

Frozen Chicken Bake

Unit: Large Skillet or Electric Skillet

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| 1 – Small onion (cut on #2 blade) | 6-10 – Frozen Chicken Tenders |
| 1 – Tbsp of Italian Seasoning | 3 – Cloves of Minced Garlic |
| 6 – Fresh Mushrooms (cut on #4 blade) | 1/2 – Cup of Uncooked jasmine rice |
| 1 – 15oz Can of fire roasted diced tomatoes | |

In a cold skillet, stack frozen meat on the bottom, then dry rice, then mushrooms, onion, seasoning and garlic. Pour the tomatoes over it all. Cover and rotate the valve under the knob to open. Turn the unit to medium heat. (300 on the electric skillet)

When the lid is stinging hot to the touch or the valve activates, close the valve and reduce the heat to low heat (225 on the electric skillet) and cook for 20-30 minutes.



HEALTH QUEST