

SHOPPING LIST

DOUBLE DELIGHT COOKING DEMO

Garlic Shredded Chicken
Chicken & Veggie Ranch Roll-Ups
Chicken Tortilla Soup
Ranch Dip & Veggies
Cookie Dough Dip

PRODUCE

- 1 broccoli crown
- 2 red onions
- 1 lb carrots
- 2 red peppers
- 1 yellow pepper
- 1 bunch fresh chives
- 1 bunch fresh dill
- 1 head garlic
- 1 lime
- 1 bunch fresh cilantro

MEAT

- 4 lbs chicken breast

DAIRY/COOLER

- 1 8 oz package neufchatel cream cheese
- 1/2 cup plain greek yogurt

FROM YOUR PANTRY/GROCERY

- salt & pepper
- extra virgin olive oil
- 1 bottle garlic italian dressing (we like Garlic Expressions)
- 6 whole wheat tortillas or flatbreads
- 1 package ranch dressing mix
- 1 can chickpeas
- 1 1/4 cups pitted dates
- 1/8 tsp baking soda
- 1 Tbsp vanilla extract
- 1/4 cup almond butter
- 1/3 cup chocolate chips
- 2 Tbsp oats
- 1 packet taco seasoning
- 1 can tomato paste
- 1 can corn
- 1 can black beans
- 1 jar salsa
- 5 cups chicken stock
- 1 1/2 tsp oregano
- 1 bag tortilla chips

GARLIC SHREDDED CHICKEN

PREP TIME

5 mins

COOK TIME

4-6 hours

SERVINGS

8

INGREDIENTS

- 4 lbs boneless skinless chicken breasts
- 1 bottle garlic italian dressing (we like the brand Garlic Expressions)
- Pinch of salt & pepper

INSTRUCTIONS

1. Put all ingredients into a crock pot. Ensure all chicken is coated in dressing.
2. Set crock pot to low (6 hours) or high (4 hours). Once done, use two forks to shred into large pieces. Enjoy in whatever recipes you wish!

CHICKEN & VEGGIE RANCH ROLL-UPS

PREP TIME

10 mins

COOK TIME

10 mins

SERVINGS

6

INGREDIENTS

6 soft whole wheat tortillas or flatbreads
3 cups shredded chicken
1 large broccoli crown, chopped small
1 small red onion, minced
2 cups shredded carrots
1 red pepper, diced
1 yellow pepper, diced

Ranch Spread*
1 8 oz. package neufchatel cream cheese
1/2 cup plain greek yogurt
1 package ranch dressing mix
1 Tbsp chopped fresh chives
1 Tbps chopped fresh dill
pinch black pepper

INSTRUCTIONS

1. Place tortillas or flatbreads on a large cutting board. Dollop a large spoonful of ranch spread onto each and spread evenly over the whole surface.
2. Evenly sprinkle each tortilla with broccoli, red onion, carrots, peppers and chicken.
3. Tightly roll the tortilla, pressing as you go to ensure it stays together.
4. Slice roll-up into your desired size and enjoy!

- Ranch Spread**
1. Bring cream cheese to room temperature. Add all other ingredients and stir with a spatula until fully combined.
 2. Store in refrigerator for up to 1 week. Delicious in these roll-ups, but also as a veggie dip or bagel topper!

*If you'd like to save a bit of time, you can use veggie cream cheese instead!

CHICKEN TORTILLA SOUP

PREP TIME

10 mins

COOK TIME

25 mins

SERVINGS

6 – 8

INGREDIENTS

3-4 cups shredded chicken, cooked
2 Tbsp extra virgin olive oil, divided
1 cup onion, chopped
3/4 cup red bell pepper, chopped
1 packet taco seasoning
1/4 cup tomato paste

1 cup corn kernels (fresh, canned or frozen)
1 can black beans, rinsed and drained
1 jar of salsa (your favorite type)
5 cups unsalted chicken stock
1 1/2 tsp dried oregano

Extras/Toppings

1 bag tortilla chips – crumble a handful over each bowl
1 lime, juiced
1/4 cup cilantro leaves, chopped

INSTRUCTIONS

1. In a large pot or dutch oven, heat 1 Tbsp of olive oil.
2. Add onions and red bell peppers to the pot and saute for 1 minute.
3. To the pot, add taco seasoning, continuously stirring for 30 seconds.
4. Add tomato paste and saute for 1 minute.

5. Add corn, black beans, salsa, chicken stock, oregano, salt, and shredded chicken. Stir to combine.
6. Bring to a boil and reduce to a simmer, cook until the tortillas are soft (about 15 minutes). Adjust seasoning with salt and pepper.
7. Serve the soup with desired toppings. Enjoy!

RANCH DIP & VEGGIES

PREP TIME

5 mins

COOK TIME

4-6 hours

SERVINGS

8

INGREDIENTS

- 1 8 oz. package neufchatel cream cheese (1/3 fat cream cheese)
- 1/2 cup plain greek yogurt
- 1 package ranch dressing mix
- 1 Tbsp chopped fresh chives
- 1 Tbps chopped fresh dill
- pinch black pepper

Whatever veggies you want! Delicious with sweet peppers, cucumber, carrots, cherry tomatoes...

INSTRUCTIONS

1. Bring cream cheese to room temperature. Add all other ingredients and stir with a spatula until fully combined.
2. Prepare veggies for dipping.
3. Store dip in refrigerator for up to 1 week. Enjoy!

COOKIE DOUGH DIP

PREP TIME

8 hours (worth it!)

COOK TIME

10 mins

SERVINGS

6 – 8

INGREDIENTS

1 1/4 cups pitted dates
1 can chickpeas
1/8 tsp salt
1/8 tsp baking soda

1 Tbsp pure vanilla extract
1/4 cup nut butter of choice*
1/3 cup sugar free chocolate chips
2 Tbsp oats or almond flour, optional

INSTRUCTIONS

1. In a bowl, cover the dates with 1/2 cup water. Let this sit for at least 8 hours.

2. Add dates (after soaking) and soaking liquid, chickpeas, salt, baking soda, vanilla, nut butter and oats/almond flour (if using) to a food processor and process until very smooth.

5. Transfer mixture into a bowl and fold in chocolate chips. Enjoy!

*Peanut butter will give a strong peanut butter cookie dough flavor. If you want a little bit more of a neutral flavor, you can use almond butter, cashew butter, coconut butter or any of your favorites.