

LIFE IS *busy* ...

Use these spice blends to make dinnertime quick and painless.

CROCK POT CHICKEN

Sprinkle half the spice blend over and inside a whole chicken. Put a sliced onion in the bottom of a crock pot, put the chicken on top of it, and cook on high 5 hours or low 8 hours.

SIMPLE CHICKEN FAJITAS

Slice one large chicken breast, one green pepper, and one red pepper. Sprinkle 2 tsp. of the spice blend over the chicken and 1 tsp. over the peppers. Sauté the peppers in oil until crisp-tender; add the chicken until cooked through. Serve in a tortilla and top with traditional toppings.

... **TAKE A *break!***

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Spice Blend Gifts

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