

Chicken Cutlet Au Gratin

Blend some prepared bread stuffing with shredded Cheddar cheese and sautéed apples. Place a spoonful of this mixture on top of a thawed piece of **Janes Fully Cooked Chicken Breast (# 11444)** and top with another portion, char marks up. Sprinkle with a little more of the stuffing mixture. Refrigerate for up to 5 hours. When orders are placed, bake each stack for a few minutes until the cheese melts and chicken is heated through. Serve with a side salad or steamed veggies for a substantial entrée at lunch or dinner.

Spa Chicken Salad



Cut a cantaloupe into four wedges. Remove and discard seeds, but leave the rind on. Place each wedge on a serving plate. Combine halved seedless grapes, light mayonnaise, thinly sliced basil and mint in a mixing bowl. Add lemon juice to taste. Toss to combine and spoon over cantaloupe wedges. Slice cold thawed portions of **Janes 90g (# 11444) Fully Cooked Chicken Breasts** into two by cutting crosswise on the bias. Prop the chicken up against the salad and garnish with a sprig of mint or basil.

Upside-Down Pear & Gorgonzola Chicken Salad

Place a warm **Janes Fully Cooked Chicken Breast (90g - # 11444)** in the middle of a serving plate. Toss bitter lettuces such as frisee or baby arugula with balsamic or lemon vinaigrette. Using tongs, arrange a pile of greens on top of the chicken. Garnish with thinly sliced pears and crumbled gorgonzola cheese. Coarsely chop some candied pecans and sprinkle around the white space on the plate for a fine dining-style presentation.

Sizzling Chicken Burger Sliders



Slice mini hamburger buns in half to make two layers (or make slits in mini pitas to open up pockets). Slice cherry tomatoes and pickle thinly. Layer the

tomatoes, pickles and warm **Plain Janes** nuggets (# 12891) onto the base of the buns. Garnish with ketchup and mustard. Cap with the bun tops.

Plain Janes Apps and Snacks

- Spread **Plain Janes** (# 12891) an inch or so apart on a baking tray and drizzle each one with a little tomato sauce. Sprinkle with shredded mozzarella and Parmesan cheese; broil and serve as two-bite chicken parmesans.
- Skewer **Plain Janes** with cherry tomatoes and pickled hot peppers to make easy bar snacks that are perfect for dipping into chipotle mayo.
- Basil Berry Chicken Sliders: Slice mini hamburger buns in half to make two layers (or make slits in mini pitas to open up pockets). Lightly coat the cut surface of the bottom half with mayonnaise. Top with a basil leaf and a warm **Plain Janes Nugget**. Stir cranberry sauce with chopped green onion and drop a dollop on top of each piece of chicken. Cap with the bun tops.

Plain Janes at Lunch

- Use **Plain Janes** (# 12891) to add lean protein to chicken noodle soup and house salads.
- Toss warm **Plain Janes** with teriyaki, sweet chili or another stir-fry sauce and serve over vegetable fried rice.
- Toss **Plain Janes** with tzatziki, red onion, tomatoes and cucumber chunks to make a fast and easy pita filling.

Plain Janes at Dinner

- Sweet potato fries and **Plain Janes** (# 12891) offer a healthier alternative to traditional nuggets and fries.
- Toss some parsnip, carrot, beet and onion chunks with curry paste and lime juice. Roast until almost fork tender. Toss in **Plain Janes** and continue to roast until the veggies are soft and golden. Sprinkle with chopped fresh coriander, mint or green onions and garnish with a dollop of low fat sour cream for lighter version of chicken curry.
- Toss hot **Plain Janes** with pesto and use as a garnish for Fettuccine Alfredo.

Plain Janes with Orange Ginger Dipping Sauce



Servings: 4 (scales up easily)

- 16 **Plain Janes Unbreaded Nuggets**
- 125 mL orange juice
- 2 tbsp honey
- 1 tbsp each cornstarch, minced ginger and white vinegar
- 1 tsp sodium-reduced soy sauce
- 1 small clove garlic, minced

Prepare the chicken nuggets (#12891) according to package directions. Meanwhile, whisk the orange juice with the honey, cornstarch, ginger, vinegar, soy sauce and garlic in a small saucepan until smooth. Bring to a boil. Cook, stirring often, for 3 minutes or until thickened and glossy. Serve warm Plain Janes Nuggets with warm dip.

Tex-Mex Taquitos

1 cup (250 mL) BBQ sauce
1 cup (250 mL) sour cream
1 tsp (5 mL) each ground cumin and chili powder
3 cups (750 mL) shredded Tex-Mex blend, Cheddar or Monterey Jack Cheese
2 cups (500 mL) cooked corn kernels
1 cup (250 mL) finely diced red onion
1 can (199 g) drained, chopped green chilies
750 g thawed **Janes Oven Roasted Carved Chicken Breast Strips #11447**
48 wheat flour tortillas
Salsa and guacamole

- Blend the barbecue sauce, sour cream, cumin and chili powder until well combined. Add the cheese, corn, onion and chilies.
- Chop the chicken strips into small cubes and add to the bowl. Toss until all the ingredients are well combined.
- Lay the tortillas out on a clean work surface.
- Spoon a few tablespoons of the chicken mixture onto each tortilla; fold in the sides and roll tortillas up tightly.
- Secure closed with a toothpick. Cover rolled tortillas with a damp cloth and set aside.
- In a deep fryer preheated until 350 F fry 3 rolls per serving for 3 to 4 minutes or until golden. Drain on paper towel and serve with salsa and guacamole.

Makes 48 taquitos (or 16 servings).

Tip: Top a salad with a taquito for a fun, crunchy way to update chicken salad.