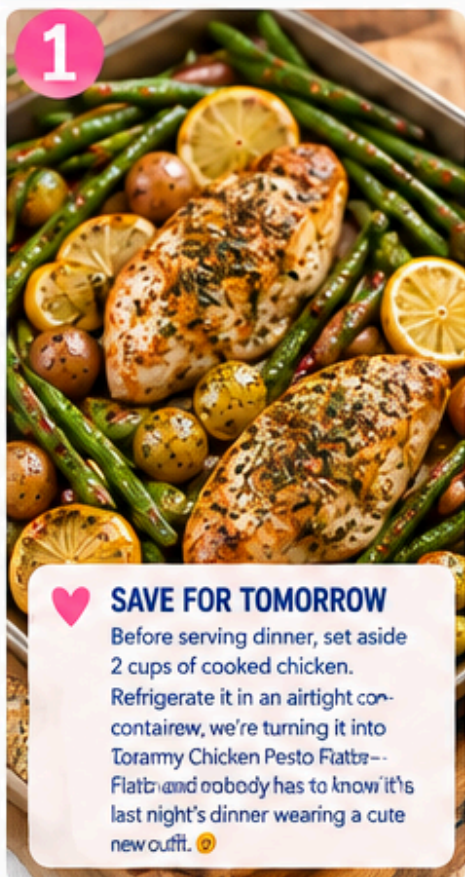


Cook Once, Eat Twice ♥

ONE INGREDIENT.
TWO DINNERS.
LESS WORK. ♥



1

Garlic-Herb Roasted Chicken with Baby Potatoes & Green Beans



SERVES: 4

TONIGHT + CHICKEN FOR TOMORROW



PREP TIME: 15 MINUTES



COOK TIME: 30-35 MINUTES

INGREDIENTS

- 3 lbs boneless, skinless chicken breasts
- 1 1/2 lbs baby potatoes, halved
- 12 oz fresh green beans, trimmed
- 3 tablespoons olive oil, divided
- 3 cloves garlic, minced
- 1 teaspoon dried Italian seasoning
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika
- 1 lemon

DIRECTIONS

1. Preheat oven to 425°F.
2. Toss potatoes with 1 tbsp olive oil and 1/4 tsp salt. Arrange on a large sheet pan and roast for 10 minutes.
3. Combine remaining olive oil, garlic, Italian seasoning, 1/4 tsp salt, pepper and paprika.
4. Brush chicken with herb mixture and add to sheet pan with potatoes.
5. Roast for 15 minutes.
6. Add green beans, tossing with remaining 1/4 tsp salt and a little of the oil.
7. Continue roasting for 10-15 minutes, until chicken reaches 165°F and veggies are tender.
8. Finish with fresh lemon juice.



SAVE FOR TOMORROW

Before serving dinner, set aside 2 cups of cooked chicken. Refrigerate it in an airtight container, we're turning it into Toramy Chicken Pesto Flatbreads-- Flatbreads and nobody has to know it's last night's dinner wearing a cute new outfit. 😊

← ♥ TONIGHT'S DINNER → TOMORROW'S HEAD START ♥ →



2

Creamy Chicken Pesto Flatbreads

SERVES: 4



PREP TIME: 10 MINUTES



COOK TIME: 10-12 MINUTES

INGREDIENTS

- 2 cups reserved chicken, chopped or shredded
- 4 individual naan or flatbreads
- 1/2 cup basil pesto
- 1/4 cup softened cream cheese
- 1 1/2 cups shredded mozzarella
- 1 cup cherry tomatoes, halved
- 2 tbsp grated Parmesan
- Fresh basil, optional

DIRECTIONS

1. Preheat oven to 425°F.
2. Place flatbreads on a large sheet pan.
3. Stir together pesto and cream cheese.
4. Spread mixture over each flatbread.
5. Top with chicken, tomatoes and mozzarella.
6. Sprinkle with Parmesan.
7. Bake for 10-12 minutes, until cheese is melted and edges are crisp.
8. Top with fresh basil, if desired.

Serve with a simple green salad, fresh fruit or whatever vegetables are hanging out in the refrigerator.

MAKE IT EASIER ♥
Helpful tools for both nights!



MODULAR SHEET PANS WORKS BOTH NIGHTS

Gives the chicken and vegetables room to roast instam. Night two, the same pan takes your flatbreads straight into the oven.



INSTANT-READ FOOD THERMOMETER

No guessing whether dinner is done. Check the thickest portion for 165°F (chicken) without overcooking.



GARLIC PRESS

Fresh garlic without stopping to peel and finely mince cloves. It even handles unpeeled cloves!



PIZZA & CRUST CUTTER

Once those flatbreads are bubbly and crisp, portion them quickly and easily.

ONE INGREDIENT.
TWO DINNERS.
LESS WORK. ♥



The food brings us to the table. The people are what make us want to stay.

Cook Once, Eat Twice ♥

ONE INGREDIENT.
TWO DINNERS.
LESS WORK. ♥



1

Maple-Dijon Pork Tenderloin with Sweet Potatoes & Broccoli

🕒 SERVES: 4 TONIGHT + PORK FOR TOMORROW
🕒 PREP TIME: 15 MINUTES 🕒 COOK TIME: 25-30 MINUTES

INGREDIENTS

- 2 pork tenderloins, about 1-1½ lbs each
- 2 medium sweet potatoes, peeled and cut into ¾-inch cubes
- 4 cups broccoli, florets
- 2 tbsp Dijon mustard
- 2 tbsp pure maple syrup
- 1 tbsp apple cider vinegar
- 1 clove garlic, minced
- 1 tsp kosher salt, divided
- ½ tsp black pepper

DIRECTIONS

1. Preheat oven to 425°F.
2. Toss sweet potatoes with 1 tbsp olive oil and ½ tsp salt.
3. Spread on a large sheet pan and roast for 10 minutes.
4. Whisk together mustard, maple syrup, vinegar, garlic, ½ tsp salt and pepper.
5. Brush pork with maple-Dijon mixture.
6. Add pork to sheet pan and roast for 10 minutes.
7. Add broccoli, tossing with remaining olive oil and ½ tsp salt.
8. Continue roasting for 12-15 minutes until olive oil and reaches 145°F.
9. Let pork rest at least 3 minutes before slicing.

♥ SAVE FOR TOMORROW

Before serving, set aside about 12 oz cooked pork for tomorrow's fried rice. And while dinner cooks, prepare 3 cups cooked rice. Spread it on a shallow dish to cool, then refrigerate it overnight. *already halfway done!*

← ♥ COOK ONCE TODAY → GET A HEAD START ON TOMORROW ♥ →



2

Pork & Pineapple Fried Rice

🕒 SERVES: 4 🕒 PREP TIME: 10 MINUTES 🕒 COOK TIME: 10-12 MINUTES

INGREDIENTS

- 12 oz reserved pork, diced
- 3 cups cold cooked rice
- 1 tbsp neutral cooking oil
- 2 eggs, lightly beaten
- 1 ½ cups frozen peas and carrots
- 1 cup pineapple chunks, drained
- 3 green onions, sliced
- 3 tbsp low-sodium soy sauce
- ½ tsp garlic sesame oil

DIRECTIONS

1. Heat a large skillet over medium-high heat; add half the oil.
2. Add eggs; scramble until cooked. Transfer to a plate.
3. Add remaining oil and peas and carrots; cook 2-3 minutes.
4. Add rice; cook 2-3 minutes, stirring occasionally.
5. Add pork, pineapple, soy sauce, sesame oil and garlic.
6. Toss and cook until heated through.
7. Fold in eggs and most of the green onions.
8. Top with remaining green onions and serve.

MAKE IT EASIER ♥
Helpful tools for both nights!



MODULAR SHEET PANS

Roast the pork, sweet potatoes, and broccoli together while keeping cleanup manageable.



CHEF'S SILICONE BASTING BRUSH

Gets that maple-Dijon glaze evenly over the pork without washing the good stuff.

12" BRILLIANCE™ WEEKNIGHT SKILLET

Plenty of room to toss rice, veggies, pineapple, egg and pork without overcrowding.

SILICONE SCOOP & SERVE SPATULA

Stir, fold and take dinner straight from skillet to plate.

YOU DIDN'T SERVE LEFTOVERS.
YOU USED YESTERDAY'S WORK
TO MAKE TODAY EASIER. ♥