

Dinner Menus for solar decathlon

- First Dinner

- Skinless boneless chicken breast cooked in the oven
 - Ingredients:
 - Chicken
- Served with spaghetti and sauce (Ragu, Prego)
 - Ingredients:
 - Spaghetti: Wheat,
 - Sauce: Tomato Puree (Water, Tomato Paste), Vegetable Oil (Contains One Or More Of The Following: Soybean Oil, Corn Oil), High Fructose Corn Syrup, Salt, Dried Onions, Extra Virgin Olive Oil, Romano Cheese (Cow's Milk, Cheese Cultures, Salt, Enzymes), Spices

- Also, with a Caesar salad with choice of salad dressing
 - Ingredients:
 - Salad: Lettuce, Tomato, Onion, Cucumber
 - Croutons and cheese upon request
 - Dressing: Varied upon request (ranch, Italian, blue cheese, and thousand island)
- Cooking instruction:
 - Chicken breast:
 1. Preheat the oven to 375 degrees F
 2. Take a cooking pan and glaze each pan with 2 tablespoons of olive oil, Put the chicken breast in the pan and then brush them with olive oil in order to form a crispy layer when cooked.
 3. Put the breast in the oven for 20 to 30 minutes or until internal temperature is 160 degrees F.

 - Spaghetti and sauce
 1. Fill a large pot with water and add a dash of salt
 2. Bring the water to a rolling boil then add in the spaghetti noodles
 3. While the noodles are boiling take a jar of Ragu tomato sauce and dump it into a medium pan
 4. Bring the Ragu to a light boil then allow to simmer until noodle are cooked.
 - Salad
 1. To prepare salad add chopped roman lettuce, tomatoes, cucumbers and onions.
 2. Then allow guest to add croutons and salad dressing as desired

- Second Dinner

- Taco Night

- Ingredients:

- Ground beef
- Taco seasoning
- Soft tortillas and hard shelled tacos
- Chopped lettuce, tomatoes, onions
- Sour cream
- Shredded cheese

- Cooking instructions:

1. Brown the ground beef in a large pan, once the beef has been browned drain most the grease then add in taco seasoning and follow instructions on seasoning.
2. While beef is cooking prepare the sides
3. Chop lettuce onions and tomatoes and put each one in its own separate container.
4. When serving allow guest to make their own tacos and add any condiments they would like.