

Meals from the Heart

Baked Chicken Breast

Servings | 25

Ingredients

10 lbs.	boneless skinless chicken breasts
As needed	vegetable oil
As needed	salt
As needed	ground pepper

Please feel free to season as desired!

Seasoning suggestions:

- garlic powder
- basil
- parsley
- lemon

Directions

- Pre-heat the oven to 400 degrees.
- Season the chicken as desired. Place chicken in a steam tray or other baking dish.
- Once the oven is pre-heated, bake the chicken for 20–25 minutes or until the internal temperature is 165 degrees F.



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Roasted Vegetable Quesadillas

Servings | 30

Ingredients

4 tbsp.	vegetable oil
4 tsp.	garlic powder
1 1/2 cups	frozen corn
1	medium yellow onion, chopped
1	red bell pepper, cored, seeded, and chopped
40	6-inch flour tortillas
40 oz.	shredded Colby Jack or cheddar cheese

Recommended Toppings:

- Guacamole
- Salsa
- Sour cream

Directions

- Heat oil in a frying pan or on a griddle on medium heat.
- Sauté corn, peppers, and onions until the onions are translucent and the bell peppers are tender.
- Put aside.
- Place tortillas flat in a skillet.
- Distribute cheese evenly between the tortillas on one side. Add the corn-pepper blend to half of them. Make half just cheese and half with the roasted veggies.
- Cook until the cheese begins to melt and tortilla is soft.
- Fold empty half of tortilla over filled half, pressing slightly with a spatula. Turn and grill until slightly brown.
- Serve in a steam tray with toppings on the side.

Oven Instructions

- If your group prefers, you may also prepare the quesadillas in the oven. In this case:
- Preheat the oven to 400°.
- Using large metal baking pans, lay as many tortillas as possible out per pan without overlapping, and layer with cheese and veggies as described above.
- When cheese is melted and tortilla is beginning to brown, fold and slice quesadilla and hold warm in a steam tray.



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Quinoa Black Bean Salad

Servings | 25

Ingredients

3 cups	quinoa
2 - 15 oz. cans	black beans, drained and rinsed
Juice of 1 lime	
2	yellow bell peppers, diced
1/2 bunch	fresh cilantro, chopped
1	red onion
3 tbsp	soy sauce
1/4 cup	sherry vinegar
3 tbsp.	olive oil

Directions

- Rinse quinoa very well, changing water several times until it no longer feels “soapy”. Bring to boil 3 cups quinoa and 6 1/4 c water, 3 tbsp salt and 2 tbsp. olive oil. Reduce heat to low and simmer 18 minutes or until done. Place in full tray to dry/cool.
- Small dice all veg. Mix remaining ingredients with quinoa. Taste to adjust salt and spice.



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Shopping List

Servings | 35

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.

10 lbs	boneless skinless chicken breasts	Recommended toppings:
1 - 12 oz. bag	frozen corn	Guacamole
1	medium yellow onion	Sour Cream
1	small red onion	Salsa
1	red bell peppers	Additional limes
2	yellow bell peppers	Any desired chicken seasonings/
1	lime	
1 bunch	fresh cilantro	
40	6-inch flour tortillas	
40 oz.	shredded Colby Jack or cheddar cheese	
3 cups	dry quinoa	
1 - 10 oz. bottle	soy sauce	
1 small bottle	sherry vinegar	
2 - 15 oz. cans	black beans	



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