

Meals from the Heart

Baked Chicken

Servings | 40

Ingredients

≈12 lbs.	boneless, skinless chicken breasts or thighs, *OR* pre-cooked chicken
1/4 cup	canola oil
3 tbsp.	kosher salt
2 tbsp.	ground black pepper
2 tbsp.	garlic powder
2 tbsp.	onion powder
2 tbsp.	mild chili powder
1 tbsp.	smoked paprika
Juice of 2 lemons	
2 cups	chicken broth

Directions

- Pre-heat the oven to 420°F.
- With gloves on, cut the raw chicken into strips.
- *If using pre-cooked chicken* - With gloves on, open packages of chicken and break apart the bigger chunks by hand.
- Split chicken across two shallow full-size hotel pans and toss with oil. Mix seasonings together in a bowl, then sprinkle over both pans of chicken along with the lemon juice and 1 cup of chicken broth per pan.
- Once the oven is pre-heated, bake the chicken for twenty minutes. Toss chicken with a spatula, then bake until a food thermometer inserted into a thicker piece reads 165 degrees F.
- Combine the chicken into one pan, then serve separately from the quesadillas.



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Quesadillas

Servings | 40

Ingredients

1 cup	canola oil
12 oz.	frozen corn
1	medium yellow onion, chopped
2	red bell peppers, chopped
2 tbsp .	garlic powder
1 tbsp.	onion powder
1 tbsp.	mild chili powder
1 tbsp.	salt
1 tbsp.	black pepper
40 ea	6-inch flour tortillas
64 oz. needed)	Colby jack, cheddar, (as or blended shredded cheese

Recommended toppings:

- guacamole
- salsa
- sour cream

Directions

- You will be making 10 roasted vegetable quesadillas and 30 cheese quesadillas!
- Preheat oven to 375° F.
- Sauté corn, peppers, onions, and seasonings until the onions are translucent and the bell peppers are tender; set aside.
- Lay half the tortillas out on greased baking sheets.
- Distribute cheese evenly between the tortillas and add the corn-pepper blend. (You can make some with just cheese and some with the vegetables).
- Top filled tortillas with additional tortillas.
- Bake 10 minutes and flip. Bake an additional 10 to 15 minutes.
- Serve in a steam tray with toppings on the side.



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Meals from the Heart

Quinoa Black Bean Salad

Servings | 40

Ingredients

36 oz.	quinoa
12 1/2 cups	water
3 tbsp.	salt
1/2 cup	extra-virgin olive oil, divided
2	limes, zested and juiced
1/2 cup	soy sauce
1 cup	sherry vinegar
6 - 15.5 oz. cans	black beans, drained & rinsed
6	yellow bell peppers, chopped
1 bunch	fresh cilantro, chopped
1	red onion, minced

Directions

- Rinse quinoa very well, changing water several times until it no longer feels “soapy”. In a large pot, bring the quinoa, water, salt, and 1/4 cup olive oil to a boil, stirring occasionally. Once boiling, reduce heat to low and simmer until grains are tender but not mushy; around 15 minutes.
- Place in full-size hotel pan to dry and cool.
- Meanwhile, prepare the dressing. In a small bowl, stir together the lime zest, lime juice, soy sauce, and sherry vinegar.
- Add the dressing, prepared veggies, and beans to the quinoa, and mix well. Taste to adjust salt and spice. Transfer to a serving bowl.



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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
breast or thighs

***OR* (recommended)**

Pre-cooked chicken

12 oz. frozen corn

1 red onion

2 red bell peppers

6 yellow bell peppers

2 ea limes

2 ea lemons

1 bunch fresh cilantro

At least 40
ea flour tortillas, 6-inch

64 oz. shredded Colby jack
cheese or cheddar

About 36 oz. dry quinoa

6 - 15.5 oz.
cans black beans

Recommended toppings:

- guacamole
- sour cream
- salsa

*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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