

Chicken & Quinoa Burrito Bowls

Active Time: 15 minutes Total Time: 20 minutes

2 cups water
1 cup quinoa
2 tablespoons **Magic Chicken™ Taco Seasoning Blend**
2 cups prepared shredded *Magic Taco Chicken*, thawed, if frozen
1 (15 ounce) can no salt added pinto or black beans, rinsed and drained, optional
1 (8 ounce) can Mexican-style corn, drained
Toppings such as shredded cheese, shredded lettuce, diced tomatoes, diced onions, chopped avocados, sour cream

1. In medium saucepan over high heat, bring water to a boil. Add quinoa and **Magic Chicken Taco Seasoning Blend**. Reduce heat, cover and simmer 15 minutes.
2. Stir in chicken, beans and corn. Cook 3-4 minutes or until liquid is absorbed.
3. Divide quinoa between 2 dinner bowls. Serve with desired toppings.

Makes 6 servings.

NUTRITION PER SERVING: (does not include toppings)

Calories: 270 **Fat:** 4.5g **Sodium:** 780mg **Carbs:** 32g **Fiber:** 5g **Sugar:** 2g **Protein:** 23g

Southwestern Pasta Salad

Active Time: 30 minutes Total Time: 30 minutes

8 ounces gemelli pasta or other short cut pasta (penne, rotini)
2/3 cup thick and chunky salsa
1/4 cup sour cream
3 tablespoons **Magic Chicken™ Taco Seasoning Blend**
1 (15 ounce) can no salt added black beans, rinsed and drained
1 1/2 cups frozen fire-roasted corn, thawed
1 (10.5 ounce) container grape tomatoes, halved (about 2 cups)
2 ripe avocados, pitted, peeled and chopped
1 cup shredded Cheddar cheese

1. Prepare pasta according to package directions until al dente; rinse with cold water.
2. In large bowl, combine salsa, sour cream and **Magic Chicken Taco Seasoning Blend**. Stir in pasta and remaining ingredients.
3. Serve immediately or refrigerate until ready to serve (pasta will absorb dressing as it stands).

Makes 8 servings.

Did You Know: Gemelli pasta is created by twisting two short pasta strands together into a tight spiral shape. This pasta is excellent for salads as it does not get soggy by absorbing too much of the dressing. If you can't find gemelli, penne or rotini are an acceptable substitution.

NUTRITION PER SERVING:

Calories: 250 **Fat:** 6g **Sodium:** 630mg **Carbs:** 38g **Fiber:** 4g **Sugar:** 4g **Protein:** 11g

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magic chicken™
recipes
taco

Chicken Taco Quesadillas

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Magic Taco Chicken

Active Time: 10 minutes Total Time: 5-7 hours

4 pounds boneless skinless chicken breasts and/or thighs
2 cups water or no/low sodium chicken broth
8 tablespoons (about 2 capfuls) **Magic Chicken™**

Taco Seasoning Blend

1. In a 4-quart or larger slow cooker, combine all ingredients, sprinkling each layer of chicken with seasoning.
2. Cook on LOW 5-7 hours.
3. Chop or shred chicken; toss with liquid in slow cooker. Divide among 4 (1-quart) freezer bags (2 cups per bag). Freeze, if desired.

Makes 4 (2-cup) portions or 16 servings.

Serving Suggestions: Thaw prepared chicken and use for included recipes or any of your favorite Tex-Mex dishes such as burritos, tacos, quesadillas, casseroles, salads, nachos ... the uses are endless.

Electric Pressure Cooker Directions: Prepare step 1 in 6-quart or larger electric pressure cooker. Cook 15 minutes on pressure cooker setting. Let stand 10 minutes before releasing pressure. Continue with step 3.

**Always follow manufacturers directions for proper use for your specific electric pressure cooker.*

NUTRITION PER SERVING:

Calories: 140 Fat: 4g Sodium: 460mg Carbs: 0g Fiber: 0g Sugar: 0g Protein: 24g

Chicken Enchilada Casserole

Active Time: 20 minutes Total Time: 45 minutes

1 (15 ounce) can + 1 (8 ounce) can no salt added tomato sauce
4 tablespoons **Magic Chicken™** Taco Seasoning Blend
18 (6-inch) corn tortillas
2 cups prepared shredded *Magic Taco Chicken*, thawed, if frozen
1 (15 ounce) can no salt added black beans, rinsed and drained, optional
2 cups shredded Cheddar cheese
Toppings such as salsa, sour cream, shredded lettuce, chopped tomatoes, sliced green onions, sliced black olives

1. Preheat oven to 375°F. In medium bowl, combine tomato sauce and **Magic Chicken Taco Seasoning Blend**. Spread ½ cup over the bottom of a greased 13x9-inch baking dish.
2. Layer 6 tortillas, half the chicken, half the beans, one-third sauce and ½ cup cheese. Repeat layers ending with 6 tortillas, remaining sauce and remaining 1 cup cheese.
3. Bake 20-25 minutes or until bubbly and cheese is golden brown. Serve with desired toppings.

Makes 6 servings.

NUTRITION PER SERVING: (does not include toppings)

Calories: 460 Fat: 15g Sodium: 1,280mg Carbs: 46g Fiber: 9g Sugar: 4g Protein: 32g

*Make a batch now
for easy
dinners later.*



1 Make It
Combine chicken, water and seasoning blend. Slow cook for 5-7 hours.



2 Freeze It
Chop or shred cooked chicken, and divide into 2-cup portions for easy use.



3 Use It
Make dinner in a snap with your prepared chicken.

Chicken Taco Quesadillas

*Featured
on the cover*

Active Time: 25 minutes Total Time: 25 minutes

1 tablespoon vegetable oil
1 poblano pepper or green bell pepper, thinly sliced
1 small onion, thinly sliced
2 cups prepared shredded *Magic Taco Chicken*, thawed, if frozen
4 burrito-style flour tortillas
1 cup shredded Monterey Jack cheese
Toppings such as sour cream, shredded lettuce, chopped tomatoes, sliced green onions

1. In large skillet, heat oil over medium-high heat. Add peppers and onions; sauté until softened and lightly browned, about 4-5 minutes. Stir in shredded chicken. Continue cooking until heated through.
2. Remove chicken and veggies from skillet; wipe out skillet. Keep skillet on medium-high heat. Divide chicken mixture among tortillas. Top with cheese. Fold tortillas in half. Place in skillet, one or two at a time. Cook until golden brown on both sides, about 4-5 minutes.
3. Cut tortillas into 3 or 4 wedges each. Serve with desired toppings.

Makes 4 servings.

NUTRITION PER SERVING: (does not include toppings)

Calories: 410 Fat: 19g Sodium: 960mg Carbs: 25g Fiber: <1g Sugar: 2g Protein: 33g

Jicama Slaw

Say "HICK - ah - muh!"

Active Time: 15 minutes Total Time: 15 minutes

3 cups peeled and shredded jicama (about 1 small)
1 cup shredded carrots
1 cup finely sliced kale (about 1 medium leaf, rib removed)
1 cup shredded red cabbage
1 fresh jalapeño pepper, finely sliced
1 (11 ounce) can mandarin oranges, drained
1 bunch fresh cilantro, chopped
¼ cup olive oil
¼ cup apple cider vinegar
1½ tablespoons **Magic Chicken™** Taco Seasoning Blend
1 tablespoon honey

1. In large mixing bowl, combine all ingredients.
2. Toss to coat; salt and pepper as desired.

Makes 6 servings.

Serving Suggestion: Serve as a side dish or over shredded *Magic Chicken* tacos.

NUTRITION PER SERVING:

Calories: 170 Fat: 9g Sodium: 280mg Carbs: 20g Fiber: 5g Sugar: 13g Protein: 1g

*so
versatile!*