

Meals from the Heart

Chicken Alfredo Bake

Servings | 25

Ingredients

4 lbs.	penne pasta
1 1/2 cups	unsalted butter
1/2 cup	flour
1/4 cup	minced garlic
1 gallon	heavy cream
4 tsp.	salt
2 tbsp.	garlic powder
2 tsp.	black pepper
24 oz.	shredded parmesan cheese
24 oz.	shredded mozzarella cheese
8 oz.	cream cheese, softened
4.5 lbs.	chicken breast, cooked and diced

Directions

- Preheat oven to 375° F.
- Prepare pasta per package directions, to the al dente stage (pasta will cook further in the oven, so do not overcook).
- While pasta is cooking, melt butter in large pot over medium heat. Add garlic and flour and cook, stirring frequently, for another 2 minutes.
- Add the garlic powder, salt, pepper, and cream. Stir to combine, and slowly bring sauce to a simmer, stirring frequently.
- Allow sauce to simmer for 10 minutes or so until thickened, stirring frequently to avoid burning or scorching. Once thickened slightly, remove from heat.
- Add in mozzarella, parmesan, and cream cheese and stir to combine and allow cheese to melt. Add additional salt to taste.
- Drain pasta then place back in pot. Pour in sauce and stir to combine. Remove enough pasta mixture to fill an 8"x11" glass baking dish, then mix chicken into pot.
- Put pasta, chicken, and sauce mixture into a large disposable baking pan. Sprinkle with remaining parmesan cheese, and bake for 25-30 minutes, until sauce is bubbly and top begins to brown.



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Vegetarian Alfredo Bake

Servings | 5

Ingredients

8"x11" dish Reserved pasta &
sauce from chicken
alfredo recipe

12 oz. Frozen mixed
vegetables

Directions

- Mix frozen vegetables in with reserved 8"x11" pan of vegetarian alfredo.
- Sprinkle with parmesan cheese, and bake for 25-30 minutes, until sauce is bubbly and top begins to brown.



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Caesar Salad & Garlic Bread

Servings | 25

Ingredients

3 heads	Romaine lettuce
1 bottle	Caesar dressing
1 - 5 oz. package	croutons
2 loaves	pre-packaged garlic bread

Directions

- Chop Romaine lettuce (wash if unwashed). Toss with croutons in a large bowl, and set out with dressing.
- Follow package instructions for heating garlic bread.



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Meals from the Heart

Shopping List

Servings | 30

Please use this grocery list to plan for your meal!

We will supply the following ingredients: oil, flour, butter, salt, pepper, sugar, baking soda/powder, eggs, vinegar (apple cider and balsamic) and all of the spices found in your recipe.

2 loaves	pre-packaged garlic bread
1 - 5 oz. package	seasoned croutons
1 bottle	Caesar dressing
3	romaine lettuce hearts
1 - 12 oz. package	frozen mixed vegetables
About 4.5 lbs.	boneless skinless chicken breast (can be thighs, if group prefers) *Can also purchase pre-cooked, such as packaged Costco Rotisserie Chicken Breast
8 oz.	cream cheese
32 oz.	shredded mozzarella cheese
24 oz.	shredded parmesan cheese
1 gallon (4 qts.)	heavy cream
1 head	garlic
4 lbs.	penne pasta



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