

# Cook Night Recipes

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## Maple Garlic Glazed Chicken (Sunday Week 1)

### Ingredients:

- 3–4 boneless chicken breasts
- ¼ cup maple syrup
- 3 tbsp soy sauce
- 1 tbsp olive oil or butter
- 2 tsp minced garlic

### Instructions:

1. Place chicken in greased baking dish or crockpot.
  2. Mix glaze ingredients and pour over.
  3. Bake at 375°F for 25–35 min or slow cook 3–4 hrs on low.
  4. Spoon sauce over before serving. Serve with rice or potatoes.
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## Chicken Tacos (Tuesday Week 1)

### Ingredients:

- Shredded cooked chicken
- 1 sliced bell pepper
- 1 sliced onion
- Taco seasoning
- Tortillas
- Optional: cheese, salsa, lettuce

### Instructions:

1. Sauté veggies till soft.
  2. Add chicken and taco seasoning + splash of water.
  3. Warm tortillas and build your masterpiece.
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## **Bacon Tomato Pasta (Thursday Week 1)**

### **Ingredients:**

- 8 oz pasta
- 5 strips bacon
- 1 can diced tomatoes
- 2 cloves garlic
- 1 tsp Italian seasoning
- ½ cup shredded cheese

### **Instructions:**

1. Cook pasta and set aside.
  2. Cook chopped bacon until crisp, remove, drain grease.
  3. Sauté garlic in leftover drippings. Add tomatoes + seasoning.
  4. Stir in pasta, bacon, cheese. Try not to cry with joy.
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## **Crockpot Ranch Chicken & Rice (Sunday Week 2)**

### **Ingredients:**

- 2–3 chicken breasts
- 1 packet ranch seasoning
- 1 can cream of chicken soup or 1 cup broth
- 1 cup uncooked rice (or use cooked at end)
- 2 cups water or broth
- Optional: frozen peas/carrots

### **Instructions:**

1. Dump everything except rice into crockpot.
  2. Cook on low 4–6 hrs.
  3. Add uncooked rice 30–45 mins before serving, or stir in cooked rice last minute.
  4. Add veggies last hour if using.
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## **Pesto Chicken Flatbreads (Tuesday Week 2)**

### **Ingredients:**

- Flatbreads or naan
- Cooked shredded chicken
- ¼ cup pesto
- Shredded mozzarella
- Optional: sliced tomatoes

### **Instructions:**

1. Preheat oven or air fryer.
  2. Spread pesto on flatbreads, top with chicken and cheese.
  3. Bake until melty and golden.
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## **Bacon Fried Rice (Thursday Week 2)**

### **Ingredients:**

- 2–3 strips bacon
- 2 cups cooked rice
- 1–2 eggs
- Frozen veggies
- Soy sauce + garlic powder

### **Instructions:**

1. Cook bacon and remove.
2. In grease, sauté veggies. Push to side, scramble eggs.
3. Add rice, bacon, seasoning. Stir-fry until heated through.