

Meals from the Heart

Roasted Chicken

Servings | 25

Ingredients

6 lbs.	chicken breast
6 lbs.	chicken drumsticks
As needed	salt
As needed	pepper

Directions

- Preheat two ovens to 435° F.
- Line four baking pans with foil, and place a rack in each. Spray well with cooking oil.
- Pat dry the chicken, and season liberally with salt, pepper, and any other desired seasonings.
- Split the chicken breast between two pans, and the drumsticks between two pans.
- Place pans in the oven; check temperature and rotate pans after 20 minutes.
- Use a meat thermometer to check the chicken temperature—pull the chicken out when it reaches 165° F.



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Marinated Portobello Mushrooms

Servings | 8

Ingredients

8	large portobello mushrooms, stems removed and wiped clean
1/2 cup	balsamic vinegar
2 tbsp.	olive oil
2 tbsp.	soy sauce
2 tbsp.	fresh rosemary, chopped
2 tsp.	garlic powder
1 tsp.	black pepper

Directions

- In a bowl large enough to fit all eight mushrooms, whisk together the vinegar, olive oil, soy sauce, rosemary, garlic powder, and black pepper. Add mushrooms and toss to coat.
- Let sit for at least 10 minutes and up to half an hour, tossing every few minutes for even marination.
- These mushrooms can be cooked in a variety of ways: grilled, sauteed, roasted—though we recommend grilling!

To Grill:

- Once the mushrooms are marinating, turn the grill on to high and allow to heat up for at least 10 minutes.
- Remove the mushrooms from the bowl, shaking off excess marinade back into the bowl, then place on the grill.
- While cooking, brush the mushrooms with marinade every minute or so. Cook on one side for 3-4 minutes, then flip and continue grilling for another 3-4 minutes, or until mushrooms are tender and well-browned.



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Parsley Buttered Potatoes

Servings | 30

Ingredients

9 lb.	new or yellow potatoes
1 tbsp.	salt
2/3 cup	butter or margarine
1/2 cup	fresh parsley, chopped

Directions

- Wash and peel potatoes.
- Cut potatoes into 1 1/2 inch cubes or leave whole. If whole potatoes, cut as necessary to be of uniform size.
- Sprinkle with salt. If boiling the potatoes, add salt to the cooking water.
- Steam or boil until tender.
- Distribute butter/margarine uniformly over cooked potatoes.
- Sprinkle with parsley.



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Basic Mixed Green Salad

Servings | 25

Ingredients

3 heads	lettuce
1 pint	cherry tomatoes, halved
1	cucumber, sliced
1 bottle	salad dressing of choice

Directions

- Wash lettuce. Cut or tear lettuce into bite-size pieces.
- Add tomatoes to lettuce.
- Serve the dressing on the side.



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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.

3 heads	lettuce (romaine, green leaf, iceberg, bibb, red leaf, or 1 large tub of mix)
1 pint	cherry tomatoes
8	large portobello mushrooms
1	cucumber
1 bottle	dressing of choice
6 lbs.	chicken breast
6 lbs.	chicken drumsticks
9 lbs.	new or yellow potatoes
1 bunch	fresh parsley, chopped
2 sprigs	fresh rosemary



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