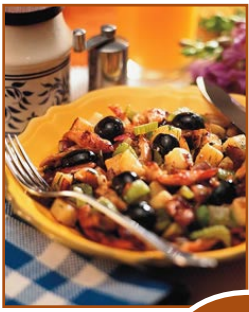


As it turns out, the best things in life really are free.



FreeBird™

Free of antibiotics • Free to roam • Humanely raised • Family farmed
Animal-byproductfree diet • Free of hormones • All natural • Vegetarian fed

#53894 8-10 oz. Frozen Airline Chicken Breast...2/10 lb. avg.

Golden Tuscan Chicken

4 6 oz. boneless, skinless chicken breasts
1 Tbsp. chopped thyme
1 Tbsp. chopped oregano
3/4 tsp. kosher salt
2 Tbsp. olive oil
4 cups cauliflower florets, quartered and blanched
1 oz. sliced prosciutto, chopped
2 Tbsp. pine nuts
3 cloves garlic, thinly sliced
6 oz. green beans, trimmed and blanched
1 cup ripe olives, whole, pitted
1 Tbsp. lemon juice
1/4 tsp. ground black pepper

Season chicken breasts with 2 tsp. of thyme and oregano and 1/2 tsp. of salt. Heat 1 Tbsp. of olive oil in a large sauté pan over medium high heat. Place chicken breasts in pan and brown for 2-3 minutes. Flip over and brown for 2 more minutes. Transfer chicken to a high sided baking sheet and cook in a 450°F oven for 8 minutes or until cooked through. While chicken is roasting, heat remaining oil in sauté pan over medium-high heat. Add cauliflower and cook for 2-3 minutes until golden, stirring occasionally. Turn heat down to medium-low, add prosciutto, pine nuts and garlic and continue cooking for 1-2 minutes. Toss in green beans, ripe olives, lemon juice and pepper. Cover and cook for 2 minutes until heated through, then season with pepper and remaining salt, thyme and oregano. Place 5-6 oz. of vegetable mixture onto each serving plate. Top with chicken and serve hot. Serves 4.

Sunrise Chicken Hash

2 Tbsp. olive oil
3 cups Yukon gold potatoes, cooked and diced 1/2-inch
1 1/2 cups fennel, 1/2 inch diced
1 1/2 cups diced red onion, 1/2 inch diced
1 cup sliced celery
4 cups roasted chicken, pulled from the bone
1 2/3 cups ripe olives, halved
1 1/2 Tbsp. chives, 1/4-inch snipped
1 Tbsp. dill, chopped
1/2 tsp. kosher salt
1/8 tsp. ground black pepper

Heat oil in a large sauté pan over medium-high heat. Add potatoes and fennel and cook for 5-6 minutes until golden. Stir in red onions, celery and chicken and continue to cook for 4-6 minutes, stirring occasionally, until vegetables are tender and chicken is golden. Mix in ripe olives, chives, dill, salt and pepper and remove from heat. Serves 4.



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