

# Chicken for Roll-over meals

## INGREDIENTS

- Chicken breasts or thighs (boneless)
- seasonings: salt, pepper, garlic powder (really, anything)

## DIRECTIONS

Instant Pot:
Season chicken as desired. High Pressure for 8 minutes with 1 cup water or chicken broth. Then, 5 minutes natural release.

Slow Cooker:
Season chicken as desired. Then, 3-4 hours on high or 6-8 hours on low.

Oven:
Rub with olive oil and seasonings. Place on sheet pan ( line with foil if desired). Bake at 375 degrees F for 20 minutes.

Air Fryer:
Rub chicken with olive oil and seasonings. Place in air fryer. and bake at 350 degrees F for 20 minutes.

*Place meat thermometer in the thickest part of the chicken and chicken should be at least 165 degrees F for safe eating.

## Wasatch County Cooking Class, November 2026

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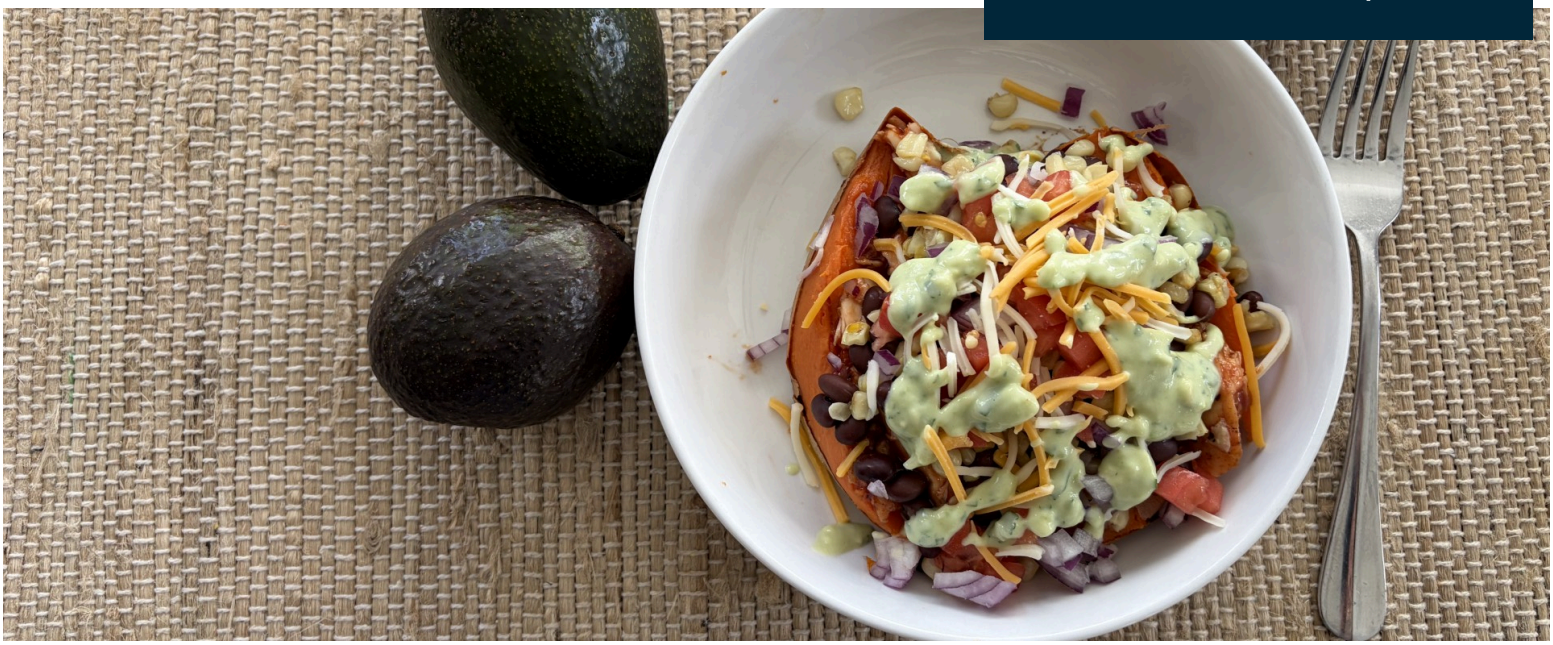

# Stuffed BBQ Chicken Sweet Potatoes

*Yield: 4-6 servings* *Time: 45 minutes*

## INGREDIENTS

- 4-6 sweet potatoes
- 3 cups cooked shredded chicken
- 1- 2 cups BBQ sauce (see attached)
- 1 can black beans, drained, rinsed and heated
- 1 cup corn kernels, fresh or frozen
- 2 Tablespoons olive oil
- salt and pepper, (to taste)
- 1-2 tomatoes, diced
- 1 small red onion, diced
- Colby Jack Cheese, shredded
- Cilantro Lime Dressing (see attached)

## DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Wash and scrub the sweet potatoes, prick each sweet potato a few times and place on a sheet pan lined with foil.
3. Place in oven and bake for 45-60 minutes or until tender.
4. For the corn, place a Tablespoon or two of olive oil in a heated skillet. Add the corn and salt and pepper (to taste). Cook over medium heat until the corn starts to brown a little.
5. Toss the chicken with BBQ sauce until evenly combined.
6. Now, to serve, slice the sweet potatoes open and top with BBQ chicken, corn, black beans, tomato, red onion, cheese and dressing.

Roll-over ingredients:
sweet potatoes
shredded chicken
tomatoes
red onion
Cilantro Lime dressing

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# BBQ Chicken Pizza

*Yield: make as many as you would like  Time: 10-15 minutes*

## INGREDIENTS

- Flatbread (see attached)
- BBQ sauce (see attached)
- shredded chicken
- red onion, sliced
- mozarella cheese, shredded or sliced
- cilantro

## DIRECTIONS

1. Preheat oven to 375 degrees F.
2. Spread a spoonful of BBQ sauce onto flat bread and spread.
3. Top with shredded chicken, sliced red onion and mozarella cheese.
4. Place on sheet pan and place in oven and bake for about 10 minutes or until heated through and the cheese is melted.
5. Remove from oven and garnish with cilantro.

Roll over ingredients:
Flatbread
Chicken
BBQ suace
red onion
cilantro

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# Chicken Flatbread Sandwich

*Yield: 1 serving  Time: 10 minutes*

## INGREDIENTS

- 1 flat bread (see attached recipe)
- ½ cup shredded chicken
- 1 slice pepper jack cheese (or any cheese of your choice)
- ¼ small avocado, sliced
- ½ tomato, sliced
- Red onion, sliced
- ¼ cup arugula
- 1 Tablespoon Cilantro avocado dressing

## DIRECTIONS

1. Place shredded chicken on one half or the flatbread and the cheese on the other half.
2. If you would like the sandwich heated you could do so now, by broiling in the oven or placing on a heated skillet.
3. Then, add the rest of the ingredients on the chicken side and then fold the cheese side over and enjoy!

Roll-over ingredients:
Flatbread
chicken
avocado
tomato
red onion
cilantro avocado dressing

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# Sweet Potato Pasta

*Yield: 6 servings* *Time: 15 minutes*

## INGREDIENTS

- 2 medium sweet potatoes, cooked and peeled
- ¾ cup cottage cheese
- full head of garlic, baked
- shallot or small onion, baked
- ½ cup milk
- ¼ cup shredded parmesan cheese (plus extra for topping)
- 8 oz. Pasta (any type will work)
- ¾ teaspoon salt (or to taste)
- pepper (to taste)
- ½ teaspoon smoked paprika
- 1-2 cups shredded chicken

## DIRECTIONS

1. Bake garlic and shallot. Cut off top of garlic and shallot. Place each on a separate piece of foil drizzle with olive oil. Wrap foil around garlic and shallot. Place on the sheet pan when baking the sweet potatoes.
2. Cook pasta according to package directions.
3. Place sweet potatoes, cottage cheese. cooked garlic and shallot, milk and parmesan cheese in a blender or food processor and blend until smooth and creamy. Add more milk if necessary.
4. Place sweet potato mixture in a pan over medium heat and heat until warm.
5. Toss the sweet potato mixure with the pasta and shredded chicken.
6. Sprinkle with shredded parmesan cheese and serve.

Roll over ingredients:
Sweet potatoes
shredded chicken

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# Flat Bread

*Yield: 8 servings  Time: 1 hour 30 minutes*

## INGREDIENTS

- 2 teaspoons instant yeast
- 1 teaspoon granulated sugar
- ⅔ cup warm water, 100 to 105 degrees F
- ½ cup warm milk, 100 to 105 degrees F
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon salt
- 3 cups  bread flour, more or less

## DIRECTIONS

1. In the bowl of an electric stand mixer fitted with the dough hook, mix the water, milk, oil, yeast, sugar, salt and 1 cup of the flour until well combined.
2. Add the remaining flour a little at a time until a soft dough is formed. Don't over flour the dough. It should pull away from the sides of the bowl to form a ball and feel soft to the touch without leaving a lot of dough on your fingers.
3. Knead the dough for 4-5 minutes.
4. Place the dough in a lightly greased bowl and cover with greased plastic wrap. Let rise until doubled, about an hour or so.
5. Divide the dough into 8 equal pieces. Cover with a cloth or plastic wrap and let the dough pieces rest for 10-15 minutes (this helps relax the gluten so they are easier to roll out).
6. Working with one piece at a time on a lightly greased or floured counter, roll the dough into a circle 7 to 8 inches in diameter and about 1/8-inch thick.
7. Heat a griddle to medium (about 350 degrees F) or place a skillet on the stove over medium heat. When the griddle or skillet is hot, cook the flatbread for 2 to 3 minutes until they bubble and puff. Flip and cook on the second side until golden and spotty.
8. Transfer the flatbread to a plate and cover with a clean kitchen towel. Repeat with the remaining dough, stacking the warm flatbreads as they come off the griddle or skillet.
9. Serve warm or at room temperature.

Use for Flatbread Sandwiches and BBQ Chicken Pizza

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# BBQ Sauce

*Yield: 12 servings* *Time: 10 minutes*

## INGREDIENTS

- 2 cups ketchup
- 1 cup brown sugar, packed
- 5-8 drops Tabasco or hot sauce
- 1 teaspoon dry mustard
- ½ teaspoon garlic powder
- 3 Tablespoons Worcestershire sauce
- Pepper, to taste

## DIRECTIONS

1. Heat all ingredients in a saucepan on the stove over medium heat.
2. Store leftover in a covered container in the refrigerator.

Use for:
Loaded Sweet Potatoes
BBQ Chicken Flat Bread Pizza

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# Avocado Cilantro Lime Dressing

*Yield: 6-8 servings  Time: 10 minutes*

## INGREDIENTS

- ⅓ cup non-fat Greek yogurt or sour cream
- ½ avocado
- 1 clove of garlic minced (or frozen cube)
- 2 tsp. cilantro paste  or substitute a handful of fresh cilantro
- ¼ tsp. kosher salt
- 2 Tbsp. fresh lime juice

## DIRECTIONS

1. In a small bowl, smash your avocado and combine with the remaining ingredients. Mix well.
2. Store leftovers in a covered container in the refrigerator.

Use for:
Loaded Sweet Potato and Flatbread Chicken Sandwich

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