

Roasted Stuffed Chicken, Gluten Free



Prep Time:	10 min.	Cook Time:	35 min.
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Description: Roasted stuffed chicken with garlic cream sauce. Featuring *Stouffer's*® Spinach & Artichoke dip.

Ingredients	Measure
Chicken breast fillet, raw, boneless, skinless	1 lb.
Cream cheese	3/4 cup
<i>Stouffer's</i> Spinach & Artichoke Dip	1/3 cup
Virgin Olive oil	2 Tbsp.
Cream, heavy whipping	1 cup
<i>Minor's</i>® Roasted Garlic Flavor Concentrate Gluten Free	2 tsp.
Basil, fresh, julienne	2 Tbsp.

Procedure:

1.	With a meat mallet, pound the chicken breasts to a ¼" – ½" thickness. Keep cold.
2.	Combine the cream cheese, <i>Stouffer's</i> Spinach & Artichoke Dip and parmesan cheese.
3.	With the breast side down, fill each piece of chicken with the cream cheese mixture in the middle portion of the breast.
4.	Fold all sides together to keep closed; use a toothpick if necessary to keep the pocket tight. Season with salt and pepper.
5.	Heat a sauce pan and add the olive oil; once hot add both chicken breasts and sear both sides until browned.
6.	Place pan into a 350°F conventional oven and continue to cook until the internal temperature reaches 160°F.
7.	Meanwhile, heat and reduce the heavy cream by half; add the <i>Minor's</i> ® Roasted Garlic Flavor Concentrate. Finish by adding the fresh basil.
8.	Once chicken is cooked, allow to rest for 3-4 minutes. Either slice the chicken or serve the whole on a plate. Top with the garlic cream sauce and serve immediately.

Nutrient Information:

	Calculated Nutrients per servings at 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	333 kcal	128 kcal
	1,392 kj	534 kj
Protein (g)	20 g	7 g
Fats, total (g)	20 g	8 g
Carbohydrate, total (g)	18 g	7 g
Sugars, total (g)	1 g	0 g
Fats, saturated (g)	5 g	2 g
Fiber, total dietary (g)	1 g	1 g
Sodium (mg)	733 mg	281 mg
Calcium (mg)	111 mg	43 mg
Cholesterol (mg)	52 mg	20 mg

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.



Iron (mg)	1 mg	1 mg
Vitamin A, IU	72 IU	28 IU
Vitamin C (mg)	1 mg	0 mg
Vitamin D (µg)	1 IU	1 IU
Vitamin D (µg)	1 IU	1 IU

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Queso Fundido, Gluten Free

Prep Time:	4 min.	Cook Time:	6 min.
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Description: Queso Fundido with black beans, chorizo sausage and topped with *Stouffer's*® Queso Cheese dip.

Ingredients	Measure
Black beans, raw	1 cup
Chorizo sausage raw, cooked and drained	1/2 cup
<i>Stouffer's</i> Queso Cheese Dip	3/4 cup
Pico de Gallo	1/3 cup

Procedure:

1.	In a small oven able crock, layer the beans, cooked chorizo and <i>Stouffer's</i> Queso Cheese Dip.
2.	Place the crock into a 350°F conventional oven for 6-8 minutes, until cheese is boiling.
3.	Remove from oven and garnish with the Pico de Gallo.
4.	Serve immediately with veggies or warm gluten free tortilla chips.

Nutrient Information:

	Calculated Nutrients per servings at 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	48 kcal	47 kcal
	200 kj	196 kj
Protein (g)	2 g	2 g
Fats, total (g)	4 g	4 g
Carbohydrate, total (g)	2 g	2 g
Sugars, total (g)	1 g	1 g
Fats, saturated (g)	2 g	1 g
Fiber, total dietary (g)	0 g	0 g
Sodium (mg)	221 mg	218 mg
Calcium (mg)	57 mg	56 mg
Cholesterol (mg)	7 mg	7 mg
Iron (mg)	0 mg	0 mg
Vitamin A, IU	188 IU	185 IU
Vitamin C (mg)	2 mg	2 mg
Vitamin D (µg)	0 IU	0 IU
Vitamin D (µg)	0 IU	0 IU

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Shrimp and Cheese Grits, Gluten Free

Prep Time:	5 min.	Cook Time:	25 min.
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Description: Shrimp and cheese grits. Featuring *Stouffer's®* Queso Cheese Dip.

Ingredients	Measure
Water	4 cups
Grits	1 cup
Butter, unsalted	2 Tbsp.
Stouffer's® Queso Cheese Dip	1/2 cup
Minor's® Fire Roasted Jalapeño Flavor Concentrate Gluten Free	2 Tbsp.
Virgin Olive oil	2 Tbsp.
Shrimp, peeled, raw, deveined	1 lb.
Lemon juice, fresh	4 tsp.
Parsley, fresh, chopped	2 Tbsp.
Scallion, chopped	1 cup
Garlic, cloves, fresh, chopped	2 tsp

Procedure:

1.	Bring the water to a boil and add the grits; cook until the water is absorbed, stirring occasionally, about 20 minutes.
2.	Remove from the heat and add the butter, <i>Stouffer's</i> Queso Cheese Dip and <i>Minor's</i> Fire Roasted Jalapeño Flavor Concentrate. Combine thoroughly.
3.	Heat olive oil in a sauté pan, once hot, add the shrimp. Cook until the shrimp turn pink and then add the lemon juice, parsley, scallions and garlic. Cook for another 3 minutes.
4.	Spoon grits into a bowl, top with the sautéed shrimp. Serve immediately.

Nutrient Information:

	Calculated Nutrients per servings at 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	157 kcal	42 kcal
	658 kj	176 kj
Protein (g)	14 g	4 g
Fats, total (g)	9 g	2 g
Carbohydrate, total (g)	5 g	1 g
Sugars, total (g)	2 g	1 g
Fats, saturated (g)	3 g	1 g
Fiber, total dietary (g)	1 g	0 g
Sodium (mg)	956 mg	255 mg
Calcium (mg)	156 mg	42 mg
Cholesterol (mg)	109 mg	29 mg
Iron (mg)	0 mg	0 mg
Vitamin A, IU	514 IU	137 IU
Vitamin C (mg)	13 mg	3 mg

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.



Vitamin D (µg)	2 IU	0 IU
Vitamin D (µg)	2 IU	0 IU

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Spinach Artichoke Omelet, Gluten Free

Prep Time:	2 min.	Cook Time:	2 min.
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Description: Spinach Artichoke Omelet with roasted tomatoes and mushrooms. Featuring *Stouffer's®* Spinach & Artichoke dip.



Ingredients	Measure
Egg, whole, raw, fresh	2 each
Virgin Olive oil	1 Tbsp.
Mushrooms, white, raw, thinly sliced	1 oz.
Tomatoes, house made or purchased, roasted	1 oz.
<i>Stouffer's Spinach & Artichoke Dip</i>	2 oz.

Procedure:

1.	Heat a non-stick pan and add the olive oil.
2.	Sauté the mushrooms and tomatoes for 1 minute.
3.	Scramble the raw eggs, add to the pan.
4.	Cook to form an omelet, flip and then fill the center of the omelet with the <i>Stouffer's®</i> Spinach & Artichoke dip.
5.	Once eggs are fully cooked, slide omelet onto a plate and serve immediately

Nutrient Information:

	Calculated Nutrients per servings at 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	82 kcal	64 kcal
	344 kj	268 kj
Protein (g)	3 g	3 g
Fats, total (g)	5 g	4 g
Carbohydrate, total (g)	6 g	5 g
Sugars, total (g)	2 g	2 g
Fats, saturated (g)	1 g	1 g
Fiber, total dietary (g)	2 g	1 g
Sodium (mg)	257 mg	201 mg
Calcium (mg)	63 mg	49 mg
Cholesterol (mg)	3 mg	2 mg
Iron (mg)	1 mg	1 mg
Vitamin A, IU	1,364 IU	1,064 IU
Vitamin C (mg)	7 mg	2 mg
Vitamin D (µg)	2 IU	2 IU
Vitamin D (µg)	2 IU	2 IU

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.

Baked Zucchini, Gluten Free

Prep Time:	10 min.	Cook Time:	35 min.
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Description: Baked zucchini stuffed with *Stouffer's®* Spinach & Artichoke Dip.



Ingredients	Measure
Squash, summer zucchini, includes skin, raw, medium to large	8 oz.
Virgin Olive oil	2 Tbsp.
<i>Stouffer's Spinach Artichoke Dip</i>	4 oz.
Cheese, parmesan, shredded	3 oz.

Procedure:

1.	Slice the zucchini lengthwise and scoop out the pulp (about ¼" – ½" from the bottom) with a spoon.
2.	Season the inside of the zucchini with olive oil.
3.	Place onto a baking sheet and put into a 350°F oven for 15-20 minutes or until the zucchini is just soft to the touch.
4.	Remove from the oven and stuff each half with 2 oz. of the <i>Stouffer's Spinach & Artichoke Dip</i> .
5.	Top each half with either of the cheeses and place back into the oven.
6.	Cook for an additional 7-8 minutes, until the cheese is browned.
7.	Remove from the oven, plate and serve immediately.

Nutrient Information:

	Calculated Nutrients per servings at 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	133 kcal	117 kcal
	557 kj	490 kj
Protein (g)	10 g	9 g
Fats, total (g)	8 g	7 g
Carbohydrate, total (g)	4 g	4 g
Sugars, total (g)	2 g	2 g
Fats, saturated (g)	4 g	4 g
Fiber, total dietary (g)	1 g	1 g
Sodium (mg)	492 mg	433 mg
Calcium (mg)	305 mg	268 mg
Cholesterol (mg)	17 mg	15 mg
Iron (mg)	0 mg	0 mg
Vitamin A, IU	861 IU	758 IU
Vitamin C (mg)	12 mg	10 mg
Vitamin D (µg)	4 IU	4 IU
Vitamin D (µg)	4 IU	4 IU

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.



Stuffed Potato Skins, Gluten Free

Prep Time:	5 min.	Cook Time:	10 min.
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Description: Stuffed potato skins with pork carnita, topped with chipotle infused *Stouffer's*® Queso Cheese Dip.

Ingredients	Measure
Potato skins, frozen	6 each
Beef, flank, steak, separable lean only, trimmed to 0 fat, choice, cooked, braised, Pork Carnita or Beef Barbacoa, shredded	6 oz.
<i>Stouffer's</i> ® Queso Cheese Dip	1/2 cup
<i>Minor's</i> ® Chipotle Flavor Concentrate	1 tsp.
Scallion, chopped	1/4 cup

Procedure:

1.	Deep fry the potato skins for 4-5 minutes until the outside part of the potato is crisp and lightly browned. Let stand and drain for 2-3 minutes.
2.	Lay each of the fried skins onto an ovenable pan and fill each one with approximately 1 oz. of the pork or beef.
3.	Combine the <i>Stouffer's</i> ® Queso Cheese Dip with the <i>Minor's</i> Chipotle Flavor Concentrate, mix thoroughly and top each of the skins with the sauce.
4.	Place the skins into a 350* oven for 4-5 minutes until heated throughout.
5.	Remove, plate and garnish with chopped scallions
6.	OPTIONAL –sour cream as a sauce combined with the chipotle or adobo flavor concentrate

Nutrient Information:

	Calculated Nutrients per servings at 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	68 kcal	158 kcal
	285 kj	661 kj
Protein (g)	4 g	9 g
Fats, total (g)	4 g	10 g
Carbohydrate, total (g)	3 g	7 g
Sugars, total (g)	1 g	2 g
Fats, saturated (g)	2 g	4 g
Fiber, total dietary (g)	1 g	1 g
Sodium (mg)	241 mg	558 mg
Calcium (mg)	57 mg	133 mg
Cholesterol (mg)	11 mg	26 mg
Iron (mg)	0 mg	1 mg
Vitamin A, IU	213 IU	492 IU
Vitamin C (mg)	3 mg	7 mg
Vitamin D (µg)	1 IU	1 IU
Vitamin D (µg)	1 IU	1 IU

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