

One Chicken, Three Ways or More! Recipes

Chicken Chili

3 cups cooked pinto beans, drained
1 can no-salt-added tomatoes
1 cup cooked chicken, cut in chunks

Seasonings to taste: chili powder, dried oregano, garlic/parsley mix, coriander, cumin (about a tsp. of each)

- Place all ingredients in microwaveable dish. Microwave on high until heated through, about 5-6 minutes. Stir well. Serve over pasta, rice or in rolled up tortilla.

Optional: top with fat-free sour cream

Chicken Burritos

3 cups cooked pinto beans, drained
½ cup prepared salsa
3 cups frozen or canned corn
2 teaspoons margarine (trans-fat free)

1 cup cooked chopped chicken
1 cup fat-free sour cream
8 flour tortillas, warmed in microwave at service time

- Heat the pinto beans with the salsa in the microwave. Heat the corn with the margarine in the microwave.
- Allow everyone to assemble their own tortillas using beans, corn, chicken and sour cream. Add extra salsa.

Salsa

2 fresh tomatoes, cut in half and seeds squeezed out
½ onion, peeled and quartered
1 anaheim (mild) chile pepper, cut in half, seeds and veins removed

½ cup fresh cilantro, wash and remove stems
fresh lime juice

- Preheat broiler.
- Place tomato, onion, and chili pepper on a flat cookie tray, skin sides up. Broil until skins blister and turn very brown. Drain off juice and discard.
- Place cilantro, roasted onion and roasted pepper into blender or food processor. Puree fine.
- Add tomatoes and pulse until chunky. Add fresh lime juice.
- Refrigerate until ready to serve.

Chicken Pasta Bowl

2 cups medium shell pasta, dry	1 can low-fat, low-sodium chicken broth
1 tablespoon olive oil	1 cup cooked chicken, cut in chunks
1 cup sliced mushrooms	Seasonings to taste: garlic powder, thyme, rosemary, black pepper
1 cup asparagus, cut in 2 inch strips	Grated parmesan – about 2 - 4 tablespoons
½ cup sliced red pepper strips	

1. Cook pasta according to package directions; drain.
2. Add oil to large sauté pan and heat over medium-high heat. Sauté vegetables until crisp-tender, stirring frequently. Add cooked pasta, cooked chicken, broth and seasonings.
3. Heat until broth is evaporated and pasta is heated through.
4. Sprinkle with grated parmesan and serve hot.

Chicken Stir-fry

2 Tbsp olive or canola oil	½ cup sliced red pepper
½ cup sliced carrots	1 to 2 cups fresh snow peas
2 cloves minced garlic	1 cup cooked chicken
1 cup sliced mushrooms	Seasonings: 1 tsp sesame oil, 2 Tbsp light soy sauce, 1 tsp ginger paste
1 cup sliced asparagus tips	
¼ cup sliced mild hot pepper	

1. Pour the oil into the pan and heat over medium high. Sauté the carrots then add the garlic, mushrooms, asparagus and peppers. Sauté briefly until golden. Cover and stir frequently for a few minutes until crisp tender. Add the snow peas, chicken and seasonings
2. Heat through.
3. Serve hot with cooked brown rice (1½ cups brown rice, 3 cups water – cook 30 minutes).

Chicken Wild Rice Soup

4 cups chicken broth	1 cup chopped chicken
1 cup brown/wild rice mix (if you don't have the mix, use ½ cup of each)	2 cups sliced fresh mushrooms
½ cup diced red or green pepper	Seasonings to taste: black pepper, garlic/parsley mix, thyme, Italian seasoning

1. Place all ingredients into a slow cooker and cover. Cook on high power until the rice is tender, about 2 - 4 hours. Adjust consistency with more water or broth as needed.
2. Or -- simmer on the stove, covered, until the rice is tender, about 45-60 minutes. Add more liquid as needed, stir occasionally.

Chicken and Rice

1 cup brown rice	½ cup chopped celery
2 cups water	½ cup peas
1 cup chopped cooked chicken	1 tsp each: coriander, granulated garlic with parsley
½ cup chopped onion	½ tsp chili powder
½ cup chopped red pepper	

Rice Cooker: Place all of the ingredients in a rice cooker, cover and cook until done, about 30 minutes.

Stovetop: Put all ingredients in a pan with a lid and cook on medium-low heat until done. Done when all water is evaporated and the rice is done.

Arroz Con Pollo #1

2 cups rice	2 tablespoons chopped sundried tomatoes
4 cups of water/broth,	½ cup lentils
2 Tbsp chopped green onion	1 cup cooked chopped chicken
¼ cup chopped red pepper	Pepper and garlic/parsley powder to taste

Rice Cooker: Place all ingredients into the rice cooker; cover and cook for 20 minutes.

Stovetop: Cook on top of the stove and simmer all until liquid is evaporated.

Serves 6 to 7. Freezes well.

Arroz Con Pollo #2

1 cup brown rice, dry	¼ cup chopped green onion
2 cups water	1 tsp. ground cumin
¾ cup roasted chicken breast, cubed	1 tsp. coriander
½ cup green peas	1 tsp. granulated garlic
¼ cup diced bell pepper	¼ teaspoon annato (optional, for color)

Place all ingredients into a rice cooker and cook until done, about 30 minutes. Serve hot.

Chef's Tips: If you can't get any annato, you can substitute paprika.

Source for all recipes: www.foodandhealthcommunications.com

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September 2013