



CRISPY CHICKEN - DINNER

PITA SANDWICH - LUNCH



COOK IT ONCE, EAT IT TWICE

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

DINNER	TOTAL: 45 MIN	CALORIES: 890
LUNCH	TOTAL: 5 MIN	CALORIES: 530

INGREDIENTS FOR: 2-person | 4-person

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Roma Tomatoes
2 | 2
- 

Garlic Herb Butter
(Contains: Milk)
2 TBSP | 4 TBSP
- 

Chicken Cutlets
20 oz | 30 oz
- 

Panko Breadcrumbs
(Contains: Wheat)
½ Cup | 1 Cup
- 

Parmesan Cheese
(Contains: Milk)
¼ Cup | ½ Cup
- 

Mozzarella Cheese
(Contains: Milk)
4 oz | 4 oz
- 

Orzo
(Contains: Wheat)
6 oz | 12 oz
- 

Lemon
1 | 2
- 

Tuscan Heat Spice
1 TBSP | 2 TBSP
- 

Sour Cream
(Contains: Milk)
6 TBSP | 8 TBSP
- 

Baby Spinach
5 oz | 5 oz
- 

Whole Wheat Pitas
(Contains: Wheat)
2 | 2

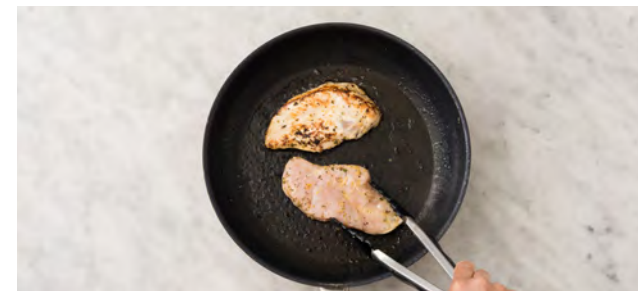
BUST OUT • Medium pan • 2 Large pans • Paper towels • Small bowl • Medium bowl
• Vegetable oil (1 tsp | 2 tsp, plus more for frying) • Olive oil (2 tsp | 4 tsp)

DINNER**1 PREP AND START ORZOTTO**

Wash and dry all produce. Cut **tomatoes** into ½-inch cubes. Add half the tomatoes to a medium pan and place over medium-high heat. Cook, stirring occasionally, until just softened, 2-3 minutes. Stir in half the **orzo** from package (use the rest as you like). Cook, stirring, for about 1 minute. Season with **salt** and **pepper**.

**2 SIMMER ORZOTTO**

Add **1 cup water** and a big pinch of **salt** to pan. Bring to a boil, then lower heat to medium. Simmer, stirring occasionally, until al dente, 9-11 minutes. (**TIP:** If mixture seems dry, add more water, ¼ cup at a time, to loosen.) Remove pan from heat and stir in **garlic herb butter**, two thirds of the **spinach**, and half the **Parmesan**.

**3 COOK CHICKEN FOR LUNCH**

Heat a drizzle of **oil** in a large pan over medium-high heat. Pat **chicken** dry with a paper towel; set aside half. Season other half with **salt**, **pepper**, and half the **Tuscan heat spice**. Add seasoned chicken to pan and cook until cooked through, 3-5 minutes per side. Remove from pan and set aside. Mix **panko**, remaining Tuscan heat spice, and a big pinch of salt on a plate.

**4 COOK CHICKEN FOR DINNER**

Season remaining **chicken** with **salt** and **pepper**. Brush with **2 TBSP sour cream** (1 packet). Dip into **panko** mixture one piece at a time, coating all over and pressing to adhere. Transfer to another plate. Heat a ¼-inch layer of **oil** in another large pan over high heat (we used nonstick). Add breaded chicken and cook until crisp and cooked through, 3-5 minutes per side, lowering heat if it browns too quickly. Transfer to a paper-towel-lined plate. Season with **salt**.

**5 SERVE DINNER**

Halve **lemon**. In a small bowl, toss half the remaining **spinach** with a drizzle of **olive oil** and a squeeze of lemon. Season with plenty of **salt** and **pepper**. Divide **breaded chicken** and **orzotto** between plates. Sprinkle with remaining **Parmesan**. Scatter dressed spinach over chicken and serve.

LUNCH**6 PREP LUNCH FOR TWO**

After dinner, cut **seasoned chicken** and **mozzarella** into small pieces (about ½ inch). Toss both in a medium bowl with remaining **tomatoes** and **sour cream**, a squeeze or two of **lemon**, and a drizzle of **olive oil**. Season with **salt** and **pepper**. Keep refrigerated overnight. In the morning, toss remaining **spinach** into chicken mixture. Split **pitas**, then fill each with chicken mixture and pack. Enjoy cold or at room temperature. **TIP:** Pack the pitas separately and fill just before eating for best results.

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