

Print and cut out recipe label, then tape onto freezer bag with clear shipping tape.

Beach Street Lemon Chicken

Date:

Additional Ingredients:

- Linguine Noodles

Freezer Meal *Prep*

Stove-Top:

1. Allow meal to thaw overnight in the fridge.
2. Over medium-high heat, add thawed contents of freezer bag to a large skillet.
3. Cook until chicken is cooked through and reaches an internal temperature of 165F, about 7-10 minutes.

Slow Cooker:

1. Empty frozen contents of bag into a slow cooker.
2. Cook on low for 3-4 hours, or to an internal temperature of 165F.

Pressure Cooker:

1. Empty frozen contents of bag into a pressure cooker, add 1/4 cup liquid.
2. Turn the pressure to high and cook for 15 minutes, natural pressure release.

Serving Suggestions:

1. Stir in 16 oz of cooked Linguine and top with parmesan cheese and chives.
2. Serve with your favorite non-starchy vegetable or a side salad. Can also serve over rice or quinoa.