

Cleangoodeats Cooking Studio

Cleangoodeats Culinary Explorers

Pulled BBQ Chicken

Ingredients:

18 oz	Boneless, Skinless Chicken Thighs (shredded)
2 tsp	Olive Oil
½ cup	Onion (medium diced)
4 each	Garlic Cloves (minced)
½ cup	Low-sodium Chicken Stock
2/3 cup	CGE BBQ Sauce
1 Tbsp	Parsley (rough chopped)
1 Tbsp	Basil (rough chopped)
1 each	Lemon (sliced in half)
¼ cup	Chicken Stock

Directions:

1. Heat oil, sauté onion 5 min; add garlic 1 min.
2. Add chicken, stock, ⅓ cup BBQ sauce; cover and simmer 30–35 min until tender.
3. Shred chicken; add remaining sauce and herbs. Simmer 5–10 min uncovered.
4. Add honey after chicken is cooked and shredded

CGE Quick BBQ Sauce

Ingredients:

6 oz	No-Salt Tomato Puree
3 ½ Tbsp	Apple Cider Vinegar
¼ cup	Chicken Stock
3 Tbsp	Brown Sugar
1 ¼ Tbsp	Dijon Mustard (low sodium)
¼ cup	Shallot (minced)
2 ¼ tsp	Smoked Paprika
1 tsp	Garlic Powder
¼ tsp	Black pepper
1 ½ Tbsp	Parsley (rough chopped)
¾ Tbsp	Basil (rough chopped)

Directions:

1. Whisk tomato purée, vinegar, sugar, mustard, and spices in saucepan.
2. Simmer 5–7 minutes over medium heat, stirring.
3. Remove from heat; stir in parsley and basil.

Greek Yogurt Speedy Buns

Ingredients:

2 1/4 cup	All-purpose Flour
1 1/8 cup	Quick Oats
1 1/8 cup	1% Low Fat Milk
1/3 cup	Plain Whole Milk Greek Yogurt
2 1/3 Tbsp	Olive or Avocado Oil
2 1/2 tsp	Instant Yeast
1 tsp	Salt

Directions:

1. Mix warm milk, yogurt, and yeast (5 min).
2. Add remaining ingredients; knead 5–7 min.
3. Rest 15 min
4. Divide into 28 pieces
5. Proof 10 min
6. Bake 375 °F 18-20 min.

Tangy Herb Slaw

Ingredients:

1 1/2 cups	Green Cabbage (ribbons)
1/2 cup	Purple Cabbage (ribbons)
1/4 cup	Carrot (grated)
2T+2t	Plain Nonfat Greek Yogurt
1 1/2 tsp	Apple Cider Vinegar
1/2 tsp	Dijon Mustard (low sodium)
1 tsp	Brown Sugar
1 1/2 Tbsp	Parsley & Basil (chopped)
1 pinch	Black Pepper
1 Tbsp	Maple Syrup

Directions:

1. Cut vegetables and herbs.
2. Whisk yogurt, vinegar, mustard, and sugar.
3. Toss vegetables and herbs.
4. Add Maple Syrup 1 tsp at a time to taste.
5. Chill 20 min.

Mashed Potato Sundae Cups:

18 oz.	Russet Potatoes (peeled and chunked)
1/3 c +1T	1% Low-Fat Milk
2½ tsp	Olive Oil
1/3 t +1/8 t	Salt
1/8 tsp	Garlic Powder
1/2 cup	Mexican Corn Kernels (thawed)
¾ cup	Water, cold
2 1/2Tbsp	Reduced Fat Shredded Cheddar
4 each	Cherry Tomatoes

Directions:

1. Boil potatoes 15–25 min; drain and mash in a food processor with warm milk and chicken broth, oil, and garlic powder salt and pepper.
2. Cook corn on sheet pan in a 350 degree oven for 15 mins.
3. Portion ½ cup mashed potatoes into cups, top with corn “sprinkles,” cheese, and tomato “cherry.”