



CHICKEN QUESADILLA - DINNER

SALSA RICE BOWL - LUNCH



COOK IT ONCE, EAT IT TWICE

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

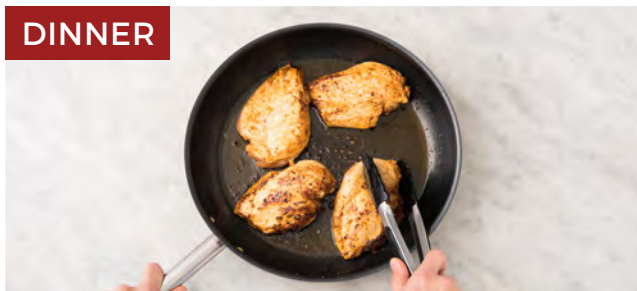
DINNER	TOTAL: 40 MIN	CALORIES: 740
LUNCH	TOTAL: 5 MIN	CALORIES: 630

INGREDIENTS FOR: 2-person | 4-person

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|--|--|--|---|---|--|--|
| 
Chicken Breasts
24 oz 36 oz | 
Scallions
4 6 | 
Jasmine Rice
½ Cup ½ Cup | 
Hot Sauce
3 tsp 4 tsp | 
Roma Tomatoes
2 3 | 
Red Cabbage
4 oz 8 oz | 
Mexican Cheese Blend
(Contains: Milk)
½ Cup 1 Cup |
| 
Sweet and Smoky Barbecue Seasoning
1 TBSP 2 TBSP | 
Poblano Pepper
1 2 | 
Limes
2 3 | 
Sour Cream
(Contains: Milk)
8 TBSP 12 TBSP | 
Black Beans
13.4 oz 26.8 oz | 
Flour Tortillas
(Contains: Wheat)
2 4 | 
Monterey Jack Cheese
(Contains: Milk)
¼ Cup ¼ Cup |

BUST OUT • Paper towel • Large pan • Aluminum foil • Baking sheet • Small pot • Zester • Small bowl • Strainer
• Medium bowl • 2 Plastic containers • Vegetable oil (4 tsp | 8 tsp) • Butter (1 TBSP | 2 TBSP) (Contains: Milk)

DINNER

**1 PREHEAT OVEN AND COOK CHICKEN**

Wash and dry all produce. Adjust rack to middle position and preheat oven to 425 degrees. Pat **chicken** dry with a paper towel. Season all over with **salt**, **pepper**, and **barbecue seasoning**. Heat a large drizzle of **oil** in a large pan over medium-high heat. Add chicken and cook until browned on bottom, 3-4 minutes. Flip and cook until browned on other side, 2-3 minutes more.

**2 ROAST POBLANO AND CHICKEN**

Meanwhile, trim and thinly slice **scallions**, separating greens and whites. Halve, core, and seed **poblano**, then cut into slices. Place poblano slices on a foil-lined baking sheet, sprinkle with a drizzle of **oil**, and season with **salt** and **pepper**. Add **chicken** to same sheet. Roast in oven until poblano is softened and chicken is cooked through, 5-7 minutes.

**3 COOK RICE**

Melt **1 TBSP butter** in a small pot. Add **scallion whites** and cook, tossing occasionally, until softened, 2-3 minutes. Stir in **rice** and $\frac{3}{4}$ **cup water**. Season with **salt** and **pepper**. Bring to a boil, then reduce heat to low and cover. Let simmer gently until tender, 9-11 minutes. Meanwhile, zest one **lime** and cut in half. Cut remaining lime into quarters.

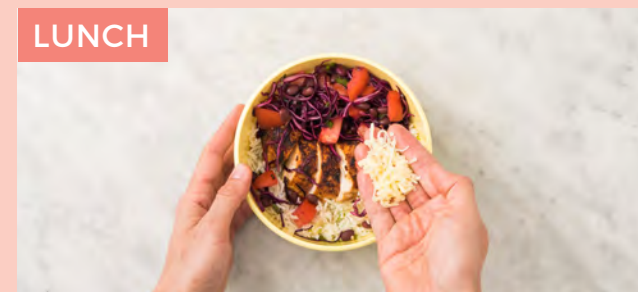
**4 MAKE CREMA AND SALSA**

Stir together **lime zest**, **1 tsp hot sauce** (1 packet), and **4 TBSP sour cream** (2 packets) in a small bowl (save the rest of the hot sauce and sour cream for lunch). Season with **salt** and set aside. Halve and chop **tomatoes**. Drain and rinse **beans**. Place tomatoes, beans, **cabbage**, **scallion greens**, and **juice** from one lime half in a medium bowl and toss to combine. Season with plenty of salt and **pepper**. Cut **2 chicken breasts** into small cubes (save other 2 for lunch).

**5 BAKE AND SERVE QUESADILLAS**

Scatter **poblano** and **chicken cubes** evenly over one half of each **tortilla**, then sprinkle evenly with **Mexican cheese**. Fold tortillas over to create quesadillas. Remove foil from same baking sheet, then place quesadillas on sheet. Drizzle with **oil** and sprinkle with **salt**. Bake in oven until cheese melts and tortilla is golden, 5-6 minutes. Cut each into thirds and divide between plates. Drizzle with **crema**. Serve with half the **salsa** and one **lime quarter** each on the side.

LUNCH

**6 PACK LUNCH FOR TWO**

When you're ready to pack lunch, fluff **rice** with a fork and divide between two reusable plastic containers. Top with remaining **chicken** and **salsa**. (**TIP:** Slice the chicken first for easier eating.) Sprinkle with **Monterey Jack cheese**. Pack each with **1 packet sour cream**, **1 packet hot sauce**, and a **lime quarter**. Keep refrigerated. Microwave before eating, if desired, and top with sour cream and hot sauce (to taste).