



FRESH
From The **FARM**^{® MD}

Holiday Recipe

EBOOK



Chicken Pot Pie

PREP TIME: 15 MINUTES | COOKING TIME: 40 MINUTES
SERVING SIZE: 4

INGREDIENTS:

1 lb (500 g) Fresh From The Farm® Boneless Skinless Chicken Thighs, cut into 2-inch (5 cm) chunks	2 cups (500 mL) reduced-sodium chicken broth
1 tsp (5 mL) each salt and pepper	1 lb (500 g) potatoes, chopped
2 tbsp (30 mL) butter	1/2 cup (125 mL) 35% whipping cream
1 onion, chopped	2 tbsp (30 mL) all-purpose flour
2 stalks celery, chopped	1 cup (250 mL) frozen peas
2 carrots, chopped	2 tbsp (30 mL) finely chopped fresh parsley
2 cloves garlic, minced	1 pkg (400 g) frozen puff pastry
1 tbsp (15 mL) finely chopped fresh thyme	1 egg, beaten

DIRECTIONS:

1. Preheat oven to 425 °F (225 °C). Season chicken with salt and pepper. Set multi-function cooker to Sauté setting over Medium heat; melt butter. Add chicken; cook for about 5 minutes or until browned all over. Stir in onion, celery, carrots, garlic and thyme. Cook for 3 to 5 minutes or until vegetables are slightly softened. Stir in broth and potatoes,
2. Cover with lid; lock and seal in position. Pressure-cook on High setting for 10 minutes. Turn off heat and manually release pressure according to manufacturer's instructions. Carefully remove lid.
3. Set multi-function cooker to Sauté setting over Medium heat. Whisk together cream and flour until smooth; stir slowly into chicken mixture. Cook, uncovered, until simmering. Cook for 3 to 5 minutes or until sauce is thickened. Stir in frozen peas. Stir in parsley.
4. Divide among four (2-cup/500 mL) ramekins or oven proof crocks. Place on parchment paper-lined baking sheet.
5. Meanwhile, on lightly floured work surface, cut pastry into 4 portions to fit on top of ramekins with 1-inch (2.5 cm) overhang. Cut steam vent in centre of each pastry; brush with egg wash.
6. Working quickly, to avoid pastry from getting hot, place one portion on top of each ramekin. Immediately transfer to oven; bake for 15 to 20 minutes or until pastry is golden brown and filling is bubbling.

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Cashew Chicken

AND BROCCOLI STIR FRY

PREP TIME: 15 MINUTES | COOKING TIME: 10 MINUTES
SERVING SIZE: 4

INGREDIENTS:

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| 1 lb (500 g) Fresh From The Farm® Boneless Skinless Chicken Breast, cubed | 1 tbsp (15 mL) sesame oil |
| 1/4 tsp (1 mL) each salt and pepper | 2 cloves garlic, minced |
| 1/2 cup (125 mL) reduced-sodium chicken broth | 1 tbsp (15 mL) minced fresh ginger |
| 1 tsp (5 mL) cornstarch | 2 tbsp (30 mL) canola oil |
| 2 tbsp (30 mL) soy sauce | 1 head broccoli, cut into small florets |
| 2 tbsp (30 mL) rice wine vinegar | 1/3 cup (75 mL) cashews, toasted |
| 1 tbsp (15 mL) honey | 2 green onions, thinly sliced |
| | 1 cup (250 mL) jasmine rice, cooked |

DIRECTIONS:

1. Season chicken with salt and pepper. In bowl, whisk together chicken broth and cornstarch until smooth; stir in soy sauce, vinegar, honey, sesame oil, garlic and ginger. Set aside.
2. Heat canola oil in wok or large skillet over high heat; cook chicken, stirring often, for 2 to 3 minutes or until starting to brown. Transfer to plate.
3. Stir in broccoli; cook, stirring, for 2 to 3 minutes or until broccoli is slightly softened. Return chicken to pan. Stir in stir-fry sauce; bring to boil. Cook for 1 to 2 minutes or until sauce is thickened, chicken is cooked through and broccoli is tender-crisp.
4. Stir in cashews and green onions. Serve stir-fry with rice.

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CLASSIC

Chicken Parmesan

PREP TIME: 15 MINUTES | COOKING TIME: 35 MINUTES

SERVING SIZE: 4

INGREDIENTS:

1 lb (500 g) Fresh From The Farm® Chicken Cutlets	1 tsp (5 mL) each salt and pepper
2 tbsp (30 mL) olive oil	1 egg, beaten
2 cloves garlic, minced	3/4 cup (175 mL) bread crumbs
2 cups (500 mL) strained puréed tomatoes (passata)	1/2 cup (125 mL) grated Parmesan cheese, divided
1/4 cup (60 mL) fresh torn basil	1/3 cup (75 mL) canola oil
1/3 cup (75 mL) all-purpose flour	1 1/3 cups (325 mL) shredded mozzarella cheese

DIRECTIONS:

1. Preheat oven to 400° F (200° C). Heat olive oil in saucepan set over medium heat; cook garlic for 1 minute. Stir in tomatoes. Cook for 15 to 20 minutes or until thickened slightly; stir in basil.
2. Meanwhile, in a shallow dish, stir together flour, salt and pepper. Place egg in separate dish. In another dish, toss together bread crumbs and 1/4 cup (60 mL) Parmesan cheese. Dredge chicken in flour, then dip in egg, then coat in bread crumb mixture.
3. Heat canola oil in large skillet set over medium heat. In batches, cook chicken for 2 to 3 minutes per side or until golden brown all over. Drain on a paper towel.
4. Spread half of the sauce into 13- x 9-inch (3 L) baking dish. Arrange chicken on top. Ladle remaining sauce over chicken and sprinkle with mozzarella; bake for 8 to 10 minutes or until bubbly and chicken is cooked through. Serve with remaining Parmesan cheese.



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BAKED Cornflake Chicken WITH SRIRACHA HONEY

PREP TIME: 15 MINUTES | COOKING TIME: 30 MINUTES
SERVING SIZE: 4

INGREDIENTS:

8 Fresh From The Farm Chicken® Thighs	1 cup (250 mL) panko bread crumbs
1/2 tsp (2 mL) each salt and pepper, divided	2 tbsp (30 mL) olive oil
1/3 cup (75 mL) all-purpose flour	1/3 cup (75 mL) honey
2 eggs, beaten	2 tbsp (30 mL) sriracha hot sauce
1 cup (250 mL) cornflakes	2 green onions, thinly sliced

DIRECTIONS:

1. Preheat oven to 400 °F (200 °C). Season chicken with half of the salt and pepper. In a shallow dish, combine flour, and remaining salt and pepper. Place eggs in separate dish. In another dish, toss together cornflakes, bread crumbs and oil. Dredge chicken in flour, then dip in egg, then coat in bread crumb mixture.
2. Transfer chicken to parchment paper-lined baking sheet. Bake for 25 to 35 minutes or until golden brown, crispy and cooked through.
3. Meanwhile, in a small saucepan set over medium heat, combine honey and sriracha; cook for 2 to 3 minutes or until heated through. Garnish chicken with green onions. Serve with hot honey sauce.

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GARLIC PARMESAN Chicken Wings

PREP TIME: 10 MINUTES | COOKING TIME: 45 MINUTES
SERVING SIZE: 4

INGREDIENTS:

2 lb (1 kg) Fresh From The Farm® Chicken Wings	1/2 tsp (2 mL) each dried oregano, pepper and paprika
1/3 cup (75 mL) grated Parmesan cheese	1/4 tsp (1 mL) each salt and red chili flakes
1/4 cup (60 mL) butter, melted	2 tbsp (30 mL) finely chopped fresh parsley
3 cloves garlic, minced	1 cup (250 mL) prepared Caesar dressing
1 tbsp (15 mL) baking powder	

DIRECTIONS:

1. Preheat oven to 400 °F (200 °C). Toss together chicken wings, Parmesan, butter, garlic, baking powder, oregano, pepper, paprika, salt and chili flakes.
2. Arrange on parchment paper-lined baking sheet. Bake, turning once, for about 45 minutes or until golden brown, crispy and cooked through.
3. Sprinkle parsley over chicken wings. Serve with Caesar dressing for dipping.



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SLOW COOKER

Buffalo Chicken Dip

PREP TIME: 20 MINUTES | COOKING TIME: 4 HOURS
SERVING SIZE: 12

INGREDIENTS:

1 Fresh From The Farm® Whole Chicken	1/2 cup (125 mL) sour cream
1 onion, halved	1 cup (250 mL) buffalo sauce
2 stalks celery	2 1/2 cups (625 mL) shredded Cheddar cheese, divided
2 tbsp (30 mL) olive oil	1/2 cup (125 mL) crumbled blue cheese, divided
1/2 tsp (2 mL) each garlic powder and oregano	1 cup (250 mL) shredded lettuce
2 pkg (8 oz/225 g each) brick-style plain cream cheese	4 green onions, thinly sliced
	Tortilla chips, pita chips and crackers

DIRECTIONS:

1. Arrange onion and celery in bottom of slow cooker (this will act as an oven rack to help cook chicken more evenly). Rub chicken with olive oil, garlic powder and oregano; place on top of onion and celery.
2. Cover and cook on High setting for 3 to 4 hours or Low setting for 6 to 8 hours or until the chicken is cooked through and meat thermometer inserted into thickest part of inner thigh registers 185°F (85°C).
3. Remove chicken, celery and onion from slow cooker. Let cool until easy enough to handle. Using 2 forks, shred chicken and return to slow cooker. Chop celery and return to slow cooker; discard onion.
4. Using an electric mixer, beat together cream cheese and sour cream until smooth; stir in Buffalo sauce. Add to slow cooker; toss with chicken mixture, 2 cups (500 mL) Cheddar and 1/4 cup (60 mL) blue cheese until combined. Sprinkle remaining Cheddar and blue cheese over top.
5. Cover and cook on High setting for 60 to 75 minutes or Low setting for 2 to 3 hours until hot and bubbly. Sprinkle shredded lettuce and green onions over top. Serve with a medley of tortilla chips, pita chips and crackers.

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BUTTERMILK Fried Chicken

PREP TIME: 10 MINUTES | COOKING TIME: 15 MINUTES
SERVING SIZE: 4

INGREDIENTS:

8 Fresh From The Farm® Chicken Drumsticks	1 tsp (5 mL) paprika
2 cups (500 mL) buttermilk	1/2 tsp (2 mL) each garlic powder and mustard powder
1 1/2 tsp (7 mL) each salt and pepper, divided	Canola oil, for frying
1 cup (250 mL) all-purpose flour	2 tbsp (30 mL) honey
	2 tbsp (30 mL) sriracha hot sauce

DIRECTIONS:

1. In resealable plastic bag, combine buttermilk, and 1 tsp (5 mL) salt and pepper; add chicken, turning to coat well. Refrigerate for at least 4 hours or up to overnight.
2. In shallow dish, whisk together flour, paprika, garlic powder, mustard powder, and remaining salt and pepper.
3. Dredge chicken in flour mixture; return to coat chicken in buttermilk, then dredge in flour mixture again. Transfer to parchment paper-lined tray. Let stand for 10 minutes.
4. Meanwhile, pour enough oil into high-sided skillet to come 2 inches (5 cm) up side; heat over medium heat until instant-read thermometer reads 350°F (180°C).
5. Fry chicken, turning once, for 15 to 20 minutes or until juices run clear and instant-read thermometer inserted into thickest part of drumstick registers 165°F (74°C). Transfer to paper towel-lined tray. Stir honey with hot sauce; drizzle over chicken.

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ONE-PAN Chicken Dinner

PREP TIME: 10 MINUTES | COOKING TIME: 35 MINUTES
SERVING SIZE: 4

INGREDIENTS:

3 Fresh From The Farm® Boneless, Skinless Chicken Breasts	4 pieces of fresh rosemary
3/4 pound baby potatoes, cut into chunks	4 teaspoons thyme
3/4 pound sweet cherry tomatoes on the vine	1 teaspoon sugar
3 garlic cloves, peeled and halved	1 tablespoon olive oil
	1 tablespoon butter, melted
	Salt & pepper

DIRECTIONS:

1. Arrange oven rack to upper middle position. Preheat oven to 475 degrees F.
2. Toss vegetables with the thyme, oil, sugar, salt, and pepper in a large bowl. Spread vegetables in an even layer in a large sheet pan.
3. Pat chicken dry with paper towels and season lightly with salt and pepper. Place chicken on top of vegetables in sheet pan, arranged skin side up. Stir thyme and melted butter together and brush evenly over chicken pieces. Add rosemary leaves onto the pan.
4. Roast approximately 35 minutes or until chicken registers done on an instant read meat thermometer. Rotate pan once halfway through cooking. Remove from oven and tent loosely with aluminum foil and let rest for 5 to 10 minutes before serving.

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ONE-PAN Chicken Fajitas

PREP TIME: 10 MINUTES | COOKING TIME: 15 MINUTES
SERVING SIZE: 4

INGREDIENTS:

1 lb (500 g) Fresh From The Farm® Chicken Fillets	1 cup (250 mL) shredded Tex Mex cheese
4 tsp (20 mL) fajita seasoning mix	1 cup (250 mL) tomato salsa
1 red onion, sliced	1 cup (250 mL) guacamole
1 red pepper, sliced	1/2 cup (125 mL) sour cream
1 yellow pepper, sliced	8 corn tortillas, warmed
2 tbsp (30 mL) olive oil	Lime wedges, for serving
2 tbsp (30 mL) finely chopped fresh cilantro	

DIRECTIONS:

1. Preheat oven to 425 °F (225 °C). Season chicken with fajita seasoning mix. Toss together onion, red and yellow peppers, and oil. Spread evenly in baking sheet. Top with chicken; bake for 12 to 15 minutes or until chicken is cooked through and peppers are tender.
2. Slice chicken; toss with pepper mixture and cilantro.
3. Assemble chicken mixture, cheese, salsa, guacamole and sour cream in tortillas. Serve with lime wedges.

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