

Meals from the Heart

Citrus Tapenade Chicken and Rice

Servings | 25

Ingredients

8 cups	long grain white rice
≈8 lbs.	boneless skinless chicken thighs or breasts
1 - 14 oz. package	extra-firm tofu, pressed
1 - 16 oz. jar	green olives, pitted (with pimento is ok)
1 bunch	fresh flat leaf parsley, washed and picked
1	orange, zested
1/2 small jar	capers
10 cloves	garlic, peeled and rough chopped
1 can	frozen orange juice concentrate
3/4 cup	olive oil
4 - 12 oz. bags	frozen mixed vegetables

Directions

- Preheat oven to 400°. Bring 13 cups of water to a rolling boil. Measure dry rice into a deep, full-size hotel pan. Once water is boiling, pour into the pan with rice, cover with foil, and bake for 50 minutes.
- Season chicken with salt and pepper, then grill or sauté until cooked (food thermometer inserted into chicken reads 165°F).
- Sauté frozen veg until cooked. Put 3/4 of the vegetables into a large disposable steam tray, and the remainder into an 8"x11" glass baking dish.
- In large food processor, place peeled garlic and run until well minced, then add: washed parsley leaves, capers, olives, frozen orange juice, olive oil, and orange zest. Pulse until processed into tapenade texture—you may need to do this step in batches.
- Cut tofu into half-inch strips. Salt and oil them, then arrange atop the vegetables in the glass dish, topping with a thin layer of tapenade. Bake on the low rack in the oven at 350 until tofu reaches at least 140°F.
- Slice chicken into thirds and place atop veg in the large pan. Spray lightly with oil and cover with tapenade. Place in oven under low broil 5 to 10 minutes; serve.



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Spinach Apple Salad

Servings | 15

Ingredients

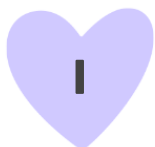
32 oz. fresh baby spinach
3 Gala or Fuji apples,
cored and thinly
sliced
12 oz. crumbled feta
1 red onion, thinly
sliced
12 oz. sliced almonds,
toasted

For dressing:

2 1/3 cups olive oil
1 1/3 cups red wine vinegar
5 cloves garlic, grated or
pressed
1/4 cup +
2 tbsp. Dijon mustard

Directions

- Toast almond slices in a pan over medium heat until fragrant; may be best to do in two batches.
- In a large bowl, whisk all dressing ingredients together until fully incorporated, then season with salt and pepper to taste.
- Serve salad with dry ingredients tossed in and dressing on the side.



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Shopping List

Servings | 25

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.

1 - 5 lb. bag	long grain white rice
1 - 12 oz. bag	sliced almonds
1 - 16 oz. jar	pitted green olives (stuffed with pimento is ok)
≈8 lbs.	boneless, skinless chicken thighs or breasts
1 - 14 oz. package	extra-firm tofu
1 bunch	fresh flat leaf parsley
1	orange
1 head	garlic
4 - 12 oz. bags	frozen mixed vegetables

1 - 12 oz. can	frozen orange juice concentrate
1	red onion
3	Gala or Fuji apples
32 oz.	fresh baby spinach
12 oz.	crumbled feta cheese
1 - 3.5 oz. bottle	capers
1 - 12 oz. bottle	red wine vinegar*
1 bottle	Dijon mustard*

*Feel free to purchase a bottle of dressing instead of making your own!



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