons chili powder
- 1 teaspoon salt
- Juice from 1 lime (about 1/4 cup)
- 1 pound boneless, skinless chicken breasts
- 4 cups chicken broth (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which will be three months from the prep date).
2. Add all ingredients (except chicken broth) to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot with broth and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred chicken with a fork.

Serve with crusty French bread or garlic bread.

## 12. Balsamic Chicken

Recipe adapted from [Once a Month Meals](#)

Yields: 8 servings

### Ingredients

- 4 pounds boneless, skinless chicken breasts
- 37 1/2 ounces canned sliced pears
- 2 cups sliced mushrooms
- 1/3 cup balsamic vinegar
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 tablespoon brown sugar

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which will be three months from the prep date).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice.

## 13. Chicken Fajitas

Recipe adapted from [The Humbled Homemaker](#)

Yields: 6 servings

### Ingredients

- 2 pounds of boneless skinless chicken breasts, fat trimmed and sliced
- 2 red bell peppers, sliced
- 1 small yellow onion, peeled and sliced
- 2 cloves of garlic, minced
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/4 teaspoon crushed red pepper flakes

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (which will be three months from the prep date).
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred chicken and serve with cooked onions and peppers.

Serve on soft tortillas or rice with your favorite fajitas toppings like shredded lettuce, cheese, and guacamole.

Tip: You can also cook these in a frying pan on your stovetop.

## 14. Red Pepper Chicken

Yields: 6 servings

### Ingredients

- 2 pounds boneless, skinless chicken breasts, fat trimmed
- 2 red bell peppers, sliced (about 1.5 cups)
- 1/4 cup olive oil
- 4 large garlic cloves, minced
- 1 small yellow onion, diced (about one cup)
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with brown rice and broccoli. You can also shred the chicken and serve on a tortilla with cheddar cheese.

## 15. Apricot-Ginger Chicken with Green Beans

Yields: 3 servings

### Ingredients

- 1 pound boneless, skinless chicken breasts (Chicken thighs also taste great)
- 2/3 cup apricot jam
- 1 tablespoon low sodium soy sauce
- 1-inch fresh ginger root, peeled and grated (If you buy a large root, you can freeze whatever is leftover. I place the leftover root whole in my freezer.)
- 3 cloves garlic, peeled and minced
- 1 pound frozen green beans (You can sub fresh)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with rice or potatoes.

## 16. Italian Chicken

Yields: 6 servings

### Ingredients

- 1 small yellow onion, diced
- 4oz fresh baby spinach (about 2 handfuls)
- 2 cans of tomato sauce (15oz each)
- 2 cloves of garlic, minced
- 1/4 cup honey
- 2 tablespoons olive oil
- 1 tablespoon Italian seasonings
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper flakes
- 2 pounds boneless, skinless chicken breasts

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.

Serve with spaghetti and a salad.

## 17. Mexican Chicken Chili with Cornbread Topping

Yields: 6 servings

### Ingredients

- 1 pound boneless, skinless chicken breasts
- 1 medium-sized yellow onion, chopped (about one cup)
- 1 green bell pepper, chopped (about one cup)
- 1 cup frozen corn
- 2 tablespoons and 1.5 teaspoons of [homemade taco seasoning](#) or 1 package of store-bought taco seasoning
- 10.75oz can of condensed tomato soup
- 1/4 pound cheddar cheese, shredded (about one cup)
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
3. Shred chicken with fork.
4. Cover shredded chicken chili with cheese and assembled corn muffin batter.
5. Add lid and cook on “high” setting for 60 minutes or until cornbread topping is cooked through.

## **Grocery List for all 17 Chicken Crockpot Freezer Meals**

(The number next to each ingredient corresponds to its recipe number.)

### **Materials**

- 17 gallon-sized plastic freezer bags

### **Produce**

- 24 cloves of garlic (1, 2, 3, 4, 5, 7, 11, 13, 14, 15, 16)
- 1 large onion, sliced (2)
- 9 small-medium yellow onions (3, 4, 7, 8, 11, 13, 14, 16, 17)
- 1 zucchini (8)
- 16oz bag of baby red potatoes (10)
- 1 pound carrots (11)
- 2 Roma tomatoes (11)
- Juice from 1 lime (about 1/4 cup) (11)
- 2 cups sliced mushrooms (12)
- 5 red bell peppers (2, 13, 14)
- 3 green bell peppers (2, 8, 17)
- 1-inch fresh ginger root (15)
- 4oz fresh baby spinach (about 2 handfuls) (16)

### **Meat**

- 2 pounds boneless, skinless chicken thighs (7)
- 27 pounds boneless skinless chicken breasts, cut into bite-sized pieces (1-6, 8-17)
- 3oz bag bacon pieces (6)

### **Freezer**

- 2 2/3 cup frozen corn (5, 17)
- 1 pound frozen green beans (You can sub fresh) (15)
- 2 cups of frozen peas (4)
- 1 cup frozen medley of green & red peppers & onion strips (5)
- 32oz bag frozen tater tots (6)

### **Cold**

- 8oz heavy cream (1 cup or 1/2 pint) (1)
- 12oz cheddar cheese, shredded (about 3 cups) (6, 17)
- 3/4 cup 2% milk (6)

### **Canned**

- One 15oz can black beans (5)
- One 15oz can cannellini beans (5)

- 1 cup chicken broth (2)
- 14oz can whole cranberry sauce (3)
- 13.5oz can of unsweetened coconut milk (4)
- 6oz can of tomato paste (4)
- 1 cup tomato juice (11)
- Five 15oz cans of tomato sauce (1, 4, 16)
- 10.75oz can of condensed tomato soup (17)
- 14.5oz can diced tomatoes with green chilies (5)
- 14.5oz can petite diced tomatoes (5)
- 24oz jar of spaghetti sauce (8)
- 37 1/2 ounces canned sliced pears (12)
- 2/3 cup apricot jam (15)

### **Baking**

- 1 cup + 8 tablespoons honey (1, 3, 7, 10, 13, 16)
- 3 tablespoons corn starch (2)
- 2 tablespoons + 1 teaspoon brown sugar (9, 12)
- 1 box of Jiffy corn muffin mix + the necessary ingredients listed on the box (Jiffy calls for one egg and 1/3 cup milk) (17)

### **Oils and Vinegars**

- 1/3 cup + 2 tablespoons balsamic vinegar (3, 12)
- 1/4 cup + 6 tablespoons extra virgin olive oil (3, 7, 14, 16)
- 1 tablespoon apple cider vinegar (13)

### **Miscellaneous**

- 1/2 cup + 1 tablespoon soy sauce (7, 15)
- 1/4 cup ketchup (I like Simply Heinz) (7, 9)
- 2 tablespoons Worcestershire Sauce 9
- 1/2 teaspoons hot sauce (9)
- 2 tablespoons Dijon mustard (or whole grain mustard) (10)

### **Spices**

- 1/2 teaspoon onion powder (1)
- 6 1/4 teaspoons salt (1, 4, 6, 7, 10, 11, 12, 14, 16)
- 4 teaspoons ground black pepper (2, 3, 6, 7, 10, 12, 14, 16)
- 4 1/4 teaspoons crushed red pepper flakes (1, 3, 4, 5, 7, 13, 14, 16)
- 1 1/2 teaspoon oregano (5)
- 4 tablespoons + 1 1/2 teaspoons curry powder (1, 4, 9)
- 1/2 teaspoon ground thyme (10)
- 1 teaspoon fennel seeds (11)
- 3 tablespoons + 3 teaspoons chili powder (5, 9, 11, 13)
- 5 teaspoons ground cumin (5, 11, 13)
- 1 tablespoon + 1 teaspoon paprika (5, 13)

- 1 tablespoon Italian seasoning (16)
- 2 tablespoons and 1.5 teaspoons of [homemade taco seasoning](#) or 1 package of store-bought taco seasoning (17)

### **Not Needed Until Day of Cooking**

- 4 cups chicken broth (not needed until day of cooking) (11)
- Suggested Side Dishes
  1. Chicken Tikka Masala – naan or rice
  2. Chicken Philly Cheesesteaks – rolls and sweet potato fries
  3. Cranberry Chicken – green beans and stuffing
  4. Chicken Curry - rice
  5. Chicken Chili
  6. Cheesy Chicken Tater Tot Casserole – sour cream and peas
  7. Honey Sesame Chicken – broccoli and rice
  8. Easy Chicken Cacciatore – spaghetti and salad
  9. Shredded BBQ Chicken – sandwich rolls or salad
  10. Honey Dijon Chicken – broccoli or salad
  11. Chicken Soup with Mexican Seasonings – French bread or garlic bread
  12. Balsamic Chicken with Pears and Mushrooms - rice
  13. Chicken Fajitas – tortillas and toppings
  14. Red Pepper Chicken – brown rice and broccoli
  15. Apricot-Ginger Chicken – rice or potatoes
  16. Italian Chicken – spaghetti and salad
  17. Mexican Chicken Chili with Cornbread Topping