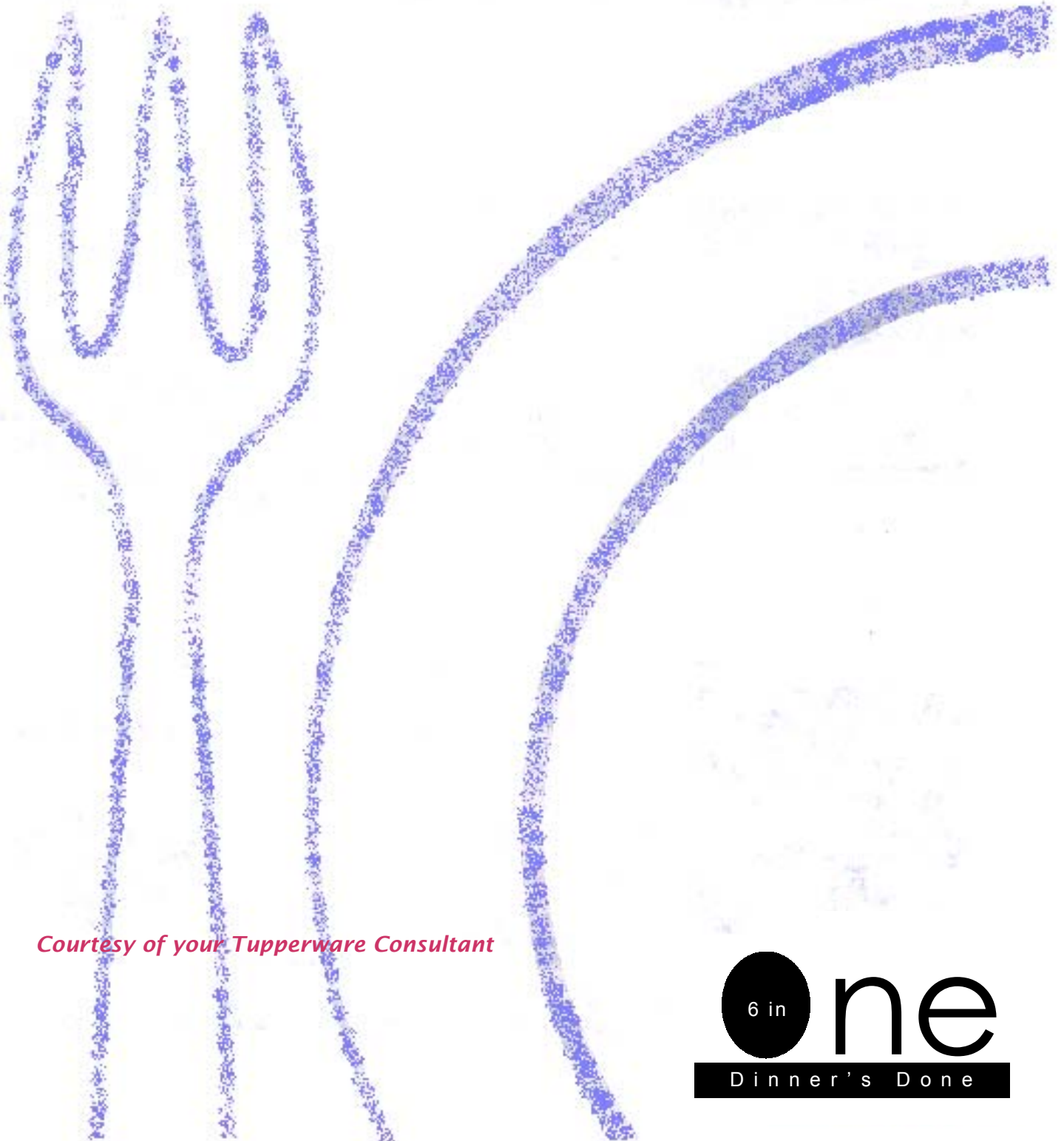


Tupperware®

*Recipes and Grocery List  
Chicken Mix*



*Courtesy of your Tupperware Consultant*





## Hearty Main Dish Chicken Salad

1/6 Chicken Mix recipe  
 1 Head Romaine Lettuce, torn  
 1 cup Everything in One Salad Dressing  
 1/4 cup Parmesan Cheese  
 Everything in One Salad Dressing  
 1 (8 oz.) bottle of Lite Italian Dressing  
 or favorite dressing

Assorted chopped or slice vegetables, Vegetable Suggestions: Celery, Onions, carrots, Mushrooms, Green, Red and Yellow Bell peppers, Artichoke Hearts, Tomatoes, black and Green Olives, Broccoli, Cauliflower, etc.

*Mix all desired solid ingredients and place in bowl to within 1 inch of top. Add salad dressing. Marinate until serving time. Place chicken mix into 3 Qt. TupperWave casserole and microwave at 50% power for 5-8 minutes or until hot. Place lettuce on plates and top with chicken mix and 1 cup of Everything in One Salad Dressing. Sprinkle with Parmesan cheese. Serve immediately. You can substitute Romaine for Spinach or any other type of lettuce.*

**Amount Per Serving: Calorie information will vary according to different added ingredients**  
 Makes 4 servings



## Candied Chicken

1/6 Chicken Mix recipe  
 3/4 cup Maple Syrup  
 1/3 cup Catsup  
 1/3 cup White Vinegar  
 Rice

**Conventional Directions:** Place chicken mix in bottom of skillet. Mix remaining ingredients and pour over chicken. Heat on stove top at medium-high heat for 15-20 minutes or until very hot. Serve over cooked rice, or may be served with potatoes, pasta or beans.

**Microwave Directions:** Place chicken mix in bottom of 3 Qt. TupperWave Casserole. Mix remaining ingredients and pour over chicken. Microwave at 100% power for 5-15 minutes or until very hot. Serve over cooked rice, or may be served with potatoes, pasta or beans.

**Amount Per Serving:** 332 Calories 28 Calories from Fat  
**Percent Total Calories From:** 8% Fat 35% Protein 56% Carb.  
 Makes 4 servings



## Chicken with Dressing and Vegetables

1/6 Chicken Mix recipe  
 1 (10 oz.) pkg. frozen Vegetables, defrosted  
 1 (10 3/4 oz.) can low sodium,  
 low fat Cream of Mushroom Soup  
 1 (6 oz.) pkg. Cornbread Stuffing Mix  
 1/2 cup Skim Milk

**Conventional Directions:** Place chicken mix in bottom of baking dish. Mix soup, milk and vegetables. Place into 1 3/4 Qt. TupperWave Casserole and microwave at 100% power for 4-5 minutes or until warm. Spread mixture over chicken mix and sprinkle with 1/2 of seasonings for stuffing. Prepare stuffing mix following package directions and spoon over layers. Bake at 450 degrees for 15-20 minutes or until very hot throughout.

**Microwave Directions:** Place chicken mix in bottom of 3 Qt. TupperWave Casserole. Follow conventional recipe, but microwave at 100% power for 10-15 minutes or until very hot throughout.

**Amount Per Serving:** 413 Calories 57 Calories from Fat  
**Percent Total Calories From:** 14% Fat 36% Protein 50% Carb.  
 Makes 4 servings



## Orange Chicken Delight

1/6 Chicken Mix recipe                      1 tbsp. Soy Sauce  
 1 (10 3/4 oz.) can Mandarin            1/4 tsp. Dry Mustard  
     Orange Sections, drained            1 tbsp. Cornstarch  
 1/4 tsp. Garlic Powder                      Rice  
 1/3 cup Orange Juice                      Salt and Pepper (optional)

**Conventional Directions:** Place chicken mix in bottom of baking dish, arranging so chicken is on top. Top with mandarin oranges. Mix orange juice, soy sauce, garlic, dry mustard, cornstarch, salt and pepper in Quick Shake. Pour over chicken mixture. Place in 375-400 degree preheated oven for 15-20 minutes or until very hot. Serve with cooked rice.

**Microwave Directions:** Place chicken mix in bottom of 3 Qt. TupperWave Casserole, arranging so chicken is on top. Top with oranges. Mix orange juice, soy sauce, garlic, dry mustard, cornstarch, salt and pepper in Quick Shake. Pour over chicken mixture. Microwave at 100% power for 5-15 minutes or until very hot. Serve with cooked rice.

**Amount Per Serving:**                      **212 Calories**                      **30 Calories from Fat**  
**Percent Total Calories From:**            **14% Fat**                      **55% Protein**                      **31% Carb.**  
 Makes 4 servings



## Mexican Chicken

1/6 Chicken Mix recipe  
 1 (10 3/4 oz.) can low sodium,  
     low fat Cream of Chicken Soup  
 3/4 cup grated lowfat Cheddar Cheese  
 1 (10 oz.) can dice Tomatoes and Green Chilies  
 3 cups Tortilla Chips

**Conventional Directions:** Mix soup and tomatoes in 3 Qt. TupperWave Casserole and microwave at 100% power for 4-5 minutes. Stir in chicken mix. In oven casserole layer chips, cheese, and chicken mix. Repeat and top with remaining chips. Place into 425 degree oven for 15 minutes or until very hot.

**Microwave Directions:** Mix soup and tomatoes in 1 3/4 Qt. TupperWave Casserole. Stir in chicken mix. In 3 Qt. TupperWave Casserole layer chips, cheese, and chicken mix. Repeat and top with remaining chips. Microwave at 100% power, uncovered, for 8-15 minutes or until very hot.

**Amount Per Serving:**                      **440 Calories**                      **166 Calories from Fat**  
**Percent Total Calories From:**            **38% Fat**                      **34% Protein**                      **28% Carb.**  
 Makes 4 servings



## Chicken Marinara

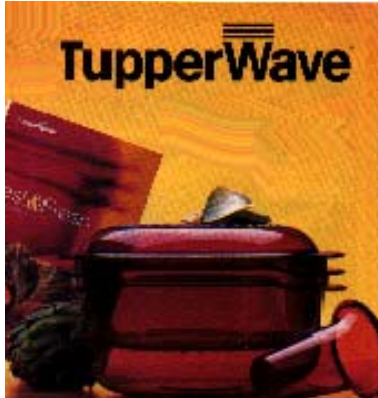
1/6 Chicken Mix recipe  
 2 tsp. dried Basil, crumbled  
 1 (16 oz.) can diced Tomatoes  
 1 (6 oz.) can Tomato Paste  
 1 Garlic Clove, minced  
 1/4 cup Red Wine (optional)  
 1 tbsp. Sugar  
     Pasta  
     Salt and Pepper (optional)

**Conventional Directions:** Place chicken mix into skillet. Blend in tomatoes, paste, wine, sugar, basil, garlic, salt and pepper. Heat on stove top at medium-high heat for 15-20 minutes or until very hot. Serve with pasta ad parmesan cheese.

**Microwave Directions:** Place chicken mix into 3 Qt. TupperWave Casserole. Blend in tomatoes, paste, wine, sugar, basil, garlic, salt and pepper. Microwave at 100% power for 510-15 minutes or until very hot. Serve with pasta ad parmesan cheese.

**Amount Per Serving:**                      **228 Calories**                      **31 Calories from Fat**  
**Percent Total Calories From:**            **13% Fat**                      **54% Protein**                      **33% Carb.**  
 Makes 4 servings

# Recipe Mix



## Chicken Mix

- 6 lbs. skinless, boneless Chicken Breast Tenders
- ¼ cup fresh Parsley, chopped
- ½ lb. Celery (about 2 cups chopped)
- ½ lb. Onions (about 2 cups chopped)
- ½ lb. Carrots (about 2 cups chopped)
- 1½ tsp. dried Basil
- Salt & Pepper (optional)

*Place about 2 lbs. of chicken tenders with 1/3 of vegetable mixture into 3 Qt. Tupperwave Casserole and microwave, covered, at 100% power for 6-8 minutes. Stir and rearrange. Microwave an additional 5-10 minutes or until chicken is thoroughly done and juices run clear. Set aside and repeat procedure until all the chicken is cooked. This basic mixture makes 6 main dish recipes which will serve 4 people.*

**Amount Per Serving:** 153 Calories 30 Calories from Fat  
**Percent Total calories From:** 19% Fat 75% Protein  
Makes 24 servings

# Grocery List

- 6 lbs. skinless, boneless Chicken Breast Tenders
- 1/2 lb. Carrots (about 2 cups chopped)
- 1/2 lb. Celery (about 2 cups chopped)
- 1/2 lb. Onions (about 2 cups chopped)
- 1 head Romaine Lettuce or other type of lettuce
- 1 (10 3/4 oz.) can low sodium, low fat Cream of Chicken Soup
- 1 (10 3/4 oz.) can low sodium, low fat Cream of Mushroom Soup
- 1 (10 3/4 oz.) can Mandarin Orange Sections
- 1 (10 oz.) can diced Tomatoes and Green Chilies
- 1 (16 oz.) can diced Tomatoes
- 1 (6 oz.) can Tomato Paste
- 1 (10 oz.) pkg. frozen Vegetable
- 1 (6 oz.) pkg. Cornbread Stuffing Mix

- 3/4 cup grated lowfat Cheddar Cheese
- 1/4 cup Parmesan Cheese
- 3 cups Tortilla Chips
- 1 (8 oz.) bottle Lite Italian Dressing or favorite Salad Dressing
- 1/3 cup Orange Juice
- 1/2 cup Skim Milk
- 3/4 cup Maple Syrup
- 1/3 cup White Vinegar
- 1 Garlic Clove
- 1 tbsp. Sugar
- 1/4 cup Red Wine (optional)
- 1/4 cup Parsley
- Assorted Vegetables (green, red, and yellow bell peppers, tomatoes, celery, onion, carrots, broccoli, cauliflower, etc.)
- See Everything in One Salad Dressing

- Catsup
- Soy Sauce
- Rice (for 2 recipes - 8 servings)
- Pasta (for 1 recipe - 4 servings)
- Garlic Powder
- Basil
- Dry Mustard
- Cornstarch
- Salt
- Pepper

# Helpful Tips

- Always check food at shortest time and add more if needed.
- Defrost meat portions if needed before assembling dishes.
- Salt and Pepper to taste.
- Increase or decrease seasonings according to taste.
- Reduce microwave power to 70% and cook a bit longer if time allows.