

**BONUS  
LUNCH  
RECIPES**

**quick &  
exciting ways  
to transform  
tonight's  
dinner *into*  
tomorrow's  
feast**

# **COOK ONCE**

## **DINNER FIX**

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**BEST-SELLING AUTHOR OF COOK ONCE, EAT ALL WEEK**



**LUNCH SERIES 1**

# **Shredded Chicken**







## LUNCH 1

# Thai Chicken Salad Bowls

Serves 3

Active time: 15 MINUTES

Total Time: 35 MINUTES

- 1 ½ pounds chicken breast
- 1 cup white rice
- 2 tablespoons natural peanut butter
- 1 tablespoon tamari or soy sauce
- 1 tablespoon lime juice
- 1 teaspoon honey
- ½ teaspoon sesame oil
- 1 cup broccoli slaw
- Black sesame seeds, for garnish
- Lime wedges, for garnish

1. Cook the rice according to package instructions.
2. Place the chicken in a large pot and add water to cover (3 to 4 cups). Bring to a simmer over medium heat. Cover and simmer for 15 to 20 minutes, until the chicken pulls apart easily with a fork. Remove the chicken from a pot and place it in a large bowl; discard the cooking water.
3. To shred the chicken by hand, transfer it to a large bowl and use two forks to pull the meat apart into roughly ½ inch pieces. To shred the chicken using a stand mixer, transfer it to the bowl of a stand mixer fitted with paddle attachment. Beat on low speed for 15 to 25 seconds, until the chicken is evenly shredded. Transfer half the shredded chicken (about 1 ½ cups) to an airtight container and refrigerate for lunch 2.
4. Make the peanut sauce: add the peanut butter, tamari, honey, sesame oil, lime juice, and one tablespoon of water to a bowl and whisk to combine until smooth.
5. To assemble the bowls: spoon the white rice into the bowls, then top with the broccoli slaw and shredded chicken. Drizzle the peanut sauce over top, then garnish with black sesame seeds and lime wedges.

## LUNCH 2

# Smoky Chicken Salad

Serves 3

Active time: 15 MINUTES

- 1 ½ cups shredded chicken (from lunch 1)
- ¼ cup plus 1 tablespoon mayo
- 1 tablespoon dijon mustard
- 2 tablespoons lime juice
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- ½ teaspoon ancho chili powder
- ¼ teaspoon ground cumin
- ¼ teaspoon fine sea salt
- ¼ cup chopped fresh cilantro
- Crackers, for serving

1. Add all ingredients to a bowl and stir to combine thoroughly.
2. Portion the chicken salad into individual containers and serve with crackers.





**LUNCH SERIES 2**

# **Rotisserie Chicken**





## LUNCH 1

# Sonoma Chicken Salad

Serves 3

Active time: 20 MINUTES

Total Time: 20 MINUTES

1 rotisserie chicken  
¼ cup mayonnaise  
2 tablespoons lemon juice  
½ tablespoon honey  
½ teaspoon poppy seeds  
2 celery stalks, thinly sliced  
½ cup green grapes, sliced in half  
⅓ cup pecan halves  
8 ounces mixed greens

1. Carve the chicken breasts from the rotisserie chicken and remove the skin. Dice the chicken into 1-inch cubes and set aside.
2. Remove the wings and legs from the rotisserie chicken then take off the skin. Pull the chicken from the bone and shred it. Transfer to an airtight container and refrigerate for lunch 2.
3. Add the mayonnaise, lemon juice, honey, and poppy seeds to a large bowl and whisk to combine.
4. Add the cubed chicken breast, celery, grapes, and pecan halves to the bowl with the dressing and toss to combine, until everything is evenly coating.
5. Serve the chicken salad over the mixed greens.



## LUNCH 2

# Buffalo Chicken Wraps

Serves 2

Active time: 15 MINUTES

Total Time: 15 MINUTES

Shredded rotisserie chicken (from lunch 1)  
3 tablespoons mayonnaise  
1 tablespoon hot pepper sauce, such as Frank's Red Hot  
2 flour tortillas  
6 tablespoons shredded cheese  
1 tablespoon extra-virgin olive oil  
Celery sticks, for serving.

1. Place the shredded chicken, mayonnaise, and hot pepper sauce in a medium-sized bowl and stir to combine.
2. Spoon the chicken mixture into a line in the center of two tortillas, then top each with 3 tablespoons shredded cheese.
3. Fold the tortilla lengthwise over the filling, then fold in the edges and roll the wrap.
4. Add the oil to a large skillet over medium heat. Once hot, place the wraps seam side-down and cook for 2-3 minutes, until the tortilla is browned, then flip and cook for an additional 2-3 minutes.
5. Cut in half and serve alongside celery sticks.



**LUNCH SERIES 3**

# **Ground Beef**







## LUNCH 1

# Mini Teriyaki Meatballs over White Rice

Serves 3

Active time: 30 MINUTES

Total Time: 30 MINUTES

1 ½ cups white rice  
2 pounds ground beef, divided  
½ teaspoon sea salt  
½ teaspoon garlic powder  
½ teaspoon ground ginger  
1 cup teriyaki sauce

1. Preheat the oven to 400 F.
2. Cook the white rice according to package instructions.
3. Place the one pound of the ground beef, salt, garlic powder, and ginger in a bowl and work the mixture with your hands to combine.
4. Form the ground beef into ½ tablespoon-sized balls and place on a rimmed baking sheet.
5. Pour the teriyaki sauce over the meatballs and bake for 15 minutes, until they're browned.
6. While the meatballs bake, add the remaining pound of ground beef to a large skillet over medium-high heat. Cook for 8-10 minutes, breaking up the meat as it cooks, until it is browned and fully cooked through. Transfer to a container to use for lunch #2.
7. Transfer two cups of rice to a container to use for lunch #2.
8. Serve the meatballs over the remaining white rice with additional teriyaki sauce spooned over top. Garnish with red pepper flakes.



## LUNCH 2

# Taco Salad

Serves 4

Active time: 10 MINUTES

Total Time: 10 MINUTES

Cooked ground beef (from lunch #1)  
2 cups cooked white rice (from lunch #1)  
2 tablespoons taco seasoning\*  
8 ounces mixed greens  
½ cup shredded cheese  
Sour cream, for garnish  
Salsa, for garnish  
Pickled jalapenos, for garnish

1. Add the ground beef, white rice, and taco seasoning to a large bowl and toss to combine.
2. Spoon the ground beef mixture over the mixed greens, then top with the shredded cheese, sour cream, salsa, and pickled jalapenos.

*For homemade taco seasoning, use 1 teaspoon ancho chili powder, 1 teaspoon paprika, 1 teaspoon ground cumin, 1 teaspoon garlic powder, 1 teaspoon onion powder, and 1 teaspoon sea salt.*





**LUNCH SERIES 4**

# **Quinoa**







## LUNCH 1

# Lemon Tahini Bowls

Serves 3

Active time: 15 MINUTES

Total Time: 45 MINUTES

- 1 cup tri-color quinoa
- 2 red bell peppers, thinly sliced
- 1 red onion, thinly sliced
- 1 medium sweet potato, cut into ½ inch cubes
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon fine sea salt
- ¼ cup tahini
- ¼ cup lemon juice
- 1 tablespoon honey
- ¼ teaspoon sea salt
- 1 can of chickpeas, drained and rinsed
- ⅓ cup crumbled feta cheese
- ½ cup fresh chopped flat leaf parsley
- 1 cucumber, quartered and sliced

1. Preheat the oven to 400 F.
2. Cook the quinoa according to package instructions.
3. Place the cubed sweet potato on a sheet pan and toss with 1 tablespoon of olive oil and ½ teaspoon of salt. Place the onions and peppers on a separate sheet pan and toss with the remaining 1 tablespoon of olive oil and ½ teaspoon salt.
4. Place both sheet pants in the oven and cook for 30 minutes. Remove from the oven, then transfer half of the onions and peppers to an airtight container and refrigerate for lunch 2.
5. Add the tahini, lemon juice, honey, salt, and two tablespoons of water to a large bowl and whisk to combine.
6. Add the roasted sweet potato, onions, bell peppers, chickpeas, feta, parsley, and cucumber to the bowl and toss to combine.
7. Transfer ½ cup of the quinoa to an airtight container and refrigerate for lunch 2.
8. To assemble the bowls: divide the quinoa between individual containers, then spoon the chickpea and roasted vegetable mixture over top.

## LUNCH 2

# Cheesy Quinoa Quesadillas

Serves 2

Active time: 20 MINUTES

Total Time: 20 MINUTES

8 corn tortillas  
½ cup shredded cheese  
Peppers and onions (from lunch 1)  
½ cup cooked quinoa (from lunch 1)  
4 teaspoons extra-virgin olive oil  
¼ cup sour cream  
1 tablespoon cholula or your favorite hot sauce

1. Spread 1 tablespoon of the shredded cheese over a tortilla, then top with a thin layer of peppers and onions, followed by a thin layer of quinoa and an additional tablespoon of cheese, then place another tortilla on top.
2. Heat a teaspoon of oil in a skillet and add one quesadilla. Cook for 1 ½ minutes, then flip and cook for an additional 1 ½ minutes. Repeat for the remaining 3 quesadillas.
3. To make the dipping sauce: whisk together the sour cream and hot sauce.
4. Slice the quesadillas into quarters and serve with the dipping sauce.

