



BBQ CHICKEN AND SWEET POTATO SALAD - DINNER

CHICKEN PICNIC - LUNCH



COOK IT ONCE, EAT IT TWICE

Tonight's dinner extras transform into tomorrow's lunch.

DINNER	TOTAL: 40 MIN	CALORIES: 580
LUNCH	TOTAL: 10 MIN	CALORIES: 570

INGREDIENTS FOR: 2-person | 4-person

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|--|---|--|---|--|---|
| 
Sweet Potatoes
2 3 | 
Corn
13.4 oz 26.8 oz | 
Roma Tomato
1 2 | 
Red Onion
1 2 | 
Barbecue Sauce
4 oz 6 oz | 
Chicken Cutlets
20 oz 30 oz |
| 
Jasmine Rice
½ Cup ½ Cup | 
Long Green Pepper
1 2 | 
Cilantro
½ oz ½ oz | 
Lime
1 2 | 
Hot Honey
1½ oz 2½ oz | |

BUST OUT • Small pot • Baking sheet • Strainer • 2 Small bowls • Large pan • Large bowl • Paper towels
• 2 Reusable containers • Vegetable oil (4 tsp | 8 tsp) • Butter (3 TBSP | 6 TBSP) (Contains: Milk)

DINNER



1 ROAST SWEET POTATOES

Adjust rack to top position and preheat oven to 450 degrees. Bring **1 cup water** and a large pinch of **salt** to a boil in a small, lidded pot. **Wash and dry all produce.** Dice **sweet potatoes** into ½-inch pieces. Toss on a baking sheet with a large drizzle of **oil**, salt, and **pepper**. Roast until browned and tender, 20-25 minutes.



4 BROIL CHICKEN

Once tender, remove **sweet potatoes** from baking sheet and transfer to bowl with **veggies**. Heat broiler to high. Transfer **chicken** to same baking sheet. Set aside half the **barbecue sauce mixture** for serving, then brush top of chicken with remaining half. Broil until sauce is tacky and beginning to char, about 3 minutes.



2 COOK RICE AND FINISH PREP

Once water is boiling, add **rice** to pot. Cover, reduce heat to a simmer, and cook until rice is tender, about 15 minutes. Turn off heat and let stand, covered, until ready to pack lunch. Meanwhile, drain and rinse **corn**. Core, deseed, and dice **green pepper**. Dice **tomato**. Finely chop **cilantro**. Halve, peel, and dice **onion**. Quarter **lime**. In a small bowl, combine tomato, cilantro, 2 TBSP onion, and the juice from 1 lime wedge. In another small bowl, combine **barbecue sauce**, **hot honey**, and the juice from another lime wedge.



5 FINISH AND SERVE DINNER

Stir half the **salsa** into bowl with **veggies**. Divide two thirds of the veggies between plates. Top each plate with a piece of **chicken**. Spoon remaining salsa over chicken. Serve with reserved **barbecue sauce mixture** on the side for drizzling over and any remaining **lime wedges** for squeezing over.

Chicken is fully cooked when internal temperature reaches 165 degrees.



3 COOK VEGGIES AND CHICKEN

Melt **2 TBSP butter** in a large pan over medium-high heat. Add **corn**, **green pepper**, remaining **onion**, **salt**, and **pepper**. Cook, stirring occasionally, until softened, 7-9 minutes. Transfer to a large bowl. Wipe out pan. Pat **chicken** dry with paper towels; season all over with salt and pepper. Heat a large drizzle of **oil** in same pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-4 minutes per side.

LUNCH



6 PACK LUNCH FOR TWO

Fluff **rice** with a fork. Stir in **1 TBSP butter** until melted; season with **salt** and **pepper**. Divide rice, remaining **veggie mixture**, and remaining **chicken** between 2 reusable containers. Enjoy at room temperature or microwave until heated through, 1-3 minutes.