

Meals from the Heart

Baked Chicken & Jackfruit

Servings | 45

Ingredients

For the chicken:

≈12 lbs.	boneless, skinless chicken thighs *OR* pre-cooked chicken
1/4 cup	garlic powder
1/4 cup	Italian seasoning
2 tbsp.	kosher salt
1/2 cup	lemon juice
1/2 cup	extra-virgin olive oil

For the jackfruit:

4 cans	jackfruit, drained well
2 tbsp.	garlic powder
2 tbsp.	onion powder
1 tbsp.	cumin
1 tbsp.	coriander
1/4 cup	nutritional yeast
1/4 cup	extra-virgin olive oil

Directions

- Preheat both ovens to 420°F.
- IF USING RAW CHICKEN: Divide the chicken thighs across two deep full-size hotel pans. Measure dry chicken seasonings into a separate bowl, then split across the two pans of chicken. Divide the olive oil and lemon juice across the two pans, toss well, then place pans in one oven and cook until interior temperature reads 165°, about 25-30 minutes. Remove from oven and set aside. Once cooled enough to handle, slice each thigh into 3 pieces, combine into one pan, then pour 2/3 of the tapenade over the chicken. Set aside.
- IF USING PRE-COOKED CHICKEN: Divide the packages of chicken across two deep full-size hotel pans. Break apart by hand until chicken is in bite-sized chunks, then follow the same seasoning and heating instructions as above.
- Drain all cans of jackfruit, breaking up by hand until it looks shredded. Line a baking sheet with foil, grease with pan spray, then add jackfruit. Combine dry seasonings in a separate bowl, then toss well with the jackfruit and olive oil. Place baking sheet into the vacant oven and bake for 20 minutes. Add to the remaining 1/3 of tapenade and toss well.
- See Rice, Veggies, & Tapenade recipe for final instructions.



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Veggies, Rice, & Citrus Tapenade

Servings | 45

Ingredients

64 oz.	frozen mixed vegetables
16 cups	long-grain white rice, divided
3 bunches	flat-leaf parsley, stems cut off, leaves & tender stems rough-chopped
1 head	fresh garlic, peeled
1	jar capers, undrained
2 cans	frozen orange juice concentrate
2 cups	vegetable stock
3 - 16 oz.	pitted green olives, jars drained
3	oranges, zested and juiced
1 1/2 cups	extra-virgin olive oil

Directions

- Empty frozen vegetables into a full-size half pan, season with 3 tbsp. kosher salt and 2 tbsp. pepper, and place in the oven along with the jackfruit. Bake until veggies are warm; about 20 minutes. Set aside.
- Measure 10 cups of water into one medium pot and 16 cups of water into another (keep track of which is which—yellow tape on lid works great!). Cover both and bring to boil. Measure 6 cups of rice into a half-sized hotel pan, and 10 cups of rice into a full-size hotel pan. When veggies and jackfruit have come out of the oven, add the 10 cups of water to the half-pan and the 16 cups of water to the full-pan (water must be at full boil). Cover each with foil, then place both pans into the vacant oven. Turn temperature down to 400, then set a timer for 50 minutes.
- In the VitaMix blender, combine chopped parsley leaves, garlic cloves, capers (with brine), frozen orange juice concentrate, and vegetable stock; blend well. In large food processor, combine olives, orange juice and zest. Pulse, scraping the sides with a spatula occasionally, until ingredients are well-incorporated. In a large bowl, stir together the contents of the blender and food processor along with the olive oil.
- When the rice is done, set both ovens to broil. Distribute the warmed veggies across the tops of both pans, then spread the chicken over the large pan and the jackfruit over the smaller pan. Place one pan in each oven to warm, about 5 minutes. Serve.



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Shopping List

Servings | 45

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.

≈12 lbs.	boneless, skinless chicken thighs
	OR (recommended)
	Pre-cooked chicken
1 head	fresh garlic
3 each	large oranges
3 bunches	fresh flat-leaf parsley
5 lb. bag	long grain white rice
1 small container	nutritional yeast
3 - 16 oz. jars	green olives (pimento-stuffed is ok)
1 - 3.5 oz. jar	non-pareil capers
2 cans	frozen orange juice concentrate
64 oz.	frozen mixed vegetables

*If you are shopping at Costco, scan this QR code to see a great pre-cooked chicken option—3 packages for this recipe!



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