

## **Tomato Sauce (Yields .4 quarts)**

1/2 teaspoon olive oil  
1 tablespoon yellow onions dices  
1/8 teaspoon granulated garlic  
1/8 teaspoon ground black pepper  
1 tablespoon canned tomato paste  
1 1/8 teaspoons sweet basil, dried  
3/4 cup no salt diced tomatoes, canned  
3/4 cup tomato puree, canned  
3/4 cup water

### **Procedure:**

1. In a pot, heat oil.
2. Add onion. Cover and cook 3 minutes to sweat onion. Do not brown.
3. Stir in garlic, black pepper and basil.
4. Stir in tomato paste. Cook for 3 minutes.
5. Add diced tomato and tomato puree. Stir
6. Stir in water. Reduce heat to 275 degrees F. and cook for 2 hours, stirring occasionally.

Portion size = 1 oz. ladle

## **Chipotle grilled chicken breast (Serves 6)**

2 tablespoons olive oil  
1 tablespoon chipotle chili powder  
1/4 cup + 2 tablespoons fresh squeezed lime juice  
1 1/2 teaspoons chili powder  
4 1/2 teaspoons ground cumin  
4 1/2 teaspoons ground coriander  
2 1/4 teaspoons garlic, fresh - minced  
6 chicken breasts, boneless, skinless, raw (30 ounces)

### **Procedure:**

1. Combine olive oil, chipotle chili powder, lime juice, chili powder, coriander and garlic for marinade. Mix until well blended.
2. Pour marinade over chicken, turning to evenly coat. Place chicken in refrigerator for 4 to 12 hours to marinate.
3. Drain and discard excess marinade. Place chicken breasts on grill until evenly marked on both sides. Transfer to sheet pans coated with vegetable pan release spray. Bake in a 325 degree F. standard oven until minimum internal temperature is 165 degrees F. Serve immediately. Portion size = 1 chicken breast.

### **Lemon Vinaigrette (makes about 6 ounces)**

3 3/4 teaspoons pasteurized fresh lemon juice  
3 ounces canola olive oil blend  
2 1/2 teaspoons canola olive oil blend  
3 3/4 teaspoons sherry wine vinegar  
1/2 teaspoon garlic, fresh - minced  
2 1/2 teaspoons parsley leaves, fresh  
3/4 teaspoon thyme leaves, fresh  
1/8 teaspoon salt  
pinch ground black pepper

#### **Procedure:**

1. In a blender, combine all ingredients. Process until well blended. Hold refrigerated.

Serving size = 1 oz. ladle