

One Chicken, Many Meals

Rotisserie chicken makes for a tasty meal. It is already prepared and easy to serve. Sometimes we don't eat the whole chicken in one sitting and have it left-over for many days. The same chicken from the night before doesn't always taste as good the second or third time around. Here are some other ideas to remake that boring left-over chicken into a new, fabulous meal.

Rotisserie Chicken Enchilada Soup

Serves 6

- | | |
|--|--------------------------------|
| 1½ c skinless rotisserie chicken breast, cooked | ½ tsp dried oregano |
| 3 c low sodium chicken broth | 2 tsp olive oil |
| 1 (8 oz) can tomato sauce | ½ c onion, chopped |
| 1 (15 oz) can low sodium black beans, rinsed and drained | 3 cloves garlic, minced |
| 1 (15.25 oz) can unsalted corn or 2 c frozen corn | 1 Tbsp chili powder |
| | 1 (14.5 oz) can diced tomatoes |
| | 1 tsp cumin |

Directions: Heat oil in a saucepan over medium-low heat. Add onion and garlic and sauté until soft, 3-4 minutes. Slowly add the chicken broth, tomato sauce and chili powder and bring to a boil. Add the black beans, diced tomatoes, corn, cumin, oregano, and stir. Break up the rotisserie chicken into chunks and add to the pot. Stir, cover and simmer on low heat for 30-40 minutes. Adjust seasonings to taste. Serve in a bowl with toppings of your choice. Enjoy!

Nutrition Facts: Calories 230, Fat 7 gm, Saturated Fat 2 gm, Sodium 480 mg, Carbohydrate 27 gm, Fiber 7 gm, Protein 20 gm

Adapted from www.skinnytaste.com



Watch Your Sodium Intake!

Rotisserie chicken is often high in sodium. To lower the sodium amount you consume, compare labels and choose types with less sodium and/or remove the skin prior to eating.

More Ways to Use Rotisserie Chicken:

- Add it to a salad as a topping.**
- Make a chicken salad sandwich.**
- Mix it in with mac and cheese.**
- Try it in a taco or a quesadilla.**
- Add it to canned or homemade soup.**

BBQ Rotisserie Chicken Pizza

Serves 6

- | | |
|---|---|
| 1½ c shredded chicken from cooked rotisserie chicken breast | ½ c yellow or red bell pepper, chopped |
| 1 package refrigerated pizza dough | ½ c reduced-fat shredded cheddar cheese |
| ⅓ c low sodium barbecue sauce | 2 plum tomatoes, sliced thinly |
| ½ c onion, chopped | |

Directions: Preheat oven to 450° F. Roll out pizza dough with a rolling pin. Spread a pinch of flour over the dough to prevent it from sticking. Place pizza crust on a baking sheet. Spread the barbecue sauce over the crust, leaving a ½ inch border around the edges. Top with chicken and remaining ingredients. Bake for 10 minutes or until cheese melts and crust is crisp. Cut into 12 wedges and serve.

Nutrition Facts: Calories 340, Fat 9 gm, Saturated Fat 3 gm, Sodium 646 gm, Carbohydrate 40 gm, Fiber 2 gm, Protein 25 gm

Adapted from www.myrecipes.com

See next page for 3 more recipes

Easy Rotisserie Chicken Quesadillas

Serves 6

1½ rotisserie chicken, shredded
6 oz cheddar or Mexican blend cheese, shredded
6 (six-inch) flour tortillas

Nutrition Facts: Calories 280, Fat 16 gm, Saturated Fat 8 gm, Sodium 590 mg, Carbohydrate 17 gm, Fiber 1 gm, Protein 18 gm

Directions: Shred meat from the bones. Heat the tortillas, then on one half add a small amount of chicken and cheese. Fold in half and continue to heat, flipping over once, until the cheese has melted. Serve warm with sour cream, salsa, etc.

Optional: Create your own individual quesadilla by adding diced green chilies, scallions, canned black beans, sliced olives, fresh cilantro, tomato, avocado, or whatever your imagination can think of!

Adapted from www.caloriecount.about.com

Chicken Fried Rice

Serves 4

1 c skinless, boneless rotisserie chicken breast, diced
3 Tbsp canola oil
1 c chopped carrot
1 c coarsely chopped broccoli florets
1 c frozen green peas
1 small yellow onion OR 4 scallions, chopped, divided in half
2 garlic cloves, minced
1 tsp grated peeled fresh ginger
3 c cooked long-grain brown rice, chilled
2 large eggs, lightly beaten
2 Tbsp lower-sodium soy sauce
½ tsp kosher salt
¼ tsp freshly ground black pepper
Optional: ½ Tbsp toasted sesame oil

Directions: Heat a large non-stick skillet over medium-high heat. Add oils; swirl to coat. Add carrot and broccoli; stir-fry 3 minutes or until crisp-tender. Add chicken, peas, half of onions or scallions, garlic, and ginger. Stir-fry 2 minutes or until onions are tender. Add rice; cook 3 minutes or until thoroughly heated, stirring occasionally. Reduce heat to medium.

Push rice mixture to 1 side of pan; add eggs to opposite side of pan. Cook, without stirring, for 10 seconds. Cook, stirring frequently, 2 additional minutes or until eggs are scrambled. Stir in soy sauce, salt, and pepper. Sprinkle with remaining onion or scallion and drizzle with sesame oil if using. Serve immediately.

Nutrition Facts: Calories 407, Fat 16 gm, Saturated Fat 3 gm, Sodium 535 mg, Carbohydrate 43 gm, Fiber 6 gm, Protein 22 gm

Adapted from www.myrecipes.com

Curried Chicken Salad

Serves 4

1½ c skinless, boneless rotisserie chicken breast, diced
½ c seedless red grapes, halved
½ c diced apple, peeled
2 stalks celery, chopped
1 Tbsp raisins (or Craisins®, dried cranberries)
1 Tbsp light mayonnaise
2 Tbsp plain fat-free Greek yogurt
1 tsp honey
1 Tbsp curry powder
½ tsp fresh lemon juice
¼ tsp salt
⅛ tsp freshly ground black pepper
1 Tbsp almonds, sliced, toasted (can substitute peanuts)

Directions: Combine first 5 ingredients in a large bowl. Combine mayonnaise and next 6 ingredients (through pepper), stirring with a whisk. Pour mayonnaise mixture over chicken mixture; toss gently to coat. Sprinkle with almonds. Cover and chill.

Nutrition Facts: Calories 200, Fat 8 gm, Saturated Fat 2 gm, Sodium 230 mg, Carbohydrate 15 gm, Fiber 2 gm, Protein 18 gm

Adapted from www.myrecipes.com