

## One Pan Lemon Parmesan



### Chicken and Asparagus

- 1 1/2 lb. boneless skinless chicken breasts or tenders
- 1/3 cup flour
- 1 cup panko
- 1 cup parmesan cheese separated
- 1 tsp. dried parsley
- 1/2 tsp. garlic powder
- 3-4 lemons
- 1 tbsp. minced garlic
- 8 tbsp. melted butter separated
- 1 tbsp. lemon pepper seasoning
- 1 pound asparagus
- 3 tbsp. olive oil
- 3 tbsp. honey
- Optional: fresh parsley, 1 lemon for topping

#### Instructions

1. Preheat the oven to 400°. Line a large sheet pan with parchment paper and set aside.
2. Grab three bowls. Add the flour to one bowl.
3. Combine panko, 1/2 cup freshly grated parmesan cheese, dried parsley, garlic powder, about 1/2 tsp. each of salt (I use seasoned salt) and pepper. Stir.
4. In final bowl, add 1-2 tsp. lemon zest, 4-5 tbsp. lemon juice (depending on desired intensity), minced garlic, and 5 tbsp. melted butter. Stir. Remove 4 tbsp. of mixture and set aside.
5. Slice chicken breasts to the size of tenders (about 1 1/4 inch strips) or use chicken tenders. (Continued on next Column)

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6. Coat in flour, heavily dredge in garlic lemon mixture, and then coat in Parmesan panko mixture.
7. Place on prepared sheet pan. Use remaining Parmesan panko mixture and sprinkle over tenders. Sprinkle lemon pepper seasoning over the tenders. Bake in preheated oven for 10 min..
8. Flip tenders to the other side.
9. Place asparagus next to the tenders and drizzle the reserved lemon butter sauce. Sprinkle remaining 1/2 cup Parmesan cheese over asparagus and toss with tongs.
10. If desired place lemon slices over the chicken (optional)

A duck was about to cross the road when a chicken looked at him and said....



"DONT DO IT MAN....YOU WILL NEVER HEAR THE END OF IT!"

11. Return to the oven and bake for another 10-12 min. or until the internal temperature of the chicken has reached 165° F.
12. Meanwhile, whisk remaining 3 tbsp. melted butter, 3 tbsp. lemon juice, 1-2 tsp. lemon zest, 3 tbsp. olive oil, and 3 tbsp. honey in a small bowl. Add pepper and parsley if desired.
13. Remove from the oven and top with the honey lemon mixture and fresh parsley if desired and enjoy immediately.
14. Do not top chicken breasts with the honey lemon mixture unless eating immediately and aren't planning on having leftovers since it will make it soggy.

<https://www.chelseasmessyapron.com/one-pan-lemon-parmesan-chicken-and-asparagus-video/>

## CALIFORNIA CHICKEN FLATBREAD WITH CHIPOTLE RANCH SAUCE



- 1 large flatbread or naan, or 2 small 2 tbsp. olive oil
- 1/2 cup shredded mozzarella cheese (or any other favorite cheese such as Monterey jack or pepper jack for a spicier version)
- 1 boneless skinless chicken breast, pounded to 1/2 inch thickness + salt and pepper to taste
- 2-3 slices cooked bacon, chopped
- 1/2 avocado, sliced or diced
- 1/2 red pepper, diced
- 1 tbsp. packed cilantro leaves, roughly chopped
- 1/2 tsp. crushed red pepper flakes (optional)
- 1/4 cup ranch dressing

1. 1 tsp. chipotle seasoning Preheat oven to 350 degrees. Season chicken with salt and pepper. Cook in a pan or skillet on the stove over med-high heat for about 3-4 min. each side or until cooked through. Dice chicken and set aside.
2. Brush flatbread with olive oil. Sprinkle with shredded cheese. Top with chicken, red peppers, and bacon. Place on a lightly greased sheet of foil and bake on oven rack for 10-15 min. until cheese is completely melted.
3. While flatbread is baking, whisk together ranch dressing and chipotle seasoning. When flatbread is done, top with avocado, cilantro, and crushed red pepper flakes. Drizzle with chipotle ranch dressing and serve immediately. Serves 4 as an appetizer, 2 as a meal.

**Notes:** For the sauce, use any brand of store bought chipotle seasoning or a homemade version. If you have neither, you can drizzle the ranch dressing straight up!

<https://www.lecremedelacrumb.com/california-chicken-flatbread-with-chipotle-ranch-sauce/>

## SLOW COOKER CRISPY CHICKEN CARNITAS

4-5 pounds boneless skinless chicken breasts  
 1 bottle beer (or chicken stock)  
 1 small white onion, diced  
 4 cloves garlic, peeled and minced  
 1 tablespoon chipotle powder (or 1 chipotle in adobo sauce, minced)  
 2 teaspoons cumin  
 1 teaspoon black pepper  
 1 teaspoon chili powder  
 1 1/2 teaspoons salt  
 2-4 fresh limes



1. Add the chicken, beer, onion, garlic, chipotle, cumin, black pepper, chili powder, and salt to the bowl of a large slow cooker. Gently toss to combine.
2. Cook on low for 6-8 hours or on high for 4-5 hours until chicken is completely tender and shreds easily with a fork.
3. Once chicken is cooked, preheat your broiler to high heat and grease one large baking sheet with cooking spray. Use a fork to shred the chicken into bite-sized pieces. Then use a slotted spoon to transfer to the prepared baking sheet, spreading chicken in an even layer and leaving juices behind in the slow cooker. (Don't discard juices, we're use later!)
4. Place one sheet under the broiler, 2 racks down from the very top, and broil for about 5-6 min., or until edges of the chicken begin browning and crisping up. Remove the sheet from oven, then ladle about 1/2 cup of the juices from the slow cooker evenly over chicken, and then toss with tongs

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 Chicken Carnitas)

so that chicken is evenly coated with the juices. Broil for an additional 5 min. to get meat more crispy. Then remove and ladle an additional 1/2 cup of broth over the crispy chicken. Broil for an additional 5 min. Remove sheet from the oven, and toss chicken with the remaining broth. Then drizzle with fresh lime juice and toss once more to combine.

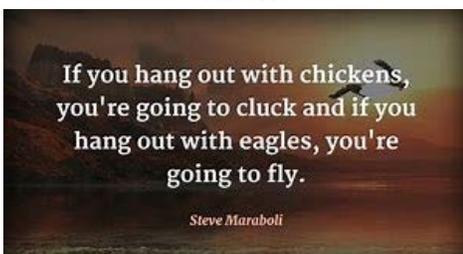
5. Serve immediately in tacos, burritos, salads. This chicken can be refrigerated in a sealed container for up to 3 days, or frozen in a sealed container for up to 3 months.

<https://www.gimmesomeoven.com/slow-cooker-crispy-chicken-carnitas/>



### There's one indicator of doneness, and it's temperature.

We've been told that chicken is fully cooked when the juices run clear, the meat is no longer pink, and the internal temperature is 165 degrees. The real focus should be on the temperature — that's the safest indicator of doneness.



## SLOW COOKER PINEAPPLE CHICKEN



- 8 bone-in, skin-on chicken thighs
- Kosher salt and freshly ground black pepper
- 2 tbsp. unsalted butter
- 1 cup pineapple juice
- 1/2 cup chicken broth
- 1/4 cup brown sugar, packed
- 3 tbsp. reduced sodium soy sauce
- 2 tbsp. honey
- 2 tbsp. apple cider vinegar
- 1 tsp. Sriracha, optional
- 1 tsp. teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 1 (8-z.) can pineapple chunks, juices reserved
- 1 (8-oz.) can crushed pineapple, juices reserved
- 2 tbsp. cornstarch
- 1 red bell pepper, chopped
- 1 red onion, chopped
- 1/2 tsp. sesame seeds
- 2 tbsp. chopped fresh parsley leaves

### DIRECTIONS:

- Season chicken with salt and pepper, to taste.
  - Melt butter in a large skillet over medium high heat. Add chicken, skin-side down, and sear both sides until golden brown, about 2-3 min. per side; drain excess fat and set chicken aside.
  - In a large bowl, combine pineapple juice, chicken broth, brown sugar, soy sauce, honey, vinegar, Sriracha, garlic and ginger.
  - Place chicken thighs into a 6-qt slow cooker. Stir in pineapple juice mixture. Top with pineapple chunks, crushed pineapple and reserved juices.
  - Cover and cook on low heat for 5-6 hours or high for 2-3 hours, basting every few hours.
  - In a small bowl, whisk together 1/4 cup water and cornstarch. Stir in cornstarch mixture, bell pepper and onion into the slow cooker. Cover and cook on high heat for an additional 30-60 min., or until sauce is thickened.
  - Serve chicken immediately, garnished with sesame seeds and parsley, if desired.
- <https://damndelicious.net/2016/03/14/slow-cooker-pineapple-chicken/>