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**Chicken Bread Salad**

### Ingredients
- 24 (3/4 inch thick) slices French bread
- 3 cups cooked, cubed chicken breast
- 4 medium tomatoes, cut into chunks
- 1 (15.5 ounce) can great northern beans, rinsed and drained
- 1 large cucumber, seeded and chopped
- 1/4 cup chopped fresh basil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3/4 cup balsamic vinaigrette
- 1/2 cup shredded Parmesan cheese

### Directions
Place bread on a baking sheet. Broil 3-4 in. from the heat for 2-3 minutes or until golden brown, turning once. Cool on a wire rack. Cut bread into 1-in. pieces.

In a large bowl, combine the bread, chicken, tomatoes, beans, cucumber, basil, salt and pepper. Drizzle with vinaigrette and toss to coat. Refrigerate for 30 minutes. Sprinkle with Parmesan cheese and toss.
Masala-Spiced Roast Chicken

Ingredients

- 1 (3 pound) whole chicken, giblets removed
- 10 cloves garlic
- 1/4 cup garam masala
- 1 lime

Directions

Preheat oven to 425 degrees F (220 degrees C).

Place chicken upright on a rack in a roasting pan. Cut 10 slits in the skin using a sharp knife, pull the skin away from the meat; slip a garlic clove into each slit. Rub the masala powder over the whole chicken. Squeeze the juice of the lime over the chicken, turn the chicken breast side down in the roasting pan, and place the rind in the chicken cavity.

Roast the chicken in the preheated oven for 20 minutes. Lower the oven to 350 degrees F (175 degrees C), and bake until no longer pink at the bone and the juices run clear, about 45 more minutes. An instant-read thermometer inserted into the thickest part of the thigh should read 180 degrees F (82 degrees C). Remove the chicken from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area for 10 minutes before slicing.
# Parmesan Chicken II

## Ingredients

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<td>12 chicken drumsticks</td>
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<td>2 cups grated Parmesan cheese</td>
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<td>1 egg</td>
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<tr>
<td>1 teaspoon ground black pepper</td>
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<tr>
<td>1 teaspoon salt</td>
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## Directions

In a shallow bowl, mix together salt, pepper, and cheese. In a separate bowl, beat egg until lemon colored. Dip chicken in egg, coating well. Roll in cheese.

Bake at 400 degrees F (205 degrees C) for 45 minutes, or until brown.
Ingredients

- 4 cups chopped, cooked chicken meat
- 1 cup chopped celery
- 1/4 cup chopped carrots
- 1/4 cup chopped onion
- 1/4 cup butter
- 8 ounces egg noodles
- 12 cups water
- 9 cubes chicken bouillon
- 1/2 teaspoon dried marjoram
- 1/2 teaspoon ground black pepper
- 1 bay leaf
- 1 tablespoon dried parsley

Directions

In a large stock pot, saute celery and onion in butter or margarine.

Add chicken, carrots, water, bouillon cubes, marjoram, black pepper, bay leaf, and parsley. Simmer for 30 minutes.

Add noodles, and simmer for 10 more minutes.
### Simply Lemon Baked Chicken

#### Ingredients

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<td>1 (4 pound) whole chicken</td>
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<td>2 tablespoons salt</td>
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<td>1 lemon, halved</td>
</tr>
<tr>
<td>1 tablespoon paprika</td>
</tr>
<tr>
<td>1 cup water</td>
</tr>
</tbody>
</table>

#### Directions

Preheat oven to 300 degrees F (150 degrees C).

Rub chicken with salt inside and out. Squeeze lemon juice from lemon halves over outside of chicken, then rub paprika over all. Place squeeze lemon halves inside chicken cavity, then place chicken in a lightly greased 9x13 inch baking dish. Pour a little water over chicken to prevent drying.

Bake at 300 degrees F (150 degrees C) for 3 hours, basting with water as needed.
Ingredients

1/2 cup fresh lemon juice
1/4 cup butter or margarine, melted
1 teaspoon salt
1 teaspoon dill weed
1 teaspoon dried minced onion
1/4 teaspoon pepper
4 boneless, skinless chicken breast halves

Directions

In a small bowl, combine all ingredients except chicken. Reserve 1/4 cup for basting; cover. Place chicken in a shallow glass baking dish. Pour remaining sauce over chicken. Marinate for 15 minutes. Drain, discarding marinade. Grill chicken, covered, over medium-low coals, turning and basting with reserved marinade, for 10-15 minutes or until juices run clear.
Panang Curry with Chicken

**Ingredients**

- 5 tablespoons Panang curry paste
- cooking oil
- 4 cups coconut milk
- 2/3 pound skinless, boneless chicken breast, cubed
- 2 tablespoons palm sugar
- 2 tablespoons fish sauce, or to taste
- 6 kaffir lime leaves, torn
- 2 fresh red chile peppers, sliced
- 1/4 cup fresh Thai basil leaves

**Directions**

Fry the curry paste in the oil in a large skillet or wok over medium heat until fragrant. Stir the coconut milk into the curry paste and bring to a boil. Add the chicken; cook and stir until the chicken is nearly cooked through, 10 to 15 minutes. Stir the palm sugar, fish sauce, and lime leaves into the mixture; simmer together for 5 minutes. Taste and adjust the saltiness by adding more fish sauce if necessary. Garnish with sliced red chile peppers and Thai basil leaves to serve.
Mediterranean Crusted Chicken

**Ingredients**
- 1 egg
- 1/2 cup heavy whipping cream
- 1 cup crushed saltine crackers
- 1/4 cup grated Parmesan cheese
- 2 tablespoons chopped fresh basil
- 1 tablespoon garlic powder
- salt and pepper to taste
- 2 pounds skinless chicken thighs
- 1/4 cup olive oil

**Directions**

Preheat oven to 400 degrees F (200 degrees C).

In a medium bowl, combine the egg and heavy cream and beat together well. In a separate medium bowl, combine the cracker crumbs, cheese, basil, garlic powder and salt and pepper to taste.

Rinse chicken and pat dry. Dip each piece into the egg wash and then dredge liberally in the cracker crumb mixture. Heat the olive oil in a large skillet over medium high heat. Fry the chicken in the oil for 5 minutes per side, or until both sides are golden brown and crusty. Place chicken in a 9x13 baking dish and cover with foil.

Bake, covered, at 400 degrees F (200 degrees C) for 15 minutes, then remove foil and bake, uncovered, for 15 to 20 more minutes, or until chicken juices run clear.
Chipotle Chicken Salad

**Ingredients**

2 1/2 cups cubed cooked chicken
1 cup mayonnaise
1/4 cup crumbled reduced-fat feta cheese
2 green onions, chopped
3 tablespoons reduced-fat sour cream
3 chipotle peppers in adobo sauce, minced
garlic salt and pepper to taste

**Directions**

Combine the chicken, mayonnaise, feta cheese, green onions, sour cream, and chipotle peppers in a bowl. Season with garlic salt and pepper to taste; stir until evenly combined.
# Chicken, Sausage and Zucchini Pasta

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (16 ounce) package rotini pasta</td>
<td></td>
</tr>
<tr>
<td>4 (3.5 ounce) links Italian sausages, sliced</td>
<td></td>
</tr>
<tr>
<td>2 skinless, boneless chicken breast halves, cubed</td>
<td></td>
</tr>
<tr>
<td>1 onion, chopped</td>
<td></td>
</tr>
<tr>
<td>1 clove garlic, minced</td>
<td></td>
</tr>
<tr>
<td>1 green bell pepper, diced</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon Italian seasoning</td>
<td></td>
</tr>
<tr>
<td>salt to taste</td>
<td></td>
</tr>
<tr>
<td>ground black pepper to taste</td>
<td></td>
</tr>
<tr>
<td>1 (14.5 ounce) can diced tomatoes</td>
<td></td>
</tr>
<tr>
<td>1 3/4 cups spaghetti sauce</td>
<td></td>
</tr>
<tr>
<td>1 (4.5 ounce) can sliced mushrooms</td>
<td></td>
</tr>
<tr>
<td>3 zucchinis, thickly sliced</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

In a large pot with boiling salted water cook rotini pasta until al dente. Drain.

Meanwhile, in a large Dutch oven cook sliced Italian sausage until brown. Add cubed chicken and cook until no pink remains in either meat. Add onion, garlic, green bell pepper, Italian seasoning, salt and ground black pepper and stir together. Cover and simmer until vegetables are tender. Stir in tomatoes, spaghetti sauce, mushrooms, and zucchini. Simmer until zucchini is tender yet crisp.

Toss cooked pasta with sauce. Serve warm.
**Becky's Chicken Salad**

**Ingredients**
- 2 1/2 cups diced and chilled, cooked chicken meat
- 1 cup chopped celery
- 1 cup sliced, seedless grapes
- 1/2 cup sliced almonds
- 2 tablespoons chopped fresh parsley
- 1 teaspoon salt
- 1 cup mayonnaise
- 1/4 cup heavy whipping cream

**Directions**

1. In a medium bowl, whip cream to soft peaks.
2. Combine meat, celery, grapes, almonds, parsley, salt, and mayonnaise with whipped cream. Chill.
Chicken and Pea Casserole

**Ingredients**

- 1 teaspoon kosher salt, divided
- 1 (16 ounce) package rigatoni pasta
- 1 (10 ounce) can condensed cream of mushroom soup
- 3/4 cup sour cream
- 1 (10 ounce) can chunk chicken, drained
- 1 cup frozen peas, thawed
- 1 1/2 teaspoons garlic powder
- 2 1/2 teaspoons onion powder
- 1 teaspoon freshly ground black pepper
- 2 cups freshly grated Parmesan cheese

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

Bring a large pot of water to a boil. Add 1/2 teaspoon salt and pasta, and cook until al dente, about 8 to 10 minutes; drain.

Meanwhile, in a large bowl, stir together mushroom soup, sour cream, chicken, and peas. Season with garlic powder, onion powder, 1/2 teaspoon salt, and pepper.

Stir cooked pasta into chicken mixture until well combined. Pour pasta mixture into a 9x10-inch casserole dish, and spread out evenly. Top with Parmesan cheese, and spray the top with a bit of cooking spray.

Bake in a preheated oven until golden brown, about 20 to 25 minutes. Remove from oven, and let cool 5 minutes.
## Michigan Chicken Salad

### Ingredients
- 3 cups diced cooked chicken
- 1/2 cup diced celery
- 1/4 cup diced onion
- 1/4 cup chopped dried cherries
- 3/4 cup mayonnaise
- 3 tablespoons Dijon mustard
- 1/2 teaspoon poultry seasoning
- ground black pepper to taste

### Directions
Combine the chicken, celery, onion, and cherries in a bowl. Whisk together the mayonnaise, mustard, and poultry seasoning in a separate bowl; pour over the chicken mixture and toss to combine. Season with pepper. Chill at least 30 minutes before serving.
Ingredients

1 tablespoon vegetable oil
4 skinless, boneless chicken breast halves
1/4 cup orange juice
1/4 cup cranberry juice
1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular or 98% Fat Free)
1 tablespoon dried cranberries
1 tablespoon chopped fresh sage leaves
1/8 teaspoon ground black pepper
4 cups hot cooked instant white rice
Sliced green onion

Directions

Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook for 10 minutes or until it's well browned on both sides.

Add the orange juice, cranberry juice, soup, cranberries, sage and black pepper in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through.

Serve the chicken mixture over the rice and sprinkle with the onions.
# Chicken Tostadas

## Ingredients

- 6 (8 inch) flour tortillas
- 1 (15 ounce) can black beans, rinsed and drained
- 2 teaspoons chili powder, divided
- 1 teaspoon ground cumin, divided
- 1/2 cup salsa
- 3/4 pound skinless, boneless chicken breast halves - cut into strips
- 2 cups finely chopped tomatoes, drained
- 1 cup chopped onion
- 1 1/2 cups shredded Cheddar cheese
- 2 cups torn romaine
- Sour cream

## Directions

Spritz both sides with nonstick cooking spray. Place on ungreased baking sheets. Bake at 350 degrees F for 7 minutes; turn and bake 3 minutes longer or until crisp. Set aside.

In a food processor, process the beans until smooth. In a saucepan, combine the beans, 1 teaspoon chili powder, 1/2 teaspoon cumin and salsa; bring to a boil. Remove from the heat; set aside. Sprinkle chicken with remaining chili powder and cumin. In a skillet coated with nonstick cooking spray, cook chicken over medium heat for 5 minutes or until juices run clear, stirring constantly.

Spread bean mixture over tortillas to within 1/2 in. of edges of tortillas. Top with the chicken, tomatoes, onion and cheese. Bake at 350 degrees F for 2 minutes or until cheese is melted. Top with romaine. Garnish with sour cream if desired.
Easy Creamy Peppercorn Chicken

**Ingredients**

- 6 skinless, boneless chicken breasts
- 2 (10.75 ounce) cans condensed cream of mushroom soup
- 1 packet peppercorn gravy mix
- 1 onion, sliced into thin rings
- 1 cup water

**Directions**

Preheat oven to 400 degrees F (205 degrees C).

Place cleaned chicken breasts in a 9 x 13 inch glass baking dish or casserole dish. Arrange the sliced onion pieces evenly on top of the chicken pieces. Scoop the mushroom soup onto the chicken and onions. Mix the peppercorn gravy with water and pour it over the soup, onions and chicken.

Cover the dish and bake for 1 hour, stirring the chicken and mixture after 30 minutes. If desired, serve over rice or with mashed potatoes.
Homemade Chicken Soup

**Ingredients**
- 1 (3 pound) whole chicken
- 4 carrots, halved
- 4 stalks celery, halved
- 1 large onion, halved
- water to cover
- salt and pepper to taste
- 1 teaspoon chicken bouillon granules (optional)

**Directions**
Put the chicken, carrots, celery and onion in a large soup pot and cover with cold water. Heat and simmer, uncovered, until the chicken meat falls off of the bones (skim off foam every so often).

Take everything out of the pot. Strain the broth. Pick the meat off of the bones and chop the carrots, celery and onion. Season the broth with salt, pepper and chicken bouillon to taste, if desired. Return the chicken, carrots, celery and onion to the pot, stir together, and serve.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tablespoons chicken bouillon granules</td>
<td>In a bowl, combine the first five ingredients. Store in an airtight container for up to 6 months.</td>
</tr>
<tr>
<td>3 tablespoons dried parsley flakes</td>
<td></td>
</tr>
<tr>
<td>3 teaspoons dried celery flakes</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon dried minced onion</td>
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</tr>
<tr>
<td>1 tablespoon sugar</td>
<td></td>
</tr>
<tr>
<td>ADDITIONAL INGREDIENTS:</td>
<td></td>
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<tr>
<td>1 cup uncooked long grain rice</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons butter or margarine</td>
<td></td>
</tr>
<tr>
<td>2 cups water</td>
<td></td>
</tr>
</tbody>
</table>
Chicken Souvlaki Gyro Style

Ingredients

Souvlaki Marinade:
- 3/4 cup balsamic vinaigrette salad dressing
- 3 tablespoons lemon juice
- 1 tablespoon dried oregano
- 1/2 teaspoon freshly ground black pepper
- 4 skinless, boneless chicken breast halves

Tzatziki Sauce (cucumber sauce):
- 1/2 cup seeded, shredded cucumber
- 1 teaspoon kosher salt
- 1 cup plain yogurt
- 1/4 cup sour cream
- 1 tablespoon lemon juice
- 1/2 tablespoon rice vinegar
- 1 teaspoon olive oil
- 1 clove garlic, minced
- 1 tablespoon chopped fresh dill
- 1/2 teaspoon Greek seasoning
- Kosher salt to taste
- Freshly ground black pepper to taste

4 large pita bread rounds
1 heart of romaine lettuce, cut into 1/4 inch slices
1 red onion, thinly sliced
1 tomato, halved and sliced
1/2 cup kalamata olives
1/2 cup pepperoncini
1 cup crumbled feta cheese

Directions

In a small bowl, mix the balsamic vinaigrette, juice from 1/2 lemon, oregano, and 1/2 teaspoon black pepper. Place chicken in a large resealable plastic bag. Pour marinade over the chicken, seal, and refrigerate for at least 1 hour.

Preheat an outdoor grill for high heat.

Toss the shredded cucumber with 1 teaspoon kosher salt, and allow to sit at least 5 minutes. In a medium bowl, mix the yogurt, sour cream, 1 tablespoon lemon juice, rice vinegar, and olive oil. Season with garlic, fresh dill, and Greek seasoning. Squeeze the cucumber to remove any excess water; stir into sauce. Season to taste with kosher salt and pepper. Refrigerate until ready to use.

Remove chicken from marinade and place on prepared grill. Discard remaining marinade. Cook chicken until juices run clear, about 8 minutes on each side. Remove chicken from heat, and allow to sit about 10 minutes before slicing into thin strips.

Place pita rounds on the grill, and cook for about 2 minutes, until warm, turning frequently to avoid burning. Arrange warmed pita, sliced chicken, lettuce, onion, tomato, olives, and pepperoncini on a serving platter. Serve tzatziki sauce and feta cheese in separate bowls on the side. Stuff pita pockets with chicken and toppings to serve.
**Ingredients**

- 3/4 cup cider vinegar
- 1/4 cup chili sauce
- 1/4 cup Worcestershire sauce
- 1 (6 ounce) can tomato paste
- 1/2 cup diced onion
- 2 tablespoons brown sugar
- 1/2 teaspoon cayenne pepper
- 2 tablespoons vegetable oil
- 8 chicken thighs

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a medium saucepan over medium heat, blend cider vinegar, chili sauce, Worcestershire sauce, and tomato paste. Mix in the onion, brown sugar, and cayenne pepper.

Heat oil in a medium skillet over medium heat, and saute the chicken thighs until browned. Remove from heat, drain, and arrange in a medium baking dish. Cover with the cider vinegar sauce mixture.

Bake covered 45 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.
Chicken Spaghetti Casserole II

Directions

Bring a large pot of salted water to a boil. Add chicken and boil for 35 to 45 minutes, or until no longer pink inside. Remove chicken from pot, reserving chicken cooking broth in pot, and let cool before deboning. Remove chicken meat from bones and shred. Set aside.

In pot with chicken broth, combine the celery, onion, parsley and spaghetti. Bring to a boil and cook 8 to 10 minutes or until spaghetti is al dente. Drain, reserving 1 cup of broth.

Preheat oven to 350 degrees F (175 degrees C).

Return drained noodles, celery, onion and parsley to pot. Add reserved chicken broth, shredded chicken, cream of mushroom soup and mushroom slices. Stir together, then evenly fold and spread mixture into a 9x13 inch baking dish and sprinkle with the cheese.

Bake at 350 degrees F (175 degrees C) for 20 minutes, or until cheese is melted and bubbly.
# Baked Chicken and Cheese Risotto

## Ingredients

- 1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup or Campbell's® Condensed 98% Fat Free Cream of Mushroom Soup
- 1 1/4 cups water
- 1/2 cup milk
- 1/4 cup shredded part-skim mozzarella cheese
- 3 tablespoons grated Parmesan cheese
- 1 1/2 cups frozen mixed vegetables
- 1/2 pound skinless, boneless chicken breast, cut into cubes
- 3/4 cup uncooked Arborio or regular long-grain white rice

## Directions

Mix soup, water, milk, mozzarella cheese, Parmesan cheese, vegetables, chicken and rice in 3-qt. shallow baking dish. Cover.

Bake at 400 degrees F. for 35 min. Stir.

Bake for 10 min. or until hot and rice is done. Let stand 5 min.
Warm Chicken Spinach Salad

**Ingredients**

3 cups torn fresh spinach  
1 (11 ounce) can mandarin oranges, drained  
1/2 cup sliced fresh mushrooms  
3 slices red onion, halved  
1/2 pound skinless, boneless chicken breast halves - cut into strips  
1/4 cup chopped walnuts  
2 tablespoons olive or vegetable oil  
2 teaspoons cornstarch  
1/2 teaspoon ground ginger  
1/4 cup orange juice  
1/4 cup red wine vinegar or cider vinegar

**Directions**

On two salad plates, arrange spinach, oranges, mushrooms and onion; set aside. In a skillet, saute chicken and walnuts in oil until chicken is no longer pink. In a small bowl, combine the cornstarch, ginger, orange juice and vinegar until smooth; stir into the chicken mixture. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Pour over salads and serving immediately.
# Chicken Corn Chowder

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>chicken carcass</td>
<td>1</td>
</tr>
<tr>
<td>bay leaf</td>
<td>1</td>
</tr>
<tr>
<td>tablespoons butter</td>
<td>2</td>
</tr>
<tr>
<td>onion, diced</td>
<td>1</td>
</tr>
<tr>
<td>shallots, diced</td>
<td>3</td>
</tr>
<tr>
<td>cubes chicken bouillon, crumbled</td>
<td>2</td>
</tr>
<tr>
<td>tablespoons dried parsley</td>
<td>2</td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>potatoes, peeled and diced</td>
<td>2</td>
</tr>
<tr>
<td>1 1/2 cups frozen corn kernels</td>
<td></td>
</tr>
<tr>
<td>tablespoons heavy cream</td>
<td>2</td>
</tr>
</tbody>
</table>

## Directions

Place chicken carcass (and any leftover skin and meat and other bones) in a large pot and cover with cold water. Add bay leaf, and bring to a boil. Reduce heat, and simmer 60 to 90 minutes. Remove from heat, cool slightly, and strain. Remove chicken meat from carcass, and chop into bite-size pieces.

In a large saucepan over medium heat, melt butter. Cook onion and shallots in butter until translucent. Pour in strained broth and chicken meat and stir in bouillon, parsley, salt, pepper, potatoes and corn. Simmer 15 minutes, until potatoes are cooked and corn is tender. Remove from heat and stir in cream.
Ingredients

1 (8 ounce) package reduced-fat cream cheese
1/2 cup minced red onion
3 cloves minced garlic
1/2 teaspoon ground black pepper
4 skinless, boneless chicken breast halves
8 slices prosciutto
8 leaves fresh basil
3 tablespoons olive oil
3 tablespoons butter
3 tablespoons all-purpose flour
1/2 cup white wine (optional)
2 cups chicken broth

Directions

Mix the cream cheese, red onion, garlic, and black pepper together in a small bowl; set aside. Place the chicken breasts between two sheets of waxed paper on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to a thickness of 1/4 inch.

Spread the cream cheese mixture over the flattened chicken breasts, then place two slices of prosciutto and two leaves of basil over the cream cheese on each breast. Roll the chicken breasts over the filling, and secure with toothpicks. Cover, and refrigerate 1 hour to overnight.

Heat the olive oil in a large skillet over medium-high heat. Add the chicken breasts; cook until browned on all sides, about 10 minutes. Remove the chicken from the pan, and set aside. Whisk the butter and flour into the skillet until the butter melts and the flour turns golden, about 1 minute. Stir in the white wine, and cook for 1 minute. Pour in the chicken broth, and return to a boil. Reduce heat to medium-low; simmer for a few more minutes. Return the chicken breasts to the skillet, and cover; cook until the chicken is no longer pink in the center, about 5 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
**Ingredients**

- 3 cloves garlic, crushed
- 3 small onions, minced
- 1 slice fresh ginger root
- 5 tablespoons curry powder
- 5 tablespoons water
- 2 tablespoons olive oil
- 1 cup yogurt
- 1 cup coconut milk
- 1 cup milk
- 1 cup water
- 2 large potatoes, cubed
- 1 (4 pound) whole chicken, cut into 8 pieces
- salt to taste

**Directions**

In a small bowl, grind together garlic, onion and ginger. In a separate small bowl, mix together curry powder and 5 tablespoons water.

Heat oil in a large skillet over medium high heat. Saute garlic, ginger and onion until browned; add curry paste and saute together until smell is strong and fragrant.

Add yogurt, coconut milk and regular milk along with 1 cup of water, and stir all together. Then add potatoes and chicken and bring to a boil; reduce heat and simmer until potatoes are tender and chicken is cooked through, about 20 to 25 minutes.

Season with salt to taste and simmer for another 2 minutes; the curry is ready!
Herbed Chicken and Fettuccini

Ingredients

9 ounces dry fettuccine pasta
1 tablespoon olive oil
1 pound skinless, boneless chicken breast halves - cut into strips
1 red onion, sliced
1 julienned yellow bell pepper
2 cloves garlic, minced
1/2 cup chicken broth
2 tablespoons sherry
salt and pepper to taste
7 1/2 ounces chive and onion cream cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Cover to keep warm and set aside.

Meanwhile, heat oil in a wok or skillet over high heat. Saute chicken and onion 3 minutes. Add yellow pepper, and continue cooking until chicken is no longer pink and vegetables are crisp-tender. Add garlic, chicken broth, sherry, salt and pepper. Cook just until hot. Blend in cream cheese, and heat through. Do not allow to boil.

Combine chicken mixture with hot pasta. Serve.
Crunchy No-Fry Chicken

Ingredients

3/4 cup finely crushed corn flakes
1/2 teaspoon garlic powder
1/8 teaspoon ground black pepper
1/8 teaspoon ground red pepper
4 skinless, boneless chicken breast halves
1/4 cup Swanson® Chicken Stock

Directions

Stir the corn flakes, garlic powder, black pepper and red pepper in a shallow medium bowl.

Dip the chicken into the stock. Coat with the corn flake mixture. Place the chicken onto a baking sheet.

Bake at 400 degrees F for 20 minutes or until the chicken is cooked through.
Ingredients

1 (2 to 3 pound) whole chicken, cut into pieces
1/4 cup apple cider vinegar
1/4 cup soy sauce
ground black pepper to taste
2 tablespoons olive oil
1 clove garlic, crushed
2 bay leaves

Directions

Place chicken pieces in a large bowl. Pour vinegar and soy sauce over chicken, and season with ground black pepper to taste. Toss to coat.

Heat oil in a large skillet over medium heat, and brown garlic. Be careful not to burn garlic, as this will make the dish taste bitter. After browning garlic, remove it from the oil.

Place marinated chicken pieces in hot oil. Pour remaining marinade over all, and add bay leaves. Reduce heat to low, and cook chicken pieces for about 10 minutes on each side, or until no longer pink and juices run clear. The marinade will reduce, and make a nice gravy. Remove bay leaves, and serve immediately.
**Ingredients**

1 tablespoon olive oil
1/2 pound skinless, boneless chicken breast meat - cut into bite-size pieces
1 onion, chopped
2 cloves garlic, minced
1 cup sliced carrots
1 cup broccoli florets
1 cup chopped cauliflower
1 cup chopped celery
2 cups whole peeled tomatoes with liquid, chopped
4 cups fat free chicken broth
1 cup chopped fresh spinach
6 drops hot pepper sauce
salt and pepper to taste

**Directions**

Heat the oil in a large saucepan over medium heat. Add the chicken and saute for 5 to 10 minutes, or until browned; set aside.

To the same saucepan add the onion, garlic and carrots and saute for about 3 to 5 minutes. Then add the broccoli, cauliflower, celery, tomatoes, chicken broth and reserved chicken.

Stir together well, bring to a slow boil, reduce heat to low and simmer for 25 to 30 minutes. Stir in the spinach, hot pepper sauce and salt and pepper to taste.
Lemon Pepper Chicken II

**Ingredients**
- 2/3 cup dry lemonade mix
- 2 teaspoons ground black pepper
- 1 (16 ounce) bottle Italian-style salad dressing
- 6 skinless, boneless chicken breast halves

**Directions**
To Marinate: In a nonporous glass dish or bowl combine the lemonade mix, pepper and salad dressing. Mix well. Add chicken and toss to coat; cover and refrigerate for 8 to 12 hours to marinate.

Preheat oven to 350 degrees F (175 degrees C).

Remove chicken from marinade, discarding any remaining marinade, and place in a 9x13 inch baking dish. Bake at 350 degrees F (175 degrees C) for 35 to 40 minutes, or until chicken is cooked through and juices run clear.
Ingredients

1 tablespoon vegetable oil
1/4 cup sliced onion
1 cup chopped fresh cilantro
1 (7 ounce) can green salsa
2 cups cooked, cubed or shredded chicken meat
1/2 cup chicken broth

Directions

Heat oil in a medium saucepan over medium heat. Add onion and saute until soft, then stir in cilantro. Add tomatillo sauce (use fresh if desired) and season with salt and pepper to taste. Reduce heat to low and simmer for 3 to 5 minutes.

Add cooked chicken and broth, mix all together and heat through (do not over-stir the chicken). Serve hot.
Thai Shrimp, Chicken, Grapefruit, and Coconut

**Ingredients**

- 1/2 cup fresh lime juice
- 1 1/2 tablespoons fish sauce
- 2 teaspoons white sugar
- 2 cloves garlic, crushed
- 1 red grapefruit, peeled and sectioned
- 2 cups shelled cooked tiny shrimp, thawed if frozen
- 2 cups shredded precooked chicken breast meat
- 1 1/2 cups shredded coconut meat, unsweetened
- 6 shallots, thinly sliced
- 1 teaspoon chopped red chile pepper
- 1/2 cup fresh mint leaves
- 1 1/2 tablespoons finely chopped fresh cilantro
- 1 head iceberg lettuce, shredded

**Directions**

Make the dressing by whisking together the lime juice, fish sauce, sugar, and garlic in a bowl.

Toss together the sectioned grapefruit, shrimp, chicken breast, coconut, shallots, chile pepper, mint, and cilantro in a large bowl. Drizzle approximately 3/4 of the dressing into the grapefruit mixture and toss to combine. Combine the remaining dressing with the shredded lettuce in a separate bowl shortly before serving.

Arrange the lettuce on a large platter. Layer the grapefruit mixture on top of the lettuce.
Easy Hawaiian Chicken Packets

Ingredients

- 4 skinless, boneless chicken breast halves
- 1 cup bottled teriyaki sauce or marinade
- 1 green bell pepper, seeded and sliced into strips
- 1 red bell pepper, seeded and sliced into strips
- 1 onion, chopped
- 1 (20 ounce) can pineapple chunks, drained

Directions

Preheat a grill for medium-high heat.

Lay out four squares of aluminum foil. Place one piece of chicken in the center of each square. Pour the teriyaki sauce over them, turning to coat. Distribute equal amounts of the green and red peppers, onion and pineapple chunks amongst the chicken pieces. Fold the foil up and seal tightly into packets.

Place the packets on the grill, and cook for about 20 minutes, or until chicken is no longer pink and juices run clear. I like to take one packet off the grill and check it before removing them all.
Cranberry Sauce Chicken I

**Ingredients**

- 12 skinless, boneless chicken breast halves
- 1 1/4 cups cranberry sauce
- 1 packet dry onion soup mix
- 1/2 cup French-style salad dressing
- 1 teaspoon white sugar
- 1 pinch ground black pepper

**Directions**

Preheat oven to 325 degrees F (165 degrees C).

Arrange chicken in an 11x17 inch baking dish. In a medium bowl, combine the cranberry sauce, soup mix, salad dressing, sugar and ground black pepper. Mix well and spoon mixture over chicken.

Cover dish and bake at 325 degrees F (165 degrees C) for 1 to 1 1/2 hours, or until chicken is cooked through and juices run clear.
## Ingredients

- 1 tablespoon vegetable oil
- 1 pound skinless, boneless chicken breast, cut into 1" pieces
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken & Broccoli Soup
- 1/2 cup milk
- 1/8 teaspoon ground black pepper
- 4 small red potatoes, cut into quarters
- 2 medium carrots, sliced
- 1 cup broccoli flowerets

## Directions

Heat oil in skillet. Add chicken and cook until browned, stirring often. Remove chicken.

Add soup, milk, pepper, potatoes, carrots and broccoli. Heat to a boil. Cover and cook over low heat 15 minutes, stirring occasionally. Return chicken to pan. Cover.

Cook 5 minutes or until done.
Roasted Chicken Thighs over Braised Escarole

**Ingredients**

1 teaspoon paprika, preferably smoked  
1 teaspoon dried thyme leaves  
1/2 teaspoon garlic powder  
1/2 teaspoon freshly ground black pepper  
4 teaspoons olive oil, divided  
1 3/4 pounds bone-in chicken thighs  
3 cloves garlic cloves, peeled, thinly sliced  
1 cup reduced sodium chicken broth  
2 large heads escarole or curly endive, coarsely torn  
1 1/4 cups Sargento® Shredded Reduced Sodium Mozzarella Cheese, divided  
1/2 cup pine nuts, toasted

**Directions**

Combine paprika, thyme, garlic powder and pepper. Rub 2 teaspoons oil over chicken. Sprinkle paprika mixture over chicken; place on a rimmed baking sheet. Bake in a preheated 375 degrees F oven 25 to 30 minutes or until chicken is cooked through, basting chicken with pan juices after 15 minutes.

Meanwhile, heat remaining 2 teaspoons oil in a large deep skillet over medium heat. Add garlic; sauté 1 minute. Add broth and escarole; simmer, uncovered, 10 to 12 minutes or until escarole is tender and broth is reduced, stirring frequently.

Transfer escarole to four shallow bowls; top with 1 cup cheese and chicken. Sprinkle remaining 1/4 cup cheese and pine nuts over chicken.
Ingredients
2 chicken breasts, cut into chunks
1 tablespoon olive oil
1/3 red onion, chopped
3 cloves garlic, minced
1 (15 ounce) can black beans, drained
1 (14.5 ounce) can great Northern beans, drained
2 (14.5 ounce) cans diced tomatoes with green chile peppers
1 (14 ounce) can tomato sauce
1/2 cup chicken stock
1/2 cup brown sugar
1/2 cup frozen corn
1/4 cup white vinegar
3 tablespoons chili powder
3 tablespoons ground cumin
2 tablespoons dried cilantro
Dash of salt
1 pinch cayenne pepper
1/2 green bell peppers, diced
1/2 red bell pepper, diced
1/2 yellow bell pepper, diced

Directions
Fill a large pot with lightly-salted water and bring to a boil. Boil the chicken until no longer pink in the center and the juices run clear, 7 to 10 minutes. Drain the chicken and place in a slow cooker.

Heat the olive oil in a skillet over medium heat. Brown the onion and garlic in the hot oil, 5 to 7 minutes; scrape into the slow cooker.

Add the black beans, great Northern beans, tomatoes with green chile, tomato sauce, chicken stock, brown sugar, corn, vinegar, chili powder, cumin, cilantro, salt, and cayenne pepper to the slow cooker. Cook on High until the beans are tender, 3 to 4 hours. Stir the diced green, red, and yellow bell peppers into the chili and cook another 20 minutes.
## Baked Chicken Wings

### Ingredients

- 3 tablespoons olive oil
- 3 cloves garlic, pressed
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- salt and ground black pepper to taste
- 10 chicken wings

### Directions

Preheat the oven to 375 degrees F (190 degrees C).

Combine the olive oil, garlic, chili powder, garlic powder, salt, and pepper in a large, resealable bag; seal and shake to combine. Add the chicken wings; reseal and shake to coat. Arrange the chicken wings on a baking sheet.

Cook the wings in the preheated oven 1 hour, or until crisp and cooked through.
Asparagus Chicken Divan

Ingredients

- 1 pound skinless, boneless chicken breast halves
- 2 pounds fresh asparagus, trimmed
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon ground nutmeg
- 1 cup grated Parmesan cheese, divided
- 1/2 cup whipping cream, whipped
- 3/4 cup mayonnaise*

Directions

Broil chicken 6 in. from the heat until juices run clear. Meanwhile, in a large skillet, bring 1/2 in. of water to a boil. Add asparagus. Reduce heat; cover and simmer for 3-5 minutes or until crisp-tender. Drain and place in a greased shallow 2-1/2-qt. baking dish. Cut chicken into thin slices.

In a bowl, combine the soup, Worcestershire sauce and nutmeg. Spread half over asparagus. Sprinkle with 1/3 cup Parmesan cheese. Top with chicken. Spread remaining soup mixture over chicken; sprinkle with 1/3 cup Parmesan cheese.

Bake, uncovered, at 400 degrees F for 20 minutes. Fold whipped cream into mayonnaise; spread over top. Sprinkle with remaining Parmesan cheese. Broil 4-6 in. from the heat for about 2 minutes or until golden brown.
# Grilled Chicken with Salsa Barbecue Sauce

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup salsa</td>
<td></td>
</tr>
<tr>
<td>3 limes, juiced</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon Worcestershire sauce</td>
<td></td>
</tr>
<tr>
<td>1/4 cup orange juice</td>
<td></td>
</tr>
<tr>
<td>1/4 cup cider vinegar</td>
<td></td>
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<tr>
<td>1/4 cup brown sugar</td>
<td></td>
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<tr>
<td>1/4 cup corn syrup</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon dried oregano</td>
<td></td>
</tr>
<tr>
<td>1/4 cup vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon fresh chopped cilantro, for garnish</td>
<td></td>
</tr>
<tr>
<td>1 (2 to 3 pound) whole chicken, cut into parts</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

In a medium saucepan, combine salsa, lime juice, Worcestershire sauce, orange juice, vinegar, brown sugar, corn syrup, oregano, and oil. Simmer over low heat for 45 to 60 minutes.

Remove sauce from heat, and add cilantro.

Use sauce to baste chicken during the last 20 minutes of grilling, reserving about 1/2 cup of the sauce to baste the cooked pieces just before serving.
### Ingredients
- 1 pound uncooked linguine
- 2 boneless chicken breast halves, cooked and cubed
- 1 (4.5 ounce) can sliced mushrooms
- 1 (16 ounce) jar Alfredo-style pasta sauce
- 1 (10 ounce) package frozen mixed vegetables
- 1/3 cup milk

### Directions
In a large pot cook fettuccini or linguini pasta in boiling salted water until al dente. Drain well.

Meanwhile, in a large saucepan over medium-low heat add cubed cooked chicken, mushrooms, Alfredo sauce, frozen vegetables, and milk. Cook until heated through.

Serve warm Alfredo sauce over cooked fettuccini or linguini noodles.
## Classic Chicken and Rice Soup

### Ingredients

- 1 recipe Fast Chicken Soup Base
- 3/4 cup long-grain white rice
- 1 cup frozen green peas
- 1/2 cup chopped fresh parsley
- Salt and freshly ground black pepper

### Directions

Prepare Fast Chicken Soup Base. Bring to a simmer.

Add these, then simmer until tender, 10-20 minutes: 3/4 cup long-grain white rice.

Before removing from heat, stir in: 1 cup (5 ounces) frozen green peas and 1/2 cup chopped fresh parsley.

Final touch: Add salt and pepper, to taste.
Okra, Chicken and Rice Casserole

**Ingredients**

- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 cup water
- 3/4 cup uncooked brown rice
- 1/4 teaspoon paprika
- 1/4 tablespoon ground black pepper
- 4 skinless, boneless chicken breasts
- 1 (16 ounce) package frozen okra, thawed and sliced

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

In a 9x13 inch baking dish combine the soup, water, rice, okra, paprika and ground black pepper. Place the chicken on top of the rice mixture. Sprinkle with additional paprika and ground black pepper.

Cover and bake in the preheated oven for 45 minutes or until the chicken is cooked through and the juices run clear. (For creamier rice, increase the water amount to 1 1/3 cups).
Chicken and Asparagus in Cream Soup

**Ingredients**
- 5 skinless, boneless chicken breast halves
- 20 spears fresh asparagus, trimmed, or as needed
- 2 (10.75 ounce) cans cream of asparagus soup
- 1 1/2 cups milk
- Italian seasoned bread crumbs

**Directions**
- Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish. Place the chicken breasts into the prepared baking dish.

- Bake in the preheated oven until the chicken is cooked through and no longer pink in the center, about 30 minutes.

- While the chicken is baking, bring a saucepan of lightly salted water to a boil, and simmer the asparagus spears until bright green, about 5 minutes. Remove the asparagus and set aside. Mix together the soup and milk in a bowl until well blended. Remove the chicken from the baking dish and set aside. Line the bottom of the dish with asparagus spears, arrange the chicken on top, and pour the soup mixture over the chicken. Sprinkle the top with bread crumbs.

- Return to oven and bake until the casserole is hot and bubbling, an additional 25 minutes.
Ingredients

1 (2 to 3 pound) whole chicken, cut into pieces
1 teaspoon salt
freshly ground black pepper
1/4 cup all-purpose flour
1 pound biscuit baking mix
2 large carrots, sliced
2 stalks celery, finely chopped
5 large potatoes, peeled and chopped

Directions

Put chicken pieces in a large pot over medium heat, and add enough water to cover 3 inches over the chicken. Add the salt, celery, pepper, carrots, celery and potatoes. Bring to a boil and let simmer for 40 minutes.

In a mixing bowl, prepare biscuit mix according to package directions. After simmering soup for 40 minutes, drop rounded tablespoonfuls of the biscuit mixture into the pot and let them cook a bit between additions of dumplings, so that they do not stick together.

With a wire whisk, mix together about 1 1/2 cups of water with the flour, then add flour mixture to the soup pot until the broth has the consistency of gravy. Dig in and enjoy the meal!
## Quick Chicken Enchiladas

**Ingredients**
- 1 (10.75 ounce) can condensed nacho cheese soup
- 1/2 cup milk
- 3 cups cooked, diced chicken meat
- 1/2 cup salsa
- 1 (4 ounce) can diced green chiles
- 10 (8 inch) flour tortillas

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

In a small bowl, mix together cheese soup and milk.

In a medium bowl, combine chicken, salsa, chiles and ONLY 2 tablespoons of the soup-milk mixture. Spread about 1/3 cup chicken mixture on each tortilla, and roll up. Place tortillas in a lightly greased, 3 quart baking dish, and spread remaining soup-milk mix on top.

Bake for 30 minutes.
Orange-Glazed Chicken with Rice

Ingredients

1/2 cup currant jelly
1/2 cup cold water, divided
1/4 cup orange juice concentrate
2 tablespoons cornstarch
1 teaspoon dry mustard
1 dash hot pepper sauce
1/2 cup all-purpose flour
1/4 teaspoon salt
1 (3 1/2) pound broiler-fryer chicken, cut up
2 tablespoons vegetable oil
RICE:
1 cup diced celery
1/4 cup chopped onion
2 tablespoons butter or margarine
1 1/3 cups water
1 1/3 cups uncooked instant rice
2 tablespoons orange juice concentrate
1/2 teaspoon salt

Directions

In a saucepan, combine jelly, 1/4 cup water and concentrate. Cook and stir on low until jelly is melted. Combine cornstarch and remaining water; gradually stir into jelly mixture along with mustard and hot pepper sauce. Bring to a boil, stirring constantly. Cook about 2 minutes more; remove from heat and set aside. Combine flour and salt; dredge chicken. In a skillet over medium heat, brown chicken in oil. Place in a greased 13-in. x 9-in. x 2-in. baking dish. Pour sauce over chicken. Cover and bake at 350 degrees F for 20 minutes. Baste with sauce. Bake, uncovered, 45 minutes longer or until juices run clear. Meanwhile, in a saucepan, saute celery and onion in butter until crisp-tender. Add water; bring to a boil. Stir in rice, concentrate and salt. Cover and remove from the heat; let stand 5-7 minutes or until water is absorbed. Serve chicken over rice.
**Ingredients**

- 4 skinless, boneless chicken breast half - cut into cubes
- 1 onion, chopped
- 3/4 cup butter, melted
- 1 1/3 cups water
- 6 ounces dry bread stuffing mix
- 1/4 cup water
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 cup shredded Cheddar cheese

**Directions**

In a non-stick skillet over medium heat, cook and stir the chicken and onion until the chicken is no longer pink and juices run clear.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 2 quart casserole dish.

In a medium bowl, blend the melted butter, 1 1/3 cups water, and dry stuffing mix. Place 1/2 the chicken and onion mixture in the prepared dish, and cover with the stuffing mixture. Cover with the remaining chicken mixture. In a small bowl, mix the 1/4 cup water and cream of chicken soup, and pour into the dish. Top with the Cheddar cheese.

Bake 30 minutes in the preheated oven, or until bubbly and lightly browned.
Quick Chinese Chicken Salad

Ingredients

- 1/4 cup rice vinegar
- 1 tablespoon sugar
- 3 tablespoons Kikkoman Soy Sauce
- 2 tablespoons vegetable oil
- 1 teaspoon Oriental sesame oil
- 1 (16 ounce) package mixed salad greens, washed and drained
- 1/4 cup chopped fresh cilantro or parsley
- 2 medium-size cooked chicken breast halves, skinned, boned and shredded

Directions

Combine vinegar, sugar, soy sauce, vegetable and sesame oils in large bowl, stirring until sugar dissolves.

Add salad mixture and cilantro, tossing to coat all pieces.

Add chicken; toss to combine. Serve immediately.
## Ingredients

- 2 tablespoons all-purpose flour
- 2 teaspoons garlic powder, divided
- 3/4 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 1 pound skinless, boneless chicken breast halves - cubed
- 2 tablespoons olive or vegetable oil
- 1/4 cup white wine or chicken broth
- 1/4 cup prepared Italian salad dressing
- 1 large green pepper, julienned
- 2 large carrots, thinly sliced
- 1 cup sliced fresh mushrooms
- 1 small onion, chopped
- 1 tablespoon butter or margarine
- Hot cooked rice

## Directions

In a large resealable plastic bag, combine the flour, 1 teaspoon garlic powder, 1/4 teaspoon salt and 1/4 teaspoon pepper. Add chicken and shake to coat.

In a skillet, sauté chicken in oil until browned. Add the wine or broth, salad dressing, green pepper, carrots, mushrooms, onion, butter and remaining garlic powder, salt and pepper. Cover and cook until vegetables are tender. Serve over rice.
Ingredients

1/2 cup olive oil
3 cloves garlic, chopped
1 tablespoon chopped fresh rosemary
1 tablespoon chopped fresh thyme
1 tablespoon chopped fresh oregano
2 lemons, juiced
1 (4 pound) chicken, cut into pieces

Directions

In a glass dish, mix the olive oil, garlic, rosemary, thyme, oregano, and lemon juice. Place the chicken pieces in the mixture, cover, and marinate in the refrigerator 8 hours or overnight.

Preheat grill for high heat.

Lightly oil the grill grate. Place chicken on the grill, and discard the marinade. Cook chicken pieces up to 15 minutes per side, until juices run clear. Smaller pieces will not take as long.
### Ingredients

1/2 cup diced carrot  
1/4 cup diced celery  
1/4 cup chopped onion  
1 teaspoon butter  
6 cups chicken broth  
1 1/2 cups diced cooked chicken  
1 teaspoon salt  
1/2 teaspoon dried marjoram  
1/2 teaspoon dried thyme  
1/8 teaspoon pepper  
1 1/4 cups uncooked medium egg noodles  
1 tablespoon minced fresh parsley

### Directions

In a large saucepan or Dutch oven, saute carrot, celery and onion in butter until tender. Add broth, chicken and seasonings; bring to a boil. Reduce heat. Add noodles; cook for 10 minutes or until tender. Add parsley.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup fat free Italian-style dressing</td>
<td>Preheat oven to 400 degrees F (200 degrees C). Lightly grease a medium baking dish.</td>
</tr>
<tr>
<td>1 teaspoon lime juice</td>
<td>In a bowl, mix the Italian salad dressing, lime juice, lemon juice, and rosemary.</td>
</tr>
<tr>
<td>1 teaspoon lemon juice</td>
<td>Place potatoes in the baking dish. Distribute garlic evenly throughout dish. Place chicken on top of potatoes. Pour the dressing mixture over the chicken and potatoes. Seal dish with aluminum foil.</td>
</tr>
<tr>
<td>1 teaspoon rosemary</td>
<td>Bake 1 hour in the preheated oven, until potatoes are tender and chicken juices run clear.</td>
</tr>
<tr>
<td>3 potatoes, chopped</td>
<td></td>
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<tr>
<td>2 cloves garlic, quartered</td>
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<tr>
<td>5 chicken thighs</td>
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</tbody>
</table>
Curried Chicken Meatballs

Ingredients

- 1 1/2 pounds ground chicken
- 1/2 cup bread crumbs
- 1 cup green onions, finely chopped
- 1 egg
- 1 teaspoon salt
- 3 tablespoons vegetable oil
- 1 (341 ml) bottle VH® Yellow Curry Sauce
- 1/4 cup water

Directions

- In a large bowl mix together chicken, bread crumbs, onions and salt until well combined. With wet hands form mixture into meatballs.

- In a large saucepan heat oil over medium. Fry meatballs until golden on all sides, about 15 minutes (they do not need to be completely cooked at this point).

- Add VH® Yellow Curry Sauce and water to pan, cover and simmer over low heat for 15 minutes. Remove lid, if sauce is too thin remove meatballs and boil sauce for a few minutes until thickened.

- Serve with rice or noodles.
Grilled Chicken with Mango-Riesling Marinade

**Ingredients**

- 1 mango - peeled, seeded and cubed
- 3 cloves garlic
- 1/3 cup water
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 1/2 cup dry Riesling wine
- 1/4 teaspoon ground dried thyme
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried cilantro
- 1/4 teaspoon onion powder
- 8 (6 ounce) skinless, boneless chicken breast halves

**Directions**

Place mango, garlic, water, lemon juice, olive oil, and Riesling into a blender. Season with thyme, oregano, cilantro, and onion powder. Blend until smooth.

Pour 2/3 of the marinade into a resealable plastic bag. Add the chicken breasts, seal, and mix until chicken is coated. Place in the refrigerator to marinate 5 to 6 hours. Store the remaining marinade in a sealed container.

Preheat an outdoor grill for medium-high heat.

Remove chicken breasts from marinade, shake off excess, and discard remaining marinade. Grill chicken until no longer pink in the center, about 10 minutes per side. Brush chicken with the reserved marinade during the final 5 minutes of cooking.
**Grilled Stuffed Chicken Thighs**

**Ingredients**

1 tablespoon vegetable oil  
1/2 cup finely chopped celery  
1/2 cup finely chopped onion  
1 (6 ounce) can lump crabmeat, drained  
2 tablespoons dry sherry  
1/2 teaspoon poultry seasoning  
1/4 teaspoon ground black pepper  
2 1/2 cups white bread cubes  
1 1/2 tablespoons minced garlic  
6 boneless chicken thighs, with skin  
1/2 teaspoon garlic salt  
1/2 teaspoon onion powder

**Directions**

Heat vegetable oil in a large skillet over medium heat. Add the celery and onion; cook and stir until soft, about 5 minutes. Remove from heat, and season with poultry seasoning and pepper. Stir in the crabmeat, sherry, and bread cubes until everything is well blended.

Preheat a grill for medium heat.

Lay the chicken thighs out skin side down on a clean surface. Spread an even layer of the crab mixture onto each one. Roll up chicken and secure with toothpicks.

Place the stuffed thighs seam side down onto the grill, and season with garlic salt and onion powder. Cover, and cook for 20 to 30 minutes, turning occasionally for even cooking. Chicken is done when juices run clear when pierced with a fork.
Oven Fried Parmesan Chicken

**Ingredients**

1 clove crushed garlic
1/4 pound butter, melted
1 cup dried bread crumbs
1/3 cup grated Parmesan cheese
2 tablespoons chopped fresh parsley
1 teaspoon salt
1/8 teaspoon ground black pepper
1 (4 pound) chicken, cut into pieces

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a shallow glass dish or bowl, combine the crushed garlic with the melted butter or margarine. In another small bowl mix together the bread crumbs, cheese, parsley, salt and pepper. Dip chicken pieces into garlic butter, then into crumb mixture to coat.

Place coated chicken pieces into a lightly greased 9x13 inch baking dish. Drizzle with remaining garlic butter and bake uncovered in the preheated oven for 1 to 1 1/4 hours, or until chicken is cooked through and juices run clear.
### Ingredients

- 5 (6 ounce) skinless, boneless chicken breast halves
- 1 (16 ounce) can diced tomatoes with basil
- 2 tablespoons minced garlic
- 2 tablespoons soy sauce
- 1 tablespoon dry mustard
- 1/2 (10 ounce) package frozen peas

### Directions

Place the chicken breasts in a slow cooker. Stir together the tomatoes, garlic, soy sauce, and dry mustard; pour over the chicken breasts.

Cook on Low 7 hours; stir in peas and cook 1 hour more.
Chicken Teriyaki

**Ingredients**

- 2 1/4 cups soy sauce
- 3/4 cup sugar
- 1 teaspoon ground black pepper
- 1 tablespoon cornstarch
- 1 (20 ounce) can pineapple chunks in juice, drained, juice reserved
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 (2 inch) piece fresh ginger root, peeled and chopped
- 4 chicken thighs
- 4 chicken drumsticks
- 4 chicken wings
- salt and ground black pepper to taste

**Directions**

Preheat an oven to 350 degrees F (175 degrees C).

Stir the soy sauce, sugar, 1 teaspoon of black pepper, cornstarch, and 1/2 cup of the reserved pineapple juice together in a saucepan until the sugar is completely dissolved; add the onion, garlic, and ginger. Bring the mixture to a boil and cook until the sauce thickens, about 5 minutes.

Thoroughly rinse the chicken thighs, drumsticks, and wings; pat dry with paper towels. Arrange the chicken in a baking dish; season with salt and pepper.

Bake in the preheated oven for 15 minutes. Pour the pineapple chunks around the chicken pieces; brush the chicken liberally with the sauce and return to the oven for 30 minutes, brushing with sauce every 10 minutes or so.
Ingredients

3 pounds bone-in chicken pieces
1 (10.75 ounce) can condensed cream of mushroom soup
1 cup milk
1 cup sour cream
1 teaspoon dry onion soup mix
1 teaspoon dried dill weed

Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

Place the chicken pieces into the prepared baking dish. Pour the mushroom soup (undiluted), milk, and sour cream over the chicken. Season with onion soup mix and dill. No need to stir.

Bake for 1 1/2 hours in the preheated oven, or until the chicken is falling off the bone. The longer you can cook it, the better it will taste.
## Ingredients

1 tablespoon vegetable oil  
1 tablespoon butter or margarine  
1 pound boneless skinless chicken breasts, cut into cubes  
1/2 cup finely chopped onion  
1/2 cup finely chopped green pepper  
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted  
1 cup water  
3/4 cup uncooked long grain rice  
1/2 teaspoon salt  
1/2 teaspoon chili powder  
1/4 teaspoon pepper  
1/4 teaspoon paprika

## Directions

In a large skillet, heat oil and butter. Add chicken, onion and green pepper; cook and stir until the chicken is lightly browned and vegetables are tender. Stir in the remaining ingredients. Transfer to a lightly greased 1-1/2-qt. baking dish. Cover and bake at 375 degrees F for 55-60 minutes or until the rice is tender.
Fig and Lemon Chicken

Ingredients

1 lemon, juiced
1/4 cup brown sugar
1/4 cup white vinegar
1/4 cup water
1 1/2 pounds dried figs
1 lemon, sliced
12 chicken thighs
salt to taste
1 tablespoon chopped fresh parsley
1 teaspoon dried parsley

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a small bowl, combine lemon juice, brown sugar, vinegar and water; set aside.

Place figs and lemon slices in the bottom of an 11x16 inch baking/roasting dish. Arrange chicken thighs on top, then pour vinegar mixture over chicken. Finally, sprinkle with salt and dried parsley to taste.

Bake/roast at 400 degrees F (200 degrees C) for 50 minutes, basting frequently (turn figs if they begin to brown).

With a slotted spoon, remove chicken, figs and lemon slices from baking dish and place on a warm platter. Skim fat from cooking juices, then pour over chicken as sauce. Garnish with fresh parsley and serve.
1-Dish Chicken Parmesan

**Ingredients**

Batter:
- Mazola Pure® Cooking Spray
- 1 1/2 cups all-purpose flour
- 2 envelopes Fleischmann's® RapidRise Yeast
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 3/4 cup very warm water (120 degrees F to 130 degrees F)
- 3 tablespoons olive oil

Toppings:
- 12 ounces fully cooked, frozen, breaded chicken (breast or tenders), chopped
- 2 cups spaghetti sauce
- 1 cup Italian blend shredded cheese
- 1 teaspoon Spice Islands® Italian Herb Seasoning

**Directions**

Mix batter ingredients together in a pre-sprayed 8x8-inch baking dish. Let rest 5 to 10 minutes.

Top batter evenly with chicken. Pour marinara sauce over chicken, sprinkle with cheese and herbs.

Bake by placing in a COLD oven; set temperature to 350 degrees F. Bake for 30 minutes, or until done.
Ingredients

1/2 cup all-purpose flour
salt and black pepper to taste
garlic powder to taste
8 bone-in, skinless chicken thighs
2 tablespoons olive oil
1 cup chicken broth
6 potatoes, quartered
2 cups petite pickles (such as Mt. Olive®), halved
1 cup baby carrots, halved
1 (6 ounce) can black olives with juice
1 cup pickle juice

Directions

Place the flour in a shallow dish and season lightly with salt, pepper, and garlic powder. Season the chicken thighs with salt and pepper, and dredge in the flour. Heat the olive oil in a large skillet over medium-high heat. Cook the chicken in the hot oil until golden, about 3 minutes. Flip chicken and brown on the other side, 3 additional minutes. Pour in the chicken broth.

Stir in the potatoes, pickles, carrots, black olives with juice, and pickle juice. Reduce heat to medium, cover, and cook until the potatoes are tender and the chicken thighs are no longer pink at the bone and the juices run clear, about 40 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).
Salsa Chicken Rice Casserole

Ingredients

1 1/3 cups uncooked white rice
2 2/3 cups water
4 skinless, boneless chicken breast halves
2 cups shredded Monterey Jack cheese
2 cups shredded Cheddar cheese
1 (10.75 ounce) can condensed cream of chicken soup
1 (10.75 ounce) can condensed cream of mushroom soup
1 onion, chopped
1 1/2 cups mild salsa

Directions

Place rice and water in a saucepan, and bring to a boil. Reduce heat to low, cover, and simmer for 20 minutes.

Meanwhile, place chicken breast halves into a large saucepan, and fill the pan with water. Bring to a boil, and cook for 20 minutes, or until done. Remove chicken from water. When cool enough to handle, cut meat into bite-size pieces.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

In a medium bowl, combine Monterey Jack and Cheddar cheeses. In a separate bowl, mix together cream of chicken soup, cream of mushroom soup, onion, and salsa. Layer 1/2 of the rice, 1/2 of the chicken, 1/2 of the soup and salsa mixture, and 1/2 of the cheese mixture in prepared dish. Repeat layers, ending with cheese.

Bake in preheated oven for about 40 minutes, or until bubbly.
Chicken Rice Balls

Ingredients

1/2 cup finely chopped celery
1/3 cup sliced green onions, divided
2 tablespoons butter
2 tablespoons all-purpose flour
1/2 cup chicken broth
2 cups cooked rice
1 1/2 cups finely chopped cooked chicken
1/2 cup shredded Cheddar cheese
1 egg, lightly beaten
1/2 teaspoon salt
1/2 teaspoon chili powder
1/4 teaspoon poultry seasoning
1/2 cup finely crushed cornflakes cereal
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1/4 cup milk

Directions

In a medium saucepan, sauté celery and half of the onions in butter until tender. Stir in flour. Add broth; cook and stir for 2 minutes (mixture will be thick). Stir in rice, chicken, cheese, egg, salt, chili powder and poultry seasoning until well mixed.

Shape 1/4 cupfuls into balls. Roll each in cornflake crumbs and place in a greased 13-in. x 9-in.x 2-in. baking dish. Bake, uncovered, at 350 degrees F for 25-30 minutes.

Meanwhile, in a saucepan, combine soup, milk and remaining onions. Cook and stir over medium heat until smooth and heated through; serve over balls.
PHILADELPHIA Farmhouse Chicken Dinner

**Ingredients**

- 1/4 cup flour
- 1/2 teaspoon pepper
- 1/4 cup KRAFT Calorie-Wise Zesty Italian Dressing
- 2 cups baby carrots
- 4 (6 ounce) bone-in chicken breast halves, skin removed
- 1 onion, cut into wedges
- 1 (10 ounce) can 25%-less-sodium chicken broth, divided
- 1 1/2 cups instant white rice, uncooked
- 1/4 cup PHILADELPHIA Light Cream Cheese Spread
- 2 tablespoons chopped fresh parsley

**Directions**

Mix flour and pepper in shallow dish. Add chicken; turn to evenly coat both sides with flour mixture. Shake off excess flour mixture. Heat dressing in large nonstick skillet on medium heat. Add chicken, meat-side down; cook 5 to 6 minutes or until golden brown. Turn chicken over; add carrots, onions and 1 cup of the broth. Cover. Reduce heat to medium-low; simmer 20 minutes or until carrots are tender and chicken is cooked through (170 degrees F).

Meanwhile, cook rice as directed on package. Spoon onto serving platter. Use slotted spoon to remove chicken and vegetables from skillet; place over rice. Cover to keep warm.

Add cream cheese spread and remaining broth to skillet; increase heat to high. Cook until cheese is melted and sauce is well blended, stirring constantly. Reduce heat to medium-low; simmer 3 to 5 minutes or until sauce is slightly thickened, stirring occasionally. Spoon over chicken and vegetables; sprinkle with parsley.
Spinach-Stuffed Chicken

**Ingredients**

- 6 cups torn fresh spinach
- 1/2 cup chopped onion
- 1/2 cup chopped fresh mushrooms
- 1 garlic clove, minced
- 1 tablespoon olive or canola oil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 6 boneless skinless chicken breast halves (1-1/2 pounds)
- 1/2 cup dry bread crumbs
- 3 tablespoons grated Parmesan cheese
- 1/2 teaspoon paprika
- 1/4 cup egg substitute
- 1 tablespoon water
- 2 tablespoons butter or stick margarine, melted

**Directions**

In a large nonstick skillet, cook spinach in 1/2 in. of water over medium heat just until wilted, about 2 minutes. Drain and set aside. In the same skillet, saute the onion, mushrooms and garlic in oil until tender. Stir in the seasonings; add spinach and set aside.

Flatten chicken to 1/4-in. thickness. Spread spinach mixture down the center of each chicken breast. Fold one side over filling and roll up tightly; secure with a toothpick. In a shallow bowl, combine bread crumbs, Parmesan cheese and paprika. In another bowl, combine egg substitute and water. Dip each roll-up in egg mixture, then roll in crumb mixture.

Place seam side down, in a 13-in. x 9-in. x 2-in. baking pan coated with nonstick cooking spray. Drizzle with butter. Bake, uncovered, at 350 degrees F for 20-25 minutes or until juices run clear. Discard toothpicks.
Sweet Italian Chicken Sausage and Tortellini Soup

**Ingredients**
- 1 (16 ounce) package al fresco® All Natural Sweet Italian Chicken Sausage
- 1 1/2 tablespoons extra virgin olive oil
- 5 cloves garlic
- 1/2 cup white wine
- 3 (14 ounce) cans low fat, low sodium chicken broth
- 18 ounces refrigerated cheese tortellini
- 1 1/4 cups fresh red tomatoes, chopped
- 6 ounces baby spinach leaves
- 1 tablespoon unsalted butter

**Directions**

Heat Dutch oven with 1/2 tsp of oil to coat and saute chicken sausage until browned and internal heat is 165 degrees. Remove from pan and slice into small pieces and set aside.

Meanwhile, finely mince the garlic cloves.

Heat remaining oil in pan, add garlic and saute for 30 seconds, stir in wine and broth and bring to a boil. Cook for about 2 minutes then add tortellini. Cook for another 5 minutes and then stir in spinach and tomato. Cook until the spinach wilts, 2 minutes.

Return sauteed sausage pieces to the soup, cook for an additional 5 minutes add the butter and serve when butter is melted.
Texas Style Chili with Spicy Jalapeno Chicken

**Ingredients**
- 2 (12 ounce) packages al fresco® Spicy Jalapeno Chicken Sausage
- 2 tablespoons olive oil
- 1/2 cup chopped onion
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- 3 cloves garlic
- 2 (15 ounce) cans black soy beans
- 3 tablespoons chili powder (spicy)
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 2 bay leaves

**Directions**
- Slice al fresco chicken sausage and saute with oil, onions, peppers, and garlic. Add remaining ingredients and stir well.
- Cook on low for about 1 hour, stirring occasionally.
## Parmesan Chicken I

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>6 tablespoons butter</td>
<td></td>
</tr>
<tr>
<td>1 (1 ounce) package dry onion soup mix</td>
<td></td>
</tr>
<tr>
<td>1 cup converted long-grain white rice</td>
<td></td>
</tr>
<tr>
<td>1/4 cup grated Parmesan cheese for topping</td>
<td></td>
</tr>
<tr>
<td>6 skinless, boneless chicken breasts</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups milk</td>
<td></td>
</tr>
<tr>
<td>2 (10.75 ounce) cans cream of mushroom soup</td>
<td></td>
</tr>
<tr>
<td>salt to taste</td>
<td></td>
</tr>
<tr>
<td>ground black pepper to taste</td>
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</tbody>
</table>

### Directions

Mix together onion soup mix, milk, cream of mushroom soup, and rice in a medium bowl.

Lay chicken breasts in the bottom of a lightly greased slow cooker. Place one tablespoon margarine on each chicken breast and pour soup mixture over all. Season with salt and pepper to taste and sprinkle with grated Parmesan cheese.

Cook on Low for 8 to 10 hours, or on High for 4 to 6 hours.
Ingredients

- 1 (10 ounce) package frozen peas and carrots
- 1/4 cup butter or margarine
- 1/2 cup chopped onion
- 1 (4 ounce) can mushroom pieces, drained
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 teaspoon ground sage
- 3/4 cup milk
- 3 cubes chicken bouillon, crumbled
- 2 cups water
- 3 cups cubed cooked turkey or chicken
- 1 (2 ounce) jar diced pimiento, drained
- 1/4 cup chopped fresh parsley
- pastry for double-crust pie

Directions

Cook frozen vegetables according to package directions. Drain. In a saucepan, melt butter over medium heat; saute onion and mushrooms until tender. Stir in flour, salt, pepper and sage. Combine milk, bouillon and water. Slowly pour into saucepan, stirring constantly. Cook and stir until mixture boils. Reduce heat and simmer 2 minutes. Stir in chicken, pimiento and parsley. Spoon into six individual casseroles. Roll and cut pastry into circles 1 in. smaller than top of casseroles. Place atop of filling. Bake at 425 degrees F for 12-15 minutes or until crust is lightly browned.
Grilled Chicken Citrus Salad

**Ingredients**

- 1/2 cup orange juice
- 1/4 cup lime juice
- 2 shallots, minced
- 2 cloves garlic, minced
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon white sugar
- 4 (4 ounce) skinless, boneless chicken breast halves
- 8 cups torn romaine lettuce
- 2 oranges - peeled, segmented, and chopped
- 2 stalks celery, sliced
- 4 green onions, chopped

**Directions**

In a mixing bowl, whisk together orange juice, lime juice, shallots, garlic, chili powder, cumin, and sugar. Pour 1/2 of this mixture into a large, resealable plastic bag, and add the chicken breasts. Seal, and refrigerate for at least 2 hours. Refrigerate the remaining dressing.

Preheat an outdoor grill for medium-high heat. In a large salad bowl, toss romaine lettuce with oranges, celery, and green onions. Set aside.

Lightly oil grate, and place chicken on grill. Discard the marinade from the chicken. Cook for 6 to 8 minutes each side, or until juices run clear when pierced with a fork. Remove chicken from grill, and slice into thin strips.

Toss salad with reserved dressing, and top with sliced chicken.
Breaded Chicken Fingers

**Ingredients**

- 6 skinless, boneless chicken breast halves - cut into 1/2 inch strips
- 1 egg, beaten
- 1 cup buttermilk
- 1 1/2 teaspoons garlic powder
- 1 cup all-purpose flour
- 1 cup seasoned bread crumbs
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 quart oil for frying

**Directions**

Place chicken strips into a large, resealable plastic bag. In a small bowl, mix the egg, buttermilk and garlic powder. Pour mixture into bag with chicken. Seal, and refrigerate 2 to 4 hours.

In another large, resealable plastic bag, mix together the flour, bread crumbs, salt and baking powder. Remove chicken from refrigerator, and drain, discarding buttermilk mixture. Place chicken in flour mixture bag. Seal, and shake to coat.

Heat oil in a large, heavy skillet to 375 degrees F (190 degrees C).

Carefully place coated chicken in hot oil. Fry until golden brown and juices run clear. Drain on paper towels.
Chicken Soup Casserole

Ingredients

- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of celery soup
- 1 (10.5 ounce) can condensed chicken and rice soup
- 1 cup mayonnaise
- 1 tablespoon chopped onion
- 1 cup shredded boiled chicken breast meat
- 4 ounces buttery round crackers, crushed

Directions

Preheat oven to 300 degrees F (150 degrees C).

In a large bowl combine the cream of chicken soup, cream of celery soup, chicken soup with rice, mayonnaise, onion and chicken meat. Mix together well. Pour mixture into a 10x10 inch casserole dish. Sprinkle crushed cracker crumbs over the top.

Bake in the preheated oven for 30 to 35 minutes or until it starts to bubble.

To Microwave: Put in microwave for 20 minutes.
Chicken Salad with Toasted Almonds

**Ingredients**
- 4 cups cubed, cooked chicken
- 2 tablespoons fresh lemon juice
- 1 cup creamy salad dressing, e.g. Miracle Whip™
- 1 teaspoon salt
- 1 cup pineapple tidbits, drained
- 1 cup halved green grapes
- 1 cup blanched slivered almonds, toasted
- 1/2 cup chopped water chestnuts
- 1/4 cup shredded lettuce

**Directions**
- In a large bowl, toss the chicken with the lemon juice. Cover and chill for 2 hours.
- Mix the salad dressing, salt, pineapple, grapes, almonds, water chestnuts and lettuce into the chicken until evenly combined. Chill until serving.
Ingredients

1/2 cup Dijon mustard
1 tablespoon finely chopped green onion
2 cups soft bread crumbs
1/4 cup minced fresh parsley
1 1/4 pounds boneless, skinless chicken breast halves, cut into 1-inch cubes

Directions

In a bowl, combine mustard and onion. In another bowl, combine bread crumbs and parsley. Toss chicken in mustard mixture, then coat evenly with crumb mixture. Line a baking sheet with foil; coat the foil with nonstick cooking spray. Thread chicken onto metal or soaked wooden skewers, leaving a small space between chunks. Place on the prepared baking sheet. Bake, uncovered, at 450 degrees F for 6-8 minutes or until juices run clear.
**Chicken Sherry**

**Ingredients**
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 1 cup mayonnaise
- 1/4 cup dry sherry
- 1 pinch grated nutmeg
- 2 (10 ounce) packages frozen whole green beans, thawed
- 4 cups cooked chicken breast, torn into large pieces
- 1/2 cup grated Parmesan cheese
- Paprika for sprinkling

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13-inch glass baking dish with cooking spray.

Stir together the soup, mayonnaise, sherry, and nutmeg. Layer half of the green beans into the prepared baking dish. Spread with half of the chicken, half of the sauce, and half of the Parmesan cheese; then repeat the layers. Sprinkle the top with a little paprika.

Bake in preheated oven until the Parmesan cheese has turned golden brown, and the casserole is hot, 45 to 60 minutes.
### Ingredients

- 2 tablespoons olive oil
- 2 pounds skinless, boneless chicken breast halves - cut into small chunks
- 1 (12 ounce) jar strawberry preserves
- 1 (8 ounce) jar chili sauce
- 1 (8 ounce) can pineapple chunks
- 1 dash salt
- 1 dash ground black pepper
- Toothpicks

### Directions

Heat the olive oil in a skillet over medium-high heat, and cook the chicken chunks 5 minutes, until browned on all sides. Reduce heat to medium, and pour in the preserves and chili sauce. Cook, stirring occasionally, 10 minutes.

Mix the pineapple chunks into the skillet. Season with salt and pepper. Continue cooking 2 minutes, until heated through. Serve with toothpicks.
Ingredients

- 3 1/2 pounds skinless, boneless chicken breast halves
- 1 onion, chopped
- 1 teaspoon seasoning salt
- 1 (8 ounce) package wide egg noodles
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 2 cups crushed buttery round crackers
- 1/2 cup butter, melted
- 7 ounces sour cream

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a casserole dish.

Cut the chicken into bite size pieces. Place the chicken and onion into a large nonstick skillet and sprinkle with seasoning salt. Cook over medium heat, stirring occasionally, until chicken juices run clear and onion is transparent, 5 to 10 minutes.

Prepare the egg noodles according to package directions. Combine the chicken and onion mixture, soups, and noodles in the prepared casserole dish and toss to mix together evenly. Crush the crackers in a medium bowl. Stir in the butter and sour cream. Mix thoroughly and spread over the chicken mixture.

Bake in preheated oven until the top is golden brown, about 30 minutes.
## Squash Stuffed Chicken Breasts

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon butter</td>
<td></td>
</tr>
<tr>
<td>1/2 cup finely diced acorn squash</td>
<td></td>
</tr>
<tr>
<td>1 green bell pepper, diced</td>
<td></td>
</tr>
<tr>
<td>1 small onion, finely diced</td>
<td></td>
</tr>
<tr>
<td>1 stalk celery, chopped</td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>4 skinless, boneless chicken breasts</td>
<td></td>
</tr>
<tr>
<td>2 ounces shredded Cheddar cheese</td>
<td></td>
</tr>
<tr>
<td>2 cups all-purpose flour for coating</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

In a medium skillet, melt butter or margarine. Add the squash, green bell pepper, onion and celery. Saute until slightly tender. Season to taste with salt and pepper. Remove from heat, add cheese and mix together.

Slice chicken breasts on the side about 3/4 of the way through. Stuff mixture evenly into each slit chicken breast until full. Dredge each breast in flour to coat completely, and brown coated chicken in skillet.

Place browned chicken breasts in the prepared baking dish, cover and bake in the preheated oven for about 30 minutes or until chicken is cooked through and juices run clear.
Citrusy Chicken and Broccoli

**Ingredients**

- 1/3 cup guava nectar
- 1/3 cup rice wine vinegar
- 1/4 cup white sugar
- 2 teaspoons oyster sauce
- 1 teaspoon soy sauce
- 1/2 teaspoon salt
- 2 skinless, boneless chicken breast halves - pounded thin and cut into bite-size pieces
- 1/3 cup cornstarch
- 1/4 cup vegetable oil
- 1/2 head broccoli, cut into florets
- 1 orange, zested and sliced
- 2 cloves garlic, minced

**Directions**

In a large bowl, mix the guava nectar, rice wine vinegar, sugar, oyster sauce, soy sauce, and salt. Place the chicken in the bowl, cover, and marinate 30 minutes in the refrigerator.

Drain the chicken, reserving remaining marinade. Place cornstarch on a plate. Dip the chicken in the cornstarch to coat.

Heat the oil in a skillet over medium heat. Cook and stir the chicken until no longer pink and juices run clear. Remove chicken from the skillet, and set aside, reserving remaining oil and juices.

Place a steamer basket in a pot over boiling water, and steam the broccoli 2 minutes, or until tender.

In the skillet with the reserved oil and juices, cook and stir the orange zest and garlic for about 1 minute. Pour in the remaining marinade, and bring to a boil. Cook 5 minutes, or until thickened. Toss the chicken and broccoli in the skillet, and cook until heated through and coated with the marinade. Place chicken in the center of a platter. Arrange orange slices and broccoli around the chicken to serve.
African Chicken Stew

**Ingredients**

- 1 tablespoon olive oil
- 1 (3 pound) roasting chicken, deboned and cut into bite size pieces
- 2 cloves garlic, crushed
- 1 onion, chopped
- 1 large potato, diced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander seed
- 1 teaspoon ground black pepper
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon salt
- 1 cup water
- 3/4 cup unsalted natural-style peanut butter
- 1 (15 ounce) can garbanzo beans, drained and rinsed

**Directions**

In a large skillet with a tight-fitting lid, heat oil over medium high heat. Add chicken, and brown quickly. Remove chicken from pan. Reduce heat to medium low, and add garlic, onion and potato to the pan; saute for 2 to 3 minutes. Season with cumin, coriander, black pepper, red pepper and salt. Do not let garlic brown.

Mix in water and browned chicken, and any accumulated juices. Place lid on skillet and simmer, stirring occasionally, for 10 to 15 minutes.

Remove lid, and stir in the peanut butter and garbanzo beans. Make sure the peanut butter is blended in. Replace lid to simmer for 10 more minutes, or until chicken is cooked through and potatoes are tender. Remove from heat, adjust seasoning, and serve.
Chicken Tinga Tostados

**Ingredients**

- 6 bone-in chicken breast halves
- 7 medium onions, thinly sliced
- 1 clove garlic, chopped
- 1/4 cup vegetable oil
- 6 medium tomatoes
- 1 (7 ounce) can chipotle peppers in adobo sauce
- 1 tablespoon chicken bouillon granules
- 16 tostada shells
- 1 cup sour cream
- salt and pepper to taste

**Directions**

Place the chicken into a large pot along with 1/4 cup of sliced onion, garlic, and enough water to cover. Bring to a boil, and cook until no longer pink, about 25 minutes. Remove chicken, cool, and shred meat. Discard skin and bones.

Heat oil in a large skillet over medium heat. Add the remaining onion slices, and fry until transparent. Place tomatoes into a pan of boiling water (you could use the leftover chicken water), and boil until they split open.

Place the tomatoes, the whole can of chipotle peppers, chicken bouillon into a blender or large food processor. Process until smooth. Season with salt and pepper. Pour this mixture into a large pan, and add the shredded chicken and cooked onions. Heat through.

To serve, each person spreads some sour cream on their tostada shell, and tops with a spoonful of the chicken.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 skinless, boneless chicken breasts</td>
<td>Rinse chicken and pat dry. In a shallow glass bowl combine the onion, salt, pepper, honey, ketchup, sugar and soy sauce. Mix all together. Add chicken, stir to coat. Cover and marinate in refrigerator for 30 minutes.</td>
</tr>
<tr>
<td>1 onion, chopped</td>
<td>Lightly oil grill and preheat to high.</td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td>Remove chicken from marinade and grill over high heat for 15 minutes each side or until juices run clear.</td>
</tr>
<tr>
<td>4 tablespoons honey</td>
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<tr>
<td>4 tablespoons ketchup</td>
<td></td>
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<tr>
<td>4 tablespoons brown sugar</td>
<td></td>
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<tr>
<td>1 tablespoon soy sauce</td>
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</table>
Lyndee's Chicken Penne Pasta

**Ingredients**

- 4 skinless, boneless chicken breast halves - cut into 1 inch cubes
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1/4 teaspoon paprika
- 1 onion, chopped
- 1 (28 ounce) can diced tomatoes with juice
- 1 small yellow squash, sliced
- 1 small zucchini, sliced
- 3 carrots, diced
- 8 ounces fresh mushrooms, sliced
- salt to taste
- ground black pepper to taste
- 8 ounces penne pasta
- 2 tablespoons grated Parmesan cheese

**Directions**

Cook pasta in boiling salted water until al dente. Drain.

Saute garlic and onions in olive oil till onions are soft. Over high heat, quickly saute cut up chicken. Sprinkle with paprika, and cook until chicken is nicely browned.

Transfer sauteed mixture to a Dutch oven, and add vegetables and tomatoes. Simmer till vegetables are tender. Season with salt and pepper to taste.

Add pasta to Dutch oven, and stir into sauce. Serve with grated Parmesan cheese if desired.
Cheddar Chicken Pasta and Vegetable Skillet

**Ingredients**

- 1 pound boneless, skinless chicken breasts, cut into thin strips
- 2 tablespoons I Can't Believe It's Not Butter!® Spread
- 1 small tomato, chopped
- 1 clove garlic, finely chopped
- 1 3/4 cups water
- 1/2 cup milk
- 1 (4.4 ounce) package Knorr® Sides Plus™ Veggies - Cheddar Cheese Pasta with Broccoli & Carrots

**Directions**

Season chicken, if desired, with salt and pepper. Melt spread in 12-inch nonstick skillet over medium-high heat and cook chicken, stirring occasionally, 5 minutes or until chicken is thoroughly cooked. Remove chicken and set aside.

Stir tomato into same skillet and cook, stirring occasionally, 3 minutes. Stir in garlic and cook 30 seconds.

Stir in water and milk. Bring to a boil over high heat. Stir in Knorr® Sides Plus™ Veggies - Cheddar Cheese Pasta with Broccoli & Carrots and continue boiling over medium heat, stirring occasionally, 9 minutes or until pasta is tender. Stir in chicken; heat through.
## Lemon Cream Pasta with Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>3 skinless, boneless chicken breast halves</td>
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</tr>
<tr>
<td>1 lemon, quartered</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons garlic powder, divided</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon ground black pepper, divided</td>
<td></td>
</tr>
<tr>
<td>2 (14.5 ounce) cans chicken broth</td>
<td></td>
</tr>
<tr>
<td>1/4 cup fresh lemon juice</td>
<td></td>
</tr>
<tr>
<td>1 (8 ounce) package rotelle pasta</td>
<td></td>
</tr>
<tr>
<td>1 cup heavy cream</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon grated lemon zest</td>
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</tbody>
</table>

### Directions

Preheat oven to 350 degrees F (175 degrees C). Place chicken in a lightly greased baking dish. Squeeze lemon over both sides of the chicken breasts and season both sides using 1 1/2 teaspoons garlic powder and 3/4 teaspoon pepper. Bake for 40 minutes, or until juices run clear and chicken is no longer pink inside.

Meanwhile, in a large saucepan, season the chicken broth with the remaining 1/2 teaspoon garlic powder and 1/4 teaspoon pepper. Bring to a boil and add lemon juice and pasta. Cook over medium heat, stirring occasionally, until all liquid is absorbed, about 25 minutes.

Cut cooked chicken into bite-sized pieces and stir into cooked pasta, along with the cream and lemon zest. Cook, stirring, over low heat for 5 minutes. Remove from heat and let stand 5 minutes. Stir thoroughly before serving.
Farmhouse Chicken Soup

**Ingredients**

- 1 (3 pound) broiler-fryer chicken
- 2 quarts water
- 1 large onion, chopped
- 1/2 cup chopped celery
- 1 cup diced carrots
- 2 garlic cloves, minced
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 teaspoon poultry seasoning
- 1/4 teaspoon crushed red pepper flakes

**SPAETZLE:**

- 1 1/2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon baking powder
- 1/8 teaspoon ground nutmeg
- 2 eggs, well beaten
- 1/2 cup milk
- 1 tablespoon minced fresh parsley

**Directions**

Place the chicken and water in a Dutch oven or soup kettle. Bring to a boil; reduce heat. Add the onion, celery, carrots, garlic, salt, pepper, poultry seasoning and red pepper flakes. Cover and simmer for 1 hour or until chicken is tender. Remove chicken from broth; cool. Skim fat from broth. Remove meat from bones; discard bones and skin. Cut meat into bite-size pieces; return broth. Cover and simmer.

For spaetzle, combine the flour, salt, baking powder and nutmeg in a small bowl. Stir in the eggs, milk and parsley; blend well. With a rubber spatula, push batter through a large-hole grater or colander into simmering soup. Simmer, uncovered, for 10 minutes or until spaetzle float to the top.
Ingredients

- 2 sweet potatoes, peeled and cut into 2-inch pieces
- 1 tablespoon olive oil
- salt and pepper to taste
- 2 skinless, boneless chicken breast halves
- 1/2 cup balsamic vinegar
- salt and ground black pepper to taste
- 1/2 cup balsamic vinegar

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place the potatoes on a baking sheet; drizzle olive oil over potatoes and season with salt and pepper.

Place the chicken breasts in a baking dish. Pour 1/2 cup of balsamic vinegar over the breasts; season with salt and pepper. Cover with aluminum foil.

Place the potatoes in the preheated oven and bake for 10 minutes; place the dish with the chicken in the oven and cook both the potatoes and chicken; reduce the oven heat to 350 degrees F (175 degrees C). Bake another 20 minutes.

Pour 1/2 cup of balsamic vinegar into a small saucepan and place over medium heat. Cook until reduced to about 1/4 cup. Place the chicken breasts atop the potatoes; drizzle with the reduced balsamic vinegar to serve.
Sweet Mustard Chicken Bake

**Ingredients**

- 4 boneless, skinless chicken breast halves
- 1/2 cup honey
- 1/4 cup Dijon mustard
- 1/2 cup butter, melted
- 1/4 teaspoon freshly ground black pepper

**Directions**

Preheat the oven to 375 degrees F (190 degrees C). Grease a shallow baking dish.

In a small bowl, stir together the honey, Dijon mustard, melted butter and pepper. Place chicken in the greased baking dish, and pour the honey mustard sauce over it.

Bake for 45 minutes in the preheated oven, basting frequently with the sauce, until chicken is firm and juices run clear.
Picante Chicken

**Ingredients**

- 4 (4 ounce) boneless skinless chicken breast halves
- 1 (16 ounce) jar picante sauce
- 3 tablespoons brown sugar
- 1 tablespoon prepared mustard
- Hot cooked rice

**Directions**

Place chicken in a greased shallow 2-qt. baking dish. In a small bowl, combine the picante sauce, brown sugar and mustard; pour over chicken. Bake, uncovered, at 400 degrees F for 30-35 minutes or until chicken juices run clear. Serve over rice if desired.
Cheddar Broccoli Chicken and Mashed Potatoes

Ingredients

1 tablespoon vegetable oil
4 skinless, boneless chicken breasts
1 (10.75 ounce) can Campbell’s® Condensed Broccoli Cheese Soup
1/3 cup milk
2 cups fresh broccoli flowerets or frozen broccoli flowerets
4 cups hot mashed potatoes

Directions

Heat oil in skillet. Add chicken and cook until browned.

Add soup, milk and broccoli. Heat to a boil. Cover and cook over low heat 5 minutes or until done. Serve over potatoes.
Filipino Chicken Salad

**Ingredients**

- 1 skinless, boneless chicken breast
- 2/3 cup elbow macaroni
- 1 (20 ounce) can pineapple chunks, drained
- 1 apple, cored and diced
- 2 stalks celery, sliced
- 1 carrot, diced
- 2 (1.5 ounce) boxes raisins
- 1 cup mayonnaise
- 1 teaspoon white sugar
- 1 teaspoon seasoned salt

**Directions**

Bring a pot of water to a simmer over low heat. Add the chicken breast to the water and cook until no longer pink in the center and the juices run clear, about 30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Remove the chicken from the water and allow to cool before shredding the meat into a large bowl.

While the chicken cooks, bring a pot of lightly salted water to a boil. Cook the macaroni at a boil until cooked through, but is still firm to the bite, about 8 minutes. Drain and rinse with cool water to halt the cooking process until the pasta is cool to the touch. Add to the bowl with the chicken.

Stir the pineapple, apple, celery, carrot, and raisins to the bowl; toss to combine. Add the mayonnaise, sugar, and seasoned salt; gently stir the mixture until evenly coated. Refrigerate at least 30 minutes before serving.
Ingredients

- 2/3 cup all-purpose flour
- 1 teaspoon dried sage
- 1 teaspoon dried basil
- 1 teaspoon seasoned salt
- 1 (2 to 3 pound) broiler/fryer chicken cut up
- 1/4 cup butter or margarine
- 2 cups chicken broth

Directions

In a shallow bowl, combine flour, sage, basil and seasoned salt; coat chicken. Reserve remaining flour mixture. In a large skillet, melt butter; brown chicken on all sides. Transfer to a slow cooker. Add 1/4 cup reserved flour mixture to the skillet (discarding the rest); stir until smooth. When mixture begins to bubble, stir in chicken broth and bring to a boil; boil for 1 minute. Pour over chicken. Cover and cook on high for 2 to 2-1/2 hours or until chicken juices run clear.
**Cranberry BBQ Chicken**

**Ingredients**
1 (2 to 3 pound) whole chicken, cut into pieces  
2 tablespoons butter  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
1/2 cup chopped celery  
1 onion, chopped  
1 (16 ounce) can whole cranberry sauce  
1 cup barbecue sauce

**Directions**
Preheat oven to 350 degrees F (175 degrees C).

In a large skillet brown the chicken in butter/margarine. Season with salt and pepper. Remove from skillet and place in a lightly greased 9x13 inch baking dish.

In the drippings (in the skillet), saute onion and celery until tender. Add cranberry sauce and barbecue sauce. Mix well.

Pour cranberry mixture over chicken and bake in the preheated oven for 90 minutes, basting every 15 minutes.
Thai Grilled Chicken with Chile Dipping Sauce

**Ingredients**

- 1/2 cup coconut milk
- 2 tablespoons fish sauce
- 2 tablespoons minced garlic
- 2 tablespoons chopped cilantro
- 1 teaspoon ground turmeric
- 1 teaspoon curry powder
- 1/2 teaspoon white pepper
- 1/2 (3 pound) chicken, cut into pieces
- 6 tablespoons rice vinegar
- 4 tablespoons water
- 4 tablespoons SPLENDA® No Calorie Sweetener, Granulated
- 1 teaspoon minced garlic
- 1/2 teaspoon minced bird’s eye chile
- 1/4 teaspoon salt

**Directions**

In a shallow dish, mix together the coconut milk, fish sauce, 2 tablespoons minced garlic, cilantro, turmeric, curry powder, and white pepper. Add chicken, and turn to coat. Cover, and refrigerate for 4 hours or overnight.

Preheat grill for high heat.

In a saucepan, combine vinegar, water, SPLENDA® Granulated Sweetener, 1 teaspoon minced garlic, bird’s eye chile, and salt; bring to a boil. Reduce heat to low, and simmer until liquid is reduced, about 5 minutes. Stir sauce from time to time. Remove from heat and allow to cool before use.

Lightly oil grill grate. Discard marinade, and place chicken on the grill. Cook for 10 minutes per side, or until slightly charred and juices run clear. Brush with sauce before serving. Serve remaining sauce on the side for dipping.
Chili Chicken

**Ingredients**
- 2 tablespoons honey
- 5 tablespoons sweet chili sauce
- 3 tablespoons soy sauce
- 12 chicken drumsticks, skin removed

**Directions**
In a large bowl, mix together the honey, sweet chili sauce and soy sauce. Set aside a small dish of the marinade for basting. Place chicken drumsticks into the bowl. Cover and refrigerate at least 1 hour.

Preheat an outdoor grill for medium-high heat.

Lightly oil the grill grate. Arrange drumsticks on the grill. Cook for 10 minutes per side, or until juices run clear. Baste frequently with the reserved sauce during the last 5 minutes.
Chutney Chicken Salad

Ingredients

1/2 cup mayonnaise
1/2 cup chutney
1 teaspoon curry powder
2 teaspoons lime zest
1/4 cup fresh lime juice
1/2 teaspoon salt
4 cups diced, cooked chicken breast meat

Directions

In a large bowl, whisk together the mayonnaise, chutney, curry powder, lime zest, lime juice and salt. Add chicken and toss with the dressing until well coated. Add more mayonnaise to taste, if desired. Cover and refrigerate until serving.
**Ingredients**

- 2 tablespoons all-purpose flour
- 2 tablespoons cornstarch
- 1/4 teaspoon baking soda
- 1/4 teaspoon baking powder
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon dry sherry
- 2 tablespoons water
- 1 teaspoon vegetable oil
- 1 dash sesame oil
- 1 pound skinless, boneless chicken breast meat - cubed
- 1 cup chicken broth
- 1 cup white sugar
- 2 tablespoons distilled white vinegar
- 2 tablespoons dark soy sauce
- 2 tablespoons sesame oil
- 1 teaspoon chile paste
- 1 clove garlic, minced
- 1/4 cup cornstarch
- 1/2 cup water
- 1 quart olive oil for frying
- 2 tablespoons toasted sesame seeds

**Directions**

Sift flour, 2 tablespoons cornstarch, baking soda, and baking powder into a bowl. Pour in low-sodium soy sauce, sherry, 2 tablespoons water, vegetable oil, and a dash of sesame oil; stir until smooth. Stir in chicken until coated with the batter, then cover, and refrigerate for 20 minutes.

Meanwhile, bring chicken broth, sugar, vinegar, dark soy sauce, sesame oil, chile paste, and garlic to a boil in a saucepan over high heat. Dissolve 1/4 cup cornstarch into 1/2 cup of water, and stir into boiling sauce. Simmer until the sauce thickens and turns clear, about 2 minutes. Reduce heat to low, and keep sauce warm.

Heat olive oil in a deep fryer or large saucepan to a temperature of 375 degrees F (190 degrees C).

Drop in the battered chicken pieces, a few at a time, and fry until they turn golden brown and float to the top of the oil, 3 to 4 minutes. Drain on a paper towel lined plate. To serve, place fried chicken pieces onto a serving platter, and pour the hot sauce overtop. Sprinkle with toasted sesame seeds to garnish.
**Oh-So-Good Chicken**

### Ingredients
- 4 teaspoons olive oil
- 6 tablespoons sour cream
- 4 ounces shredded Cheddar cheese
- 2 cups fresh sliced mushrooms
- 1 (16 ounce) jar salsa
- 2 cups cooked white rice
- 8 ounces boneless chicken breast halves, cooked and diced

### Directions
- In a skillet, heat oil over medium heat. Saute mushrooms.
- Combine mushrooms, sour cream, cheese, salsa, rice, and chicken. Place in a greased casserole dish.
- Bake at 350 degrees F (175 degrees C) for 25 to 35 minutes.
Skillet Herb Roasted Chicken

**Ingredients**

- 2 tablespoons all-purpose flour
- 1/4 teaspoon ground dried sage leaves
- 1/4 teaspoon dried thyme leaves, crushed
- 4 skinless, boneless chicken breasts
- 2 tablespoons butter
- 1 (10.75 ounce) can Campbell’s® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 1/2 cup water
- 4 cups hot cooked rice

**Directions**

Mix flour, sage and thyme. Coat chicken with flour mixture.

Heat butter in skillet. Add chicken and cook 15 minutes or until done. Remove and keep warm.

Add soup and water. Heat through. Serve over chicken with rice.
Italian Chicken and Rice

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/3 cup biscuit/baking mix</td>
<td>In a large resealable plastic bag or shallow bowl, combine the first four ingredients. Place</td>
</tr>
<tr>
<td>1/3 cup grated Parmesan cheese</td>
<td>1/3 cup milk in another bowl. Dip chicken in milk, then coat with the cheese mixture. In a</td>
</tr>
<tr>
<td>2 teaspoons Italian seasoning</td>
<td>greased 13-in. x 9-in. x 2-in. baking dish, combine water, rice, salt if desired and remaining</td>
</tr>
<tr>
<td>1 teaspoon paprika</td>
<td>milk; mix well. Top with chicken. Drizzle with butter. Bake, uncovered, at 425 degrees F for</td>
</tr>
<tr>
<td>1 (5 ounce) can evaporated milk,</td>
<td>25-30 minutes or until the rice is tender and chicken juices run clear.</td>
</tr>
<tr>
<td>divided</td>
<td></td>
</tr>
<tr>
<td>6 boneless, skinless chicken</td>
<td></td>
</tr>
<tr>
<td>breast halves</td>
<td></td>
</tr>
<tr>
<td>2 cups boiling water</td>
<td></td>
</tr>
<tr>
<td>2 cups uncooked instant rice</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons butter or margarine, melted</td>
<td></td>
</tr>
</tbody>
</table>
Ingredients

16 chicken wings, split and tips discarded
1 onion, chopped
2/3 cup soy sauce
1/2 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/8 teaspoon ground ginger

Directions

Place chicken wings and onion in a soup pot, and fill with enough water to cover. Bring to a boil, and cook for 20 minutes.

Preheat the oven to 375 degrees F (190 degrees C). While the wings are cooking, combine the soy sauce, cinnamon, cloves and ginger in a saucepan, and warm over medium heat. When chicken is done, drain water (may be reserved for other uses as a broth), and pour in the soy sauce mixture. Stir to coat all of the wings, then place them in a single layer on a cookie sheet.

Bake for 15 minutes in the preheated oven, or until the outsides are crispy. Baste with sauce as desired while cooking.
Directions

In a large pot over medium heat, saute the garlic and onion in the butter or margarine for 5 minutes. Add flour and stir well, cooking for 1 minute more. Add the broth and half-and-half. Bring to a boil and reduce heat to low.

Add the soup, salsa, corn, chicken, cumin, fajita seasoning and 2 tablespoons cilantro. Stir and continue to heat for 15 minutes. Crumble tortilla chips into individual bowls, add 1/2 ounce shredded cheese to each bowl and ladle in soup. Top each bowl with more crumbled chips, remaining 1/2 ounce cheese and remaining 1 tablespoon cilantro, and serve.
# Golden Baked Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups instant mashed potato flakes</td>
<td></td>
</tr>
<tr>
<td>3/4 cup grated Parmesan cheese</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons dried parsley flakes</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon paprika</td>
<td></td>
</tr>
<tr>
<td>3/4 teaspoon garlic salt</td>
<td></td>
</tr>
<tr>
<td>3/4 teaspoon onion powder</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon pepper</td>
<td></td>
</tr>
<tr>
<td>3 (3 pound) broiler/fryer chickens, cut</td>
<td></td>
</tr>
<tr>
<td>up and skin removed</td>
<td></td>
</tr>
<tr>
<td>1 cup butter or margarine, melted</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

In a bowl, combine the potato flakes, Parmesan cheese, parsley, paprika, garlic salt, onion powder and pepper. Dip chicken into butter, then into potato flake mixture. Place on two greased 15-in. x 10-in. x 1-in. baking pans. Bake at 375 degrees F for 50-60 minutes or until chicken juices run clear.
**Ingredients**

- 1 1/2 pounds boneless, skinless chicken meat
- 1/2 pound uncooked spaghetti
- 4 cloves garlic
- 1/4 cup chopped onion
- Salt to taste
- 12 cups water
- 3 tablespoons olive oil

**Directions**

In a large pot, bring the water to a boil. Add the salt and olive oil.

Chop up the chicken, and add it with the onion and garlic to the pot.

Break the spaghetti into small pieces, no longer than half the size of your pinkie; add to the pot. Stir. Let simmer over medium heat for 30 to 45 minutes.
Chicken with Cranberry Compote

Ingredients

- 4 boneless, skinless chicken breast halves
- 2 tablespoons fresh lemon juice
- 2 tablespoons vegetable oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup dried cranberries
- 1 cup boiling water
- 4 tablespoons butter or margarine, divided
- 1/2 cup chopped celery
- 1/4 cup diced red onion
- 1/2 cup chopped, peeled tart apple
- 1/4 cup cranberry juice
- 3 tablespoons apple juice
- 1 tablespoon red wine vinegar
- 1/4 teaspoon ground coriander
- 1/8 teaspoon ground allspice

Directions

Place chicken in a large shallow bowl. Combine lemon juice, oil, salt and pepper; pour over chicken. Cover and refrigerate. Meanwhile, place cranberries in a small bowl. Cover with boiling water and let stand for 15 minutes. In a 2-qt. saucepan, melt 2 tablespoons butter over medium-high heat. Add celery and onion; saute until onion is tender. Reduce heat to medium. Drain cranberries; add to celery mixture with apple. Stir in cranberry juice, apple juice and vinegar. Cook, stirring constantly, for 5 minutes or until liquid is reduced by half. Stir in coriander and allspice. Cover and keep warm. Drain chicken, discarding marinade. In a large skillet, melt remaining butter over medium-high heat. Add chicken and cook 5 minutes or until lightly browned. Turn; cover and reduce heat to low. Cook 10 minutes longer or until juices run clear. Place chicken on a serving platter on top with cranberry compote.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (8 ounce) bottle Italian salad dressing</td>
<td>In a bowl, combine salad dressing and teriyaki sauce. Remove 1/4 cup for</td>
</tr>
<tr>
<td>3 tablespoons teriyaki sauce</td>
<td>basting; cover and refrigerate. Place chicken in a large resealable bag;</td>
</tr>
<tr>
<td>8 skinless, boneless chicken breast halves</td>
<td>add remaining marinade. Seal bag and turn to coat; refrigerate for 8 hours</td>
</tr>
<tr>
<td></td>
<td>or overnight, turning occasionally.</td>
</tr>
<tr>
<td>Drain and discard marinade. grill chicken,</td>
<td>Baste with reserved marinade. Grill 3-4 minutes longer on each side or</td>
</tr>
<tr>
<td>covered, over medium heat for 3 minutes on</td>
<td>until juices run clear.</td>
</tr>
<tr>
<td>each side.</td>
<td></td>
</tr>
</tbody>
</table>
Ingredients

1/3 cup soy sauce
1/4 cup fresh lime juice
1 tablespoon Worcestershire sauce
1/2 teaspoon dry mustard
2 garlic cloves, minced
6 boneless, skinless chicken breast halves
1/2 teaspoon pepper

Directions

Combine first five ingredients. Place chicken in a large resealable plastic bag or glass bowl; pour sauce over chicken. Cover or close bag ad refrigerate for at lest 30 minutes. Drain, discarding marinade. Place chicken on grill and sprinkle with pepper. Grill, uncovered, over medium-low coals, turning several times, for 12-15 minutes or until juices run clear.
Caribbean Chicken

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>teaspoon cornstarch</td>
<td>1</td>
</tr>
<tr>
<td>(6 ounce) can pineapple juice,</td>
<td>divided</td>
</tr>
<tr>
<td>divided</td>
<td></td>
</tr>
<tr>
<td>tablespoon prepared mustard</td>
<td>1</td>
</tr>
<tr>
<td>teaspoon dried thyme</td>
<td></td>
</tr>
<tr>
<td>teaspoon crushed red pepper flakes</td>
<td></td>
</tr>
<tr>
<td>pound boneless, skinless chicken</td>
<td>3/4</td>
</tr>
<tr>
<td>breasts, cut into thin strips</td>
<td></td>
</tr>
<tr>
<td>teaspoon salt</td>
<td>1/2</td>
</tr>
<tr>
<td>teaspoons canola oil</td>
<td>2</td>
</tr>
<tr>
<td>cup thinly sliced green onions</td>
<td>1/2</td>
</tr>
<tr>
<td>cup golden raisins</td>
<td>1/2</td>
</tr>
<tr>
<td>medium firm bananas, sliced</td>
<td></td>
</tr>
<tr>
<td>Hot cooked rice</td>
<td></td>
</tr>
</tbody>
</table>

**Directions**

In a small bowl, combine cornstarch and 1/2 cup pineapple juice until smooth. Stir in the mustard, thyme and red pepper flakes; set aside. Sprinkle chicken with salt. In a large non-stick skillet, saute chicken in oil for 3-4 minutes or until chicken juices run clear. Remove from the skillet and keep warm.

Pour remaining pineapple juice into skillet. Stir in green onions and raisins; cook and stir for 1 minute. Stir reserved pineapple juice mixture and add to skillet. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Return chicken to skillet; heat through. Stir in bananas. Serve over rice if desired.
### Ingredients

1 (10.75 ounce) can condensed cream of mushroom soup, undiluted  
1 (4 ounce) can chopped green chilies  
1/2 cup chicken broth  
1/2 cup finely chopped onion  
1/2 teaspoon pepper  
2 cups cooked elbow macaroni  
1 cup cubed cooked chicken  
1 cup shredded Cheddar cheese

### Directions

In a bowl, combine the first five ingredients. Fold in the macaroni and chicken. Transfer to a greased 1-1/2-qt. baking dish; sprinkle with cheese. Bake, uncovered, at 350 degrees F for 30 minutes or until bubbly.
Easy Butter Chicken

**Ingredients**

- 4 boneless skinless chicken breast halves
- Salt and pepper to taste
- 1 teaspoon dried tarragon
- 1 tablespoon fresh lemon juice
- 1/4 cup butter

**Directions**

1. Preheat the oven to 400 degrees F (200 degrees C).
2. Season the chicken with salt, pepper and tarragon; drizzle with lemon juice. Set aside.
3. Place an oven proof skillet or Dutch oven over medium heat and melt the butter. Place the chicken in the dish, turning to coat both sides. Cover the chicken with a sheet of parchment paper, and then cover with a lid.
4. Bake in the preheated oven for 10 to 15 minutes, or until chicken is cooked through.
**Linguine with Sage and Chicken**

### Ingredients
1/2 cup olive oil
4 cloves garlic, crushed
6 tablespoons plain dry bread crumbs
20 fresh sage leaves
1 pound skinless, boneless chicken breast meat - cut into strips
1 tablespoon fresh lemon juice
1 1/4 pounds fresh linguine pasta
1/2 cup freshly grated Parmesan cheese

### Directions
Heat the oil in a skillet over medium heat. Add the garlic, bread crumbs and sage. Cook and stir for 5 minutes. Remove from the skillet, and place in a bowl. Set the heat to medium-high. Add the chicken to the skillet; cook and stir for about 3 minutes. Sprinkle with lemon juice, and reduce the heat to medium.

Meanwhile, bring a large pot of lightly salted water to a boil. Add pasta, and cook for 3 to 5 minutes, until tender. Drain.

Add the pasta to the skillet, and stir to distribute chicken. Transfer to a serving dish, and toss with the garlic and breadcrumbs. Serve with fresh Parmesan cheese.
## Marinated Chicken Salad

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skinless, boneless chicken breast halves</td>
<td>1</td>
</tr>
<tr>
<td>Balsamic vinegar</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Olive oil</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>White sugar</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Water</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>Mixed salad greens</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>Hard-cooked egg</td>
<td>1</td>
</tr>
<tr>
<td>Large black olives</td>
<td>6</td>
</tr>
<tr>
<td>Small green olives</td>
<td>6</td>
</tr>
<tr>
<td>Radishes</td>
<td>2</td>
</tr>
<tr>
<td>Crisp cooked bacon, crumbled</td>
<td>3 slices</td>
</tr>
</tbody>
</table>

### Directions

Mix together balsamic vinegar, olive oil, white sugar, and water. Combine marinade with chicken pieces in a plastic bag. Leave in bag for 1 hour.

Cook drained chicken in a skillet until done, about 10 minutes.

Assemble greens, egg, olives, radishes, and crumbled bacon on a dinner plate. Top with chicken.
**Chutney Chicken**

**Ingredients**
- 12 chicken thighs
- 1 (12 ounce) jar hot chutney
- 1 (1 ounce) package dry onion soup mix

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

In a medium bowl, combine chutney and dry soup mix. Mix together. Season chicken pieces with salt and pepper to taste. Place seasoned chicken pieces in a 9x13 inch baking dish and pour chutney mixture over chicken.

Bake in the preheated oven for 45 to 60 minutes, or until chutney sauce has turned brown and crunchy.
Peachy Broccoli Chicken

**Ingredients**

- 1 cup uncooked long grain white rice
- 2 cups water
- 1 tablespoon vegetable oil
- 2 skinless, boneless chicken breast halves
- salt and pepper to taste
- 1 (15 ounce) can peaches in light syrup, diced, syrup reserved
- 1 (10 ounce) package frozen broccoli florets
- 2 tablespoons boiling water

**Directions**

In a pot, bring the rice and water to a boil. Cover, reduce heat to low, and simmer 20 minutes.

Heat the oil in a skillet over medium heat, and cook the chicken 8 minutes on each side, or until juices run clear. Season with salt and pepper. Remove from skillet, and cut into bite-size pieces.

Place the peaches and syrup in the skillet, and cook 15 minutes, until syrup is reduced by about 1/2 and thickened.

Place the broccoli and water in a microwave-safe dish, cover, and cook 5 minutes on High in the microwave, or until tender.

Return the chicken to the skillet with the peaches. Mix in the broccoli, and continue cooking 5 minutes, until heated through and coated with the syrup. Serve over the cooked rice.
Chicken Scampi

**Ingredients**

- 2 tablespoons butter
- 1 1/2 pounds skinless boneless chicken breasts
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 1/4 cup water
- 2 teaspoons lemon juice
- 2 cloves garlic, minced
- Hot cooked pasta

**Directions**

Heat the butter in a 10-inch skillet over medium-high heat. Add the chicken and cook for 10 minutes or until it's well browned on both sides. Remove the chicken and set aside.

Stir in the soup, water, lemon juice and garlic. Heat to a boil. Return the chicken to the skillet and reduce the heat to low. Cover and cook for 5 minutes or until chicken is cooked through.

Serve the chicken with the pasta.
Gourmet Chicken Pizza

**Ingredients**

- 2 skinless, boneless chicken breast halves
- 1 (10 ounce) can refrigerated pizza crust
- 1/2 cup Ranch-style salad dressing
- 1 cup shredded mozzarella cheese
- 1 cup shredded Cheddar cheese
- 1 cup chopped tomatoes
- 1/4 cup chopped green onions

**Directions**

- Preheat oven to 425 degrees F (220 degrees C). Lightly grease a pizza pan or medium baking sheet.

- Place chicken in a large skillet over medium-high heat. Cook until no longer pink, and juices run clear. Cool, then either shred or chop into small pieces.

- Unroll dough, and press into the prepared pizza pan or baking sheet. Bake crust for 7 minutes in the preheated oven, or until it begins to turn golden brown. Remove from oven.

- Spread ranch dressing over partially baked crust. Sprinkle on mozzarella cheese. Place tomatoes, green onion, and chicken on top of mozzarella cheese, then top with Cheddar cheese. Return to the oven for 20 to 25 minutes, until cheese is melted and bubbly.
Millie Pasquinelli's Fried Chicken

Ingredients

2 (2 to 3 pound) whole chickens, cut into pieces
3 cups all-purpose flour
5 tablespoons seasoned salt
3 tablespoons garlic powder
salt and pepper to taste
4 eggs, beaten
1 quart vegetable oil for frying

Directions

In a shallow plate or bowl, mix the flour, seasoned salt, garlic powder, salt and pepper. Roll or shake the chicken pieces in the flour mixture and place on a platter. Then dip each chicken piece in the egg and roll again in flour mixture.

In a large skillet, heat oil for frying. Fry coated chicken pieces in hot oil for about 5 minutes on each side. Cover skillet and cook on lower heat for about 10 minutes. Remove cover, turn up heat and fry for 5 minutes on each side to make chicken crispy. Chicken is done when it is no longer pink inside and its juices run clear. Drain fried chicken on paper towels and keep warm in oven until ready to serve.
## Hot and Sour Chicken Soup

### Ingredients

- 3 cups chicken broth
- 1/2 cup water
- 2 cups sliced fresh mushrooms
- 1/2 cup sliced bamboo shoots, drained
- 3 slices fresh ginger root
- 2 cloves garlic, crushed
- 2 teaspoons soy sauce
- 1/4 teaspoon red pepper flakes
- 1 pound skinless, boneless chicken breast halves - cut into thin strips
- 1 tablespoon sesame oil
- 2 green onions, chopped
- 1/4 cup chopped fresh cilantro (optional)
- 3 tablespoons red wine vinegar
- 2 tablespoons cornstarch
- 1 egg, beaten

### Directions

In a saucepan, combine the chicken broth, water, mushrooms, bamboo shoots, ginger, garlic, soy sauce, and hot pepper flakes. Bring to a boil, then reduce the heat to low, cover and simmer while you assemble the rest of the ingredients.

Place the chicken slices into a bowl and toss with the sesame oil to coat. In a separate bowl, stir together the cornstarch and vinegar, and set aside.

Increase the heat under the broth to medium-high, and return to a rolling boil. Add the chicken slices. Return to a boil, and then drizzle in the egg while stirring slowly to create long strands of egg. Stir in the vinegar and cornstarch. Simmer over medium heat, stirring occasionally, until chicken is cooked through and the broth has thickened slightly, about 3 minutes. Serve garnished with green onions and cilantro.
**Chicken Alfredo**

**Ingredients**
- 1 (8 ounce) package cream cheese, cubed
- 6 tablespoons butter or margarine
- 1/2 cup milk
- 1/2 teaspoon garlic powder
- salt and pepper to taste
- 2 skinless boneless chicken breast halves, cooked and cubed
- 2 cups frozen chopped broccoli, thawed
- 2 small zucchini, julienned
- 1/2 cup julienned sweet red pepper
- 6 ounces fettuccine, cooked, drained

**Directions**

In a skillet over low heat, melt cream cheese and butter; stir until smooth. Add milk, garlic powder, salt and pepper. Cook and stir for 3 minutes or until thickened. Add chicken, broccoli, zucchini and red pepper. Cook over medium heat for 3 minutes. Reduce heat; cover and cook 5 minutes longer or until vegetables are tender. Serve over fettuccine.
Caribbean Chicken Salad

**Ingredients**

- 2 skinless, boneless chicken breast halves
- 1/2 cup teriyaki marinade sauce
- 2 tomatoes, seeded and chopped
- 1/2 cup chopped onion
- 2 teaspoons minced jalepeno pepper
- 2 teaspoons chopped fresh cilantro
- 1/4 cup Dijon mustard
- 1/4 cup honey
- 1 1/2 tablespoons white sugar
- 1 tablespoon vegetable oil
- 1 1/2 tablespoons cider vinegar
- 1 1/2 teaspoons lime juice
- 3/4 pound mixed salad greens
- 1 (8 ounce) can pineapple chunks, drained
- 4 cups corn tortilla chips

**Directions**

Place the chicken in a bowl, and cover with the teriyaki marinade sauce. Marinate at least 2 hours in the refrigerator.

In a small bowl mix the tomatoes, onion, jalapeno pepper, and cilantro. Cover salsa, and refrigerate.

In a small bowl, mix the mustard, honey, sugar, oil, vinegar, and lime juice. Cover dressing, and refrigerate.

Preheat the grill for high heat.

Lightly oil grill grate. Place chicken on the grill, and discard marinade. Cook for 6 to 8 minutes on each side, or until juices run clear.

Arrange mixed salad greens on plates. Spoon some of the salsa over each salad, and sprinkle with 1/4 of the pineapple chunks. Break tortilla chips into large chunks, and sprinkle over salads. Lay some of the grilled chicken strips on each salad. Finally, drizzle dressing over each salad, and serve.
California Chicken Spaghetti

Ingredients

1 (16 ounce) package uncooked angel hair pasta
3 tablespoons olive oil
4 skinless, boneless chicken breast halves - cut into strips
2 tablespoons chopped garlic
2 tablespoons dried basil
2 tablespoons Cajun-style blackened seasoning
salt and pepper to taste
10 roma (plum) tomatoes, diced
2/3 cup crumbled feta cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 5 to 8 minutes or until al dente. Drain.

Heat olive oil in a large skillet over medium heat. Add chicken pieces, and cook, stirring until browned on the outside. Stir in the garlic, basil, Cajun seasoning, salt, and pepper, then mix in the tomatoes. Cook until tomatoes are semi soft, and chicken is cooked through. Toss with pasta, and serve with crumbled feta cheese on top.
## Monterey Chicken Tortilla Casserole

### Ingredients

- 1 cup coarsely crumbled tortilla chips
- 2 cups cubed cooked turkey
- 1 (15 ounce) can cream-style whole kernel corn
- 3/4 cup Pace® Picante Sauce
- 1/2 cup sliced pitted ripe olives
- 1/2 cup shredded Cheddar cheese
- 1/2 cup Chopped green pepper or red pepper
- Tortilla chips

### Directions

Layer the crumbled chips, turkey, corn and picante sauce in 1-quart casserole. Top with the olives and cheese.

Bake at 350 degrees F for 40 minutes or until hot. Top with the pepper. Serve with the chips.
## Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon vegetable oil</td>
<td></td>
</tr>
<tr>
<td>2 pounds chicken parts</td>
<td></td>
</tr>
<tr>
<td>1 (10.5 ounce) can Campbell’s®</td>
<td></td>
</tr>
<tr>
<td>Condensed Chicken Broth</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon garlic powder</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon hot pepper sauce</td>
<td></td>
</tr>
<tr>
<td>1 large green bell pepper, chopped</td>
<td></td>
</tr>
<tr>
<td>3/4 cup drained cut-up canned tomato</td>
<td></td>
</tr>
<tr>
<td>2/3 cup uncooked regular long-grain white rice</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook until well browned on all sides. Remove the chicken from the skillet. Pour off any fat.

Stir the broth, garlic powder, hot pepper sauce, if desired, green pepper, tomatoes and rice in the skillet and heat to a boil. Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 30 minutes or until the chicken is cooked through.
**Ingredients**

- 4 bone-in chicken breast halves (8 ounces each)
- 2 tablespoons olive oil
- 1 tablespoon grated onion
- 2 garlic cloves, minced
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/2 teaspoon dried rosemary, crushed
- 1/2 teaspoon coarsely ground pepper
- 1/4 teaspoon rubbed sage
- 1/8 teaspoon dried marjoram
- 1/8 teaspoon hot pepper sauce
- 4 1/2 teaspoons minced fresh parsley

**Directions**

Arrange chicken in an 11-in. x 7-in. x 2-in. baking dish coated with nonstick cooking spray. Whisk together the oil, onion, garlic, thyme, salt, rosemary, pepper, sage, marjoram and hot pepper sauce. Pour over chicken.

Bake, uncovered, at 425 degrees F for 30-40 minutes or until juices run clear and a meat thermometer reads 170 degrees F, basting occasionally. Remove and discard skin from chicken. Sprinkle with parsley. Drizzle with juice.
Creamy Chicken and Rice

Ingredients

4 cups cooked white rice
1/4 cup butter
1/4 cup all-purpose flour
2 cups milk
2 teaspoons chicken bouillon powder
1 teaspoon seasoned salt
1/2 teaspoon garlic powder
1/4 teaspoon ground black pepper
5 cups cooked, shredded chicken breast meat
12 ounces processed cheese food (eg. Velveeta), cubed
2 cups sour cream
1/2 cup butter
2 cups crushed buttery round crackers

Directions

Preheat oven to 450 degrees F (230 degrees C).

Spread rice in the bottom of a 9x13 inch baking dish; set aside.

In a medium saucepan melt butter or margarine and stir in flour until smooth. Gradually add milk, bouillon granules, seasoned salt, garlic powder and pepper. Stir all together and bring to a boil. Let simmer and stir for 2 minutes or until thickened and bubbly. Reduce heat; add chicken, cheese and sour cream. Stir until cheese is melted. Mix all together and pour mixture over rice.

Melt 1/2 cup butter or margarine in saucepan and toss with crushed cracker crumbs. Sprinkle crumb mixture over casserole. Bake in the preheated oven for 10 to 15 minutes or until heated through.
Slow Drunk Roasted Chicken

Ingredients

- 1 (4 to 6 pound) whole chicken
- 1 small orange
- 1 tablespoon olive oil, or as needed
- salt and black pepper
- 5 potatoes, quartered
- 1 whole head garlic, cloves peeled but left whole
- 12 baby carrots
- 5 small white onions, peeled and quartered
- 1 tablespoon olive oil, or as needed
- 1 cube chicken bouillon
- 1 cup boiling water
- 1 (12 fluid ounce) bottle lager beer (such as Foster’s®)

Directions

Preheat oven to 325 degrees F (165 degrees C).

Poke holes all over the orange with a fork, and insert the orange into the cavity of the chicken. Place the chicken into a deep roasting pan or Dutch oven, and coat well with 1 tablespoon olive oil. Sprinkle the chicken with salt and pepper. Place the potatoes, garlic cloves, carrots, and onions all around the chicken, and drizzle 1 more tablespoon of oil on the vegetables. Dissolve the chicken bouillon in the water, and pour into the pan with the beer. Cover the pan.

Bake in the preheated oven for 1 hour; uncover the pan, and baste the chicken with the juices in the pan. Return the pan to the oven, uncovered, and cook for an additional 30 to 45 minutes, basting with juices every 15 minutes.

Raise the oven heat to 450 degrees F (230 degrees C), and bake the chicken until the skin is golden brown, about 30 minutes. Remove the pan from the oven, and remove the vegetables from around the chicken. Drain off the juices to make gravy, if desired, and cover the chicken with the pan lid. Allow the chicken to stand about 10 minutes before serving with the vegetables.
Pecan Crusted Chicken Salad

**Ingredients**

- 1 cup creamy garlic salad dressing
- 1 cup finely chopped pecans
- 4 skinless, boneless chicken breast halves
- 1 head romaine lettuce leaves, torn into 1/2 inch wide strips
- 1 (15 ounce) can mandarin oranges, drained
- 1 cup dried cranberries
- 4 ounces blue cheese, crumbled
- 1/2 cup Ranch dressing

**Directions**

Preheat oven to 400 degrees F (200 degrees C).

Place the creamy garlic dressing and pecans in separate bowls. Dip each chicken breast in the dressing then in the pecans to coat. Arrange chicken on a baking sheet.

Bake chicken 25 minutes in the preheated oven, until juices run clear. Cool slightly, and cut into strips.

On serving plates, arrange equal amounts of the lettuce, mandarin oranges, cranberries, and blue cheese. Top with equal amounts chicken, and serve with Ranch dressing.
## Ingredients

- 2 tablespoons cornstarch
- 1 3/4 cups Swanson® Chicken Broth (regular, Natural Goodness™ or Certified Organic)
- 1 tablespoon low-sodium soy sauce
- 1 pound skinless, boneless chicken breast, cut into strips
- 5 cups cut-up vegetables*
- 1/4 teaspoon ground ginger
- 1/4 teaspoon garlic powder or crushed fresh garlic
- 4 cups hot cooked rice, cooked without salt

## Directions

1. Mix cornstarch, broth and soy.
2. Spray nonstick skillet with vegetable cooking spray and heat 1 minute. Add chicken and stir-fry until browned. Remove chicken.
3. Add vegetables, ginger and garlic powder and stir-fry until tender-crisp.
Isaac's Juicy Chicken

**Ingredients**

- 2 eggs
- 2 tablespoons ranch dressing
- 2 cups seasoned bread crumbs
- 1 tablespoon garlic powder
- 1 teaspoon paprika
- salt and pepper to taste
- 6 skinless, boneless chicken thighs

**Directions**

Preheat an oven to 375 degrees F (190 degrees C). Grease a baking sheet with cooking spray.

Beat the eggs and ranch dressing together in a bowl; set aside. Stir together the bread crumbs, garlic powder, paprika, salt, and pepper in a large bowl until evenly combined. Dip the chicken thighs into the egg mixture, then press into the breadcrumbs to coat all sides; place the chicken onto the prepared baking sheet.

Cook the chicken thighs until no longer pink in the center and the juices run clear, 50 to 60 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
Green Chile Chicken Stew

**Ingredients**

- 1 (4 pound) whole chicken
- 1 teaspoon ground cumin
- 1 teaspoon dried thyme
- 1 teaspoon dried marjoram
- 1 tablespoon dried basil
- 1 (4 ounce) can canned green chile peppers, chopped
- 4 habanero peppers, seeded and minced
- 1 onion, chopped
- 2 cloves garlic, minced
- 5 carrots, chopped
- 5 stalks celery, chopped
- 1 (14.5 ounce) can stewed tomatoes (optional)
- 3 potatoes, peeled and cubed
- 3 tablespoons all-purpose flour
- Salt and pepper to taste

**Directions**

Put the chicken in a large pot over medium heat and add water to cover. Add the cumin, thyme, marjoram and basil. Bring to a boil, reduce heat to medium low and simmer for 2 1/2 hours (or pressure cook for 45 minutes). Remove the chicken from the pot and allow it to cool. Discard the bones and the skin and chop the chicken meat into bite-size pieces.

Return the chicken to the pot and add the green chile peppers, habanero chile peppers, onion, garlic, carrots, celery, tomatoes and potatoes. Simmer for 30 minutes, or until the potatoes and carrots are tender (or pressure cook for 10 minutes). In a separate small bowl, mix the flour with some water and add to the soup, stirring well so the flour does not clump. Raise heat, bring just to a boil and remove from heat. Season with salt and pepper to taste and serve.
**Silver's Savory Chicken and Broccoli Casserole**

### Ingredients
- 6 ounces egg noodles
- 3 tablespoons butter
- 1 yellow onion, chopped
- 1/4 cup all-purpose flour
- 1 1/2 cups chicken broth
- 3/4 cup milk
- salt and pepper to taste
- 5 cups cooked, shredded chicken breast meat
- 1 (10 ounce) package chopped frozen broccoli, thawed
- 1 cup shredded Cheddar cheese
- 1 cup shredded provolone cheese

### Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 6 to 8 minutes or until al dente; drain. Preheat oven to 400 degrees F (200 degrees C.) Grease a 9x13 inch casserole dish.

Melt butter in a large saucepan over medium heat. Saute onion until tender, about 3 minutes. Mix in flour. Gradually stir in chicken broth. Slowly stir in milk, and cook, stirring, until sauce begins to thicken. Season with salt and pepper.

Place cooked noodles in the bottom of casserole dish. Arrange cooked chicken in an even layer over noodles. Place broccoli over the chicken. Pour sauce evenly over the broccoli. Combine cheeses, and sprinkle half over the casserole.

Bake in preheated oven for 20 minutes, or until the cheese melts. Remove from oven, and sprinkle with remaining cheese. Allow to set for 5 minutes, until cheese melts.
Broccoli Cheese Chicken

**Ingredients**
- 4 skinless, boneless chicken breasts
- 1 (10.75 ounce) can Campbell’s® Condensed Broccoli Cheese Soup (Regular or 98% Fat Free)
- 1/3 cup milk
- 4 cups hot cooked medium egg noodles
- Chopped fresh parsley

**Directions**
Place chicken in 2-quart shallow baking dish. Mix soup and milk. Spoon over chicken and bake at 400 degrees F. for 20 minutes or until chicken is done.
Serve with noodles and garnish with parsley.
### Ingredients
- 4 skinless, boneless chicken breast halves - cut into bite size pieces
- 1 cup water
- salt and pepper to taste
- 1 cup yogurt
- 1 teaspoon mild curry powder

### Directions
Place chicken and water in a medium saucepan and simmer over medium low heat for about 15 minutes, until chicken is cooked through and no longer pink inside.

When water is almost reduced, season chicken with salt and pepper to taste. In a small bowl, combine yogurt and curry powder and mix together. Stir this mixture into saucepan until all chicken pieces are coated, then simmer for another 5 minutes to heat through and marinate.
## Overnight Chicken Fruit Salad

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 cups cubed cooked chicken</td>
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<tr>
<td>1 pound seedless red grapes, halved</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup sliced celery</td>
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<td></td>
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<tr>
<td>1 (8 ounce) can sliced water chestnuts, drained</td>
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<tr>
<td>1 cup mayonnaise</td>
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<td></td>
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<tr>
<td>1 tablespoon soy sauce</td>
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<td></td>
</tr>
<tr>
<td>1 tablespoon lemon juice</td>
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<td></td>
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<tr>
<td>1 teaspoon curry powder</td>
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<td></td>
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<tr>
<td>1 cup slivered almonds, toasted</td>
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</tbody>
</table>

### Directions

In a large bowl, combine chicken, grapes, celery and water chestnuts. Combine mayonnaise, soy sauce, lemon juice and curry powder. Pour over chicken mixture; toss lightly until coated. Cover and chill 8 hours or overnight. Stir in almonds just before serving.
Chicken Scarpariello

**Ingredients**

1 1/4 pounds skinless, boneless chicken breast halves  
3 tablespoons all-purpose flour  
2 tablespoons olive oil  
2 teaspoons butter  
2 tablespoons shallots, minced  
2 cloves garlic, minced  
1 cup water  
1/2 cup white wine  
1 cube chicken bouillon  
1/2 teaspoon dried rosemary, crushed  
1/4 teaspoon salt  
1 pinch ground black pepper

**Directions**

Cut chicken breasts into 1 x 3 inch strips, and dredge in flour.

In 10 inch skillet, heat oil and butter. Add chicken. Cook, turning occasionally, until lightly browned on all sides (3 to 4 minutes). Using tongs, remove chicken from skillet. Set aside and keep warm.

To same skillet, add shallots and garlic. Saute until softened (1 minute). Add water, wine, broth mix, and seasonings. Mix well. Cook, stirring frequently, until liquid is reduced by 1/2 (3 to 4 minutes). Return chicken to skillet, and cook until sauce is thick and chicken is heated through (2 to 3 minutes).
<table>
<thead>
<tr>
<th><strong>Ingredients</strong></th>
<th><strong>Directions</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (10.75 ounce) can cream of mushroom soup, undiluted</td>
<td>In a medium bowl, combine soups, 1/4 cup butter and rice. Pour into a greased 13-in. x 9-in. x 2-in. baking dish. Place chicken pieces over rice mixture. Brush with remaining butter. Season with salt and pepper. Sprinkle with paprika. Bake at 275 degrees F for about 2-1/2 hours or until chicken is tender.</td>
</tr>
<tr>
<td>1 (10.75 ounce) can cream of celery soup, undiluted</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can cream of chicken soup, undiluted</td>
<td></td>
</tr>
<tr>
<td>1/3 cup butter, melted, divided</td>
<td></td>
</tr>
<tr>
<td>1 1/4 cups quick-cooking rice</td>
<td></td>
</tr>
<tr>
<td>1 (3 pound) chicken, cut up</td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>Paprika</td>
<td></td>
</tr>
</tbody>
</table>
**Ingredients**

- 1 cup couscous
- 2 cups chicken broth
- 1/2 cup dry white wine
- 2 teaspoons olive oil
- 2 tablespoons fresh lime juice
- 1 1/2 teaspoons ground cumin
- 1 clove garlic, minced
- 1 pound skinless, boneless chicken breast meat - cubed
- 1 green bell pepper, cut into large chunks
- 1 red bell pepper, cut into large chunks
- 1 yellow bell pepper, cut into large chunks
- 4 green onions, chopped
- 1/4 cup pitted black olives

**Directions**

Prepare couscous pasta according to package directions, using chicken broth for liquid. Drain and set aside.

In a large skillet combine the wine, oil, 1 tablespoon lime juice, 1 teaspoon cumin and garlic; mix all together and add chicken. Simmer over low heat until all liquid has evaporated and chicken juices run clear, 5 to 7 minutes.

Remove chicken from skillet and mix in a large bowl with remaining 1 tablespoon lime juice, remaining 1/2 teaspoon cumin, green bell pepper, red bell pepper, yellow bell pepper, green onion and couscous. Garnish with a few black olives per serving.
Caribbean Chicken Grill with Pineapple Salad

Ingredients

1 (8 ounce) can pineapple tidbits or chunks
1/4 cup CRISCO® Oil
2 tablespoons lime juice
1 clove garlic, minced
1/4 teaspoon crushed red pepper flakes
1 teaspoon sugar
4 boneless, skinless chicken breast halves
1/4 cup diced red bell pepper
1/4 cup diced red onion
1 small jalapeno pepper, minced
2 tablespoons chopped cilantro
Salt and pepper to taste

Directions

Drain pineapple juice into a 1 cup measure. Add CRISCO® Oil, lime juice, garlic, red pepper flakes and sugar; mix well.

Place chicken in a large zippered plastic bag or glass utility dish. Pour all but 1 tablespoon of marinade over chicken. Cover and refrigerate chicken for 30 minutes to 1 hour.

Meanwhile, place pineapple in a medium-sized serving bowl. Add red bell pepper, red onion, jalapeno, cilantro and reserved 1 tablespoon of marinade. Toss well and season with salt and pepper to taste.

Heat grill to medium. Remove chicken from marinade; season with salt and pepper. Grill, turning once, for 10 to 15 minutes or until cooked through. Serve with pineapple salad.
# Easy Slow Cooker Chicken

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td>Cut chicken breasts into large chunks.</td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup</td>
<td>Place the chicken breasts, cream of chicken soup, cream of mushroom soup, cream of celery soup and the rice in a slow cooker. Cook on high for 3 hours or low for 4 hours.</td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of mushroom soup</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of celery soup</td>
<td></td>
</tr>
<tr>
<td>1 cup white rice</td>
<td></td>
</tr>
<tr>
<td>Ingredients</td>
<td>Directions</td>
</tr>
<tr>
<td>---------------------</td>
<td>---------------------------------------------------------------------------</td>
</tr>
<tr>
<td>2 cups chopped, cooked chicken meat</td>
<td>Preheat oven to 350 degrees F (175 degrees C).</td>
</tr>
<tr>
<td>2 cups chopped celery</td>
<td>In a large bowl blend together the chicken, celery, bell pepper, onion, pimento, salt, lemon juice and mayonnaise. Spread mixture into the bottom of a lightly greased 9x13 inch baking dish, sprinkle with cheese and top with potato chip crumbs.</td>
</tr>
<tr>
<td>1 green bell pepper, chopped</td>
<td></td>
</tr>
<tr>
<td>1 onion, chopped</td>
<td>Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes, or until cheese is melted and casserole is bubbly.</td>
</tr>
<tr>
<td>3 tablespoons pimento, chopped</td>
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<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons fresh lemon juice</td>
<td></td>
</tr>
<tr>
<td>1/2 cup mayonnaise</td>
<td></td>
</tr>
<tr>
<td>1 pound Cheddar cheese, shredded</td>
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<tr>
<td>3 cups crushed potato chips</td>
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</tbody>
</table>
## Chicken Gravy Enchilada Casserole

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 cups diced skinless, boneless chicken breast meat</td>
<td></td>
</tr>
<tr>
<td>4 cups chicken gravy</td>
<td></td>
</tr>
<tr>
<td>1 cup water</td>
<td></td>
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<tr>
<td>1 onion, chopped</td>
<td></td>
</tr>
<tr>
<td>3 stalks celery, chopped</td>
<td></td>
</tr>
<tr>
<td>1 (7 ounce) can diced green chiles</td>
<td></td>
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<tr>
<td>1 teaspoon garlic salt</td>
<td></td>
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<tr>
<td>salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>12 (6 inch) corn tortillas</td>
<td></td>
</tr>
<tr>
<td>2 cups shredded Cheddar cheese</td>
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</tbody>
</table>

### Directions

In a large skillet combine chicken, gravy, water, onion, celery, chile peppers, garlic salt, salt and pepper. Stir together to mix. Cover skillet and simmer over low heat for 1 to 2 hours.

Preheat oven to 350 degrees F (175 degrees C).

In a 11x14 inch baking dish layer 6 tortillas, then 1/2 of the chicken mixture, then 1/2 of the cheese. Repeat layers. Bake in the preheated oven for 30 to 40 minutes or until cheese is melted and bubbly.
**Grilled Chicken Mojito Sandwich**

**Ingredients**

- 2 tablespoons low-fat mayonnaise
- 1 tablespoon fresh lime juice
- 1 tablespoon fresh chopped mint
- 1 teaspoon grated lime peel
- 1/2 teaspoon minced serrano chili
- 1/4 teaspoon sugar
- 4 slices tomato
- 1 (6 ounce) boneless chicken breast, sliced
- 1/4 cup onion, chopped
- 2 lettuce leaves
- 1/4 cup fresh mint leaves
- 4 slices Roman Meal Original bread

**Directions**

1. Preheat grill or grill pan to medium high.
2. Combine mayonnaise, lime juice, chopped mint, lime peel, chilies and sugar together in small bowl.
3. Grill chicken breast, onions and bread over medium-high heat until desired degree of doneness; remove from grill.
4. Spread two slices with mayonnaise mixture, dividing evenly. Top with chicken, mint leaves, tomato, lettuce, and remaining bread slices to create 2 sandwiches.
Smothered Chicken Breasts

**Ingredients**

- 4 (6 ounce) skinless, boneless chicken breast halves
- 1/4 teaspoon salt
- 1/4 teaspoon lemon-pepper seasoning
- 1 tablespoon vegetable oil
- 8 bacon strips
- 1 medium onion, sliced
- 1/4 cup packed brown sugar
- 1/2 cup shredded Colby-Monterey Jack cheese

**Directions**

Sprinkle chicken with salt and lemon-pepper. In a large skillet, cook chicken in oil for 13-15 minutes or until juices run clear; remove and keep warm.

In the same skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels; drain, reserving 2 tablespoons drippings. In the drippings, sauté the onion and brown sugar until onion is golden. Place two bacon strips on each chicken breast half; top with caramelized onions and cheese.
Ingredients

1 tablespoon canola oil
1 large yellow onion, chopped
1 large yellow bell pepper, chopped
3 tablespoons ketchup
2 tablespoons oyster sauce
1 tablespoon soy sauce
1/3 cup chicken broth
1 teaspoon white sugar
1 teaspoon Thai garlic chile paste
4 skinless, boneless chicken breast halves - cut into bite-size pieces
1 zucchini, chopped
1 yellow squash, chopped
6 ounces broccoli, chopped
8 ounces fresh mushrooms, quartered
1/2 cup unsalted cashew nuts

Directions

Heat the oil in a skillet over medium heat, and cook the onion and yellow bell pepper until tender. Mix in the ketchup, oyster sauce, soy sauce, chicken broth, sugar, and chile paste. Place the chicken, zucchini, squash, broccoli, and mushrooms in the skillet. Continue to cook and stir 10 minutes, until vegetables are tender and chicken juices run clear. Mix in the cashews just before serving.
# Cheese Lover's Chicken

## Ingredients

- 2 (15 ounce) cans tomato sauce
- 1 (6 ounce) can tomato paste
- 1 tablespoon white sugar
- 1 teaspoon dried parsley
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 medium garlic clove, chopped
- 3 pounds skinless, boneless chicken breast halves
- 1 cup fine dry bread crumbs
- 1 pound Cheddar cheese, shredded
- 1 pound mozzarella cheese, shredded
- 1 teaspoon garlic salt to taste
- Salt and pepper to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking dish that is deep enough to allow at least one inch between the chicken and the top of the dish.

In a large pot over medium heat, stir together tomato sauce, tomato paste, sugar, parsley, basil, oregano, and garlic.

Meanwhile, in a large bowl, toss chicken with bread crumbs until completely covered. Arrange chicken in baking dish and sprinkle to taste with garlic salt and pepper to taste. Top chicken with half of shredded Cheddar and mozzarella cheeses. Pour tomato sauce evenly over chicken. Reserve half of the remaining Cheddar and mozzarella cheeses, and sprinkle the rest over the chicken and sauce.

Cover dish with aluminum foil and bake for about 50 minutes, or until chicken is cooked through. Remove foil, and top with remaining Cheddar and mozzarella cheeses. Return dish to oven and cook, uncovered, until the cheese on top melts. Remove and let sit five minutes before serving.
# Texas Ranch Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 teaspoons olive oil</td>
<td></td>
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<tr>
<td>1 1/2 pounds skinless, boneless chicken parts</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups Ranch-style salad dressing</td>
<td></td>
</tr>
<tr>
<td>2 cups shredded mozzarella cheese</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Preheat oven to 350 degrees F (175 degrees C). Spread the olive oil in a 9x13 inch baking dish.

Arrange chicken in the dish, and cover with the dressing. It’s best to place chicken pieces close together so that the cheese and the dressing do not burn on the bottom of the pan.

Bake for 20 minutes in the preheated oven. Remove from heat, top with mozzarella cheese, and return to the oven. Continue cooking for about 15 minutes, until the cheese is melted and lightly browned and the chicken is no longer pink and juices run clear.
Ingredients

8 ounces uncooked spaghetti
1 medium onion, chopped
1/2 cup chopped green pepper
2 celery ribs, chopped
4 tablespoons butter or margarine, divided
2 (10.75 ounce) cans condensed cream of mushroom soup, undiluted
1 (4 ounce) can mushroom stems and pieces, drained
2 1/2 cups cubed cooked chicken
2 cups shredded Cheddar cheese
1/2 cup dry bread crumbs
5 bacon strips, cooked and crumbled

Directions

Cook spaghetti according to package directions; drain. In a small skillet, saute the onion, green pepper and celery in 2 tablespoons butter until tender. Transfer to a large bowl. Add the soup, mushrooms, spaghetti, chicken and cheese; toss to coat.

Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with bread crumbs and bacon; dot with remaining butter. Bake, uncovered, at 350 degrees F for 30-35 minutes or until heated through.
Curried Honey Mustard Chicken

Ingredients

- 1/3 cup butter, melted
- 1/3 cup honey
- 1/4 cup Dijon-style prepared mustard
- 4 teaspoons curry powder
- 1 pinch ground cayenne pepper
- 4 skinless, boneless chicken breasts

Directions

In a medium bowl combine the melted butter/margarine, honey, mustard, curry powder and cayenne powder. Mix well. Place chicken breasts in a 9x13 inch baking dish and pour honey/mustard mixture over chicken. Cover and place in refrigerator. Marinate for at least 4 hours or overnight.

Preheat oven to 375 degrees F (190 degrees C).

Remove dish from refrigerator and bake, covered, in the preheated oven for 10 minutes. Remove cover and bake about 10 minutes more, or until done and juices run clear (baking time will depend a little on how thick your chicken breasts are).
Ingredients

1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
2/3 cup milk
2 eggs, lightly beaten
3 cups cubed cooked chicken
1 cup cooked rice
1 cup dry bread crumbs
1 (2 ounce) jar chopped pimientos, drained
1 teaspoon onion salt
1 teaspoon celery seed
1/2 teaspoon salt
1/2 teaspoon paprika
1/4 teaspoon pepper

Directions

In a large bowl, combine soup, milk and eggs; stir until well mixed. Add all remaining ingredients and mix well. Pour into a greased 8-in. x 4-in. x 2-in. loaf pan. Bake, uncovered, at 325 degrees F for 50-55 minutes. Let stand 10 minutes before serving.
Chicken Pesto Pizza

**Ingredients**

- 1/2 cup pesto basil sauce
- 1 (12 inch) pre-baked pizza crust
- 2 cups cooked chicken breast strips
- 1 (6 ounce) jar artichoke hearts, drained
- 1/2 cup shredded fontina cheese

**Directions**

Preheat the oven to 450 degrees F (230 degrees C).

Spread pesto sauce over the pizza crust. Arrange chicken pieces and artichoke hearts over the sauce, and sprinkle with cheese.

Bake for 8 to 10 minutes in the preheated oven, until cheese is melted and lightly browned at the edges.
Fried Curry Chicken

Ingredients

- 1 1/2 cups plain yogurt
- 3 tablespoons lemon juice
- 3/4 teaspoon curry powder
- 3/4 teaspoon onion powder
- 3/4 teaspoon salt
- 3/4 teaspoon garlic powder
- 1 pound skinless, boneless chicken breast halves - cut into 1 inch strips
- 3/4 cup dry bread crumbs
- 1/4 cup all-purpose flour
- 1/2 cup unsalted butter

Directions

In a large bowl, mix the yogurt, lemon juice, curry powder, onion powder, salt, and garlic powder. Set aside 1 cup of the mixture to use as a dipping sauce. Place the chicken in the bowl, and coat with the mixture. Marinate in the refrigerator 8 hours or overnight.

In a bowl, mix the breadcrumbs and flour. Dredge the coated chicken in the breadcrumb mixture.

Melt the butter in a skillet over medium-low heat. Discard remaining yogurt mixture. Fry the coated chicken in the skillet 15 minutes, or until juices run clear. Serve with the reserved dipping sauce.
# Baked Taco Chicken

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup all-purpose flour</td>
<td>In a large resealable plastic bag, combine the flour, taco seasoning and salt.</td>
</tr>
<tr>
<td>2 (1.25 ounce) packages taco seasoning</td>
<td>In a shallow bowl, beat eggs and milk. Dip chicken pieces in egg mixture, then place in bag and shake to coat.</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td>Place bone side down in a greased 15-in. x 10-in. x 1-in. baking pan. Bake, uncovered, at 350 degrees F for 55-60 minutes or until juices run clear.</td>
</tr>
<tr>
<td>2 eggs</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons milk</td>
<td></td>
</tr>
<tr>
<td>2 broiler/fryer chickens (3 to 4 pounds), cut up</td>
<td></td>
</tr>
</tbody>
</table>
### Ingredients

- 1 pound skinless, boneless chicken breast halves
- 1 1/2 cups chopped celery
- 1 1/2 teaspoons chopped fresh tarragon
- 1 cup chopped fresh parsley
- 1 1/2 cups mayonnaise
- 1 cup raisins
- 1 cup diced red onion

### Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.

Arrange the chicken in the baking dish, cover, and bake 25 minutes in the preheated oven, until juices run clear. Remove from heat, cool, and shred.

In a large bowl, mix the shredded chicken, celery, tarragon, parsley, mayonnaise, raisins, and onion. Refrigerate 1 hour, or until chilled, before serving.
**Simmering Chicken Strawberry Kabobs**

**Ingredients**
- 1 cup lemon juice
- 2 (8 ounce) cans pineapple chunks, juice reserved
- salt and pepper to taste
- 2 teaspoons ground cinnamon
- 3 skinless, boneless chicken breast halves, cubed
- 1 cup butter, melted
- 2 tablespoons brown sugar
- 1 teaspoon ground nutmeg
- 24 large strawberries

**Directions**

In a shallow glass bowl combine lemon juice, juice from pineapple can, salt, pepper and 1 teaspoon cinnamon. Mix together. Add cubed chicken and marinate for 1 hour in the refrigerator.

Preheat grill to medium heat.

In a small bowl combine the melted butter or margarine, 1 teaspoon cinnamon, brown sugar and nutmeg.

Lightly oil grate. Using metal or soaked wooden skewers arrange chicken, pineapple chunks and strawberries on each stick (approximately 4 to 6 pieces of each item per skewer). Brush kabobs with butter or margarine mixture place on grill and cook, turning on all sides, until chicken is cooked through and strawberries are sizzling. Approximately 8 to 10 minutes.
# Ranch Chicken

## Ingredients
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 4 cut up chicken pieces
- 1 cup Ranch-style salad dressing
- 1/2 cup water

## Directions
Heat oil in a large skillet over medium heat. Add onion and sauté until tender.

Add chicken and brown with onions, stirring so as not to burn. Add dressing and water; reduce heat to low and cook over low heat for about 1 hour, or until chicken is cooked through and no longer pink inside.
# Chicken Savoy

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1 (2 to 3 pound) whole chicken, cut into pieces</td>
<td></td>
</tr>
<tr>
<td>1/8 cup extra virgin olive oil</td>
<td></td>
</tr>
<tr>
<td>1 cup chicken stock</td>
<td></td>
</tr>
<tr>
<td>1 clove garlic, crushed</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon dried oregano</td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>1/4 cup grated Romano cheese</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons balsamic vinegar</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Preheat oven to 450 degrees F (230 degrees C).

Place chicken pieces in a 9x13 inch baking dish. Pour oil and stock over chicken and sprinkle with garlic. Season with oregano, salt and pepper and top with cheese.

Bake in the preheated oven for about 45 to 60 minutes, or until chicken is cooked through and no longer pink inside.

Pour vinegar over chicken and serve.
# Scrumptious Baked Chicken and Potatoes

## Ingredients
- 5 pounds chicken parts
- 1 cup water
- 6 potatoes, quartered
- 2 tablespoons olive oil
- 2 teaspoons crushed dried rosemary
- 2 teaspoons crushed dried thyme
- salt and ground black pepper to taste

## Directions
- Preheat an oven to 350 degrees F (175 degrees C).

Place the chicken pieces in a large baking dish; pour the water into the bottom of the dish. Arrange the potatoes around and over the chicken pieces. Drizzle the olive oil over the mixture; season with the rosemary, thyme, salt, and pepper.

Bake the chicken in the preheated oven until no longer pink at the bone and the juices run clear, about 1 hour. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C).
**Ingredients**

- 2 skinless, boneless chicken breast halves
- 1 tablespoon vegetable oil
- 1 (12 inch) prepared pizza crust
- 1 1/2 cups cranberry sauce
- 6 ounces Brie cheese, chopped
- 8 ounces shredded mozzarella cheese

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Chop chicken breasts into bite-size pieces. Heat oil in medium skillet until hot. Add chicken and saute until browned and almost cooked through.

Spread cranberry sauce over the pizza crust. Top with chicken, brie and cover with mozzarella.

Bake at 350 degrees F (175 degrees C) for 20 minutes.
## Chicken Surprise

### Ingredients
- 1 1/2 pounds skinless, boneless chicken breast meat - cubed
- 2 cups water
- 2 cubes chicken bouillon
- 2 cups instant white rice
- 1 (14.5 ounce) can stewed tomatoes, drained
- 1 (4.5 ounce) can mushrooms, drained
- 1 teaspoon poultry seasoning

### Directions

Cook chicken in a large skillet over medium-high heat until no longer pink and juices run clear, about 15 minutes.

Meanwhile, bring water and bouillon to a boil in a large saucepan. Stir in rice, cover pan, and remove from heat. Let rice stand until water is absorbed, about 5 minutes.

Combine the cooked chicken, tomatoes, and mushrooms in saucepan with the cooked rice, and stir over medium-low heat until heated through. Serve hot.
Italian Chicken with Garlic and Lemon

**Ingredients**
- 15 chicken thighs
- 8 large potatoes, peeled and quartered
- 1 quart vegetable oil for frying
- 1/2 cup wine vinegar
- 5 lemons, juiced
- 10 cloves crushed garlic
- 2 tablespoons dried oregano
- 2 tablespoons dried parsley
- 1 onion, minced
- salt and pepper to taste

**Directions**
- Preheat the oven to 350 degrees F (175 degrees C).

Arrange the chicken pieces in a 10x15 inch enameled roasting pan. In a large skillet over medium high heat, fry the potatoes in 1/2 inch deep oil until golden brown, then put them in the pan with the chicken.

Combine the vinegar, lemon juice, garlic, oregano, parsley, onion, salt and pepper with the 1/2 cup reserved frying oil and pour this mixture over the chicken and potatoes.

Bake in the preheated oven for 1 1/4 hours, basting the chicken and potatoes with the sauce mixture. Let rest for 5 minutes and serve hot.
## Sri Lankan Chicken Curry

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 (6 ounce) boneless skinless chicken breasts</td>
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</tr>
<tr>
<td>2 tablespoons white vinegar</td>
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</tr>
<tr>
<td>1 teaspoon tamarind juice (optional)</td>
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<tr>
<td>1/4 cup Madras curry powder</td>
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<tr>
<td>1 tablespoon salt, or to taste</td>
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</tr>
<tr>
<td>1 teaspoon ground black pepper</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons coconut oil</td>
<td></td>
</tr>
<tr>
<td>1 red onion, sliced</td>
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</tr>
<tr>
<td>4 green chile peppers, halved lengthwise</td>
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</tr>
<tr>
<td>8 green cardamom pods</td>
<td></td>
</tr>
<tr>
<td>6 whole cloves</td>
<td></td>
</tr>
<tr>
<td>12 curry leaves</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon fresh ginger root, crushed</td>
<td></td>
</tr>
<tr>
<td>1 (2 inch) cinnamon stick, broken in half</td>
<td></td>
</tr>
<tr>
<td>3 cloves garlic, minced</td>
<td></td>
</tr>
<tr>
<td>1/2 cup water</td>
<td></td>
</tr>
<tr>
<td>1 1/2 tablespoons tomato paste</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons roasted Madras curry powder</td>
<td></td>
</tr>
<tr>
<td>1/2 (14 ounce) can coconut milk</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

Cut the chicken into bite-sized pieces. Combine the vinegar, tamarind juice, 1/4 cup curry powder, salt, and pepper in a bowl. Add chicken and toss to coat.

Heat the coconut oil in a wok or frying pan over medium heat. Cook the sliced onion, green chiles, cardamom pods, cloves, curry leaves, ginger, and cinnamon stick until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low, and continue cooking and stirring until the onion is very tender and dark brown, 15 to 20 minutes more. Stir in the garlic and cook for an additional minute.

Add the chicken mixture, water, and tomato paste. Stir and simmer until the chicken is cooked through, about 10 minutes. Add the roasted curry powder and stir until evenly dispersed.

Gradually stir in the coconut milk and simmer for 2-3 more minutes. (Do not overheat or the coconut milk may curdle.)
Pesto Chicken Florentine

Ingredients

- 2 tablespoons olive oil
- 2 cloves garlic, finely chopped
- 4 skinless, boneless chicken breast halves - cut into strips
- 2 cups fresh spinach leaves
- 1 (4.5 ounce) package dry Alfredo sauce mix
- 2 tablespoons pesto
- 1 (8 ounce) package dry penne pasta
- 1 tablespoon grated Romano cheese

Directions

Heat oil in a large skillet over medium high heat. Add garlic, saute for 1 minute; then add chicken and cook for 7 to 8 minutes on each side. When chicken is close to being cooked through (no longer pink inside), add spinach and saute all together for 3 to 4 minutes.

Meanwhile, prepare Alfredo sauce according to package directions. When finished, stir in 2 tablespoons pesto; set aside.

In a large pot of salted boiling water, cook pasta for 8 to 10 minutes or until al dente. Rinse under cold water and drain.

Add chicken/spinach mixture to pasta, then stir in pesto/Alfredo sauce. Mix well, top with cheese and serve.
PHILLY Smothered Chicken with Brown Rice

Ingredients

- 4 slices bacon, chopped
- 4 small boneless skinless chicken breasts
- 4 large carrots, thinly sliced
- 1 large onion, chopped
- 1 cup 25%-less-sodium chicken broth, divided
- 1/4 cup PHILADELPHIA Cream Cheese Spread
- 3 cups hot cooked brown rice

Directions

Cook and stir bacon in large nonstick skillet on medium heat 5 minutes or until crisp. Remove bacon from skillet; drain on paper towels. Discard drippings from skillet.

Add chicken to skillet; cook 5 to 6 minutes on each side or until golden brown on both sides and done (170 degrees F). Transfer chicken to plate; cover to keep warm. Add vegetables and 1/2 cup broth to skillet; cover and simmer 10 minutes or until vegetables are tender.

Stir in broth and cream cheese; cook, uncovered, 2 minutes or until cream cheese is melted and sauce is thickened, stirring frequently. Return chicken to skillet; cook 2 minutes or until heated through. Spoon rice onto serving plate; top with chicken, sauce and bacon.
Honey Baked Chicken

Ingredients

2 bone-in chicken breast halves
2 tablespoons butter or margarine
1/2 cup honey
1/2 teaspoon salt
1 tablespoon prepared mustard

Directions

Place the chicken in a greased or foil-lined 9-in. square baking pan. Bake, uncovered, at 325 degrees F for 30 minutes. Meanwhile, in a small saucepan, combine remaining ingredients; cook and stir over low heat until well blended and heated through. Pour over chicken. Bake, uncovered, 30-35 minutes longer or until chicken juices run clear. Baste before serving.
Keligun Chicken

Ingredients

- 6 cut up chicken pieces
- 1 cup soy sauce
- 1/2 cup distilled white vinegar
- 1 teaspoon crushed garlic
- ground black pepper to taste
- 1/4 cup fresh lemon juice
- salt to taste
- 1 cup unsweetened flaked coconut
- 1/3 cup chopped green onions
- 1 dash lemon pepper
- 1/8 cup chopped green onion for topping

Directions

To Make Marinade: Combine the soy sauce, vinegar, garlic and ground black pepper. Mix together. Marinate chicken in refrigerator for 2 to 4 hours.

Remove chicken from refrigerator and dispose of marinade. Broil or barbecue chicken for 25 to 30 minutes or until cooked through and juices run clear. When chicken is cooked, remove bones and dice chicken meat.

Put diced chicken in a medium bowl. Add the lemon juice and salt and mix together. Then add the coconut, green onion and lemon pepper spice. Mix all together, top with green onion and serve.
In a saucepan, bring the water and rice to a boil. Cover, reduce heat, and simmer 25 minutes, until rice is tender.

Heat the olive oil and 1 fluid ounce beer in a skillet over medium heat. Place the chicken in the skillet, and season with chili powder, oregano, salt, and pepper. Mix in the remaining beer, red bell pepper, chile pepper, garlic, lime, and lemon. Cook about 15 minutes, until the chicken is no longer pink and juices run clear.

Place the chicken and vegetables over the cooked rice, and sprinkle with Romano cheese to serve.
Taiwanese-Style Three Cup Chicken

**Ingredients**

- 1 tablespoon vegetable oil
- 1 1/2 pounds skinless, boneless chicken thighs, cut into chunks
- 1/2 cup sesame oil
- 10 slices fresh ginger
- 2 cloves garlic, sliced
- 1/2 cup dry sherry
- 1/3 cup soy sauce
- 1/4 cup water
- 3 tablespoons white sugar
- 1/2 cup fresh Thai basil leaves
- 3 dried whole red chilies

**Directions**

Heat vegetable oil in a large skillet over medium-high heat. Add chicken pieces, and cook until lightly browned on all sides, about 5 minutes. Remove chicken from skillet and set aside.

Heat sesame oil in skillet, then add ginger and garlic. Cook and stir until the ginger begins to brown, about 30 seconds. Stir in the reserved chicken, sherry, soy sauce, water, and sugar. Bring to a boil, then reduce heat to medium-low, and simmer until there is only 1/4 cup of liquid left in the skillet, about 20 minutes. Stir in the basil and chiles, and increase heat to medium; continue cooking until the liquid is almost gone.
Chicken with Ginger Pesto

**Ingredients**

- 2 pounds skinless, boneless chicken breast halves
- 1/2 cup dry white wine
- 1/4 cup vegetable oil
- 2 tablespoons grated fresh ginger root
- 2 cloves garlic, minced
- 1 tablespoon salt
- 1 teaspoon white sugar
- 1 bunch green onions, cut into 1/4-inch pieces

**Directions**

Pour the white wine into a saucepan of lightly salted water, and place the chicken breasts into the pan. Bring the pan to a boil, reduce the heat, and simmer the chicken until cooked through and white, 8 to 10 minutes. Remove from the heat, and let the chicken cool in the broth. Remove from the broth, and set the chicken aside.

Heat the vegetable oil in a skillet over medium-low heat, and stir in the ginger, garlic, salt, and sugar. Reduce heat to low, and cook, stirring occasionally, until the garlic is browned and soft, and the oil is flavored, about 20 minutes. Stir in the green onions, and cook for another 10 minutes, stirring occasionally, until the white parts of the onions are soft.

Slice the poached chicken breasts on the bias into slices about 1 inch wide, and arrange attractively on a plate. Spoon the green onion mixture over the chicken breasts, and serve.
**Malaysian Mango Chicken Curry**

**Ingredients**

- 1 tablespoon vegetable oil
- 1/2 pound skinless, boneless chicken breast, cubed
- 1/2 cup chicken stock
- 1 tablespoon soy sauce
- 1 tablespoon cider vinegar
- 1 1/2 tablespoons brown sugar
- 1 teaspoon curry powder
- 1 tablespoon cornstarch
- 1/2 onion, diced
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced
- 2 teaspoons minced fresh ginger root
- 1 mango, peeled and cubed

**Directions**

Heat vegetable oil in a large skillet over medium-high heat and stir in the chicken breast. Cook the chicken breast until no longer pink in the center. Transfer cooked chicken to a plate. Meanwhile, whisk together the chicken stock, soy sauce, vinegar, brown sugar, curry powder, and cornstarch. Set aside.

Using the same skillet, cook and stir the onion over medium heat until the onion has softened and turned translucent, about 5 minutes. Stir in the green and red bell peppers and cook for 2 minutes, then add the ginger and cook for another minute. Stir in the chicken stock mixture and the cooked chicken breast. Cook until the sauce has thickened. Drop mango in and cook until the mango is heated through.
Restaurant-Style Extra Crispy Chicken

Ingredients

1 (4 pound) whole chicken, cut into pieces
4 cups oil for deep frying
MARINADE
4 cups water
1 tablespoon salt
1/2 teaspoon monosodium glutamate
COATING
1 egg, beaten
1 cup milk
2 cups all-purpose flour
2 1/2 teaspoons salt
3/4 teaspoon ground black pepper
3/4 teaspoon monosodium glutamate

Directions

Preheat oil in deep fryer to 350 degrees F (175 degrees C).

To Marinate: In a large glass dish or bowl, combine the water, salt and monosodium glutamate and mix together. Add chicken and turn to coat; cover and refrigerate to marinate for 20 minutes, turning a few times.

In a shallow dish or bowl, mix together egg and milk. In a separate shallow dish or bowl, mix together the flour, salt, pepper and monosodium glutamate. Remove chicken from marinade (discarding remaining marinade) and drain. One at a time, dip chicken pieces into flour mixture, then egg/milk mixture, then flour mixture again, making sure each piece is well coated. Stack coated pieces on a plate or cookie sheet.

Drop chicken, one piece at a time, into hot oil. Fry half of the chicken pieces (4 pieces) for 12 to 15 minutes or until golden brown, then fry remaining pieces for the same amount of time. (Note: Stir chicken around halfway through the frying time, so that each piece cooks evenly). Drain fried chicken for about 5 minutes on paper towels or a wire cooling rack before serving.
**Whistling Marinated Chicken**

**Ingredients**

- 1/2 cup apple juice
- 1/4 cup flaked coconut
- 2 tablespoons lemon juice
- 1 garlic clove, minced
- 1 teaspoon curry powder
- 1 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 4 boneless, skinless chicken breast halves
- 1 tablespoon olive or vegetable oil
- 1 1/4 cups water, divided
- 2 tablespoons cornstarch
- 1/4 cup minced fresh parsley

**Directions**

In a large resealable plastic bag, combine the first seven ingredients; mix well. Add chicken; seal bag and refrigerate for at least 8 hours. Drain and reserve marinade.

In a large skillet over medium heat, brown the chicken in oil. Add the marinade and 1 cup water; bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until chicken juices run clear. Combine cornstarch and remaining water; stir into pan. Bring to a boil; boil for 2 minutes, stirring constantly. Stir in parsley.
Chicken Stew 'Fricot'

**Ingredients**

1 tablespoon butter  
1 (2 to 3 pound) whole chicken, cut into pieces  
1 onion, chopped  
5 carrots, chopped  
6 potatoes, cubed  
2 teaspoons dried savory  
salt to taste  
ground black pepper to taste

**Directions**

Melt butter in cooking pot, brown chicken with chopped onions. Add water to cover. Simmer for 30 minutes.

Add carrots, potatoes, and savory. Simmer some more until vegetables are cooked. Salt and pepper to taste.
# Luncheon Chicken Salad

## Ingredients

- 4 cups cooked, cubed chicken breast
- 1 (20 ounce) can unsweetened pineapple tidbits
- 1 (11 ounce) can mandarin oranges, drained
- 1 cup chopped celery
- 6 green onions, chopped
- 1/2 cup chopped green pepper
- 2/3 cup mayonnaise
- 7 1/2 teaspoons brown mustard
- 1 tablespoon brown sugar
- 1/2 teaspoon minced garlic

## Directions

In a large bowl, gently combine the chicken, pineapple, oranges, celery, onions and green pepper. In a small bowl, combine the remaining ingredients. Pour over salad and toss to coat.
Chicken with Lemon-Caper Sauce

**Ingredients**

- 1 pinch salt
- 1/2 cup all-purpose flour
- 2 (6 ounce) skinless, boneless chicken breast halves
- 2 tablespoons olive oil
- 1/4 cup dry white wine
- 1/4 cup lemon juice
- 1/4 cup cold unsalted butter, cut into pieces
- 2 tablespoons capers, drained
- 2 lemon wedges

**Directions**

Mix together salt and flour in a small dish or plastic bag, then coat chicken and shake off excess. Heat olive oil in a skillet over medium-high heat. Shake excess flour from chicken, then brown in hot oil until both sides are golden-brown, and the inside has turned white and firm, 3 to 4 minutes per side.

Remove the chicken, and set aside in a warm place. Pour white wine into the skillet, and allow to boil as you dissolve the cooked bits from the bottom of the pan. Add the lemon juice, and allow to come to a boil, cook for a few minutes until reduced by half.

Sprinkle the cubed butter into the boiling sauce. Swirl and shake the pan vigorously to dissolve the butter, thus thickening the sauce. The butter must never come to rest, or the sauce will separate and become oily. Once the butter has completely incorporated, remove from heat and stir in capers.

To serve, pour lemon-caper sauce over the chicken, and serve with a wedge of lemon.
Ingredients

1 (6 ounce) package chicken-flavor stuffing mix
6 boneless, skinless chicken breast halves
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1/3 cup milk
1 tablespoon dried parsley flakes

Directions

Prepare stuffing according to package directions; spoon down the center of a greased 13-in. x 9-in. x 2-in. baking dish. Place chicken around stuffing. Combine soup, milk and parsley; pour over chicken. Cover and bake at 400 degrees F for 20 minutes. Uncover and bake 10-15 minutes longer or until chicken juices run clear.
Chicken Noodle Casserole I

**Ingredients**

- 1 (3 pound) chicken - cooked, deboned and shredded
- 6 ounces spaghetti
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/4 cup water
- salt and pepper to taste
- 1 cup shredded mozzarella cheese

**Directions**

Cook spaghetti in a large pot of salted boiling water until it is al dente (about 8 to 10 minutes). Drain and set aside.

Preheat oven to 350 degrees F (175 degrees C).

In a 9x13 inch baking dish combine the shredded chicken, cooked spaghetti, soups, water, salt and pepper. Mix all together. Sprinkle cheese on top of mixture and bake in preheated oven for 20 to 25 minutes or until cheese is melted and turning slightly brown. Let cool 10 minutes and serve!
Creamy Pesto Chicken

Ingredients

1 tablespoon extra virgin olive oil
4 skinless, boneless chicken breast halves - cut into strips
4 large cloves garlic, sliced
3 1/2 tablespoons sherry
1/4 cup pine nuts
1/2 cup chopped fresh basil
1 (8 ounce) container reduced fat sour cream
3 tablespoons grated Parmesan cheese
ground black pepper to taste

Directions

Heat the olive oil in a skillet over medium heat, and cook the chicken for about 5 minutes, until lightly browned. Mix the garlic and sherry into the skillet. Cook and stir until all the liquid has been reduced and the chicken is no longer pink and juices run clear.

Mix the pine nuts into the skillet, and cook 2 to 3 minutes over medium heat. Reduce the heat to low, and mix in the basil, sour cream, Parmesan cheese, and pepper. Continue cooking until heated through.
Marinated Chicken Barbecue

Ingredients
8 skinless, boneless chicken breasts
1 cup ketchup
2 tablespoons prepared horseradish
1/4 cup lemon juice
1/2 cup vegetable oil

Directions
Mix together ketchup, horseradish, lemon juice, and oil.
Place chicken breasts in a dish, and pour marinade over.
Refrigerate overnight.
Bake at 350 degrees F (175 degrees C) for 45 minutes, basting every 15 minutes and turning once.
**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1 1/2 tablespoons minced fresh ginger root</td>
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</tr>
<tr>
<td>1 pound skinless, boneless chicken breast meat - cut into bite-size pieces</td>
<td></td>
</tr>
<tr>
<td>1 (15 ounce) can sliced beets with liquid</td>
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<tr>
<td>5 large mushrooms, sliced</td>
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<tr>
<td>1 onion, sliced</td>
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</tbody>
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**Directions**

Mix the ginger into the diced chicken until thoroughly combined; set aside. Pour half of the liquid from the can of beets into a large skillet. Bring to a boil over high heat, then stir in the chicken. Cook and stir until the liquid evaporates, about 5 minutes. Pour the beets and the remaining liquid into the pan along with the mushrooms and onion. Continue cooking and stirring until the liquid has evaporated once again, about 5 minutes more.
White Chicken Enchilada Slow-Cooker Casserole

Ingredients

- 15 boneless, skinless chicken thighs or breasts
- 1 (26 ounce) can condensed cream of chicken soup
- 2 cloves garlic, chopped (optional)
- 1 (16 ounce) container sour cream
- 1 (7 ounce) can diced green chile peppers
- 15 flour tortillas
- 3 1/2 cups shredded Monterey Jack cheese
- 1 (10 ounce) can sliced black olives (optional)
- chives for garnish (optional)
- black pepper to taste

Directions

Place chicken in a pot, cover with water, and bring to a boil over high heat. Continue to boil until the chicken is done, about 10 minutes. Drain, allow chicken to cool, and cut into small pieces.

Place chicken pieces in a large bowl. Stir in soup, garlic, sour cream, and green chiles.

Spray the inside of slow cooker lightly with non-stick cooking spray.

Tear tortillas into pieces, and arrange half of the pieces in one overlapping layer across the bottom of the slow cooker. Arrange half of the chicken, half of the soup, and half of the cheese on top. Repeat with remaining tortillas, chicken, soup, and cheese. Top with black olives.

Cook on Low setting for 3 to 4 hours. Top with chives.
Chicken Andouille Gumbo

**Ingredients**

- 12 cups water
- 3 pounds chicken parts
- 2 tablespoons vegetable oil
- 1 1/2 pounds okra
- 1/2 cup vegetable oil
- 1/2 cup all-purpose flour
- 1 pound andouille sausage, sliced
- 1 (28 ounce) can Italian-style whole peeled tomatoes
- 1 green bell pepper, chopped
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 bay leaf
- 2 teaspoons salt
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 1 teaspoon cayenne pepper
- 1 teaspoon ground black pepper
- 1 teaspoon file powder

**Directions**

Combine water and chicken in large pot. Bring to boil. Reduce heat and simmer until chicken is tender, about 1 hour. Using tongs, transfer chicken to strainer and cool, saving cooking liquid. Remove meat from bones in pieces.

Heat 2 tablespoons oil in heavy skillet over medium heat. Add okra and cook until no longer sticky, stirring frequently, about 20 minutes; set aside.

Stir flour and remaining 1/2 cup oil in heavy large Dutch oven. Cook over medium heat until deep golden brown, stirring frequently, about 6 minutes. Add 4 cups reserved chicken cooking broth, okra, andouille sausage, tomatoes with their juices, bell pepper, celery, garlic, bay leaf, salt, thyme, basil, cayenne, and pepper. Cover partially and simmer until thickened, about 1 1/2 hours.

Spoon off any fat from surface of gumbo. Add chicken and file powder to gumbo and simmer gently 15 minutes. (If preparing ahead, cover and refrigerate. Bring to simmer before serving.) Mound rice in shallow bowls if desired. Ladle gumbo over and serve.
## Spaghetti with Broccoli and Chicken

### Ingredients

- 3 skinless, boneless chicken breast halves
- 1 pound spaghetti
- 1 (16 ounce) package frozen chopped broccoli
- 3 cloves garlic
- 5 tablespoons olive oil
- Salt to taste
- Ground black pepper to taste
- 2 tablespoons grated Parmesan cheese

### Directions

1. Sprinkle chicken breasts lightly with salt and pepper. Grill or broil until no longer pink. Cube cooked chicken.
2. Prepare broccoli according to package directions, and drain well.
3. Prepare spaghetti according to package directions. Drain well.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 cups cubed cooked chicken</td>
<td></td>
</tr>
<tr>
<td>1 medium carrot, julienned</td>
<td></td>
</tr>
<tr>
<td>1/2 cup julienned cucumber</td>
<td></td>
</tr>
<tr>
<td>1/4 cup sliced radishes</td>
<td></td>
</tr>
<tr>
<td>1/4 cup sliced ripe olives</td>
<td></td>
</tr>
<tr>
<td>1/4 cup cubed mozzarella cheese</td>
<td></td>
</tr>
<tr>
<td>1/3 cup Italian salad dressing</td>
<td></td>
</tr>
<tr>
<td>5 (6 inch) pita flat breads</td>
<td></td>
</tr>
<tr>
<td>Lettuce Leaves</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

In a bowl, combine the chicken, carrot, cucumber, radishes, olives and cheese. Add dressing and toss to coat. Line pita breads with lettuce leaves. Stuff about 1/3 cup chicken mixture into each half.
Ginger-Lime Chicken with Coconut Rice

**Ingredients**

- 1 1/2 pounds skinless, boneless chicken breast halves - cut into 1 inch cubes
- 2 limes, zested and juiced
- 2 tablespoons grated fresh ginger root
- 1 3/4 cups coconut milk
- 1/2 teaspoon white sugar
- 1 cup jasmine rice
- 1 tablespoon sesame oil
- 1 tablespoon honey
- 1/4 cup sweetened flaked coconut

**Directions**

In a glass bowl, mix chicken breast cubes with lime juice, lime zest, and grated ginger. Let marinate for about 20 minutes.

In a medium saucepan, combine the coconut milk and sugar over medium-high heat. Bring to a simmer. Stir in the jasmine rice, reduce heat to low, and cook tightly covered for about 20 minutes or until liquid is absorbed. Remove from the heat and fluff rice with a fork; cover, and keep warm.

In a large skillet or wok, heat the sesame oil over medium-high heat. Add chicken and marinade. Stir fry until the chicken is nicely browned, about 3 minutes. Drizzle the honey onto the chicken and continue to stir-fry for another minute or so, being careful not to let the honey burn. Remove from the heat and sprinkle with coconut.

Serve hot with the coconut rice on the side.
Cheesy Chicken Quesadillas

**Ingredients**

1 pound skinless, boneless chicken breast, cut into cubes
1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup
1/2 cup Pace® Thick & Chunky Salsa
1/2 cup shredded Monterey Jack cheese
1 teaspoon chili powder
8 flour tortillas (8-inch), warmed

**Directions**

Heat the oven to 425 degrees F.

Cook the chicken in a 10-inch nonstick skillet over medium-high heat until it's well browned and cooked through, stirring often. Stir in the soup, salsa, cheese and chili powder and cook until the mixture is hot and bubbling.

Place the tortillas onto 2 baking sheets. Spread about 1/3 cup chicken mixture on half of each tortilla to within 1/2-inch of the edge. Brush the edges of the tortillas with water. Fold the tortillas over the filling and press the edges to seal.

Bake for 5 minutes or until the filling is hot. Cut the quesadillas into wedges and serve with additional salsa.
## Apple Cider Chicken Marinade

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/3 cup white wine</td>
<td></td>
</tr>
<tr>
<td>1/3 cup extra-virgin olive oil</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons fresh lemon juice</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons apple cider vinegar</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons chopped fresh basil</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons chopped fresh parsley</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon chopped fresh rosemary</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon chopped fresh thyme</td>
<td></td>
</tr>
<tr>
<td>2 cloves garlic, minced</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon fresh-ground black pepper</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
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</tbody>
</table>

### Directions

Whisk together the white wine, olive oil, lemon juice, cider vinegar, basil, parsley, rosemary, thyme, garlic, pepper, and salt in a bowl. Marinade chicken in mixture 8 hours or overnight.
Chicken in Onion and Mustard Sauce

**Ingredients**

- 1 tablespoon butter
- 3 skinless, boneless chicken breast halves
- 1 pinch ground black pepper
- 1 small red onion, sliced
- 1 tablespoon dried parsley
- 1/2 cup applesauce
- 1/4 cup white wine
- 2 tablespoons mustard
- 1/4 cup half-and-half cream
- 1/2 cup chopped walnuts

**Directions**

Melt the butter in a skillet over medium heat. Season the chicken on both sides with pepper; cook the chicken breasts in the butter until no longer pink in the center and the juices run clear, 6 to 7 minutes each side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Remove the breasts from the pan and set aside.

Stir together the onion, parsley, applesauce, wine, mustard, and half-and-half in the pan; bring the mixture to a boil and cook about 5 minutes. Return the chicken to the pan; add the walnuts. Allow to cook until the chicken is warm, 3 to 5 minutes.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>1 (2 ounce) package chipped beef</td>
</tr>
<tr>
<td>6 skinless, boneless chicken breast halves</td>
</tr>
<tr>
<td>1 pound sliced bacon</td>
</tr>
<tr>
<td>1 (10.75 ounce) can cream of mushroom soup</td>
</tr>
<tr>
<td>1 (16 ounce) container sour cream</td>
</tr>
<tr>
<td>1/2 teaspoon paprika</td>
</tr>
</tbody>
</table>

### Directions

Preheat oven to 275 degrees F (135 degrees C).

Line the bottom of a 9x13 inch baking dish with slices of chipped beef. Wrap bacon slices around chicken breasts, and place on top of chipped beef. In a medium bowl, mix together condensed soup and sour cream. Pour sour cream mixture over chicken breasts, and sprinkle with paprika.

Bake in preheated oven for 2 hours.
**Ingredients**

1/3 cup all-purpose flour  
1/4 teaspoon fresh ground black pepper  
1/4 teaspoon paprika  
1 pound skinless, boneless chicken breast halves, pounded thin and cut into 2-inch pieces  
2 tablespoons olive oil  
1 clove garlic, minced  
1/4 cup butter, divided  
1 cup dry white wine  
1/3 cup chicken broth  
1/4 cup fresh lemon juice  
2 tablespoons capers  
2 tablespoons chopped fresh parsley  
1 (8 ounce) package angel hair pasta, cooked and drained

**Directions**

Whisk together flour, black pepper, and paprika in a shallow dish. Dredge the chicken pieces in the flour mixture, coating evenly; set aside. Heat olive oil in a large skillet over medium-high heat; stir and cook the garlic until light brown, about 1 minute. Remove the garlic from the skillet and set aside.

Place 2 tablespoons of butter into the skillet with the olive oil. Cook the chicken pieces in the oil and butter over medium-high heat until brown, about 5 minutes per side. Remove the chicken from the pan and set aside.

Pour the wine into the hot skillet and bring to a boil over high heat, scraping the browned pieces from the bottom and sides of the pan. Boil the wine until it is reduced by half, about 5 minutes. Whisk in the chicken broth, reserved garlic, lemon juice and capers. Cook for 5 minutes over medium-high heat. Stir in the remaining 2 tablespoons butter and parsley. Return the chicken pieces to the skillet and continue cooking over medium heat until the sauce thickens, about 15 minutes.

Meanwhile, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the angel hair pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, 4 to 5 minutes. Drain well.

Remove the chicken pieces to a serving dish and drizzle with a few tablespoons of the sauce and capers. Place the cooked angel hair pasta into the skillet with the remaining piccata sauce and toss to coat.
Ingredients

1 (16 ounce) package ziti pasta
1 tablespoon olive oil
1 tablespoon minced garlic
1 skinless, boneless chicken breasts
3 large tomatoes, diced
1 teaspoon dried rosemary, crushed
1 head fresh broccoli
1/2 pint heavy whipping cream
1 cup grated Parmesan cheese

Directions

Bring a large pot of salted water to a boil. Drop in pasta and cook for 8 to 10 minutes or until al dente. Drain.

Meanwhile, put olive oil and minced garlic in large skillet. Cut chicken into small pieces and brown in skillet. Add tomatoes and rosemary and stir together. Parboil broccoli (by partially cooking it in boiling water, just to soften) and add it to the chicken mixture. Pour cream over all, stir together and bring to a simmer. Add chicken mixture to cooked pasta and toss to coat. Top with cheese and serve.
Deviled Chicken Breasts

Ingredients

- 1/8 cup Italian-style dried bread crumbs
- 4 skinless, boneless chicken breasts
- 1 tablespoon olive oil
- 1/2 cup dry white wine
- 1/2 teaspoon ground savory
- 1/4 teaspoon salt
- 1 (4.5 ounce) can sliced mushrooms
- 1 tablespoon lemon juice
- 1 tablespoon honey mustard

Directions

Place breadcrumbs in a large, resealable plastic bag. Add chicken, seal bag, and shake to coat chicken with breadcrumbs.

Heat oil in a large, nonstick skillet over medium heat. Add chicken. Cook 3 minutes on each side, or until browned. Add wine, savory, salt, and mushrooms to the chicken. Cover, and reduce heat. Simmer for 15 minutes, or until chicken is done. Remove chicken and mushrooms with slotted spoon, and place on serving plate.

Add lemon juice and mustard to skillet, and stir well. Heat through. Serve sauce with chicken.
## Ingredients

- 1 1/2 teaspoons sea salt
- 1 teaspoon dried basil
- 1 teaspoon crushed dried rosemary
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dry mustard powder
- 1/2 teaspoon paprika
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground dried thyme
- 1/4 teaspoon celery seed
- 1/4 teaspoon dried parsley
- 1/8 teaspoon ground cumin
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon chicken bouillon granules

## Directions

Mix the salt, basil, rosemary, garlic powder, mustard, paprika, black pepper, thyme, celery seed, parsley, cumin, cayenne pepper, and chicken bouillon together until blended.
Ingredients

4 boneless, skinless chicken breasts  
Salt and pepper  
2 tablespoons olive oil  
1 tablespoon freshly squeezed lime juice

Almond and Raspberry Relish  
1/2 pint raspberries, divided  
1/2 teaspoon lime juice  
1/2 teaspoon finely minced or pressed garlic  
1/2 teaspoon honey  
1/8 teaspoon salt  
2 tablespoons vegetable oil  
1/3 cup sliced California Almonds  
1/3 cup chopped scallions

Directions

For chicken, season chicken with salt and pepper. Place in a large zippered plastic bag with olive oil, and marinate refrigerated for 1-24 hours.

Preheat grill or broiler, and cook chicken 3-4 minutes each side, or until cooked throughout. Sprinkle with lime juice and top with relish.

For relish, combine about half of raspberries with lime juice, garlic and 1 teaspoon honey in a small bowl, stirring well and mashing up raspberries so that mixture becomes saucy. Taste and add more honey if mixture is too tart. Add salt and whisk in vegetable oil. Gently stir in remaining raspberries, keeping them whole. Stir in almonds and scallions just before serving.
## Ingredients

**Dressing:**
- 1/2 cup mayonnaise
- 1/4 cup sour cream
- 1 tablespoon fresh lemon juice
- 1 1/2 teaspoons lemon zest
- 1 1/2 teaspoons white sugar
- 1/2 teaspoon ground ginger
- 1/4 teaspoon salt

**Salad:**
- 2 cups cubed cooked chicken
- 1 1/2 cups fresh blueberries
- 1 cup sliced celery
- 1 cup seedless green grapes, halved
- 1/2 cup sliced almonds
- 3 cantaloupes, halved and seeded

## Directions

Make the dressing by whisking the mayonnaise, sour cream, lemon juice, lemon zest, sugar, ginger, and salt in a mixing bowl. Add the chicken, blueberries, celery, grapes, and almonds; stir gently until evenly mixed. Cover the bowl and refrigerate for 1 hour.

Spoon into cantaloupe halves to serve.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup whipping cream</td>
<td>Whip cream to soft peaks. Chop almonds in food processor. If desired, shred</td>
</tr>
<tr>
<td>1/2 cup smoked almonds</td>
<td>chicken or chop finely.</td>
</tr>
<tr>
<td>4 grilled skinless, boneless chicken breast</td>
<td>In a large bowl combine the cream, almonds, chicken, mayonnaise, tarragon</td>
</tr>
<tr>
<td>halves</td>
<td>salt and pepper. Mix well and serve.</td>
</tr>
<tr>
<td>1/2 cup mayonnaise</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon minced fresh tarragon</td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td></td>
</tr>
</tbody>
</table>
Ingredients

- 4 tablespoons olive oil
- 1/4 cup butter
- 5 cloves garlic, minced
- 10 tablespoons minced shallot
- 2 pounds skinless, boneless chicken breast meat - cubed
- salt and pepper to taste
- 1 (4 ounce) jar sweet red peppers, drained and julienned
- 1/2 cup fresh tomato sauce
- 1/4 cup dry sherry
- 1 pint heavy cream
- 1 (8 ounce) package uncooked rigatoni pasta

Directions

In a large saucepan, heat oil and melt butter over medium heat. Add garlic and shallots and saute until soft, then add chicken, season with salt and pepper to taste and saute for 8 to 10 minutes, or until halfway cooked.

Add peppers and stir in tomato sauce, reduce heat to low and simmer about 10 minutes. Add sherry and simmer for another 10 minutes, then stir in cream and simmer for 10 minutes more. Toss all with hot, cooked pasta and serve.
## Ingredients

- 1/3 cup honey
- 1/4 cup lemon juice
- 2 tablespoons minced fresh rosemary
- 1/4 teaspoon crushed red pepper flakes
- 1 pound boneless skinless chicken breasts, cut into 1-inch cubes
- 1 pint cherry tomatoes
- 1 small zucchini, cut into 1-inch pieces
- 1 (8 ounce) can unsweetened pineapple chunks, drained

## Directions

In a bowl, combine the first four ingredients. Pour 1/3 cup marinade into a large resealable plastic bag; add the chicken. Seal bag and turn to coat; refrigerate for at least 30 minutes. Cover and refrigerate remaining marinade.

Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade from chicken. On eight metal or soaked wooden skewers, alternately thread chicken, vegetables and pineapple. Grill kabobs, covered, over low heat for 9-11 minutes or until chicken juices run clear, turning and basting frequently with reserved marinade.
Creamy Chicken Dijon

Ingredients

1 tablespoon vegetable oil
4 skinless, boneless chicken breast halves
1 (10.75 ounce) can Campbell’s® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
1/2 cup water
1 tablespoon coarse-grain Dijon-style mustard
1 tablespoon dry white wine
1 teaspoon dried parsley flakes
1 teaspoon packed brown sugar
1/2 teaspoon onion powder
1/4 teaspoon dried tarragon leaves, crushed
1 dash garlic powder

Directions

Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook for 10 minutes or until well browned on both sides.

Stir the soup, water, mustard, wine, parsley, brown sugar, onion powder, tarragon and garlic powder in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through.
Swiss Chicken

**Ingredients**

- 8 skinless, boneless chicken breasts
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/3 cup water
- 8 slices Swiss cheese
- 2 cups Italian seasoned bread crumbs
- 1/2 cup butter

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a 9x13 inch baking dish, layer the chicken breasts, soup and water. Top each breast with a slice of Swiss cheese, then top it all with the bread crumbs. Cut the butter or margarine into pads and place them over the top of the casserole.

Bake in the preheated oven for 45 minutes. Let cool and serve.
Orange Walnut Chicken

**Directions**

In a small bowl, combine orange juice concentrate, 4 tablespoons oil, soy sauce and garlic. Pour half of the marinade into a large resealable plastic bag; add chicken. Seal bag and turn to coat; refrigerate for 2-3 hours. Cover and refrigerate remaining marinade.

Discard marinade from chicken. In a large skillet, cook chicken in remaining oil until juices run clear. Meanwhile, in a small saucepan, saute walnuts in butter until lightly browned; remove and set aside.

Set aside 1/4 cup green onions for garnish. Add remaining onions to saucepan; saute until tender. Add the marmalade, juices, honey, orange and lemon peel, salt, pepper and reserved marinade. Bring to a boil.

Reduce heat; simmer, uncovered, for 5-10 minutes or until sauce reaches desired consistency. Serve chicken over rice; top with sauce, toasted walnuts and reserved onions.
Golden Chicken Casserole

Ingredients

- 2 cups cubed, cooked chicken
- 1 (20 ounce) can unsweetened pineapple chunks, drained
- 1 (12 ounce) jar apricot preserves or spreadable fruit
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1 (8 ounce) can water chestnuts, drained
- Hot cooked rice

Directions

In a bowl, combine the first five ingredients. Transfer to a greased 2-qt baking dish. Bake, uncovered, at 350 degrees F for 30 minutes or until heated through. Serve over rice.
Garlic Chicken Kabobs

**Ingredients**

- 8 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 cup minced fresh cilantro
- 1 teaspoon ground coriander
- 1/2 cup reduced-fat plain yogurt
- 2 tablespoons lemon juice
- 1 1/2 teaspoons olive oil
- 2 pounds boneless skinless chicken breasts, cut into 1-inch cubes

**GARLIC DIPPING SAUCE:**

- 4 garlic cloves, minced
- 1/4 teaspoon salt
- 2 tablespoons olive oil
- 1 cup reduced-fat plain yogurt

**Directions**

Place garlic and salt in a small bowl; crush with the back of a sturdy spoon. Add cilantro and coriander; crush together. Add the yogurt, lemon juice and oil; mix well. Pour into a large resealable plastic bag; add the chicken. Seal bag and turn to coat; refrigerate for 2 hours.

For dipping sauce, place garlic and salt in a small bowl; crush with the back of a sturdy spoon. Mix in oil. Stir in yogurt. Cover and refrigerate until serving.

Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade. Thread chicken on eight metal or soaked wooden skewers. Grill kabobs, covered, over medium heat for 3-4 minutes on each side or until juices run clear, turning once. Serve with dipping sauce.
Asparagus, Chicken and Penne Pasta

Ingredients

1 (16 ounce) package dry penne pasta
2 tablespoons olive oil, divided
3/4 pound skinless, boneless chicken breast meat - cut into bite-size pieces
4 cloves garlic, minced
12 ounces asparagus, trimmed and cut into 1 inch pieces
1 teaspoon crushed red pepper flakes
salt and pepper to taste
1/2 cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente. Drain, and transfer to a large bowl.

Heat 1 tablespoon olive oil in a large skillet over medium heat. Saute chicken until firm and lightly browned; remove from pan. Add the remaining tablespoon of olive oil to the skillet. Cook and stir garlic, asparagus, and red pepper flakes in oil until asparagus is tender. Stir in chicken, and cook for 2 minutes to blend the flavors. Season with salt and pepper.

Toss pasta with chicken and asparagus mixture. Sprinkle with Parmesan cheese.
### Ingredients

- 4 skinless, bone-in chicken breast halves
- 2 stalks celery, cut into thirds
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup cooked rice
- 6 ounces sour cream
- 2 (10.5 ounce) cans condensed cream of chicken soup
- 1/4 teaspoon celery salt
- 1/8 teaspoon onion powder
- 1/4 teaspoon garlic powder
- salt and pepper to taste
- 2 cups crushed buttery round crackers
- 1/2 cup butter or margarine, melted

### Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring to a boil the chicken breasts, celery, 1/2 teaspoon salt, 1/8 teaspoon pepper, and enough water to cover. Cover, reduce heat to medium low; simmer for 35 minutes. Drain, reserving 1 cup liquid. Cool chicken, remove meat from bones, and cut into bite-size pieces.

In a large bowl, stir together sour cream, soup, broth, celery salt, onion powder, garlic powder, and salt and pepper to taste. Mix in cooked rice and chicken. Spoon mixture into a 9x13 inch casserole dish. In a resealable bag, shake together crushed crackers and melted butter. Sprinkle crackers over the top.

Bake in preheated oven for 30 to 35 minutes.
Harvey's Moroccan Roast Chicken

**Ingredients**

Dry Spice Mix:
- 1/8 teaspoon ground cloves
- 1/4 teaspoon ground black pepper
- 3/8 teaspoon fennel seed, ground
- 3/4 teaspoon sesame seeds, ground
- 1/8 teaspoon ground coriander
- 1/8 teaspoon ground cumin
- 1/8 teaspoon ground allspice
- 1/4 teaspoon ground nutmeg
- 3/4 teaspoon ground ginger
- 1/8 teaspoon ground cardamom

Spice Paste:
- 2 tablespoons Hungarian paprika
- 1/4 cup fresh lemon juice
- 1 tablespoon salt
- 3 tablespoons chopped fresh mint
- 1 teaspoon ground black pepper
- 2 cloves garlic, peeled and crushed
- 3 tablespoons olive oil

- 1 pound small red potatoes, quartered
- 2 cups baby carrots
- 2 small lemons
- 1 (4 pound) roasting chicken, rinsed and patted dry

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

For the spice mix: Mix together in a bowl the cloves, pepper, fennel, sesame seeds, coriander, cumin, allspice, nutmeg, ginger and cardamom. Set aside.

For the spice paste: Place the paprika, lemon juice, the spice mix (from Step 2), salt, chopped mint, black pepper and garlic cloves in a blender. Add 2 tablespoons of the olive oil and blend to until ingredients are mixed, about 6 or 8 pulses. Slowly add the additional olive oil if mixture seems too thick to spread. Blend just until mixture is a smooth paste.

Spread potatoes and carrots in a roasting pan. Rub about 1/4 of the spice paste inside the cavity of the chicken. Rub the remainder of the paste on the outside of the chicken including the underside. Place the chicken directly on the carrots and potatoes. Pierce the 2 lemons all over with a fork, and place them into the chicken cavity.

Tent the chicken with aluminum foil. Roast approximately 2 hours until the thickest part of the thigh reaches 180 degrees F (80 degrees C) and the juices run clear. Remove from the oven and let rest for about 10 minutes before serving.
### Ingredients

- 4 (6 ounce) boneless, skinless chicken breast halves
- 2 tablespoons vegetable oil
- 1 (15 ounce) can tomato sauce
- 2 (4 ounce) cans sliced mushrooms, drained
- 1 medium onion, chopped
- 1/4 cup red wine or chicken broth
- 2 garlic cloves, minced
- 1 1/4 teaspoons dried oregano
- 1/2 teaspoon dried thyme
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- Hot cooked spaghetti

### Directions

In a large skillet, brown chicken in oil on both sides. Transfer to a slow cooker. In a bowl, combine the tomato sauce, mushrooms, onion, wine or broth, garlic, oregano, thyme, salt and pepper; pour over chicken. Cover and cook on low for 4-5 hours or until chicken juices run clear. Serve over spaghetti.
Tex-Mex Chicken and Rice Bake

Ingredients

- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 1 cup Pace® Chunky Salsa or Pace® Picante Sauce
- 1/2 cup water
- 1 cup whole kernel corn
- 3/4 cup uncooked regular long-grain white rice
- 4 skinless, boneless chicken breast halves
- paprika
- 1/2 cup shredded Cheddar cheese

Directions

Stir the soup, salsa, water, corn and rice in a 2-quart shallow baking dish. Top with the chicken. Sprinkle with the paprika. Cover the baking dish.

Bake at 375 degrees F for 45 minutes or until the chicken is cooked through. Sprinkle with the cheese. Let stand until the cheese is melted.
## Chicken Avocado Pizza

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Description</th>
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</thead>
<tbody>
<tr>
<td>2 avocados</td>
<td>peeled, pitted and diced</td>
</tr>
<tr>
<td>1 tablespoon chopped fresh cilantro</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon fresh lime juice, or to taste</td>
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<tr>
<td>salt to taste</td>
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<tr>
<td>1 clove garlic, peeled</td>
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<tr>
<td>4 (7 inch) pre-baked pizza crusts</td>
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</tr>
<tr>
<td>1 tablespoon olive oil</td>
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</tr>
<tr>
<td>1 cup chopped cooked chicken breast meat</td>
<td></td>
</tr>
<tr>
<td>1 cup cherry tomatoes, quartered</td>
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</tr>
<tr>
<td>1 cup shredded Monterey Jack cheese</td>
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<tr>
<td>1 pinch cayenne pepper</td>
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</tbody>
</table>

### Directions

Preheat your oven's broiler. If you have a pizza stone, place it in the oven while it preheats.

In a food processor, combine the avocados and cilantro. Puree while adding lime juice and salt to taste. Cover, and set aside.

Slice the garlic clove in half, and rub the cut side onto the tops of the pizza crusts for flavor. Brush both sides of the crusts with olive oil. Spread the avocado mixture thickly over the top of each crust, then arrange chicken and tomatoes on top. Sprinkle with cheese, and season lightly with cayenne pepper. Place pizzas on a baking sheet if you do not have a pizza stone.

Broil for about 5 minutes in the preheated oven, or until the cheese has just melted and the crust is lightly toasted.
Chicken Quesadillas and Fiesta Rice

**Ingredients**

1 pound skinless, boneless chicken breast, cubed  
1 (10.75 ounce) can Campbell’s® Condensed Cheddar Cheese Soup  
1/2 cup Pace® Chunky Salsa or Pace® Picante Sauce  
10 flour tortillas (8-inch)

Fiesta Rice:  
1 (10.75 ounce) can Campbell's® Condensed Chicken Broth  
1/2 cup water  
1/2 cup Pace® Chunky Salsa  
2 cups uncooked instant white rice

**Directions**

Preheat oven to 425 degrees F.

Cook chicken in nonstick skillet until done and juices evaporate, stirring often. Add soup and salsa and heat through.

Spread about 1/3 cup soup mixture on half of each tortilla to within 1/2-inch of edge. Moisten edge with water. Fold over and seal. Place on 2 baking sheets.

Bake 5 minutes or until hot. Serve with Fiesta Rice.

For Fiesta Rice: Heat Campbell's® Condensed Chicken Broth, 1/2 cup water and 1/2 cup Pace® Chunky Salsa in saucepan to a boil. Stir in 2 cups uncooked instant white rice. Cover and remove from heat. Let stand 5 min. Fluff with fork.

Serve with Pace® salsa. For dessert serve orange wedges.
## Ingredients

- 4 skinless, boneless chicken breasts
- 1 egg, beaten
- 3/4 cup Italian seasoned bread crumbs
- 12 ounces Muenster cheese, sliced
- 1 (10.75 ounce) can condensed cream of chicken soup

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Rinse chicken breasts and pat dry. Dip chicken breasts in egg, then roll in bread crumbs to coat. Lay in a 9x13 inch baking dish.

Layer cheese on top of chicken. Spread soup on top of cheese. Bake covered in preheated oven for 30 minutes. Remove cover and bake another 20 to 30 minutes more, until juices run clear.
Ingredients

- 1 pound boneless beef top loin
- 2 cups shortening
- 1 egg, beaten
- 1 cup buttermilk
- salt and pepper to taste
- 1/4 teaspoon garlic powder
- 1 cup all-purpose flour
- 1/4 cup all-purpose flour
- 1 quart milk
- salt and pepper to taste

Directions

Cut top loin crosswise into 4 (4 ounce) cutlets. Using a glancing motion, pound each cutlet thinly with a moistened mallet or the side of a cleaver.

In a large, heavy skillet, heat 1/2 inch shortening to 365 degrees F (185 degrees C).

While the shortening is heating, prepare cutlets. In a shallow bowl, beat together egg, buttermilk, salt and pepper. In another shallow dish, mix together garlic powder and 1 cup flour. Dip cutlets in flour, turning to evenly coat both sides. Dip in egg mixture, coating both sides, then in flour mixture once again.

Place cutlets in heated shortening. Cook until golden brown, turning once. Transfer to a plate lined with paper towels. Repeat with remaining cutlets. Drain grease, reserving 1/2 cup.

Using the reserved drippings in the pan, prepare gravy over medium heat. Blend in 1/4 cup flour to form a paste. Gradually add milk to desired consistency, stirring constantly. For a thicker gravy add less milk; for a thinner gravy stir in more. Heat through, and season with salt and pepper to taste. Serve over chicken fried steak.
Fiesta Chicken

**Ingredients**

1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
2 small tomatoes, chopped
1/3 cup picante sauce
1 medium green pepper, chopped
1 small onion, chopped
2 teaspoons chili powder
12 (6 inch) corn tortillas, cut into 1-inch strips
3 cups cubed cooked chicken
1 cup shredded Colby cheese

**Directions**

In a bowl, combine the soups, tomatoes, picante sauce, green pepper, onion and chili powder.

In a greased 13-in. x 9-in. x 2-in. baking dish, layer half of the tortilla strips, chicken, soup mixture and cheese. Repeat layers.

Cover and bake at 350 degrees for 40-50 minutes or until bubbly.
# Chicken Meatball Appetizers

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>2 1/2 cups minced cooked chicken breast</td>
</tr>
<tr>
<td>3 tablespoons finely chopped onion</td>
</tr>
<tr>
<td>3 tablespoons finely chopped celery</td>
</tr>
<tr>
<td>2 tablespoons finely chopped carrot</td>
</tr>
<tr>
<td>2 tablespoons dry bread crumbs</td>
</tr>
<tr>
<td>1 egg white</td>
</tr>
<tr>
<td>1/2 teaspoon poultry seasoning</td>
</tr>
<tr>
<td>1 pinch pepper</td>
</tr>
</tbody>
</table>

## Directions

In a bowl, combine all ingredients; mix well. Shape into 3/4-in. balls; place on a baking sheet that has been coated with nonstick cooking spray. Bake at 400 degrees F for 8-10 minutes or until lightly browned.
Mexican Chicken and Tomatillo Stew

**Ingredients**

**Crispy Tortilla Strips:**
- 3 (12 inch) flour tortillas
- 1 tablespoon vegetable oil

**Chicken and Tomatillo Stew:**
- 3 tablespoons olive oil
- 1 1/2 cups peeled and diced sweet potatoes
- 1 cup chopped celery
- 3/4 cup chopped onion
- 1 tablespoon finely minced garlic
- 1 tablespoon cumin
- 5 cups lower sodium chicken broth
- 2 1/2 cups shredded or chopped cooked chicken
- 2 cups diced tomatillos
- 2 fully ripened Avocados from Mexico, halved, pitted and diced
- 1/2 cup chopped cilantro
- Ground black pepper to taste

**Directions**

For Crispy Tortilla Strips: Heat oven to 350 degrees F. Cut 3 (12-inch) flour tortillas into 3/8-inch strips; cut strips into 2 inch pieces and toss with 1 tablespoon oil. Spread out on rimmed baking sheet; bake until crisp, about 7 minutes, tossing occasionally. Yields 8 servings (about 3 cups).

In large saucepan, heat oil. Add sweet potatoes, celery, onion, garlic and cumin; cook and stir for 5 minutes. Add broth, chicken and tomatillos; bring to boil; reduce heat and simmer for 10 minutes.

Just before ready to serve, stir in 1 cup of the tortilla strips along with the Avocado and cilantro. Season with pepper, if desired.

Serve in bowls topped with remaining 2 cups tortilla strips and sour cream, if desired.
### Ingredients

- 36 chicken wings
- 1 tablespoon vegetable oil
- 1/2 cup chopped onion
- 1/2 cup pure maple or pancake syrup
- 1/4 cup bourbon or whiskey
- 1 teaspoon hot pepper sauce* (optional)
- 1/2 cup Hellmann's® or Best Foods® Real Mayonnaise

### Directions

Cut tips off wings; cut wings in half at joint.

In medium saucepan, heat oil over medium-high heat and cook onion, stirring occasionally, 5 minutes or until golden. Add syrup, ketchup, bourbon and hot pepper sauce. Bring to a boil over high heat. Reduce heat to low and simmer, stirring occasionally, 5 minutes or until sauce thickens slightly. Remove from heat. With wire whisk, stir in Hellmann's® or Best Foods® Real Mayonnaise until smooth.

Grill or broil chicken wings, turning occasionally and brushing frequently with sauce, 15 minutes or until chicken is thoroughly cooked.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>6 (4 ounce) skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1 cup shredded Swiss cheese</td>
<td></td>
</tr>
<tr>
<td>5 cups seasoned stuffing mix</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of mushroom soup, undiluted</td>
<td></td>
</tr>
<tr>
<td>1 cup sour cream</td>
<td></td>
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</tbody>
</table>

## Directions

Place chicken in a greased 13-in. x 9-in. x 2-in. baking dish; sprinkle with the cheese and stuffing mix. Combine soup and sour cream; spread over stuffing. Bake, uncovered, at 375 degrees F for 1 hour or until the meat juices run clear.
# Chicken Curry Salad

## Ingredients

- 1/2 cup mayonnaise
- 1 teaspoon curry powder
- Salt and pepper to taste
- 1/4 teaspoon chili oil
- 1 (10 ounce) can chunk chicken, drained

## Directions

In a medium bowl, stir together the mayonnaise, curry powder, salt, pepper, and chili oil. Mix in the chunk chicken until well blended. Refrigerate until serving.
Becki's Oven Barbecue Chicken

Ingredients

- 10 chicken wings
- 3 tablespoons butter
- 1 tablespoon onion powder
- 5 tablespoons brown sugar
- 2 tablespoons Worcestershire sauce
- 1 cup ketchup
- 1/2 cup water
- 2 tablespoons prepared mustard

Directions

Preheat oven to 425 degrees F (220 degrees C).

In a small saucepan, melt butter or margarine. Add onion powder, sugar, Worcestershire sauce and mustard; mix well. Dilute ketchup with water and add to saucepan mixture. Let simmer for 15 minutes.

Place chicken wings in a 9x13 inch baking dish. Pour saucepan mixture over chicken. Bake, uncovered, in the preheated oven for about 45 minutes.
## Honey Pineapple Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Measure</th>
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<tbody>
<tr>
<td>1 (8 ounce) can crushed pineapple, with juice</td>
<td></td>
</tr>
<tr>
<td>1/4 cup honey</td>
<td></td>
</tr>
<tr>
<td>1/4 cup vegetable oil</td>
<td></td>
</tr>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1/2 cup all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon red wine vinegar</td>
<td></td>
</tr>
<tr>
<td>4 teaspoons chopped fresh mint</td>
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</tbody>
</table>

### Directions

In a small bowl, blend pineapple juice and honey.

Heat oil in a large, heavy skillet over medium heat. Dredge chicken in flour, and arrange in the skillet. Brush with the pineapple juice and honey. Sprinkle with red wine vinegar. Cook 7 to 10 minutes on each side, until chicken is no longer pink and juices run clear. Top with crushed pineapple and fresh mint to serve.
# Chicken Nacho Bake

## Ingredients
- 4 small boneless skinless chicken breasts
- 1/2 cup chunky salsa
- 1/4 cup sour cream
- 1/2 cup crushed tortilla chips
- 1/2 cup KRAFT Tex Mex Shredded Cheese

## Directions
- Heat oven to 400 degrees F.
- Place chicken on foil-covered baking sheet. Slice 3 cuts on top of each chicken breast with sharp knife.
- Top each chicken breast evenly with salsa, sour cream and tortilla chips.
- Bake 20 minutes. Remove from oven; sprinkle with cheese. Bake 10 minutes or until chicken is done (170 degrees F).
Oven Roasted Teriyaki Chicken

Ingredients
1 tablespoon cornstarch
1 tablespoon cold water
1/2 cup SPLENDA® No Calorie Sweetener, Granulated
1/2 cup soy sauce
1/4 cup cider vinegar
1 clove garlic, minced
1/2 teaspoon ground ginger
1/4 teaspoon ground black pepper
12 skinless chicken thighs

Directions
In a small saucepan over low heat, combine the cornstarch, cold water, SPLENDA® Granulated Sweetener, soy sauce, vinegar, garlic, ginger and ground black pepper. Let simmer, stirring frequently, until sauce thickens and bubbles.

Preheat oven to 425 degrees F (220 degrees C).

Place chicken pieces in a lightly greased 9x13 inch baking dish. Brush chicken with the sauce. Turn pieces over, and brush again.

Bake in the preheated oven for 30 minutes. Turn pieces over, and bake for another 30 minutes, until no longer pink and juices run clear. Brush with sauce every 10 minutes during cooking.
Orzo with Chicken and Artichokes

**Ingredients**
- 3 teaspoons olive oil, divided
- 3 ounces pancetta bacon, diced
- 1/2 medium onion, chopped
- 1 clove garlic, minced
- 1/4 teaspoon crushed red pepper flakes
- 1/2 cup dry white wine
- 1 1/2 cups cubed, cooked chicken
- 1 (10 ounce) can artichoke hearts (water-packed), quartered
- 5 ounces baby spinach
- 1 (16 ounce) package orzo pasta
- 2 tablespoons pine nuts, toasted
- 1/8 cup balsamic vinegar

**Directions**

Heat 1 tablespoon olive oil in a large skillet over medium heat. Stir in pancetta, and cook until browned. Remove to paper towels.

Pour 2 tablespoons olive oil into skillet. Stir in onion, garlic, and red pepper flakes. Cook, stirring occasionally, until the onion is soft and translucent. Increase heat to medium high, pour in white wine; cook about 3 minutes.

Reduce heat to low, stir in chicken, artichoke hearts, and spinach. Cover, and cook to warm through.

Meanwhile, bring a pot of salted water to boil. Add orzo pasta and cook until al dente, about 8 to 10 minutes. Drain, and stir into chicken mixture.

Stir pine nuts and balsamic vinegar into pasta.
Chicken Riggies I

Ingredients

1 (8 ounce) package uncooked rigatoni pasta
4 skinless, boneless chicken breast halves, cubed
2 cups red spaghetti sauce
1 green bell pepper, chopped
1 red bell pepper, chopped
1 onion, chopped
1 (8 ounce) package sliced fresh mushrooms
1 (15 ounce) can sliced black olives, drained
1 (8 ounce) jar hot cherry peppers, drained
2 cups Alfredo sauce

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large skillet over medium high heat, saute chicken for 5 to 7 minutes, until well browned. Add spaghetti sauce, reduce heat to low, and simmer for 20 minutes.

Add green bell pepper, red bell pepper, onion, mushrooms, olives, and hot peppers. Stir all together and simmer for 40 minutes.

Add Alfredo sauce, stir until blended, and simmer for another 10 minutes. Spoon over hot, cooked pasta and serve.
Ingredients

1/2 pound (1/2 inch thick) boneless sirloin steak
1/4 cup all-purpose flour
1/4 cup seasoned bread crumbs
1 egg
2 teaspoons water
3 tablespoons canola oil

COUNTRY GRAVY:
2 tablespoons all-purpose flour
1 1/4 cups 2% milk
1/4 teaspoon salt
1/4 teaspoon white pepper

Directions

Flatten steak to 1/4-in. thickness. Cut into two serving-size pieces. Place flour and bread crumbs in separate shallow bowls. In another shallow bowl, beat egg and water. Coat steaks with flour, then dip into egg mixture and coat with crumbs.

In a large skillet, cook steaks in oil over medium heat for 1-2 minutes on each side or until meat reaches desired doneness. Remove and keep warm.

For gravy, stir flour into pan drippings until blended, loosening browned bits. Gradually stir in milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Season with salt and pepper. Serve with steaks.
Ingredients

- butter flavored cooking spray
- 4 skinless, boneless chicken breast halves - pounded to 1/2 inch thickness
- 1 (10 ounce) package sliced fresh mushrooms
- 2 tablespoons dry mesquite flavored seasoning mix
- 4 slices mozzarella cheese
- 1 cup ready to serve soup with baked potato, bacon and chives
- 1 teaspoon dried oregano
- 1/2 teaspoon salt

Directions

Set a skillet over medium-high heat, and coat with cooking spray. Add the mushrooms, and 1 tablespoon of mesquite seasoning; cook and stir until almost done. Remove the mushrooms the pan using a slotted spoon, and coat with more cooking spray. Add chicken and brown on both sides. Return the mushrooms to the pan, and season with another tablespoon of mesquite seasoning. Cook, turning as needed, until chicken is no longer pink in the center, about 5 minutes.

Once the chicken is done, remove it from the pan, leaving the juices and mushrooms in the pan. Place slices of mozzarella cheese on top of the chicken. Stir the soup into the mushrooms, and bring to a simmer. Season with oregano and salt. Pour over the chicken, and serve.
Country-Style Chicken

**Ingredients**
6 (6 ounce) skinless, boneless chicken breast halves  
1 egg  
1 tablespoon water  
3/4 cup dry bread crumbs  
1/4 cup grated Parmesan cheese  
1 envelope onion soup mix  
1 tablespoon butter, melted  
1 (6 ounce) package broccoli cheddar rice and sauce mix

**Directions**
Flatten chicken to 1/2-in. thickness. In a shallow bowl, beat egg and water. In another shallow bowl, combine the bread crumbs, Parmesan cheese and soup mix. Dip chicken in egg mixture, then coat with crumb mixture. Place in a greased 15-in. x 10-in. x 1-in. baking pan; drizzle with butter.

Bake, uncovered, at 350 degrees F for 20-25 minutes or until juices run clear. Meanwhile, prepare rice according to package directions. Serve with chicken.
Ingredients

2 (8 ounce) packages cream cheese, softened
1 (1 ounce) package ranch dressing mix
1 (5 ounce) can chunk chicken, drained
1/2 cup chopped pecans

Directions

In a medium bowl, combine cream cheese, ranch dressing mix and chicken. Form the mixture into a ball.

On a cutting board or a piece of wax paper, spread the chopped pecans. Roll the ball in the pecans until it is fully coated. Wrap the ball in plastic and chill for at least one hour.
Great Chicken Salad

Ingredients
2 cooked, boneless chicken breast halves, chopped
1/4 cup mayonnaise
4 tablespoons cole slaw dressing
1/2 lemon, juiced
1 stalk celery, chopped
salt and pepper to taste

Directions
In a food processor, combine the chicken, mayonnaise, coleslaw dressing, lemon juice and celery.

Blend until well mixed. Season with salt and pepper to taste and refrigerate until chilled.
Passover Soup with Chicken Dumplings

**Ingredients**
- 8 eggs
- 2/3 pound ground chicken
- 1 egg, lightly beaten
- 1/3 cup matzo meal
- salt and pepper to taste
- 1 pinch ground cinnamon
- 10 cups chicken broth
- 1 cup uncooked rice

**Directions**

Bring a large pot of salted water to a rolling boil. Place 8 eggs in the boiling water; let the eggs boil for one minute, then remove the pan from the heat. Let the eggs sit for 15 minutes before removing them from the pot. Let them cool, remove the shells, the white portion of the eggs (save or discard the white), and chop the yolks.

In a medium bowl, mix ground chicken, beaten egg, matzo meal, salt and pepper to taste and cinnamon. Form mixture into walnut-sized balls and refrigerate until ready to cook.

In a large saucepan over high heat, bring chicken broth to a boil. Add rice and chicken balls, cover and lower heat to medium low; simmer for 20 minutes or until the rice and chicken are cooked.

Ladle into soup bowls and garnish with hard-boiled egg; serve.
**Bechamel Chicken Pasta**

### Ingredients

- 1 (16 ounce) package dried penne pasta
- 2 tablespoons olive oil
- 1 small onion, diced
- 1 green bell pepper, diced
- 3 cloves garlic, minced
- 2 skinless, boneless chicken breast halves - cubed
- 1/2 cup frozen peas
- 1 bunch cilantro
- 3 sprigs fresh dill weed, chopped
- 1 (6 ounce) can Italian-flavored tomato paste
- 1/2 cup water
- salt and pepper to taste
- 5 tablespoons butter
- 1 cube chicken bouillon
- 5 tablespoons all-purpose flour
- 3 cups milk
- pepper to taste
- 2 cups shredded mozzarella cheese

### Directions

Bring a large pot of lightly salted water to a boil, cook the penne pasta 10 to 12 minutes, until al dente, and drain.

Preheat oven to 350 degrees F (175 degrees C).

Heat the oil in a skillet over medium heat, and saute the onion, green bell pepper, and garlic until tender. Stir in the chicken, and cook until almost done. Mix in the peas, cilantro, dill, tomato paste, and enough water to make a thick sauce. Continue to cook and stir until chicken is no longer pink and juices run clear, and all the ingredients are heated through. Season with salt and pepper to taste.

To prepare the bechamel sauce, melt the butter in a saucepan over medium heat. Dissolve the chicken bouillon cube in the melted butter. Stirring constantly, blend in the flour until smooth. Mix in the milk, season with pepper, and continue to cook and stir until the sauce is thick enough to coat the back of a spoon.

In a bowl, mix the cooked pasta with 1/2 the bechamel sauce. Place 1/2 the pasta in a baking dish, layer with 1/2 the chicken mixture, and 1/2 the mozzarella cheese. Layer with the remaining pasta, remaining chicken mixture, and remaining bechamel sauce. Top with remaining mozzarella cheese.

Bake 30 minutes in the preheated oven, or until bubbly.
# Crunchy Chicken Fingers

## Ingredients
- 2 pounds skinless, boneless chicken breast halves - cut into strips
- 2 eggs, beaten
- 1/2 cup milk
- 1 (12 ounce) package tortilla chips, crushed

## Directions
Preheat oven to 400 degrees F (200 degrees C).

Mix egg beat and milk in a shallow dish or bowl; place crushed chips in a separate shallow dish or bowl. Dip chicken first in egg mixture, then in crushed chips to coat. Place coated chicken on an ungreased cookie sheet.

Bake in preheated oven for 10 minutes; turn sides and bake for another 10 minutes.
## Company Chicken Pasta Salad with Grapes

### Ingredients

- 2 cups small seashell pasta
- 3 1/2 cups chopped poached chicken breast meat
- 1/2 cup diced celery
- 1 cup seedless green grapes, halved
- salt to taste
- 1/4 teaspoon ground white pepper
- 1/3 cup mayonnaise
- 1/2 teaspoon curry powder
- 1/4 teaspoon ground cumin
- 2 tablespoons rice vinegar
- 1 tablespoon white sugar

### Directions

1. Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes or until al dente; drain.

2. In a medium bowl, combine chicken, celery, grapes, cooked pasta, salt, and white pepper; mix well and reserve.

3. In a medium bowl, combine mayonnaise, curry powder, cumin, rice vinegar, and sugar; whisk ingredients together and toss with chicken mixture.

4. Cover salad with plastic wrap and refrigerate for at least 2 to 4 hours before serving.
## Ingredients

- 1 (6.8 ounce) package Spanish rice mix
- 1 tablespoon all-purpose flour
- 1 teaspoon poultry seasoning
- 3/4 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 2 tablespoons margarine
- 3 skinless, boneless chicken breast halves, cut into bite size pieces
- 1 cup mixed nuts

## Directions

Prepare Spanish rice mix according to package directions. Keep warm.

Meanwhile, combine the flour, poultry seasoning, garlic powder, paprika, black pepper, and cayenne pepper in a large bowl. Toss the chicken pieces in the seasoned flour to coat.

Heat the margarine in a large skillet over medium-high heat. Add the chicken, and cook until lightly browned and almost cooked through. Stir the nuts into the chicken; cook and stir until the chicken is cooked through and no longer pink in the middle. Serve chicken on top of prepared Spanish rice.
Divine Chicken with Green Beans

Ingredients

- 2 tablespoons olive oil
- 1 pound skinless, boneless chicken breast halves - diced
- 1 tablespoon minced garlic, or to taste
- 1/4 cup thinly sliced onion
- 12 ounces fresh or frozen green beans
- 1/4 cup grated Parmesan cheese
- 3 tablespoons heavy cream

Directions

Heat the oil in a large skillet over medium-high heat. Add the chicken and cook until browned. Add garlic and onion, and reduce the heat to medium. Cook and stir just until fragrant. Mix in the green beans, cover and cook to your desired doneness, at least 5 minutes.

Uncover, and stir in the cream and cheese just until everything is coated. Remove from the heat and enjoy.
**Grilled Chicken and Potato Foil Packs**

### Ingredients

- 1/2 cup vegetable oil
- 1/4 cup cider vinegar
- 1 tablespoon garlic powder
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 4 skinless, boneless chicken breast halves
- 4 large potatoes, peeled and cut into 1/4-inch slices
- 2 large onions, cut into 1/4 inch thick slices
- 2 large green bell pepper, cut into 1/4 inch strips
- 2 cups sliced button mushrooms

### Directions

Preheat an outdoor grill for medium-high heat.

Stir together the vegetable oil, cider vinegar, garlic powder, black pepper, salt, basil, and thyme in a bowl; set aside.

Lay out 4 12x12 inch squares of aluminum foil. Place 1 chicken breast in the center of each square, top with potatoes, onions, bell peppers, and mushrooms. Ladle 1/4 of the sauce on each and fold the foil around the ingredients to form four sealed packets.

Grill the packets on the preheated grill for 30 to 40 minutes, until the internal temperature of the chicken breasts reaches 170 degrees F (75 degrees C).
Chicken Livers with Bacon

Ingredients

1 pound fresh chicken livers
1 cup all-purpose flour
1 teaspoon garlic powder
salt and pepper to taste
4 slices bacon

Directions

Rinse livers, pat dry and place in a resealable plastic bag. In a small bowl mix the flour, garlic powder, salt and pepper and add mixture to chicken livers. Seal bag and shake bag to coat. Set aside.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Remove bacon, leaving bacon fat in skillet, and set aside.

Cook coated chicken livers in bacon fat covered over medium high heat until almost done, about 17 to 20 minutes. Add bacon strips and cook together until chicken is cooked through and juices run clear.
### Ingredients

- 6 skinless, boneless chicken breast halves
- 1 (20 ounce) jar salsa
- 1 large red bell pepper, chopped
- 2 tablespoons ground cumin
- 2 tablespoons lemon juice
- 2 tablespoons chili powder
- 3 cloves crushed garlic
- 2 (15 ounce) cans black beans, rinsed and drained

### Directions

Preheat oven to 400 degrees F (205 degrees C).

Arrange the chicken pieces in a 3 quart casserole dish or a 9x13 inch baking dish. Combine the salsa, red bell pepper, cumin, lemon juice, chili powder and garlic. Pour the mixture over the chicken. Pour the black beans on top and cover. Bake in the preheated oven for 1 to 1 1/2 hours. Serve with rice if desired.
Fiesta Chicken Fajitas

**Ingredients**

- 1/4 cup Italian salad dressing
- 6 skinless, boneless chicken breasts
- 1 (10.75 ounce) can Campbell's® Condensed Fiesta Nacho Cheese Soup
- 1/3 cup milk
- 12 (6 inch) flour tortillas
- 4 green onions, thinly sliced
- 1 small avocado, peeled, pitted and sliced (optional)

**Directions**

Pour dressing into large shallow dish. Add chicken and turn to coat. Cover and refrigerate 30 min., turning occasionally.

Remove chicken from marinade. Grill 15 min. or until done, turning once. Discard marinade.

Mix soup and milk in saucepan. Heat through.

Slice chicken into thin strips and place down center of each tortilla. Top with onions, avocado and soup mixture. Fold tortilla around filling.
Sizzling Chicken Skewers

**Ingredients**

- 1 cup crunchy peanut butter
- 1/3 cup chopped fresh cilantro
- 3/4 cup salsa
- 1/4 cup packed brown sugar
- 1/2 cup soy sauce
- 1 tablespoon salt
- 1/4 cup lemon juice
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground black pepper
- 3 tablespoons minced garlic
- 1 bunch green onions, chopped
- 3 skinless, boneless chicken breast halves - cut into strips
- 2 green bell peppers, seeded and cubed

**Directions**

In a large mixing bowl, combine crunchy peanut butter, cilantro, salsa, brown sugar, soy sauce, salt, lemon juice, cayenne pepper, black pepper, garlic and green onions; mix well. Add chicken to the marinade, cover and refrigerate for at least 4 hours.

While the chicken is marinating, soak bamboo skewers in water for one hour so they will not burn on the grill.

Preheat the barbecue to a high heat. Or preheat your oven to broil.

Thread chicken onto skewers like a snake, and in between each loop add a cube of bell pepper.

Grill skewers, turning once, over charcoal for 4 to 6 minutes; or broil, until just browned and cooked through.
## Chicken and Egg Hash

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>4 bacon strips, diced</td>
<td>1 medium onion, chopped</td>
</tr>
<tr>
<td>2 garlic cloves, minced</td>
<td>1 pound skinless, boneless chicken breast halves - cubed</td>
</tr>
<tr>
<td>2 large potatoes, peeled and diced</td>
<td>1 tablespoon vegetable oil</td>
</tr>
<tr>
<td>1/2 cup frozen peas, thawed</td>
<td>1/2 cup frozen corn, thawed</td>
</tr>
<tr>
<td>2 tablespoons minced fresh parsley</td>
<td>3/4 teaspoon salt</td>
</tr>
<tr>
<td>1/8 teaspoon pepper</td>
<td>4 eggs</td>
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</tbody>
</table>

### Directions

In a skillet, cook bacon until crisp. Remove with a slotted spoon to paper towels to drain. In the drippings, sauté onion and garlic until tender. Stir in the chicken, potatoes and oil. Cover and cook for 10 minutes or until the potatoes and chicken are tender, stirring once. Stir in peas, corn, parsley, salt and pepper. Make four wells in the hash; bread an egg into each well. Cover and cook over low heat for 8-10 minutes or until eggs are completely set. Sprinkle with bacon.
### Mexican Chicken Corn Chowder

#### Ingredients
- 1 1/2 pounds boneless skinless chicken breasts, cut into bite-size pieces
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 3 tablespoons butter
- 2 cubes chicken bouillon
- 1 cup hot water
- 3/4 teaspoon ground cumin
- 2 cups half-and-half cream
- 2 cups shredded Monterey Jack cheese
- 1 (14.75 ounce) can cream-style corn
- 1 (4 ounce) can diced green chiles
- 1 dash hot pepper sauce
- 1 tomato, chopped
- fresh cilantro sprigs, for garnish (optional)

#### Directions
- In a Dutch oven, brown chicken, onion, and garlic in butter until chicken is no longer pink.

- Dissolve the bouillon in hot water; Pour into Dutch oven, and season with cumin. Bring to a boil. Reduce heat to low, cover, and simmer for 5 minutes.

- Stir in cream, cheese, corn, chilies, and hot pepper sauce. Cook, stirring frequently, until the cheese is melted. Stir in chopped tomato. Garnish with cilantro.
**Ingredients**

1 (6.8 ounce) package Spanish-style rice mix  
1 tablespoon butter  
2 cups hot water  
1 skinless, boneless chicken breast half - cut into cubes  
1 cup salsa  
1 (14.5 ounce) can diced tomatoes with green chile peppers

**Directions**

In a large skillet over medium heat prepare rice according to package directions, using the butter/margarine to brown the vermicelli and rice to a golden brown. Add the water, chicken, salsa and tomatoes and bring all to a boil. Cover skillet, reduce heat and let simmer for approximately 25 to 30 minutes, or until all liquid is absorbed.
**Swiss Sherry Chicken**

**Ingredients**
- 6 skinless, boneless chicken breasts
- salt and pepper to taste
- 6 slices Swiss cheese
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1/2 cup sherry
- 1/4 cup sour cream
- 1 cup croutons
- 1/2 cup butter, melted
- 1/8 teaspoon dried dill weed

**Directions**

Preheat oven to 325 degrees F (165 degrees C).

Place chicken in a 9x13 inch baking dish and season with salt and pepper to taste. Cover each chicken breast with a slice of cheese.

In a medium bowl mix together the soup, sherry and sour cream, and pour mixture over chicken. Soften dill in melted butter; toss croutons in butter, and sprinkle them on top of chicken.

Bake in the preheated oven for 45 minutes, or until chicken is cooked through.
Ingredients

4 (4 ounce) boneless skinless chicken breast halves
1/3 cup raspberry vinegar
1/4 cup sugar
3 tablespoons orange juice
2 tablespoons olive or canola oil
2 tablespoons minced fresh parsley
1/2 teaspoon salt
1/4 teaspoon coarsely ground pepper
1/4 teaspoon hot pepper sauce
6 cups torn mixed salad greens
2 celery ribs, thinly sliced
1 cup fresh orange sections
1/2 cup thinly sliced red onion
1/4 cup dried cranberries
1/4 cup slivered almonds, toasted

Directions

Grill chicken, uncovered, over medium heat for 6-8 minutes on each side or until juices run clear. Slice and set aside. In a small bowl, combine the vinegar, sugar, orange juice, oil, parsley, salt, pepper and hot pepper sauce; set aside.

In a large bowl, combine the salad greens, celery, orange sections, onion and cranberries. Divide among individual serving plates. Top with chicken. Drizzle with dressing. Sprinkle with almonds.
Avocado Salad with Orange-Wasabi Glazed

**Ingredients**

- 4 grilled skinless, boneless chicken breast halves
- 1 cup white sugar
- 1/4 cup water
- 1/2 cup red wine
- 1 cup orange juice
- 1 teaspoon wasabi paste
- 1/2 cup diced tomatoes
- 1/4 cup diced red onion
- 2 tablespoons chopped fresh cilantro
- 2 limes, juiced
- 2 avocados - peeled, pitted and diced
- Salt and pepper to taste
- Hot sauce to taste
- 1 (10 ounce) package mixed salad greens, rinsed and dried

**Directions**

Preheat oven to 400 degrees F (200 degrees C). Slice chicken strips and set aside.

In a large, nonreactive pot, heat sugar and water together over medium high heat, stirring occasionally, until caramelized to a deep amber color. Remove from heat and slowly (and very carefully--use an oven mitt!) add wine. Return to heat and stir until all particles are dissolved. Stirring constantly, add orange juice and wasabi, adjusting the amount to taste.

Brush chicken strips with the glaze, and then place on a baking sheet. Bake in the preheated oven until heated through.

While chicken is warming, toss together the tomatoes, red onion, cilantro, lime juice, avocados, salt, pepper and hot sauce. Adjust seasonings to taste, and spoon mixture onto the greens. Top with warmed chicken strips and serve.
Zucchini Stuffed Chicken

Ingredients

- 4 bone-in chicken breasts, with skin
- 3 tablespoons butter
- 1/2 small onion, chopped
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon dried basil
- 2 1/2 cups shredded zucchini
- 3 slices bread, torn into pieces
- 1 egg, beaten
- 3/4 cup shredded Swiss cheese
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Directions

Preheat an oven to 375 degrees F (190 degrees C). Grease a 9x13 inch baking dish.

Loosen the skin on each chicken breast to form a pocket, and set aside.

Heat the butter in a skillet over medium heat, and cook and stir the onion, parsley, and basil until the onion is translucent, about 5 minutes. Stir in the zucchini, and cook and stir until tender, about 2 more minutes. Remove the skillet from the heat, and thoroughly mix the torn bread, egg, Swiss cheese, salt, and pepper into the zucchini mixture until well-combined.

Stuff the chicken breasts with the zucchini mixture, place them in the prepared baking dish, and bake in the preheated oven until the chicken breasts are golden brown and the stuffing is hot, 50 to 60 minutes.
Sweet and Gooey Chicken Wings

Ingredients

- 1/2 cup soy sauce
- 1/4 cup packed brown sugar
- 1/2 tablespoon vegetable oil
- 1/2 teaspoon minced fresh ginger root
- 1/2 teaspoon garlic powder
- 1 1/2 pounds chicken wings

Directions

In a 9x13 inch casserole, combine soy sauce, brown sugar, oil, ginger, and garlic powder. Mix until brown sugar completely dissolves into the mixture. Place the chicken wings in the dish and turn them over until they are all well coated. Cover the dish and refrigerate for at least 4 hours. Turn the chicken again, after 2 hours.

Preheat oven to 350 degrees F (175 degrees C).

Bake chicken at 350 degrees F (175 degrees C), covered, for 45 minutes. Turn the chicken wings, and spoon sauce from the bottom of the pan over the tops of the wings. Cook an additional 50 minutes, uncovered.
## Chicken Pita and Yogurt Casserole

### Ingredients
- 1 tablespoon vegetable oil
- 1 bone-in chicken breast halves, skinless
- 2 (8 ounce) containers plain yogurt
- 3 cloves garlic, minced
- salt to taste
- 3 pita bread rounds
- 1 (15.5 ounce) can canned chickpeas, drained (optional)
- 1/2 cup pine nuts

### Directions
Heat oil in a large skillet over medium-high heat. Add chicken, and cook on each side until browned. Reduce heat to medium, cover skillet, and cook until chicken is no longer pink, and the juices run clear, about 10 more minutes. Remove from skillet, cool slightly, and slice into strips.

In a small bowl, stir together the yogurt and garlic. Season with salt to taste. Tear pita breads into pieces, and place in a 9x13 inch baking dish. Place chicken strips in a layer over the bread. Cover with the yogurt mixture. Sprinkle chickpeas and pine nuts over the top. Let stand for about 10 minutes to blend flavors, then serve. No need to heat up.
Smoky Chicken Spread

**Ingredients**

3 cups finely chopped cooked chicken  
1/2 cup finely chopped celery  
1/2 cup coarsely chopped smoked almonds  
3/4 cup mayonnaise  
1/4 cup finely chopped onion  
1 tablespoon honey  
1/2 teaspoon seasoned salt  
1/8 teaspoon pepper  
Crackers

**Directions**

In a bowl, combine the first eight ingredients; mix well. Cover and chill at least 2 hours. Serve with crackers.
Nancy's Chicken in Puff Pastry

**Ingredients**
- 1 tablespoon vegetable oil
- salt and pepper to taste
- 4 (4 ounce) skinless, boneless chicken breast halves
- 1 (8 ounce) package cream cheese with chives
- 4 puff pastry shells

**Directions**
- Preheat oven to 400 degrees F (200 degrees C). Lightly grease a baking sheet.

- Heat vegetable oil in a large skillet over medium heat. Sprinkle chicken breasts with salt and pepper, and place in hot oil; cook for 5 minutes, turning to brown evenly. Remove skillet from heat.

- Roll out pastry shells as thinly as possible so that it is big enough to fit around a chicken breast. Spread 2 ounces of cream cheese on one chicken breast, place in the center of a pastry sheet; fold the pastry around the chicken, and pinch the pastry edges together very tightly to seal. Repeat with remaining ingredients. Place the pastry-wrapped chicken breasts on a greased baking sheet.

- Bake for 12 to 15 minutes, until golden brown.
## Ingredients

- 2 (2 to 3 pound) whole chicken
- 2 bunches fresh parsley, chopped
- 1 bunch fresh thyme
- 6 tablespoons dried rosemary
- 3 tablespoons grated lemon zest
- 12 cloves crushed garlic
- 3 tablespoons ground black pepper
- 1 cup olive oil
- 1 cup white wine

## Directions

To Make Marinade: In a food processor blend together the parsley, thyme, rosemary, lemon zest, garlic, pepper, oil and wine. Run processor until ingredients are mixed all together and mixture is smooth.

Remove first two wing joints of chickens and truss with twine so that the legs are held tightly against the bodies. Rub marinade both inside the cavity and all over the outside, making sure to get a little under the skin of the breasts. Place chickens in a glass dish, breast side up, and pack remaining marinade on top of the breast and around the legs. Cover dish and marinate in refrigerator for 24 to 36 hours.

Preheat oven to 350 degrees F (175 degrees C). Remove chickens from marinade dish, discarding any remaining marinade. Place in a lightly greased 9x13 inch baking dish and bake in the preheated oven for about 1 1/2 hours or until chickens are no longer pink inside and their juices run clear.
## Ingredients
- 2 tablespoons vegetable oil
- 1 (3 pound) chicken, cut into pieces
- 1 large onion, quartered and sliced
- 2 tablespoons minced garlic
- 1/3 cup white vinegar
- 2/3 cup low sodium soy sauce
- 1 tablespoon garlic powder
- 1 tablespoon black pepper
- 1 bay leaf

## Directions
Heat the vegetable oil in a large skillet over medium-high heat. Cook chicken pieces until golden brown on both sides, then remove. Stir in the onion and garlic; cook until they soften and brown, about 6 minutes.

Pour in vinegar and soy sauce, and season with garlic powder, black pepper, and bay leaf. Add the browned chicken, increase the heat to high, and bring to a boil. Reduce heat to medium-low, cover, and simmer until the chicken is tender and cooked through, 35 to 40 minutes.
# Cheesy Chicken and Chive Sauce

## Ingredients

- 1 tablespoon olive oil
- 5 skinless, boneless chicken breast halves - cut into strips
- 3 tablespoons butter
- 1 clove garlic, minced
- 2 tablespoons all-purpose flour
- 1 1/4 cups heavy cream
- 1 cup whole milk
- 2 tablespoons coarse grained prepared mustard
- 1/2 cup grated Parmesan cheese
- 1/2 cup fresh chives, chopped

## Directions

Heat oil in a large skillet over medium heat. Saute chicken until lightly browned; set aside. Melt butter in skillet, and saute garlic for 1 minute. Stir in flour, and cook for 1 minute. Remove from heat. Mix together cream and milk, then gradually whisk into flour mixture until smooth. Whisk in mustard. Return pan to medium heat, and stir constantly until mixture boils and thickens. Stir in chicken, Parmesan and chives. Cook, stirring, until heated through.
Chicken and Dressing Casserole

**Ingredients**

- 1 (4 pound) whole chicken, deboned and cut into bite size pieces
- 1/2 cup butter
- 1 teaspoon dried sage
- 1 (6 ounce) package herb-seasoned dry bread stuffing mix
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of celery soup
- 2 1/2 cups water

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl combine the butter or margarine, sage and stuffing mix. Mix together and spread this mixture in the bottom of a 9x13 inch baking dish. Spread cooked chicken over mixture. In the same bowl combine the cream of chicken soup, cream of celery soup and water. Mix well and pour this mixture over the chicken.

Bake at 350 degrees F (175 degrees C) for 45 minutes or until bubbly.
### Ingredients

- 6 large tomatoes, diced
- 6 large tomatoes, pureed
- 6 cloves garlic, minced
- 1/2 cup chopped fresh basil
- 1/4 cup chopped fresh oregano
- 2 tablespoons honey
- salt and pepper to taste
- 10 cremini mushrooms (baby bellas), sliced
- 1/4 large Vidalia onion, finely chopped
- 2 tablespoons olive oil
- 1 pound skinless, boneless chicken breast halves - cubed
- 2 (16 ounce) tubes polenta, cut into 1/4 inch thick slices
- 4 ounces pesto sauce
- 1 cup shredded Mozzarella cheese

### Directions

In a saucepan, combine diced tomatoes, pureed tomatoes, garlic, basil, oregano, honey, salt, and pepper. Cook over medium heat for 45 minutes, allowing to thicken. Stir in mushrooms and onions. Cook for 15 minutes more.

Meanwhile, heat the olive oil in a skillet over medium heat and partially cook the chicken on all sides until no longer pink on the outside. Remove and set aside. In the same skillet, sear the polenta pieces in the remaining olive oil until the outsides are crispy.

Preheat oven to 375 degrees F (190 degrees C).

Cover the bottom of a casserole dish with half of the polenta slices. Thinly spread about half of the pesto over the polenta. Then cover the polenta with chicken, tomato sauce and a half-cup of the Mozzarella cheese. Repeat the layering of polenta, pesto, chicken, and sauce.

Bake in preheated oven for 25 minutes. Remove, uncover, and top with the remaining Mozzarella cheese. Return to oven, uncovered, until cheese is melted, about 5 minutes.
# Chili And Cheese Stuffed Chicken Breasts

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
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<tbody>
<tr>
<td>6 skinless, boneless chicken breasts</td>
<td></td>
</tr>
<tr>
<td>2 cups cooked wild rice</td>
<td></td>
</tr>
<tr>
<td>1/2 cup roasted green chili, chopped</td>
<td></td>
</tr>
<tr>
<td>1 cup shredded Cheddar cheese</td>
<td></td>
</tr>
<tr>
<td>1/4 cup chopped green onions</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon ground cumin</td>
<td></td>
</tr>
<tr>
<td>salt to taste</td>
<td></td>
</tr>
<tr>
<td>ground black pepper to taste</td>
<td></td>
</tr>
<tr>
<td>1 cup crushed corn flakes cereal</td>
<td></td>
</tr>
<tr>
<td>1 egg, beaten</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Mix together rice, chili, cheese, onion, and cumin.

Rinse chicken thoroughly, and pat dry. Cut a slit in each breast to create a pouch that is open on one side only. Stuff each chicken breast with rice filling.

Coat each stuffed breast with beaten egg, then coat in potato flakes and place in a lightly greased 9x13 inch baking dish. Season with salt and pepper to taste.

Bake at 375 degrees F (190 degrees C) for 40 minutes, or until juices run clear. If the breasts dry out too quickly, cover loosely with a piece of foil.
# Garlic Cheese Chicken Rollups

## Ingredients

<table>
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<tr>
<th>Item</th>
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<tbody>
<tr>
<td>4 skinless, boneless chicken breasts</td>
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<tr>
<td>1 cup dried bread crumbs, seasoned</td>
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</tr>
<tr>
<td>1/2 cup grated Parmesan cheese</td>
<td></td>
</tr>
<tr>
<td>1/4 cup butter, melted</td>
<td></td>
</tr>
<tr>
<td>1 (7 ounce) package garlic cheese spread</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Pound chicken breasts until thinned out. In a shallow dish or bowl mix together bread crumbs and cheese. Dip one side of each breast into melted butter or margarine, then into crumb/cheese mixture. Place a dollop of cheese spread at one end of each chicken breast, on the side of the breast not dipped in the mixture. Roll up each breast and secure with toothpicks.

Place rollups in a lightly greased 9x13 inch baking dish and drizzle any remaining butter or margarine over all. Bake in the preheated oven for 35 to 40 minutes, or until cooked through and juices run clear.
Chicken Berry Salad

Ingredients

- 1 (.75 ounce) packet honey mustard salad dressing mix
- 1/4 cup cider vinegar
- 1/2 cup vegetable oil
- 2 tablespoons orange juice
- 1 pound skinless, boneless chicken breast halves
- 8 cups mixed salad greens
- 1 cup sliced fresh strawberries
- 1/2 cup fresh blueberries
- 1/2 cup fresh raspberries
- 8 ounces sugar snap peas
- 1/2 cup toasted pecans

Directions

In a medium bowl, prepare the dressing according to package directions, using vinegar and oil, and substituting orange juice for the water; set aside.

Preheat the grill for high heat.

Lightly oil the grill grate. Grill the chicken 6 to 8 minutes on each side, or until juices run clear. Remove from heat, cool, and slice into strips.

In a large bowl, toss together the chicken, salad greens, strawberries, blueberries, raspberries, peas, and pecans. Pour in the prepared dressing, and toss to coat.
# Chicken Enchiladas IV

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>cooked skinless, boneless chicken breast</td>
<td>4 halves</td>
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<tr>
<td>sour cream</td>
<td>1 cup</td>
</tr>
<tr>
<td>shredded Cheddar cheese</td>
<td>2 cups</td>
</tr>
<tr>
<td>green onions, chopped</td>
<td>4</td>
</tr>
<tr>
<td>ground cumin</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>chopped fresh cilantro</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>corn tortillas</td>
<td>1 (12 ounce)</td>
</tr>
<tr>
<td>jar salsa</td>
<td>1 (8 ounce)</td>
</tr>
</tbody>
</table>

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Shred the cooked chicken breast meat, and place in a large bowl. Mix in sour cream, shredded cheese, and green onions. Season with cumin, cilantro, salt, and pepper. Place a heaping spoonful of the mixture in each tortilla, roll up, and place rolled tortillas seam-side down in a 9x13 inch baking dish. Pour salsa over all.

Bake for about 20 minutes, or until heated through.
Ingredients

- 1 pound chicken gizzards
- 1/4 cup butter
- salt and pepper to taste

Directions

Place gizzards in a saucepan with enough water to cover by 1 inch. Bring to a boil over medium heat, cover, and cook for 1 1/2 hours. Drain and chop into bite size pieces.

Melt butter in a large skillet over medium-high heat. Fry gizzards in butter for about 15 minutes. Season with salt and pepper to taste.
Microwave Chicken Parmesan/Chicken Breast

Ingredients

1 (8 ounce) can tomato sauce
1 teaspoon Italian seasoning
1/4 teaspoon garlic powder
1/2 cup cornflake crumbs
1/4 cup grated Parmesan cheese
1 teaspoon dried parsley flakes
6 boneless, skinless chicken breast halves
1 egg, beaten
2/3 cup shredded mozzarella cheese

Directions

In a microwave-safe bowl, combine the tomato sauce, Italian seasoning and garlic powder. Cover and microwave on high for 2 minutes; stir. Cook at 50% power for 3-5 minutes or until mixture simmers, stirring once; set aside.

In a bowl, combine the crumbs, Parmesan cheese and parsley. Dip the chicken into egg, then roll in the crumb mixture. Place in a lightly greased shallow 3-qt. microwave-safe dish. Cover and microwave on high for 10-12 minutes, rotating a half turn after 5 minutes.

Pour tomato mixture over chicken; sprinkle with mozzarella. Cook, uncovered, at 50% power for 3-5 minutes or until meat juices run clear.
**Attitude Chicken**

**Ingredients**
- 2 skinless, boneless chicken breast halves - cut into cubes
- 1 tablespoon butter
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 2 cups sliced fresh mushrooms
- 1/2 cup Italian salad dressing, or as needed
- 5 tablespoons lemon juice, divided
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/4 cup milk
- salt and pepper to taste
- 1 (12 ounce) package wide egg noodles
- 1 (12 ounce) package frozen broccoli spears, thawed
- 1 tablespoon butter
- 2 teaspoons lemon juice

**Directions**

Melt 1 tablespoon of butter in a large skillet over medium-high heat. Add the cubed chicken, and cook just until it turns white on the outside. Add the onion, garlic, and mushrooms. Saute until onions begin to turn clear. Pour in just enough Italian dressing to coat the chicken mixture, then add 1 tablespoon of lemon juice. Cover, reduce heat to low, and simmer while you make the sauce.

Combine cream of chicken soup with milk in a small saucepan over medium heat. Heat through, but do not allow it to boil. When the mixture is thoroughly heated, stir in 4 tablespoons of lemon juice, and season with salt and pepper to taste. Be careful with the lemon - if you add it too soon the milk will curdle. The result of it done correctly will be a shiny smooth sauce.

Meanwhile, bring a large pot of lightly salted water to a boil. Add noodles, and cook until tender, about 8 minutes. Drain.

Fit a steamer basket into a saucepan, and add one inch of water, 1 tablespoon of butter, and remaining 2 teaspoons of lemon juice. Bring to a boil, and add broccoli. Cover, and allow the broccoli to steam for 5 minutes, or until tender, but still bright green.

To finish the dish, mix together the sauce and noodles, and place them on a serving platter. Top with chicken in the center, and arrange broccoli around the outside edge.
Chicken Fajita Grilled Pizzas

Ingredients

1 pound boneless, skinless chicken breasts
2 large poblano or medium green bell peppers
1 large red onion, cut into 1/2-inch-thick slices
2 (12 inch) prebaked pizza crusts
1 1/2 cups Ragu® Old World Style® Pasta Sauce
3 cups shredded Monterey Jack or Cheddar cheese
2 tablespoons chopped fresh cilantro
2 tablespoons vegetable oil

Directions

Lightly coat chicken and onion with oil, then season, if desired, with salt and ground black pepper. Grill chicken, onion and peppers, turning once, 8 minutes or until chicken is thoroughly cooked and vegetables are tender. Wrap peppers in aluminum foil; let stand 5 minutes, then remove skin and thinly slice. Thinly slice chicken; set aside.

Grill top side of pizza crusts about 1 minute; remove from grill. Evenly spread pizzas with pasta sauce, then evenly top with chicken, vegetables and cheese. Grill pizzas, covered, until cheese is melted, about 3 minutes. Sprinkle with cilantro. Serve, if desired, with additional heated sauce and diced avocado.
## Chicken with Prosciutto Spinach Cream Sauce

### Ingredients

- 2 eggs
- 1 cup milk
- 2 cups Italian seasoned bread crumbs
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- Salt and pepper to taste
- 1/4 cup vegetable oil
- 4 thin-sliced skinless, boneless chicken breast halves
- 1/2 cup white wine
- 1 tablespoon all-purpose flour
- 1 pint heavy cream
- 1 teaspoon minced garlic
- 1 1/2 cups diced prosciutto
- 3 cups chopped fresh spinach
- 1 cup shredded mozzarella cheese

### Directions

Beat the eggs and milk together in a small bowl; set aside. Stir the bread crumbs, garlic powder, paprika, salt, and pepper together in a separate bowl.

Heat the vegetable oil in a skillet over medium heat. Dip the chicken breasts into the egg mixture and press into the bread crumbs, shaking off the excess bread crumbs. Cook the chicken breasts in the hot oil until golden brown on both sides, no longer pink in the center, and the juices run clear, about 6 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Remove the chicken breasts from the pan, set aside, and keep warm. Pour the white wine into the pan; bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Increase temperature to medium-high and stir in the flour. Cook and stir until the wine has reduced to half its original volume, about 1 minute. Whisk in the cream and garlic and bring to a simmer. Season to taste with salt and pepper; cook and stir until thickened, about 8 minutes. Stir in the prosciutto, spinach, and mozzarella cheese; cook and stir until the cheese has melted and the spinach has wilted. Pour the sauce over the chicken breasts to serve.
Easy Rosemary Chicken

**Ingredients**

- 4 skinless, boneless chicken breasts
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 cup sour cream
- 1 tablespoon chopped fresh rosemary

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Combine the soup, sour cream and rosemary. Mix well.

Place chicken pieces in a 9x13 inch baking dish, in a single layer. Pour rosemary mixture over chicken and bake in the preheated oven for 30 to 40 minutes, or until chicken is cooked through and juices run clear. Let cool 10 minutes and serve.
**Campbell's Kitchen Chicken with Sun-Dried Tomatoes**

**Ingredients**
- 3 tablespoons olive oil
- 4 skinless, boneless chicken breast halves
- 1 shallot, finely chopped
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular or 98% Fat Free)
- 3/4 cup water
- 1/4 cup thinly-sliced sun-dried tomatoes
- 1 tablespoon red wine vinegar
- 2 tablespoons chopped fresh basil leaves
- 4 cups extra-wide egg noodles, cooked and drained
- 1/4 cup shredded Pecorino Romano or Parmesan cheese (optional)
- 1 teaspoon Thinly-sliced fresh basil leaves (optional)

**Directions**

Heat 2 tablespoons oil in a 10-inch skillet over medium-high heat. Add the chicken and cook for 10 minutes or until it's well browned on both sides. Remove the chicken from the skillet.

Heat the remaining oil in the skillet over medium heat. Add the shallot and cook and stir for 2 minutes. Stir the soup, water, tomatoes, vinegar and chopped basil in the skillet.

Return the chicken to the skillet and heat to a boil. Reduce the heat to low. Cook for 5 minutes or until the chicken is cooked through. Serve the chicken and sauce over the noodles. Sprinkle with the cheese and sliced basil, if desired.
Mai Tai Chicken

**Ingredients**

- 2 (8 ounce) bone-in chicken breast halves
- Salt and ground black pepper to taste (optional)
- 1 cup mai tai cocktail mix
- 1 1/2 cups crushed pineapple in juice, undrained
- 2 tablespoons sweet-and-sour cocktail mix

**Directions**

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9x13 inch baking dish.

Place the chicken breasts in the prepared dish. Season to taste with salt and pepper.

Cook in preheated oven until no longer pink, 15 to 20 minutes.

Meanwhile, stir together the mai tai drink, pineapple, and sweet and sour mix in a bowl until evenly blended. Remove chicken from oven, and top with half of the pineapple mixture. Return to oven, and cook chicken until juices run clear, about 15 minutes more. Serve with remaining pineapple mixture.
Wild Rice Chicken

**Ingredients**
- 2 (6 ounce) packages uncooked long grain and wild rice
- 2 cups cooked, cubed chicken breast meat
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (4 ounce) jar diced pimento peppers, drained
- 1 onion
- 1 cup shredded Cheddar cheese, divided

**Directions**

Preheat oven to 300 degrees F (150 degrees C). Prepare rice according to package directions.

In a medium bowl, toss together the cooked chicken, prepared rice, soup, pimientos, and onion. Transfer to a lightly greased 9x13 inch baking dish. Stir in 1/2 cup of the cheese, then sprinkle the other 1/2 cup of cheese on top.

Place in preheated oven briefly, to melt.
**Easy Raspberry Chicken**

**Ingredients**

- 1/2 cup raspberry preserves
- 1/2 cup frozen pineapple juice concentrate, thawed
- 1/2 cup soy sauce
- 2 tablespoons rice vinegar
- 1/2 teaspoon chili powder
- 1/2 teaspoon curry powder
- 1/2 teaspoon garlic powder
- 6 skinless, boneless chicken breast halves
- 1/4 cup fresh raspberries

**Directions**

Whisk together raspberry preserves, pineapple juice concentrate, soy sauce, and rice vinegar. Stir in chili powder, curry powder, and garlic powder; pour over chicken breasts in a resealable plastic bag. Marinate chicken in refrigerator at least 4 hours to overnight.

Preheat oven to 350 degrees F (175 degrees C). Place chicken into a baking dish, and pour remaining marinade overtop. Cover the dish with a lid or aluminum foil.

Bake in preheated oven until the chicken juices run clear, 30 to 40 minutes. Transfer to a serving platter and garnish with fresh raspberries.
Ingredients

1 pound spaghetti, broken into pieces
3 (10.75 ounce) cans condensed cream of mushroom soup
12 ounces shredded Cheddar cheese
6 cups shredded boiled chicken breast meat
1 pound sauteed mushrooms
1 (4 ounce) jar sliced pimento peppers, drained
2 cups reserved chicken broth

Directions

Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of salted water to a boil. Add uncooked spaghetti (broken into thirds) to the pot and cook for 8 to 10 minutes or until al dente. Drain and set aside.

In a large saucepan, heat soup over low heat. Add shredded cheese (reserve some for topping) and stir together. Then add the cooked shredded chicken, mushrooms, pimento peppers and cooked spaghetti and stir all together. Add enough of the reserved broth to make it 'sloppy' and mix all together.

Pour mixture into a 9x13 inch baking dish. Sprinkle reserved shredded cheese on top and bake in the preheated oven for 25 to 35 minutes or until bubbly.
# California Chicken Salad Tacos

## Ingredients

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<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>3/4 cup Pace® Picante Sauce</td>
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</tr>
<tr>
<td>2 tablespoons lime juice</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon chili powder</td>
<td></td>
</tr>
<tr>
<td>2 cups cooked chicken strips</td>
<td></td>
</tr>
<tr>
<td>3 cups shredded lettuce</td>
<td></td>
</tr>
<tr>
<td>12 (8 inch) flour tortillas</td>
<td></td>
</tr>
<tr>
<td>1 medium tomato, chopped</td>
<td></td>
</tr>
<tr>
<td>1 cup shredded Cheddar cheese</td>
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</tbody>
</table>

## Directions

Mix picante sauce, lime juice and chili powder in large bowl. Add chicken and lettuce and toss until evenly coated.

Spoon about 1/2 cup chicken mixture down center of tortilla. Top with tomato, cheese and additional picante sauce. Fold tortilla around filling.
Three Cheese Chicken Bake

**Ingredients**

- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 3 tablespoons butter or margarine
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1 (8 ounce) can sliced mushrooms, drained
- 1 (2 ounce) jar chopped pimientos, drained
- 1/2 teaspoon dried basil
- 1 (8 ounce) package noodles, cooked
- 3 cups diced cooked chicken
- 2 cups ricotta or cottage cheese
- 2 cups shredded Cheddar cheese
- 1/2 cup grated Parmesan cheese
- 1/4 cup buttered bread crumbs

**Directions**

In a skillet, saute onion and green pepper in butter until tender. Remove from the heat. Stir in the soup, mushrooms, pimientos and basil; set aside. In a large bowl, combine noodles, chicken and cheeses; add mushroom sauce and mix well. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 350 degrees F for 40 to 45 minutes or until bubbly. Sprinkle with crumbs. Bake 15 minutes longer.
Big Al's Chicken

Ingredients

- 1 cup vegetable oil
- 1/2 cup apple cider vinegar
- 1/4 cup egg substitute
- 1 teaspoon garlic powder
- 1 teaspoon ground paprika
- 1 teaspoon poultry seasoning
- 1 tablespoon salt
- 1 teaspoon black pepper
- 10 skinless chicken thighs

Directions

In a jar with a lid, combine the vegetable oil, apple cider vinegar, egg substitute, garlic powder, paprika, poultry seasoning, salt, and pepper. Close the lid, and shake to blend. Place chicken in a shallow glass baking dish. Pour about 3/4 of the marinade over it, and reserve the rest for basting. Cover chicken, and refrigerate 8 hours, or overnight.

Preheat grill for high heat.

Lightly oil the grill grate. Place chicken on the grill, and discard marinade from the dish. Cook the chicken for 10 minutes on each side, or until juices run clear. Brush reserved sauce onto chicken just before serving.
Apple Chicken Stew

**Ingredients**

- 4 medium potatoes, cubed
- 4 medium carrots, cut into 1/4-inch slices
- 1 medium red onion, halved and sliced
- 1 celery rib, thinly sliced
- 1 1/2 teaspoons salt
- 3/4 teaspoon dried thyme
- 1/2 teaspoon pepper
- 1/4 teaspoon caraway seeds
- 2 pounds boneless, skinless chicken breasts, cubed
- 2 tablespoons olive or vegetable oil
- 1 large tart apple, peeled and cubed
- 1 1/4 cups apple cider or apple juice
- 1 tablespoon cider vinegar
- 1 bay leaf
- Minced fresh parsley

**Directions**

In a slow cooker, layer potatoes, carrots, onion and celery. Combine salt, thyme, pepper and caraway; sprinkle half over vegetables. In a skillet, saute chicken in oil until browned; transfer to slow cooker. Top with apple. Combine apple cider and vinegar; pour over chicken and apple. Sprinkle with remaining salt mixture. Top with bay leaf.

Cover and cook on high for 4-5 hours or until vegetables are tender and chicken juices run clear. Discard bay leaf. Stir before serving. Sprinkle with parsley.
### Ingredients
- 2 cups vegetable oil
- 2 tablespoons Cajun seasoning
- 2 tablespoons dried Italian-style seasoning
- 2 tablespoons lemon pepper garlic powder to taste
- 10 skinless, boneless chicken breast halves - pounded to 1/2 inch thickness

### Directions
In a large shallow dish, mix the oil, Cajun seasoning, Italian seasoning, garlic powder, and lemon pepper. Place the chicken in the dish, and turn to coat with the mixture. Cover, and refrigerate for 1/2 hour.

Preheat the grill for high heat.

Lightly oil the grill grate. Drain chicken, and discard marinade. Place chicken on hot grill and cook for 6 to 8 minutes on each side, or until juices run clear.
Ingredients
1 (10.75 ounce) can condensed cream of chicken soup
1/2 cup sour cream
1 tablespoon margarine
1 onion, chopped
1 teaspoon chili powder
2 cups chopped cooked chicken breast
1 (4 ounce) can chopped green chile peppers, drained
8 (8 inch) flour tortillas
1 cup shredded Cheddar cheese

Directions
Preheat oven to 350 degrees F (175 degrees C).

In a small bowl mix the soup and sour cream; set aside.

Melt margarine in a medium saucepan over medium high heat. Add onion and chili powder, and saute until tender. Stir in the chicken, chile peppers, and 2 tablespoons of the soup mixture. Cook and stir until heated through.

Spread 1/2 cup of the soup mixture in a 9x13 inch baking dish. Spoon about 1/4 cup of the chicken mixture down the center of each tortilla. Roll up tortillas, and place, seam-side-down, in the baking dish. Spoon remaining soup mixture on top, and sprinkle with cheese.

Bake 25 minutes in the preheated oven, or until bubbly and lightly browned.
King Ranch Chicken Casserole II

Ingredients

- 2 bone-in chicken breast halves, with skin
- 2 (10.75 ounce) cans fat free condensed cream of mushroom soup
- 1 (10 ounce) can diced tomatoes with green chile peppers, drained
- 1 (14.5 ounce) package low-fat baked tortilla chips
- 3 cups shredded Cheddar cheese
- 1 (6 ounce) can black olives
- 2 cups shredded lettuce
- 1 large tomato, chopped
- 1 cup reduced fat sour cream
- 1/4 cup chopped fresh chives

Directions

Preheat oven to 375 degrees F (190 degrees C). Place chicken breasts in a pot of boiling water. Cook until meat shreds easily with a fork, about 20 to 25 minutes. Remove from water, and cool slightly. Remove meat and skin from bones, and shred.

In a medium bowl, combine the cream of mushroom soup and canned tomatoes and mix together.

Lightly coat a 9x13 inch baking dish with cooking spray. In dish begin layering: 1/3 of the chicken, 1/3 of the soup mixture, then crumble tortilla chips on top. Repeat layers twice, ending with tortilla chips and a sprinkle of cheese on top. Bake in the preheated oven for 30 to 45 minutes, until bubbly. Remove from oven and let cool for 5 minutes.

Top casserole with lettuce, chopped tomato, olives, a couple of dollops of sour cream and a sprinkling of chives. Serve.
Rotini Chicken Salad

**Ingredients**

- 1 (6 ounce) skinless, boneless chicken breast
- 1/2 (16 ounce) package rotini pasta
- 1/2 cup chopped celery
- 1/2 cup grated Parmesan cheese
- 2 green onions, sliced
- 1 cup mayonnaise
- 1/4 cup sour cream
- 2 tablespoons milk
- 1/4 cup chopped fresh parsley
- 1 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 1 cup frozen peas, thawed
- Salt and pepper to taste

**Directions**

Fill a pot with lightly-salted water and bring to a boil. Cook the chicken breast in the boiling water until no longer pink in the center and the juices run clear, about 10 minutes. An instant-read thermometer inserted into the center of the chicken breast should read at least 165 degrees F (74 degrees C). Cut the breast into cubes and spread in a single layer on a plate; place chicken in refrigerator for 1 hour, or until completely cooled.

Fill a pot with lightly-salted water and bring to a boil. Stir the pasta into the boiling water; cook until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain, and rinse thoroughly with cold water to cool.

Stir the celery, Parmesan cheese, green onions, mayonnaise, sour cream, milk, parsley, basil, and thyme together in a large bowl. Fold the chicken, rotini, and peas into the mayonnaise mixture. Season with salt and pepper. Chill in refrigerator for 1 hour.
**Maple Syrup Korean Teriyaki Chicken**

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/4 cup soy sauce</td>
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<tr>
<td>1 cup water</td>
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</tr>
<tr>
<td>1/3 cup maple syrup</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons dark sesame oil</td>
<td></td>
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<tr>
<td>2 cloves garlic, crushed</td>
<td></td>
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<tr>
<td>1 tablespoon minced fresh ginger root</td>
<td></td>
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<tr>
<td>2 teaspoons ground black pepper</td>
<td></td>
</tr>
<tr>
<td>5 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1 cup brown rice</td>
<td></td>
</tr>
<tr>
<td>2 cups water</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons cornstarch</td>
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</tbody>
</table>

### Directions

Mix the soy sauce, 1 cup water, maple syrup, sesame oil, garlic, ginger, and pepper in a large resealable plastic bag. Set aside 1/3 cup of the mixture. Place the chicken in the bag, seal, and marinate at least 2 hours in the refrigerator.

Place the rice in a saucepan with 2 cups water, and bring to a boil. Cover, reduce heat to low, and simmer 45 minutes.

Preheat the oven broiler. Lightly grease a baking dish.

Pour marinade from the bag into a saucepan, and bring to a boil. Mix in the cornstarch, and cook and stir until thickened.

Place chicken in the prepared baking dish. Basting frequently with the reserved 1/3 cup marinade, broil 8 minutes per side, until juices run clear. Place chicken over the cooked rice, and top with boiled marinade to serve.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
</tr>
<tr>
<td>3/4 cup red wine</td>
</tr>
<tr>
<td>1/2 tablespoon chopped fresh basil</td>
</tr>
<tr>
<td>1/2 tablespoon paprika</td>
</tr>
<tr>
<td>1/3 tablespoon garlic salt</td>
</tr>
<tr>
<td>salt and pepper to taste</td>
</tr>
<tr>
<td>oil for frying</td>
</tr>
</tbody>
</table>

## Directions

To Marinate: Place chicken in a nonporous glass dish or bowl. Pour wine all over and toss to coat. Cover dish or bowl and refrigerate to marinate for at least 2 to 3 hours.

Remove chicken breasts from wine (discard any remaining wine) and season with basil, paprika, garlic salt, salt and pepper.

Heat oil in a medium skillet over medium high heat. Add chicken and saute on each side until a nice brown/red color is reached and the inside is no longer pink (20 to 30 minutes).
**Ingredients**

1 tablespoon vegetable oil
3 skinless, boneless chicken breast halves - cut into 1 inch cubes
1 white onion, chopped
2 cloves garlic, finely chopped
1 (28 ounce) can peeled and crushed tomatoes
4 button mushrooms, chopped
1/2 teaspoon white sugar
1/2 teaspoon Italian seasoning
4 cups uncooked rotini pasta
1/4 cup grated Parmesan cheese for topping

**Directions**

Heat oil in a large skillet over medium heat. Add chicken, onion and garlic; sauté until chicken is mostly cooked through, about 10 minutes. Stir in the crushed tomatoes, mushrooms and Italian seasoning. Cook for about 5 minutes, stirring frequently.

Reduce heat and stir in the sugar. Simmer for at least 15 minutes. Meanwhile, bring a large pot of lightly salted water to a boil; add rotini pasta and cook until al dente. Drain and serve topped with the chicken mixture and grated Parmesan cheese.
Chicken 'n Veggie Wraps

**Ingredients**

1/4 cup Hellmann’s® or Best Foods® Canola Cholesterol Free Mayonnaise
4 (6 inch) fajita size whole wheat flour tortillas
12 ounces boneless skinless chicken breasts, grilled and sliced
1 medium red bell pepper, sliced
1/4 cup sliced red onion
2 cups mixed salad greens

**Directions**

Spread It: Spread Hellmann's B® or Best Foods B® Canola Real Mayonnaise on tortillas.

Stuff It: Layer chicken, red pepper, red onion and salad greens down center of each tortilla.

Wrap It: Roll and fold the filled tortillas.
Ingredients
12 chicken thighs
1 cup apricot preserves
1 cup French dressing
1 (1 ounce) package dry onion soup mix

Directions
Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl combine the jam, dressing and soup mix. Mix together.

Place chicken pieces in a 9x13 inch baking dish. Pour apricot mixture over chicken and bake uncovered in the preheated oven for 50 to 60 minutes.
# Chicken Newburg

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1 onion, chopped</td>
<td></td>
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<tr>
<td>3 tablespoons vegetable oil</td>
<td></td>
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<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1 pinch ground black pepper</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon dried tarragon</td>
<td></td>
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<tr>
<td>1 cup chicken broth</td>
<td></td>
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<tr>
<td>3 tablespoons all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>1/2 cup milk</td>
<td></td>
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<tr>
<td>2 cups diced, cooked chicken meat</td>
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<tr>
<td>1 egg yolk, beaten</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon lemon juice</td>
<td></td>
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<tr>
<td>1/4 cup sherry</td>
<td></td>
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<tr>
<td>1 red bell pepper, chopped</td>
<td></td>
</tr>
<tr>
<td>1 avocado - peeled, pitted and diced</td>
<td></td>
</tr>
<tr>
<td>6 slices toasted white bread</td>
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</tbody>
</table>

## Directions

Saute onion in oil for about 3 minutes. Stir in the flour, salt, ground pepper, tarragon, chicken broth and milk and cook until the mixture thickens, stirring constantly.

Add the chicken pieces to the mixture. Blend in the egg yolk, then the lemon juice, sherry and bell pepper. Cook until chicken is heated through, about 5 minutes. Stir in the avocado and serve on toast! Voila!
**Ingredients**

- 2 eggs
- 3/4 cup milk
- 1/2 cup all-purpose flour
- 3/4 teaspoon sugar
- 1/2 cup condensed cream of chicken soup, undiluted
- 1 teaspoon Worcestershire sauce
- 1 cup chopped cooked chicken
- 1 cup cut fresh or frozen asparagus, thawed
- 1/3 cup chopped fully cooked ham
- 1/2 cup grated Parmesan cheese, divided
- 1/2 cup heavy whipping cream, whipped
- 1/3 cup mayonnaise

**Directions**

For crepe batter, beat eggs and milk in a small mixing bowl. Combine flour and sugar; add to egg mixture and mix well. Cover and refrigerate for 1 hour.

Heat a lightly greased 8-in. nonstick skillet; pour 3 tablespoons batter into the center of skillet. Lift and tilt pan to evenly coat bottom. Cook until top appears dry; turn and cook 15-20 seconds longer. Remove to a wire rack. Repeat with remaining batter, greasing skillet as needed. When cool, stack crepes with waxed paper between.

In a small bowl, combine the soup, Worcestershire sauce and nutmeg. Set aside 1/4 cup. Add the chicken, asparagus and ham to remaining soup mixture. Spoon 2 tablespoonfuls over each crepe; roll up tightly. Place seam side down in a greased 9-in. square baking pan. Spoon reserved soup mixture over crepes. Sprinkle with 1/4 cup Parmesan cheese.

Cover and bake at 375 degrees F for 20-25 minutes. Gradually fold cream into mayonnaise. Spread over crepes. Sprinkle with remaining Parmesan. Broil 6 in. from the heat for 3-5 minutes or until bubbly and golden brown.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 cups uncooked jasmine rice</td>
<td>Place rice, water, sesame oil, chicken bouillon, olive oil, green onion, garlic and ginger in a rice cooker. Stir, and then place chicken thigh on top. Turn on rice cooker.</td>
</tr>
<tr>
<td>3 cups water</td>
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<tr>
<td>2 tablespoons sesame oil</td>
<td></td>
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<tr>
<td>2 cubes chicken bouillon</td>
<td></td>
</tr>
<tr>
<td>1/2 cup olive oil</td>
<td></td>
</tr>
<tr>
<td>1 green onion, chopped</td>
<td></td>
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<tr>
<td>2 cloves cloves garlic, smashed</td>
<td></td>
</tr>
<tr>
<td>1 (2 inch) piece fresh ginger root, crushed</td>
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<tr>
<td>1 chicken thigh with skin</td>
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</tbody>
</table>
Satay Chicken Pizza

Ingredients

- 1 tablespoon vegetable oil
- 2 skinless, boneless chicken breast halves, chopped
- 1 cup prepared Thai peanut sauce
- 1 bunch green onions, chopped
- 4 small (4 inch) pita breads
- 4 slices provolone cheese

Directions

Heat oil in a skillet over high heat. Saute chicken pieces in hot oil for 6 to 7 minutes. Do not overcook!

Preheat oven to 425 degrees F (220 degrees C).

To Assemble Pizza: Spoon 1/4 of peanut sauce onto each pita. Sprinkle 1/4 of the browned chicken and 1/4 of the scallions on top of each. Top each ‘pizza’ with 1 slice cheese. Place on a lightly greased cookie sheet and bake in the preheated oven for 10 to 12 minutes, until the cheese is melted and bubbly. Let stand for 1 to 2 minutes outside of oven before you cut with a pizza cutter.
He-Man Chicken

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 large skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>bamboo skewers and wooden toothpicks, soaked in water</td>
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</tr>
<tr>
<td>3 tablespoons prepared chili without beans, divided</td>
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<tr>
<td>3 tablespoons shredded pepperjack cheese, divided</td>
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<tr>
<td>1/2 pound applewood smoked bacon</td>
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<tr>
<td>1 cup sweet barbecue sauce (such as Sticky Fingers® Carolina Sweet), divided</td>
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</tbody>
</table>

**Directions**

Preheat an outdoor grill for medium heat and lightly oil the grate.

Lay a chicken breast onto a work surface and place the palm of your hand down on the meat. With a sharp knife, carefully slice the chicken breast half horizontally, without cutting all the way through, and open up the sliced chicken breast like a book. Repeat with the other two chicken breasts.

Place each sliced, opened out chicken breast between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to a thickness of about 1/2 inch.

To stuff the chicken breasts, lay out a flattened breast and place a skewer on the meat, in the center. Spoon about 1 tablespoon of chili over the skewer and top the chili with about a teaspoon of pepperjack cheese. Roll the chicken breast around the skewer and secure with toothpicks. Wrap each chicken roll with 2 slices of bacon and secure with toothpicks. Pour about 1/2 cup of barbecue sauce into a bowl, and brush each roll with sauce. Discard any leftover sauce.

Cook on the preheated grill, turning often and spraying the grill with water occasionally to prevent flare-ups, until the chicken is no longer pink in the middle, the juices run clear, and the bacon is browned, about 15 minutes.

Pour more barbecue sauce into a clean bowl and brush the rolls again before removing from the grill. Let rest about 5 minutes before pulling out the toothpicks and skewers for serving.
**Cajun Chicken Lasagna**

**Ingredients**

- 1 (16 ounce) package lasagna noodles
- 1 pound andouille sausage, quartered lengthwise and sliced
- 1 pound skinless, boneless chicken breast halves - cut into chunks
- 2 teaspoons Cajun seasoning
- 1 teaspoon dried sage
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/4 cup chopped red bell pepper
- 1 tablespoon finely chopped garlic
- 2 (10 ounce) containers Alfredo Sauce, divided
- 1 1/2 cups shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese

**Directions**

Preheat oven to 325 degrees F (165 degrees C). Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, or until al dente; drain.

In a large skillet over medium-high heat, combine sausage, chicken, Cajun seasoning and sage. Cook until chicken is no longer pink and juices run clear, about 8 minutes. Remove meat from skillet with a slotted spoon, and set aside. Saute onion, celery, bell pepper and garlic until tender. Remove from heat, and stir in cooked meat and one container Alfredo sauce.

Lightly grease a 9x13 inch baking dish. Cover bottom with 4 lasagna noodles. Spread with 1/2 of the meat mixture. Repeat layers, and cover with a layer of noodles. Spread remaining Alfredo sauce over top. Top with mozzarella cheese and sprinkle with Parmesan cheese.

Bake in preheated oven for 1 hour. Let stand 15 minutes before serving.
Ingredients
4 cups milk
2 tablespoons all-purpose flour
2 tablespoons canola oil
2 tablespoons white sugar
2 cups finely chopped, cooked chicken meat
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon garlic powder

Directions
Make a white sauce of milk or cream, flour, and oil. Add chicken. Add sugar, salt, pepper, and garlic powder (may use more or less as desired). Mix well and simmer for 20 minutes over low heat.

If soup is not as thick as desired, mix a small amount of cornstarch with a small amount of water and add to soup. Simmer for 10 minutes.
Green Chile Chicken Soup

Ingredients

1/2 cup butter
3/4 cup all-purpose flour
2 cups milk
3 cups chicken broth
2 cups cooked, boneless and skinless chicken, cut into bite-sized pieces
1/2 cup chopped green chile peppers
salt and pepper to taste
1 pinch garlic powder

Directions

In a large pot melt butter or margarine. Add flour and stir the resulting paste over medium heat. Add the milk and chicken broth and whip to eliminate any lumps. Bring to a boil and reduce heat to simmer.

Add the chicken. Add the chopped green chiles, salt, pepper and garlic powder to taste. Stir well and cover. Simmer for 30 minutes and serve.
Grilled Chicken and Orange Salad

**Ingredients**

- 1 (10.75 ounce) can Campbell's® Condensed Tomato Soup
- 1/2 cup vegetable oil
- 2 tablespoons vinegar
- 1 tablespoon soy sauce
- 1/4 teaspoon ground ginger
- 4 skinless, boneless chicken breasts
- 1 (12 ounce) bag mixed salad greens
- 1 (11 ounce) can mandarin orange segments, drained
- 3 green onions, sliced

**Directions**

1. Stir the soup, oil, vinegar, soy, ginger and garlic powder in a medium bowl and set aside.

2. Lightly oil the grill rack and heat the grill to medium. Grill the chicken for 15 minutes or until chicken is cooked through, turning and brushing the chicken often with 1/2 cup of the soup mixture while it's grilling. Throw away any remaining basting mixture. Cut the chicken into thin strips.

3. Arrange the salad greens, oranges and green onions on a serving platter. Top with the chicken and serve the remaining soup mixture as a dressing.
# Chicken Fried Chicken

## Ingredients

- 30 saltine crackers
- 2 tablespoons all-purpose flour
- 2 tablespoons dry potato flakes
- 1 teaspoon seasoned salt
- 1/2 teaspoon ground black pepper
- 1 egg
- 1/4 cup vegetable oil
- 6 skinless, boneless chicken breast halves

## Directions

Place crackers in a large resealable plastic bag; seal bag and crush crackers until they are coarse crumbs. Add flour, potato flakes, seasoned salt, and pepper to bag and mix well.

Beat egg in a shallow dish or bowl; heat oil in a large skillet over medium high heat.

One by one, dredge chicken pieces in egg beat, then place in bag with crumb mixture, seal bag and shake to coat.

Reduce heat to medium and cook coated chicken in skillet for 15 to 20 minutes, turning frequently, until golden brown and juices run clear.
## Ingredients

- 1 (8 ounce) can refrigerated crescent roll dough
- 4 slices processed American cheese, cut in half
- 4 cups cooked, boneless chicken breast halves, shredded
- 1 (10.5 ounce) can condensed cream of chicken soup
- 1 cup milk
- 1 cup shredded Cheddar cheese

## Directions

Preheat oven to 375 degrees F (190 degrees C). Grease a 9 x 13 inch baking dish.

Unroll the dough; separate into 8 triangles. On the large end of the triangle place 1/2 piece of American cheese and 1/2 cup of shredded chicken. Roll the dough and seal the edges. Place in prepared dish.

In a small bowl combine the soup, milk and Cheddar cheese; pour over the stuffed rolls.

Bake in preheated oven for 12 to 15 minutes, or until golden brown.
Embarrassingly Easy Barbecue Chicken

**Ingredients**
- 1 (3 pound) whole chicken, cut into pieces
- 1 (12 fluid ounce) can cola-flavored carbonated beverage
- 14 ounces ketchup

**Directions**
- Preheat oven to 350 degrees F (175 degrees C).
- Mix the cola and ketchup in a 9x13 inch baking dish. Add the chicken pieces, turning to coat well. Bake skin side down for 30 minutes. Turn and bake for an additional 30 minutes. Let cool for 10 minutes and serve!
Ingredients

1 recipe pastry for a 9 inch double crust pie
4 boneless, skinless chicken breast halves
1/2 cup chopped onion
1 teaspoon poultry seasoning
1 (10.75 ounce) can condensed cream of chicken soup
1 (10.75 ounce) can condensed cream of mushroom soup
1 cup shredded Cheddar cheese
1 cup shredded mozzarella cheese
2 cups frozen mixed vegetables, thawed
1 cup sliced fresh mushrooms
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease and flour a 2 quart casserole dish.

Place chicken breasts, onion, and poultry seasoning in a medium saucepan and add enough water to cover. Simmer over medium heat for 8 to 10 minutes, until chicken is cooked through. Drain and dice chicken.

In a large bowl, combine chicken, onions, cream of chicken soup, cream of mushroom soup, Cheddar cheese, mozzarella cheese, mixed vegetables, mushrooms, and salt and pepper. Mix thoroughly.

Lay one sheet of pastry in bottom of greased and floured pan. Pour chicken mixture over pastry. Cover with second sheet of pastry. Seal edges of top and bottom pastries. Cut steam vents in top.

Bake in preheated oven for 50 minutes, until pastry is golden brown.
**Ingredients**

1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
1/2 cup milk
1/4 cup grated Parmesan cheese
3 cups cut-up vegetables*
2 1/2 cups hot cooked medium tube-shaped pasta (ziti)
2 (5 ounce) cans Swanson® Premium Chunk Chicken Breast in Water, drained

**Directions**

In medium saucepan mix soup, milk, cheese and vegetables. Over medium heat, heat to a boil. Reduce heat to low. Cover and cook 10 minutes or until vegetables are tender-crisp, stirring occasionally.

Add macaroni and chicken and heat through.
### Ingredients

- 3 cups cooked long-grain rice
- 1 (10 ounce) package frozen chopped broccoli, thawed and drained
- 8 ounces fresh mushrooms, sliced
- 2 tablespoons butter or margarine
- 2 cups diced cooked chicken
- 1/2 cup chopped green onions
- 4 eggs
- 1 cup milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups shredded Cheddar cheese, divided
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted

### Directions

Combine rice and broccoli; spoon into a greased 12-in. x 8-in. x 2-in. baking dish. In a large skillet, sauté mushrooms in butter until tender. Remove from the heat. Add chicken and green onions; spoon over rice mixture. Beat eggs, milk, salt and pepper; pour over all. Sprinkle with 1 cup cheese. Spread soup over top. Bake, uncovered, at 350 degrees F for 30 minutes. Sprinkle with remaining cheese and bake 15 minutes longer.
BBQ Chicken Sandwiches

**Ingredients**

- 2 (4 pound) whole chickens, cut up
- 1 1/2 cups ketchup
- 3/4 cup prepared mustard
- 5 tablespoons brown sugar
- 5 tablespoons minced garlic
- 5 tablespoons honey
- 1/4 cup steak sauce
- 4 tablespoons lemon juice
- 3 tablespoons liquid smoke flavoring
- salt and pepper to taste
- 8 hamburger buns
- 4 cups prepared coleslaw (optional)

**Directions**

Place chicken in a large pot with enough water to cover. Bring to a boil, and cook until chicken comes off the bone easily, about 3 hours. Make sauce while the chicken cooks.

In a saucepan over medium heat, mix together the ketchup, mustard, brown sugar, garlic, honey, steak sauce, lemon juice, and liquid smoke. Season with salt and pepper. Bring to a gentle boil, and simmer for about 10 minutes. Set aside to allow flavors to mingle.

When the chicken is done, remove all meat from the bones, and chop or shred into small pieces. Place in a pan with the sauce, and cook for about 15 minutes to let the flavor of the sauce soak into the chicken. Spoon barbequed chicken onto buns, and top with coleslaw if you like.
# Chicken and Dumplings II

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 (4 pound) whole chicken</td>
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<tr>
<td>3 cups water</td>
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<tr>
<td>3 cubes chicken bouillon</td>
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<tr>
<td>1 pinch poultry seasoning</td>
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<tr>
<td>1 pinch dried thyme</td>
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<td>1 dash garlic powder</td>
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<td>1 pinch dried sage</td>
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<tr>
<td>1/8 teaspoon salt</td>
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<td>1/8 teaspoon ground black pepper</td>
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<td>1 onion, chopped</td>
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<td>1 1/2 cups chopped celery</td>
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<td>1 cup chopped carrots</td>
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<tr>
<td>2 potatoes, cubed</td>
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<tr>
<td>1/4 cup chopped green bell pepper</td>
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<tr>
<td>1/4 cup chopped tomatoes</td>
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<tr>
<td>1 (10.75 ounce) can condensed chicken broth</td>
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<tr>
<td>2 tablespoons all-purpose flour</td>
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<tr>
<td>salt and pepper to taste</td>
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<tr>
<td>2 cups buttermilk baking mix</td>
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<tr>
<td>1/8 teaspoon chopped fresh parsley</td>
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<td>1/4 teaspoon ground black pepper</td>
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<tr>
<td>1 cup milk</td>
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</table>

## Directions

In a large pot over medium high heat, combine the chicken, water, bouillon, poultry seasoning, thyme, garlic powder, sage and salt and pepper. Bring to a boil, reduce heat to low and allow to simmer. Add the onion, celery, carrots, potatoes, green bell pepper and tomatoes, cover pot and allow to simmer for one hour, or until vegetables are tender and chicken is done.

In a separate small bowl, combine the flour, buttermilk baking mix, parsley, ground black pepper and milk. Mix together well and form into little balls. Drop these balls into the simmering soup. Simmer for 5 more minutes.

Remove chicken, debone, take off skin, chop the chicken meat and return to pot. Heat through and serve.
Chicken Liver Pate

**Ingredients**

- 1 tablespoon butter
- 1 clove garlic, peeled and chopped
- 1 tablespoon chopped onion
- 1/4 pound chicken livers, trimmed and chopped
- 2 tablespoons dry sherry
- 1/3 (8 ounce) package cream cheese, softened
- hot sauce to taste
- salt and pepper to taste

**Directions**

Melt butter in a medium saucepan over medium heat. Stir in garlic, onion and chicken livers. Reduce heat to low, and simmer approximately 10 minutes, until chicken livers are tender and no longer pink.

Place chicken liver mixture in a blender with dry sherry, cream cheese, hot sauce, salt and pepper. Blend until smooth. Transfer to a medium bowl, cover and chill in the refrigerator approximately 2 hours before serving.
Spicy Almond Chicken

**Ingredients**
- 3 tablespoons butter
- 1 (3 pound) chicken, cut into pieces
- 1 (14 ounce) jar red currant jelly
- 1/2 cup yellow mustard
- 1/2 cup blanched slivered almonds
- 3 tablespoons brown sugar
- 2 tablespoons lemon juice
- 1/2 teaspoon ground cinnamon

**Directions**

Melt butter in a large skillet over medium heat. Add chicken and saute for about 10 minutes, or until lightly browned on all sides. Remove chicken from skillet and place in a 9x13 inch baking dish. Set aside.

Preheat oven to 350 degrees F (175 degrees C).

To skillet add jelly, mustard, almonds, sugar, juice and cinnamon. Stir together and cook over medium heat, stirring constantly, until jelly dissolves. Pour mixture over chicken.

Cover dish and bake in the preheated oven for 30 minutes. Remove cover and bake an additional 10 minutes, or until chicken is cooked through (no longer pink inside).
Chicken Delight

Ingredients

- 4 skinless, boneless chicken breasts
- 1 cup sour cream
- 2 tablespoons Worcestershire sauce
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon ground white pepper
- 1 cup crushed buttery round crackers

Directions

Preheat oven to 350 degrees F (175 degrees C).

Rinse chicken breasts and pat dry. Place them in a lightly greased 9x13 inch baking dish. In a bowl, mix together sour cream, Worcestershire sauce, paprika, garlic powder, and white pepper. Spread mixture over chicken, then sprinkle all with cracker crumbs.

Bake, uncovered, at 350 degrees F (175 degrees C) for 1 hour.
## Chicken Spring Rolls

### Ingredients
- 1 quart oil for deep frying
- 2 (10 ounce) cans chunk chicken, drained and flaked
- 1 small onion, grated
- 1/2 cup finely shredded cabbage
- 1 small carrot, grated
- 1/4 cup barbeque sauce
- 1 dash hot pepper sauce
- 1 dash soy sauce
- 1 dash Worcestershire sauce
- 1 (14 ounce) package spring roll wrappers

### Directions
Heat oil in a deep-fryer or large, heavy saucepan to 375 degrees F (190 degrees C).

In a medium bowl, mix together chicken, onion, cabbage, carrot, barbeque sauce, hot pepper sauce, soy sauce and Worcestershire sauce.

Place approximately 1 tablespoon of the chicken mixture in the center of spring roll wrappers. Moisten fingers with water, and wet the edges of the wrappers. Roll around the filling. Press seams to seal.

In small batches, deep fry the spring rolls 3 to 5 minutes, or until golden brown. Drain on paper towels.
Italian Chicken Marinade

**Ingredients**

- 1 (16 ounce) bottle Italian-style salad dressing
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 4 skinless, boneless chicken breast halves

**Directions**

In a shallow baking dish, mix the salad dressing, garlic powder, and salt. Place the chicken in the bowl, and turn to coat. Marinate in the refrigerator at least 4 hours. (For best results, marinate overnight.)

Preheat the grill for high heat.

Lightly oil grate. Discard marinade, and grill chicken 8 minutes on each side, or until juices run clear.
Chamberlayne Chicken and Kale Stew

Ingredients

- 3 1/2 cups chicken broth
- 1/2 cup vegetable broth
- 3/4 cup water
- 1 1/2 cups shredded cooked chicken
- 2 (15 ounce) cans cannellini beans, drained and rinsed
- 5 small red potatoes, cubed
- 2 tablespoons ground black pepper
- Salt to taste
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 2 cups shredded kale

Directions

Combine the chicken broth, vegetable broth, water, chicken, cannellini beans, potatoes, pepper, salt, oregano, and garlic powder in a large pot; bring to a boil; reduce heat to medium-high and cook until the potatoes are fork-tender, about 15 minutes. Add the kale and cook another 5 minutes; serve.
**Ingredients**

- 1 pound skinless, boneless chicken breast meat - cubed
- 2 teaspoons salt
- 1 onion, chopped
- 2 cloves garlic, chopped
- 2 carrots, sliced
- 2 stalks celery, sliced
- 1 tablespoon minced fresh ginger root
- 1/2 teaspoon paprika
- 3/4 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/4 teaspoon ground cayenne pepper
- 1/4 teaspoon ground turmeric
- 1 1/2 cups chicken broth
- 1 cup crushed tomatoes
- 1 cup canned chickpeas, drained
- 1 zucchini, sliced
- 1 tablespoon lemon juice

**Directions**

Season chicken with salt and brown in a large saucepan over medium heat until almost cooked through. Remove chicken from pan and set aside.

Saute onion, garlic, carrots and celery in same pan. When tender, stir in ginger, paprika, cumin, oregano, cayenne pepper and turmeric; stir fry for about 1 minute, then mix in broth and tomatoes. Return chicken to pan, reduce heat to low and simmer for about 10 minutes.

Add chickpeas and zucchini to pan and bring to simmering once again; cover pan and cook for about 15 minutes, or until zucchini is cooked through and tender. Stir in lemon juice and serve.
# Leftover Oven Barbequed Chicken

## Ingredients

- 2 1/2 pounds leftover fried chicken legs
- 1 cup water
- 1 cup ketchup
- 1/2 cup apple cider vinegar
- Salt and pepper to taste

## Directions

Preheat oven to 325 degrees F (165 degrees C).

Place chicken legs in a 9x13 inch baking dish. In a medium bowl, mix together the water, ketchup and vinegar. Season with salt and pepper to taste, and pour mixture over chicken. Turn chicken pieces to ensure that all are well coated.

Warm in preheated oven for about 25 minutes, or until heated through.
Ingredients

- 1 cup all-purpose flour
- 1 tablespoon Creole-style seasoning
- 6 skinless, boneless chicken breast halves
- oil for frying
- 1 cup sliced fresh mushrooms
- 3 large onions, thinly sliced
- 1 (14 ounce) can chicken broth
- 1 cup Marsala wine
- 1 (16 ounce) package shredded mozzarella cheese
- 1/2 cup freshly grated Parmesan cheese

Directions

Place flour into a resealable plastic bag and sprinkle with seasoning. Place 1 chicken breast at a time into bag, seal and shake to coat. Remove each breast, let sit for about 5 minutes, then place in bag, seal and shake again to coat well.

Heat oil in a large skillet over medium high heat. Add chicken and fry until golden brown and juices run clear. Transfer chicken to a 9x13 inch baking dish.

Preheat oven to 350 degrees F (175 degrees C).

In same skillet saute mushrooms and onions in pan drippings; cook, stirring, until slightly tender. Stir in broth and wine, reduce heat to medium low and simmer for 10 minutes, stirring occasionally. Pour over chicken, cover baking dish and bake in preheated oven for 30 minutes.

Mix together mozzarella and Parmesan cheeses and sprinkle mixture over chicken. Increase oven temperature to 450 degrees F (230 degrees C) and bake until cheese is melted and golden brown, 5 to 7 minutes.
## Chicken and Noodle Casserole

### Ingredients
- 2 boneless chicken breast halves, cooked and cubed
- 1 (16 ounce) package wide egg noodles
- 1 (15 ounce) can mixed vegetables
- 1 cup frozen broccoli
- 1 (10.75 ounce) can condensed cream of potato soup
- 1 (10.75 ounce) can condensed cream of broccoli soup
- 1/4 teaspoon dried thyme
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 cup milk
- 2 cups shredded Colby cheese

### Directions
Cook noodles according to package directions. Drain.

In a 2 quart saucepan, mix cooked chicken, cream of potato soup, cream of broccoli soup, milk, mixed vegetables, broccoli, salt, pepper, and thyme. Cook over medium heat until broccoli is cooked. Mix with egg noodles. Spread into a greased 9 x 13 inch pan. Cover.

Bake at 350 degrees F (175 degrees C) for 20 minutes. Cover with Colby cheese, and bake uncovered for an additional 15 minutes.
Creamy Chicken Bake

**Ingredients**

- 1 1/2 pounds skinless, boneless chicken breasts
- 1 (10.75 ounce) can Campbell’s® Condensed Cream of Broccoli Soup (Regular or 98% Fat Free)
- 1/3 cup milk
- 1/2 teaspoon garlic powder
- 1 (4.5 ounce) jar sliced mushrooms, drained
- 1/4 cup grated Parmesan cheese
- 1/4 cup dry bread crumbs
- 2 tablespoons butter

**Directions**

Place the chicken in a 13x9x2-inch shallow baking dish. Mix the soup, milk, garlic powder and mushrooms in a medium bowl and pour over the chicken.

Mix the cheese and bread crumbs with the butter in a small bowl and sprinkle over the soup mixture.

Bake at 400 degrees F for 30 minutes or until chicken is cooked through. Place the chicken on a serving plate. Stir the sauce and serve with the chicken.
Chicken With A Bang

**Ingredients**

- 1 1/2 cups uncooked white rice
- 6 skinless, boneless chicken breast halves
- 2 fresh jalapeno peppers, sliced into rings
- 1 1/2 cups shredded Cheddar cheese
- 12 slices bacon
- 2 tablespoons vegetable oil
- 1 teaspoon freshly ground black pepper
- 1/2 cup all-purpose flour
- 1/2 cup white wine
- 36 blue corn tortilla chips
- 1 red bell pepper, diced
- 1 cup whole kernel corn

**Directions**

In a saucepan bring 3 cups water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.

Using a rolling pin wrapped in plastic, pound out chicken breasts to about 1/2 inch in thickness. In the center of the breast place 2 or 3 slices of jalapeno and 3 tablespoons of cheese. Roll chicken up from the narrowest point to the widest. Wrap with 2 slices of bacon and secure with toothpicks.

Heat oil and black pepper in a deep skillet over medium high heat. Cook chicken wraps until they begin to brown. Reduce heat, cover and cook an additional 10 to 15 minutes, checking periodically, until chicken is no longer pink inside. Remove chicken from heat, cover and set aside.

Return skillet to medium high heat. To the drippings add flour, stirring to remove any lumps. Slowly add wine, stirring constantly until sauce thickens. Remove from heat.

In a small bowl combine red bell pepper and corn.

Place a medium sized mound of rice in the center of a plate. Tuck a few blue corn chips along the edge of the rice. Place chicken on rice, spoon sauce over chicken and sprinkle with 3 tablespoons of red pepper and corn mixture.
Lemony Chicken Noodle Soup

**Ingredients**
- 1 small onion, chopped
- 2 tablespoons olive or vegetable oil
- 1 tablespoon butter or margarine
- 1/4 pound skinless, boneless chicken breast halves - cubed
- 1 garlic clove, minced
- 2 (14.5 ounce) cans chicken broth
- 1 medium carrot, cut into 1/4-inch slices
- 1/4 cup frozen or fresh peas
- 1/2 teaspoon dried basil
- 2 cups uncooked medium egg noodles
- 1 tablespoon lemon juice

**Directions**
In a small saucepan, saute onion in oil and butter until tender. Add the chicken and garlic. Cook and stir until chicken is lightly browned. Stir in the broth, carrot, peas and basil. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Add the noodles. Cover and simmer for 8-10 minutes or until noodles are tender. Stir in lemon juice.
Baked Aloha Chicken

Ingredients

1/4 cup lemon juice
1/4 cup light corn syrup
2 tablespoons soy sauce
1 teaspoon salt
1/4 teaspoon ground ginger
1/4 cup corn oil
1 (8 ounce) can crushed pineapple (not drained)
10 chicken leg quarters

Directions

Preheat oven to 350 degrees F (175 degrees C).

Stir together lemon juice, corn syrup, soy sauce, salt, ginger, and corn oil in a bowl until smooth. Stir in the crushed pineapple with its liquid. Place the chicken legs in an ovenproof glass baking dish, and pour sauce over top.

Bake in preheated oven for 30 minutes, then turn the chicken over, and continue cooking until the chicken is tender, and no longer pink, about 20 minutes. Baste with sauce frequently while baking.
**Grilled Chicken Salad Cosmopolitan**

**Ingredients**
- 1/4 cup jellied cranberry sauce
- 1/4 cup orange marmalade
- 1/4 cup fresh lime juice
- 1/4 cup fresh orange juice
- 1/4 cup vegetable oil
- 2 tablespoons lemon flavored vodka
- 4 skinless, boneless chicken breast halves
- 3/4 teaspoon salt
- 3/4 teaspoon lemon pepper
- 1 (10 ounce) bag European blend salad greens
- 1/2 cup dried cranberries
- 2 cups diced orange segments
- 2 tablespoons orange zest strips

**Directions**

In a small saucepan over low heat, combine the cranberry sauce and orange marmalade. Warm and stir until melted and well blended. Remove from the heat and stir in the lime juice, orange juice and vegetable oil. Remove 1/2 cup of the mixture and set aside in the refrigerator for later.

Allow the mixture to cool then stir in the lemon vodka and transfer to a large resealable bag. Season the chicken pieces with salt and lemon pepper; place them into the bag with the marinade. Seal the bag and marinate in the refrigerator for at least 1 hour, turning occasionally.

Preheat a grill for medium heat. Remove the chicken from the plastic bag, discarding the marinade.

Place the chicken pieces on the preheated grill and cook for 4 to 5 minutes on each side, or until firm and no longer pink in the center. If you have a meat thermometer, it should measure 160 degrees F (70 degrees C) when measured in the thickest part. Remove chicken to a cutting board and allow to rest for about 5 minutes.

While the chicken is resting, combine the salad greens, cranberries, and orange segments. Pour the reserved citrus marinade over the salad and toss lightly to coat. Divide the salad between four serving plates. Slice each piece of chicken crosswise into 1/2 inch strips. Arrange over the tops of the salads and sprinkle with orange zest strips.
Ingredients

- 2 tablespoons chopped onion
- 1 garlic clove, minced
- 1 1/2 teaspoons olive oil or vegetable oil
- 1 (8 ounce) can tomato sauce
- 1 1/2 teaspoons minced fresh parsley
- 1/4 teaspoon salt
- 1/4 teaspoon dried oregano
- 1/8 teaspoon dried basil
- 1/8 teaspoon pepper
- 1/4 cup all-purpose flour
- 1 pound meaty bone-in chicken pieces
- 2 tablespoons butter or margarine, melted
- 2 tablespoons grated Parmesan cheese

Directions

In a skillet, saute onion and garlic in oil until crisp tender. Stir in the tomato sauce, parsley, salt, oregano, basil and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes.

Place flour in a resealable plastic bag. Add chicken, one piece at a time, and shake to coat. In a skillet, cook chicken in butter until lightly browned on all sides. Place skin side up in a greased shallow 1-1/2-qt. baking dish. Pour sauce over chicken. Cover and bake at 350 degrees F for 35 minutes. Uncover; sprinkle with Parmesan. Bake 5-15 minutes longer or until chicken juices run clear.
**Ingredients**

4 cups oil for frying
2 eggs
1/2 cup milk
1/2 cup honey
2 cups all-purpose flour
2/3 cup white sugar
1/3 cup ground cinnamon
4 skinless, boneless chicken breast halves - cut into bite-size pieces

**Directions**

Heat oil in skillet or fryer to 350 degrees F (175 degrees C). Arrange paper towels on a baking sheet.

In a medium bowl, beat together eggs, milk, and honey; set aside. Combine flour, sugar, and cinnamon in a large resealable plastic bag; shake until blended. Dip chicken in egg mixture, and then add to flour mixture. Seal the bag, and shake to coat chicken with flour mixture.

Place 10 to 12 coated chicken nuggets into hot oil. Cook till done, about 7 to 10 minutes (nuggets will be a dark bronze color). Remove nuggets from oil, and drain well on paper towels. Repeat till all nuggets are cooked.
## Slow Cooker Chicken Pot Pie Stew

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>4 large skinless, boneless chicken breast halves, cut into cubes</td>
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<tr>
<td>10 medium red potatoes, quartered</td>
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<tr>
<td>1 (8 ounce) package baby carrots</td>
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<tr>
<td>1 cup chopped celery</td>
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<tr>
<td>2 (26 ounce) cans condensed cream of chicken soup</td>
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<tr>
<td>6 cubes chicken bouillon</td>
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<tr>
<td>2 teaspoons garlic salt</td>
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<td>1 teaspoon celery salt</td>
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<td>1 tablespoon ground black pepper</td>
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<tr>
<td>1 (16 ounce) bag frozen mixed vegetables</td>
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### Directions

Combine the chicken, potatoes, carrots, celery, chicken soup, chicken bouillon, garlic salt, celery salt, and black pepper in a slow cooker; cook on High for 5 hours.

Stir the frozen mixed vegetables into the slow cooker, and cook 1 hour more.
Chicken and Dumplings IV

**Ingredients**

- 4 large skinless, boneless chicken breast halves - cut into strips
- 4 cubes chicken bouillon
- 2 stalks celery, chopped
- 1 small onion, chopped
- 1 sprig fresh parsley, chopped
- salt and pepper to taste

- 2 cups all-purpose flour
- 1 egg
- 1/2 cup sour cream
- 1/2 cup chicken broth
- 1/2 cup cornstarch, to thicken broth

**Directions**

Bring a large pot of salted water to a boil. Add chicken, bouillon, celery, parsley and salt and pepper to taste. Cook for 45 minutes or until chicken is no longer pink inside. Reduce heat to low and continue to simmer.

To Make Dumplings: While chicken is cooking, combine the flour, egg, sour cream, and chicken broth in a medium bowl. Mix well and roll dough out on a floured surface. Cut into small squares and drop into boiling chicken broth. In a small bowl, mix together corn starch and enough water to form a thin paste; stir into broth. Continue to simmer for 5 to 10 minutes, or until dumplings are light and puffy.
Cherokee Chicken

Ingredients

- 1/4 cup vegetable oil
- 2 tablespoons butter
- 1 (2.5 pound) whole chicken, cut into pieces
- 1 green bell pepper, chopped
- 1 clove garlic, minced
- 1/4 cup chopped onion
- 2 tablespoons sweet vermouth
- 1 (8 ounce) can whole cranberry sauce
- salt and black pepper to taste

Directions

Pour oil into a large skillet over medium heat. Place chicken pieces in the skillet, and cook until golden on all sides, about 10 minutes. Discard all but 2 tablespoons of oil. Stir in green peppers, garlic, and onions; cook until soft, about 10 minutes. Pour vermouth into skillet. Stir in cranberry sauce, salt, and pepper. Cover, and simmer 25 minutes.
# Chicken Rotini Soup

## Ingredients

- 2 cubes chicken bouillon
- 1 (12 ounce) package rotini pasta
- 13 cups chicken broth
- 4 cups water
- 6 stalks celery, chopped
- 1 onion, chopped
- 4 carrots, chopped
- 1 1/2 pounds chicken - cut into bite size pieces
- garlic powder to taste
- 1 teaspoon onion powder
- salt and pepper to taste

## Directions

Place enough water in a 5 quart pot over high heat to boil the pasta. Place the bouillon in the water and bring to a boil. Place the rotini in the boiling water and cook according to package directions. Drain and set pasta aside.

In a large pot over high heat, combine the chicken broth and water. To this, add the celery, onion, carrots and chicken. Bring to a boil and stir in the reserved pasta. Reduce heat to medium low, let simmer and season with the garlic powder, onion powder and salt and pepper to taste. Cook 20 minutes, or until vegetables are tender and chicken is no longer pink. Serve hot.

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Unbelievable Chicken

Ingredients

- 1/4 cup cider vinegar
- 3 tablespoons prepared coarse-ground mustard
- 3 cloves garlic, peeled and minced
- 1 lime, juiced
- 1/2 lemon, juiced
- 1/2 cup brown sugar
- 1 1/2 teaspoons salt
- Ground black pepper to taste
- 6 tablespoons olive oil
- 6 skinless, boneless chicken breast halves

Directions

In a large glass bowl, mix the cider vinegar, mustard, garlic, lime juice, lemon juice, brown sugar, salt, and pepper. Whisk in the olive oil. Place chicken in the mixture. Cover, and marinate 8 hours, or overnight.

Preheat an outdoor grill for high heat.

Lightly oil the grill grate. Place chicken on the prepared grill, and cook 6 to 8 minutes per side, until juices run clear. Discard marinade.
Culinarius' Thai Chicken Stew

**Ingredients**

- 2 tablespoons sesame oil
- 2 pounds boneless chicken pieces, cut into strips
- 2 tablespoons fresh lemon juice
- 2 tablespoons soy sauce
- 2 (15 ounce) cans coconut milk
- 1/4 cup red curry paste
- 1/4 cup flour
- 2 red bell peppers, chopped
- 1 sweet onion, chopped
- 1 red onion, chopped
- 2 cloves garlic, minced
- 2 large potatoes, cubed
- 2 (8 ounce) cans sliced bamboo shoots, drained
- 2 (8 ounce) cans sliced water chestnuts, drained
- 2 (8 ounce) cans baby corn, drained
- 1 (12 ounce) can sliced mushrooms, drained
- 1/4 cup chopped cilantro

**Directions**

Heat the sesame oil in a stockpot over medium-high heat; add the chicken, lemon juice, and soy sauce; cook and stir until the chicken is cooked through, 3 to 5 minutes.

Whisk together the coconut milk, curry paste, and flour in a bowl until smooth; pour into the skillet. Add the bell pepper, sweet onion, red onion, garlic, potatoes, bamboo shoots, water chestnuts, and mushrooms; reduce heat to low, cover, and simmer 45 minutes. Stir in cilantro and remove from heat.
Avocado Chicken Stir-Fry

**Ingredients**

- 1/2 cup chicken broth
- 1/4 cup soy sauce
- 1 tablespoon cornstarch
- 1 clove garlic, minced
- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breast halves, cut into bite size pieces
- 2 cups snow peas
- 2 cups cremini mushrooms, stems discarded, caps thinly sliced
- 4 bunches green onions, cut into 1-inch pieces
- 2 large ripe but firm avocados - peeled, pitted, and cut into large chunks

**Directions**

In a bowl, stir together the chicken broth, soy sauce, cornstarch, and garlic until the cornstarch is smooth, and set aside.

Heat the oil in a wok or large skillet over medium-high heat until shimmering, and cook and stir the chicken until cooked through and no longer pink in the center, about 5 minutes. Remove from the wok and set aside. Place the snow peas into the hot wok, and cook and stir until bright green and still crisp, about 3 minutes. Stir in the mushrooms and green onions, and toss with the snow peas in the hot oil until the mushrooms are tender and have given up their juice, about 5 minutes. Pour off excess juices, if any.

Return the chicken to the wok, and stir briefly over medium heat to combine with the cooked vegetables. Stir the reserved sauce ingredients to recombine, if needed, and add to the wok. Gently stir in the avocado, and let the mixture bubble until the sauce thickens, about 3 minutes. Stir gently to coat everything in sauce, and serve.
Easy Chicken Enchiladas

**Ingredients**

- 3 cups shredded Cheddar cheese, divided
- 2 cups shredded Monterey Jack cheese
- 2 cups chopped cooked chicken
- 2 cups sour cream
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1 (4 ounce) can chopped green chilies
- 2 tablespoons finely chopped onion
- 1/4 teaspoon pepper
- 1/8 teaspoon salt
- 10 (8 inch) flour tortillas, warmed

**Directions**

In a large bowl, combine 2 cups cheddar cheese, Monterey Jack cheese, chicken, sour cream, soup, chilies, onion, pepper and salt. Spoon about 1/2 cup off center on each tortilla; roll up. Place seam side down in a greased 13-in. x 9-in. x 2-in. baking dish.

Cover and bake at 350 degrees F for 20 minutes. Uncover; sprinkle with remaining cheddar cheese. Bake 5 minutes longer or until cheese is melted. Let stand for 10 minutes before serving.
# Sweet Orange Chicken II

## Ingredients
- 5 pounds bone-in chicken parts
- 1/2 cup orange marmalade
- 2 cups orange juice, or as needed
- 3/4 cup dried cranberries

## Directions
Place chicken into a Dutch oven or large saucepan. Stir together the orange marmalade and orange juice; pour over chicken. Sprinkle in the cranberries.

Bring to a boil over medium heat, and cook for 30 to 40 minutes, or until chicken is no longer pink, and the juices run clear. Check occasionally, and add more orange juice if necessary.
Chicken Pasta Primavera

Ingredients

- 1 red bell pepper, cut into 1 inch pieces
- 1 yellow bell pepper, cut into 1 inch pieces
- 1 green bell pepper, cut into 1 inch pieces
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 (14.5 ounce) can peeled and diced tomatoes
- 1 (10 ounce) can diced tomatoes with green chile peppers
- 1 pound angel hair pasta
- 2 tablespoons butter
- 2 tablespoons olive oil
- 4 skinless, boneless chicken breast halves - cut into bite size pieces
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried thyme
- 1/2 teaspoon garlic powder
- 1/4 cup grated Parmesan cheese

Directions

In a large skillet over medium heat, cook red, yellow and green bell peppers in 2 tablespoons olive oil with garlic until just tender. Stir in diced tomatoes and diced tomatoes with chiles, reduce heat to medium-low and simmer 10 minutes. Remove to a serving bowl.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

While pasta is cooking, heat 2 tablespoons oil and butter over medium heat in a large skillet. Cook chicken in butter mixture until juices run clear, 5 to 10 minutes. Place cooked chicken over tomato sauce and sprinkle with basil, rosemary, thyme, garlic powder and Parmesan. Serve with cooked pasta.
Spicy Peanut Chicken

**Ingredients**

- 1 1/2 teaspoons curry powder
- 2 tablespoons Thai chili garlic sauce (Sriracha), or to taste
- 1 1/2 teaspoons ground cayenne pepper, or to taste
- 1/2 teaspoon ground cinnamon
- 2 teaspoons soy sauce
- 1/2 pound uncooked spaghetti
- 1 tablespoon peanut oil
- 2 large skinless, boneless chicken breast halves, cut into 1-inch cubes
- 3 1/2 cups water
- 2 cups extra chunky peanut butter
- 4 green onions, coarsely chopped
- 1/2 cup chow mein noodles

**Directions**

Combine curry powder, Thai chili garlic sauce, cayenne pepper, cinnamon, and soy sauce in a small bowl, and set aside. Fill a saucepan with water, and bring it to a boil. When the water is boiling, drop in the spaghetti and cook for 8 to 12 minutes, stirring occasionally, until tender. Drain the spaghetti, and set aside.

Heat peanut oil in a skillet or wok over medium-high heat until barely smoking, and drop in the chicken. Cook and stir 5 to 8 minutes, until the chicken is just beginning to brown and the inside is no longer pink. Remove chicken from the skillet, and set aside.

Make the peanut sauce by stirring together peanut butter and 3 1/2 cups of water in a saucepan over medium heat until mixture is smooth and the peanut butter is melted. Pour in the curry-chili sauce, and simmer, stirring occasionally, until the sauce is thickened, about 15 minutes.

To serve, place the noodles in a large bowl, top with chicken, and spoon the peanut sauce over the chicken. Sprinkle the green onions over the dish, and garnish with chow mein noodles.
Creamy Homemade Chicken Stew

Ingredients

- 1 cup lowfat evaporated milk
- 1/4 cup all-purpose flour
- 1 1/2 pounds chicken leg meat
- 3/4 pound small fresh button mushrooms
- 2 potatoes, peeled and cubed
- 2 cups pearl onions
- 2 large carrots, coarsely chopped
- 2 1/4 cups frozen green peas, thawed
- 1 cup chicken broth
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon dried marjoram
- 1/4 teaspoon dried rosemary
- 1/4 cup chopped fresh parsley

Directions

In a small bowl stir together evaporated milk and flour until smooth. Place chicken, mushrooms, potatoes, onions, carrots and peas in slow cooker. Pour in milk mixture and broth. Season with salt, pepper, marjoram and rosemary. Cook on low 6 hours. Stir in parsley just before serving.
Chicken Vegetable Soup

Ingredients

- 1 boneless skinless chicken breasts, cut into 1 inch pieces
- 1 cup chopped onion
- 2 cloves garlic, minced
- 2 tablespoons margarine
- 1 (10 ounce) package frozen diced carrots
- 4 cups tomato-vegetable juice cocktail
- 4 cups water
- 1 1/2 cups farfalle pasta
- 1 tablespoon Italian seasoning
- 1 (10 ounce) package frozen chopped spinach

Directions

In a large saucepan over medium high heat, combine the chicken, onion, garlic and butter or margarine. Saute for about 5 minutes, or until the onions are tender. Add the carrots, tomato vegetable juice, water, macaroni and seasoning.

Bring to a boil, then reduce heat to low. Cover and simmer for about 20 minutes. Add the spinach and cook 5 more minutes. Serve hot with the crackers.
Chicken Fried Venison Steaks

**Ingredients**
- 2 cups seasoned dry bread crumbs
- 1/2 cup all-purpose flour
- salt and black pepper to taste
- 2 eggs
- 2 tablespoons milk
- 4 (6 ounce) venison loin steaks, pounded to 1/4 inch thick
- 1/2 cup vegetable oil

**Directions**
- Combine the bread crumbs, flour, salt and pepper in a 1-gallon size plastic zipper bag. Beat the eggs and milk together in a shallow bowl.

- Dip each steak in the egg mixture, place it in the plastic bag, and shake to coat with crumbs.

- Heat the oil in a skillet over medium heat and fry the steaks, turning once, until both sides are golden brown, about 6 to 8 minutes per side.
Ingredients

3/4 cup chicken broth
1 1/2 tablespoons tomato paste
1/4 teaspoon ground black pepper
1/2 teaspoon dried oregano
1/8 teaspoon salt
1 clove garlic, minced
4 boneless, skinless chicken breast halves
3 tablespoons dry bread crumbs
2 teaspoons olive oil
2 cups fresh sliced mushrooms

Directions

In a medium bowl, combine the broth, tomato paste, ground black pepper, oregano, salt and garlic. Mix well and set aside.

Dredge the chicken in the bread crumbs, coating well. Heat the oil in a large skillet over medium high heat. Saute the chicken in the oil for 2 minutes per side, or until lightly browned.

Add the reserved broth mixture and the mushrooms to the skillet and bring to a boil. Then cover, reduce heat to low and simmer for 20 minutes. Remove chicken and set aside, covering to keep it warm.

Bring broth mixture to a boil and cook for 4 minutes, or until reduced to desired thickness. Spoon sauce over the chicken and serve.
# Chicken Rice Hot Dish

## Ingredients
- 1/4 cup thinly sliced celery
- 3 tablespoons chopped onion
- 2 tablespoons butter or margarine
- 1 cup chicken broth
- 1 medium carrot, halved lengthwise and thinly sliced
- 1/3 cup uncooked long grain rice
- 1/4 teaspoon salt
- Dash pepper
- 1/2 cup cubed cooked chicken
- 1 tablespoon minced fresh parsley

## Directions
In a small saucepan, saute celery and onion in butter. Add broth, carrot, rice, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 20 minutes. Stir in chicken and parsley. Cover and simmer 5-10 minutes longer or until the rice and vegetable are tender.
Roasted Chicken and Potatoes

**Ingredients**

- 1 cup chopped celery
- 1 medium onion, chopped
- 1/2 cup butter or margarine
- 2 tablespoons poultry seasoning
- 1/2 teaspoon rubbed sage
- 8 cups cubed day-old white bread
- 1/2 cup chicken broth
- 1 (6 pound) roasting chicken
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 1 pinch pepper
- 6 medium baking potatoes, peeled and quartered
- 1 teaspoon chopped fresh parsley

**Directions**

In a skillet, sauté celery and onion in butter until tender, about 5 minutes. Add the poultry seasoning and sage. Place the bread cubes in a large bowl. Stir in celery mixture and chicken broth; mix lightly. Just before baking, stuff the chicken. Place on a rack in a roasting pan; tie the drumsticks together. Combine paprika, salt and pepper; rub over chicken. Bake, uncovered, at 350 degrees F for 1-1/2 hours, basting every 30 minutes. Place the potatoes around chicken; cover and bake 1-1/2 hours longer or until potatoes are tender and a meat thermometer reads 180 degrees F-185 degrees F. Sprinkle with parsley. Reserve pan drippings and thicken for gravy if desired.
Pretty Chicken Marinade

**Ingredients**

- 2/3 cup olive oil
- 2/3 cup reduced-sodium soy sauce
- 1/4 cup lemon juice
- 2 tablespoons liquid smoke flavoring
- 2 tablespoons spicy brown mustard
- 2 teaspoons ground black pepper
- 2 teaspoons garlic powder
- 4 skinless, boneless chicken breast halves

**Directions**

In a large bowl, mix the olive oil, soy sauce, lemon juice, liquid smoke, mustard, pepper, and garlic powder. Place chicken in the bowl, and coat with the marinade. Cover, and allow chicken to marinate a maximum of 4 hours in the refrigerator.

Preheat the grill for high heat.

Oil grill grate. Discard marinade, and place chicken on grate. Cook 6 to 8 minutes on each side, until juices run clear.
Lime Garlic Chicken

Ingredients

- 1 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 6 skinless, boneless chicken breast halves - cut into strips
- 1 cup butter
- 2 medium heads garlic, diced
- 1 lime, halved
- lemon pepper to taste

Directions

Mix flour, salt and pepper together in a resealable plastic bag. Add chicken, seal bag and shake to coat. Set aside.

Melt butter in a large skillet over medium heat. Add garlic and saute 3 to 4 minutes, until it starts to change color. Saute coated chicken strips with butter and garlic for 10 to 15 minutes, until cooked through and juices run clear.

Squeeze lime over chicken and sprinkle with lemon pepper. Serve hot.
Cheesy Chicken Pepper Pasta

**Ingredients**

- 2 tablespoons olive oil
- 1 pound skinless, boneless chicken breast halves - cut into strips
- 2 red bell peppers, sliced
- 2 cups milk
- 1/2 cup butter
- 16 ounces shredded Muenster cheese
- 1 clove garlic, minced
- 1/4 teaspoon garlic powder
- 2 tablespoons cornstarch
- 1 pound linguine pasta

**Directions**

In a large skillet over medium heat, warm olive oil and add chicken; sauté until it begins to turn golden brown. Add red bell peppers and cook until they become limp; cover and simmer.

In a medium saucepan over high heat, combine milk, butter, cheese and garlic; stir constantly for about 10 minutes to avoid burning. Sauce should now have a thickened sauce-like consistency; if not, add cornstarch in 1 teaspoon increments until desired consistency is reached.

Meanwhile, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Once the sauce is complete, combine it with the chicken and peppers mixture; add garlic powder to taste.

Pour sauce over hot pasta; serve.
Pollo en Pipian (Chicken in Pipian Sauce)

**Ingredients**

- 1 (3 pound) chicken, cut into parts
- 3 cups water
- 2 stalks celery
- 1 bay leaf, crumbled
- 1 onion, quartered
- 2 cloves garlic
- 2 teaspoons salt
- 2 teaspoons black pepper

**Sauce:**
- 1/2 cup blanched almonds
- 2/3 cup sesame seeds
- 1 tablespoon extra virgin olive oil
- 2 teaspoons chicken bouillon
- 3 guero chile peppers, chopped
- 2 jalapeno peppers, chopped
- 1/3 cup pitted black olives
- 2 teaspoons capers

**Directions**

In a large saucepan, combine chicken, water, celery, bay leaf, onion, and garlic. Season with salt and pepper. Cook until chicken is cooked through and tender. Strain, reserving the broth. Skin and bone the chicken; set the meat aside.

Toast the sesame seeds lightly in a skillet, stirring constantly, until they are fragrant. In a food processor or blender, puree the sesame seeds and almonds with 1 cup of the reserved chicken broth.

Heat oil in a skillet over medium low heat. Add the blended sesame seed and almond mixture, and cook for 5 to 8 minutes, or until thickened. Stir in 1 to 2 cups reserved chicken broth and chicken bouillon. Simmer for 5 minutes. Stir in the chopped peppers, olives, capers, and chicken. Simmer for 10 minutes, and serve hot.
### Ingredients

<table>
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<tr>
<th>Item</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>2 tablespoons cooking oil</td>
<td></td>
</tr>
<tr>
<td>6 skinless, boneless chicken breast halves - rinsed and patted dry</td>
<td></td>
</tr>
<tr>
<td>salt to taste</td>
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<tr>
<td>1 onion, diced</td>
<td></td>
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<tr>
<td>2 cloves garlic, minced</td>
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<tr>
<td>1 fresh jalapeno pepper, sliced into rings</td>
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<tr>
<td>1 pound frozen tart cherries, thawed and roughly chopped</td>
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</tr>
<tr>
<td>1 pound frozen mango chunks, thawed and roughly chopped</td>
<td></td>
</tr>
<tr>
<td>2 cups sparkling cherry juice (such as R.W. Knudsen®)</td>
<td></td>
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<tr>
<td>1/4 cup fresh lemon juice, or to taste</td>
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</tr>
<tr>
<td>2 tablespoons brown sugar</td>
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</tbody>
</table>

### Directions

Heat the oil in a large, deep skillet over medium heat. Sprinkle salt over both sides of each piece of chicken; cook the chicken in the hot oil until browned on both sides, but still slightly pink in the center, 3 to 5 minutes per side. Remove chicken to a plate and set aside. Add the onion, garlic, and jalapeno pepper to the remaining oil in the skillet; cook and stir until the onion is tender and beginning to brown, 5 to 7 minutes. Stir the cherry and mango into the mixture; cook and stir until the liquid in the pan is slightly thickened, 3 to 5 minutes. Add the cherry juice, lemon juice, and brown sugar to the mixture; stir and return to a simmer.

Return the chicken to the pan. Ladle some of the sauce over the chicken to cover. Return the mixture to a simmer and cook until the liquid thickens and the chicken is no longer pink in the center and the juices run clear, about 10 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
Buffalo Chicken Phyllo Wraps

**Ingredients**

- 2 (5 ounce) skinless, boneless chicken breast halves
- 1/4 cup hot pepper sauce (such as Frank's RedHot®)
- 6 sheets phyllo dough
- 1 tablespoon olive oil
- salt and pepper to taste
- 1/2 cup hot pepper sauce (such as Frank's RedHot®)
- 2 tablespoons distilled white vinegar
- 1/2 cup light garlic-flavored cream cheese
- 1 tablespoon olive oil

**Directions**

Combine chicken and 1/4 cup hot sauce in a shallow dish; marinate in the refrigerator for 1 hour. Grease a 9x13-inch baking dish.

Preheat oven to 350 degrees F (175 degrees C). Place phyllo sheets on work surface; cover with damp towel to keep from drying out.

Heat 1 tablespoon olive oil in a small skillet over medium heat. Remove chicken from hot sauce; season with salt and pepper. Cook the chicken in the oil until the juices run clear, 3 to 5 minutes per side. Remove from heat; shred. Combine the shredded chicken, remaining 1/2 cup hot sauce, vinegar, and cream cheese in a large bowl. Stir until creamy. Allow mixture to cool, about 5 minutes.

Remove 1 phyllo sheet from stack; fold in half lengthwise. Brush lightly with oil. Place 2 heaping tablespoons of the chicken mixture at the bottom of the folded phyllo, about 1 inch from the bottom. Fold bottom of phyllo over filling, fold in each side, roll wrap to the end of the phyllo sheet. Repeat with remaining phyllo sheets and chicken mixture.

Place phyllo rolls in prepared baking dish. Bake in preheated oven until phyllo is brown and flaky, 20 to 25 minutes.
**Ingredients**

- 8 tablespoons butter, divided
- 4 skinless, boneless chicken breast halves
- salt and pepper to taste
- 6 ounces button mushrooms, sliced
- 3/4 cup Marsala wine, divided
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 3/4 cup heavy cream
- 1/2 teaspoon chopped fresh rosemary
- 1/4 teaspoon chopped fresh thyme
- 1 (12 ounce) package uncooked linguine pasta

**Directions**

Melt 6 tablespoons butter in a large skillet over medium high heat. Season chicken with salt and pepper and add to skillet. Cook until halfway done and golden brown on both sides, about 4 to 7 minutes each side. When browned, remove chicken to a 9x13 inch baking dish. Set skillet aside, reserving drippings.

In a separate skillet, melt the 2 remaining tablespoons of butter over medium high heat and saute mushrooms. Add 1/4 cup of the wine and stir; let reduce over low heat for 5 minutes. Set mushrooms and drippings aside, keeping warm.

Preheat oven to 375 degrees F (190 degrees C).

Add cream of chicken soup and cream of mushroom soup to reserved chicken/drippings skillet. Mix soups well with drippings, making sure no lumps remain. Slowly add cream, stirring constantly, then add remaining 1/2 cup wine; season with rosemary and thyme. Adjust amount of wine as needed to make a nice, thick gravy consistency. Let mixture simmer over medium heat until bubbly, then add reserved mushroom mixture and stir together.

Pour soup/mushroom mixture over chicken in baking dish, cover and bake in preheated oven for 30 to 45 minutes.

About 15 minutes before serving chicken, bring a large pot of lightly salted water to a boil. Add linguine and cook for 8 to 10 minutes or until al dente; drain. Serve chicken breasts and sauce over the hot cooked pasta.
Chicken Tortilla Soup

**Ingredients**
- 1 cup chopped onion
- 1 teaspoon minced garlic
- 3 cups chicken broth
- 1 (14.5 ounce) can Mexican diced tomatoes
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 1 1/2 pounds skinless, boneless chicken breast meat - cubed
- 2 tablespoons cornstarch
- 1/4 cup cold water
- 1/4 cup shredded Mexican cheese blend
- 1 tablespoon minced fresh cilantro
- Tortilla chips

**Directions**

In a large saucepan, combine the first six ingredients; bring to a boil. Add chicken. Reduce heat; cover and simmer for 4-6 minutes or until chicken is no longer pink. Combine cornstarch and water until smooth; gradually stir into soup.

Bring to a boil; cook and stir for 1 minute or until thickened. Top servings with cheese and cilantro. Serve with tortilla chips if desired.
Italian Chicken Casserole

Ingredients

- 4 ounces turkey Italian sausages, casings removed
- 1 small onion, chopped
- 1/3 cup chopped celery
- 2 (4 ounce) skinless, boneless chicken breast halves
- 1/2 teaspoon paprika
- 2 teaspoons canola or vegetable oil
- 3/4 cup water
- 1/4 cup sherry, or chicken broth
- 1/4 teaspoon chicken bouillon granules
- 2 garlic cloves, minced
- 1/4 cup uncooked long grain rice
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup sliced fresh mushrooms

Directions

Crumble sausage into a skillet; add onion and celery. Cook over medium heat until meat is no longer pink; drain and set aside. Sprinkle chicken with paprika. In the same skillet, cook chicken in oil for 2-3 minutes on each side or until chicken juices run clear; remove and set aside.

Return sausage mixture to the skillet. Add the broth, bouillon, garlic, rice, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 15 minutes. Add chicken and mushrooms; cook 5 minutes longer or until rice is done and chicken is heated through.
### Ingredients

- 2 cups uncooked white rice
- 4 cups water
- 3 tablespoons vegetable oil
- 2 cloves garlic, minced
- 3 skinless, boneless chicken breast halves - cut into bite-size pieces
- 2 tablespoons soy sauce, or to taste
- 1/2 cup dry-roasted, unsalted peanuts
- 4 large leaves of iceberg lettuce
- 1 (11 ounce) can mandarin oranges, drained

### Directions

Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Let the rice stand, covered, while you finish the dish.

Heat oil in a skillet over medium heat until shimmering, and cook and stir the garlic until fragrant, about 1 minute. Stir in the chicken, and cook and stir until seared and beginning to brown, about 5 minutes. Stir in soy sauce and peanuts, and cook and stir until the chicken is no longer pink inside, and the soy sauce has coated the chicken and peanuts, 5 more minutes. Remove the chicken mixture from the heat.

Line 4 plates with lettuce leaves, and scoop 1 cup of cooked rice onto each leaf. Top with chicken-peanut mixture, and sprinkle each plate with mandarin orange slices.
Pear Walnut Chicken

Ingredients

- 1 (15 ounce) can sliced pears
- 1/2 cup unsweetened apple juice
- 1/4 cup packed brown sugar
- 3 tablespoons soy sauce
- 1/2 teaspoon garlic powder
- 1 1/2 pounds skinless, boneless chicken breast halves - cut into 1 inch cubes
- 3 tablespoons vegetable oil
- 2 tablespoons minced fresh parsley
- 2 tablespoons cornstarch
- 1/4 cup cold water
- 1/2 cup chopped walnuts
- Hot cooked rice

Directions

Drain pears, reserving juice in a 1-cup measuring cup. Add enough water to measure 3/4 cup. Set pears aside. In a small bowl, combine the pear juice mixture, apple juice, brown sugar, soy sauce and garlic powder; set aside.

In a large skillet, sauté chicken in oil for 4-6 minutes or until no longer pink. Add parsley and pear juice mixture. Cover and simmer for 5-7 minutes, stirring occasionally.

In a small bowl, combine cornstarch and cold water until smooth; pour into skillet. Bring to a boil; cook and stir for 1 minute or until thickened. Stir in walnuts and pears. Serve over rice if desired.
Spinach Chicken Parmesan

Ingredients

- 1/3 cup grated Parmesan cheese
- 1/4 teaspoon Italian seasoning
- 6 skinless, boneless chicken breasts
- 1/4 cup chopped green onions
- 1 tablespoon butter
- 1 tablespoon all-purpose flour
- 1/2 cup skim milk
- 1/2 (10 ounce) package frozen chopped spinach, thawed and drained
- 1 tablespoon chopped pimento peppers

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a small bowl combine cheese and seasoning. Roll chicken pieces in cheese mixture to coat lightly. Set remaining cheese mixture aside. Arrange coated chicken pieces in an 8x8x2 inch baking dish.

In a small saucepan, saute green onion in butter/margarine until tender. Stir in flour, then add milk all at once. Simmer, stirring, until bubbly. Stir in drained spinach and pimiento and mix together. Spoon spinach mixture over chicken and sprinkle with remaining cheese mixture. Bake uncovered for 30 to 35 minutes or until tender and chicken juices run clear.
Black and Bleu Chicken Alfredo

**Ingredients**

- 3 skinless, boneless chicken breast halves
- steak seasoning to taste
- 2 (10 ounce) containers Alfredo sauce
- 1 (8 ounce) bottle blue cheese dressing
- 2 fresh tomatoes, diced
- 1 (16 ounce) package angel hair pasta

**Directions**

Preheat an outdoor grill for high heat. Lightly oil grill grate. Season chicken on both sides with steak seasoning. Grill 6 to 8 minutes on each side, until juices run clear. Cool and slice.

In a saucepan over low heat, mix the Alfredo sauce, bleu cheese dressing, and tomatoes. Cook and stir until the sauce boils.

Bring a large pot of lightly salted water to a boil. Add angel hair pasta, cook 2 to 4 minutes, until al dente, and drain. Transfer to a large bowl, and toss with the grilled chicken and sauce to serve.
### Ingredients

<table>
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<tbody>
<tr>
<td>chopped onion</td>
<td>1 cup</td>
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<tr>
<td>golden raisins</td>
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<tr>
<td>currants</td>
<td>1/3 cup</td>
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<tr>
<td>garlic, minced</td>
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<tr>
<td>ancho chile powder</td>
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<tr>
<td>toasted sesame seeds</td>
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<tr>
<td>cumin</td>
<td>3/4 teaspoon</td>
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<tr>
<td>cinnamon</td>
<td>3/4 teaspoon</td>
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<tr>
<td>cocoa powder</td>
<td>5 teaspoons</td>
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<tr>
<td>hot pepper sauce, or to taste</td>
<td>1/4 teaspoon</td>
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<tr>
<td>diced tomatoes</td>
<td>1 (14.5 ounce) can</td>
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<tr>
<td>tomato sauce</td>
<td>1 cup</td>
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<tr>
<td>chicken broth</td>
<td>1 cup</td>
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<tr>
<td>skinless, boneless chicken breast halves</td>
<td>3 pounds</td>
</tr>
<tr>
<td>slivered almonds, for garnish</td>
<td>1/4 cup</td>
</tr>
</tbody>
</table>

### Directions

Place the onion, raisins, currants, garlic, chile powder, sesame seeds, cumin, cinnamon, cocoa powder, hot sauce, tomatoes, tomato sauce, and chicken broth into a slow cooker; stir to mix. Add the chicken breasts, and stir to cover with sauce.

Cover and cook on Low 6 hours, then increase heat to High, and continue cooking until the chicken is tender, about 3 hours more. Or cook on Low for 11 to 12 hours.

Once the chicken is tender, remove, shred, and stir it back into the mole. Serve sprinkled with slivered almonds.
Easy As Chicken Pot Pie

Ingredients

<table>
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</thead>
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<tr>
<td>1 sheet frozen puff pastry, thawed</td>
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<tr>
<td>1 1/3 cups frozen peas and carrots</td>
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</tr>
<tr>
<td>2/3 cup frozen corn kernels</td>
<td></td>
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<tr>
<td>2 tablespoons butter</td>
<td></td>
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<tr>
<td>1/4 cup all-purpose flour</td>
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<tr>
<td>2 cups milk</td>
<td></td>
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<tr>
<td>1 teaspoon crumbled dried thyme, or to taste</td>
<td></td>
</tr>
<tr>
<td>2 cups diced cooked chicken</td>
<td></td>
</tr>
<tr>
<td>salt and ground black pepper to taste</td>
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</tr>
</tbody>
</table>

Directions

Preheat oven to 375 degrees F (190 degrees C).

Use a pizza cutter to slice the puff pastry into 8 equal-sized strips. Weave the strips into a square lattice and place on a greased baking sheet.

Bake in preheated oven until it just starts to brown, 10 to 15 minutes. Remove from oven and set aside.

Place the frozen peas, carrots, and corn in a microwave-safe bowl and cook in the microwave until cooked but still firm, 5 to 10 minutes.

Melt the butter in a skillet over medium heat. Stir in the flour and cook for 1 minute. Pour in the milk and stir while cooking until the mixture is smooth. Add the thyme and continue to cook and stir until the mixture thickens. Stir in the cooked vegetables and the chicken. Season with salt and pepper. Cook until heated through, stirring frequently, 5 to 7 minutes.

Pour the chicken mixture into a 2-quart baking dish. Lay the pastry lattice on top. Bake in the preheated oven until the crust is golden brown, 10 to 15 minutes.
# Fruity Chicken Salad

## Ingredients
- 8 ounces uncooked spiral pasta
- 1 (20 ounce) can pineapple chunks
- 3 cups cubed cooked chicken
- 1 (15 ounce) can sliced peaches, drained and diced
- 2 tablespoons raisins
- 1/3 cup vegetable oil
- 1/4 cup soy sauce
- 1 teaspoon curry powder
- 1/2 cup chopped pecans

## Directions
Cook pasta according to package directions; rinse with cold water and drain. Drain pineapple, reserving 1/2 cup juice. Dice the pineapple and place in a large bowl. Add pasta, chicken, peaches and raisins. In a small bowl, whisk together the oil, soy sauce, curry powder and reserved pineapple juice. Pour over pasta mixture; toss to coat. Cover and refrigerate for 2 hours. Stir in pecans just before serving.
15-Minute Herbed Chicken

**Ingredients**

- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breasts
- 1 (10.75 ounce) can Campbell’s® Condensed Cream of Chicken with Herbs Soup
- 1/2 cup milk
- Broth Simmered Rice (see note)

**Directions**

- Heat oil in skillet. Add chicken and cook until browned.
- Add soup and milk. Heat to a boil. Cover and cook over low heat 5 minutes or until done. Serve with Broth Simmered Rice.
Thai Spicy Basil Chicken Fried Rice

**Ingredients**

- 3 tablespoons oyster sauce
- 2 tablespoons fish sauce
- 1 teaspoon white sugar
- 1/2 cup peanut oil for frying
- 4 cups cooked jasmine rice, chilled
- 6 large cloves garlic clove, crushed
- 2 serrano peppers, crushed
- 1 pound boneless, skinless chicken breast, cut into thin strips
- 1 red pepper, seeded and thinly sliced
- 1 onion, thinly sliced
- 2 cups sweet Thai basil
- 1 cucumber, sliced (optional)
- 1/2 cup cilantro sprigs (optional)

**Directions**

Whisk together the oyster sauce, fish sauce, and sugar in a bowl.

Heat the oil in a wok over medium-high heat until the oil begins to smoke. Add the garlic and serrano peppers, stirring quickly. Stir in the chicken, bell pepper, onion and oyster sauce mixture; cook until the chicken is no longer pink. Raise heat to high and stir in the chilled rice; stir quickly until the sauce is blended with the rice. Use the back of a spoon to break up any rice sticking together.

Remove from heat and mix in the basil leaves. Garnish with sliced cucumber and cilantro as desired.
Parma-Wrapped Chicken with Mediterranean Vegetables

Ingredients

- 1/2 pound baby red potatoes, cut in half
- 1 zucchini, halved lengthwise and cut into 1 inch slices
- 1 red onion, cut into 1/2-inch thick wedges
- 2 red bell peppers, cut into 1 inch pieces
- 12 cherry tomatoes
- 2 tablespoons minced garlic
- 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon crushed red pepper flakes
- Salt and freshly ground pepper to taste
- 2 tablespoons olive oil
- 2 (5 ounce) skinless, boneless chicken breast halves
- 4 (1/2 ounce) slices thinly sliced prosciutto di Parma

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place potatoes, zucchini, onion, bell peppers, and tomatoes into a large bowl. Add the garlic, thyme, and red pepper flakes; season to taste with salt and pepper. Pour in olive oil, then toss until the vegetables are evenly coated with oil. Pour into a glass baking dish, and bake in preheated oven for 15 minutes.

Meanwhile, season the chicken to taste with salt and pepper. Wrap each chicken breast with two slices of prosciutto, and secure with toothpicks. After the vegetables have cooked for 15 minutes, place the prosciutto-wrapped chicken on top of the vegetables, and continue baking until the chicken has firmed and turned opaque, about 30 minutes.

To serve, remove the chicken from the baking dish, and allow to rest for 5 minutes. Divide the roasted vegetables among two dinner plates. Remove toothpicks from chicken, then slice each piece of chicken into five diagonal slices. Fan the chicken out on top of the vegetables.
Greek Chicken Burgers with Feta

**Ingredients**

- 1 pound ground chicken
- 1/2 cup dry bread crumbs
- 1 egg
- 1 tablespoon lemon juice
- 2 tablespoons chopped sun-dried tomatoes
- 1 tablespoon chopped fresh basil
- 3 teaspoons chopped fresh oregano
- salt and pepper to taste
- 2 ounces crumbled feta cheese

**Directions**

Preheat an outdoor grill for medium-high heat, and lightly oil the grate.

Mix the chicken, bread crumbs, egg, lemon juice, sun-dried tomatoes, basil, oregano, salt, and pepper together in a bowl; form the mixture into 5 patties. Divide the feta cheese between the 5 patties; place a portion of the feta cheese atop each patty and fold the chicken mixture around the cheese so that the cheese is in the center.

Cook on the preheated grill until no longer pink on the inside and the juices run clear, 5 to 7 minutes per side. An instant-read thermometer inserted into the center should read 165 degrees F (75 degrees C).
Ingredients

- 5 tablespoons olive oil, divided
- 1 (8 ounce) package sliced fresh mushrooms
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 pound large shrimp, peeled and deveined
- 1 1/4 teaspoons salt, divided
- 4 skinless, boneless chicken breast halves - cut into 1 inch cubes
- 3 tablespoons all-purpose flour, divided
- 1/4 cup dry white wine
- 1 1/4 cups water
- ground black pepper to taste

Directions

Heat 1 tablespoon oil in a large skillet over medium high heat. Saute mushrooms until golden; remove from skillet with a slotted spoon and set aside.

Add another 2 tablespoons oil to skillet. Saute onion, garlic and shrimp until opaque. Remove from skillet and add to mushrooms.

In a shallow dish or bowl mix 2 tablespoons flour with 3/4 teaspoon salt. Dredge chicken in flour to coat. Add 1 tablespoon oil to skillet and saute chicken in oil for 3 to 5 minutes or until no longer pink. Add chicken to mushroom/shrimp mixture.

Heat 1 tablespoon oil in skillet and stir in 1 tablespoon flour. Cook about 30 seconds, stirring constantly, until brown. Stir in wine, 1/2 teaspoon salt and water. Boil for 1 minute.

Reduce heat to medium low and return shrimp and chicken mixture to skillet. Simmer for about 10 minutes, season with pepper and serve.
Soup-erb Chicken Casserole

Ingredients

- 1 (10.75 ounce) can Campbell's® Condensed Cream of Broccoli Soup or Campbell's® Condensed 98% Fat Free Cream of Broccoli Soup
- 1 cup milk
- 1/2 cup shredded mozzarella cheese
- 1/4 teaspoon garlic powder
- 1/8 teaspoon ground black pepper
- 2 cups hot cooked elbow pasta
- 2 cups cubed cooked chicken or turkey
- 1 (10 ounce) package frozen peas and carrots, cooked and drained
- 1/2 cup Pepperidge Farm® Herb Seasoned Stuffing, crushed
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons butter or margarine

Directions

Preheat oven to 400 degrees F.

Mix soup, milk, mozzarella cheese, garlic powder and black pepper in 2-quart baking dish. Stir in pasta, chicken and peas and carrots.

Bake 20 minutes. Stir.

Mix stuffing, Parmesan cheese and butter. Sprinkle on top. Bake 5 minutes or until hot.
**Ingredients**

- 2 teaspoons corn oil
- 1 skinless, boneless chicken breast half - cut into bite-size pieces
- 1/2 teaspoon garlic powder
- 1 1/2 tablespoons mayonnaise
- 1/2 lime, juiced
- 1/2 teaspoon ground ginger
- 2 teaspoons milk
- 2 cups fresh spinach, stems removed
- 4 fresh strawberries, sliced
- 1 1/2 tablespoons slivered almonds
- freshly ground black pepper to taste

**Directions**

Heat oil in a skillet over medium heat. Place chicken in skillet, season with garlic powder and cook 10 minutes on each side or until juices run clear. Set aside.

In a bowl, mix mayonnaise, lime juice, ginger and milk.

Arrange spinach on serving dishes. Top with chicken and strawberries, sprinkle with almonds and drizzle with dressing. Season with pepper to serve.
4 skinless, boneless chicken breast halves
1 pound broccoli florets, cooked
1 (10.75 ounce) can condensed cream of mushroom soup
1 tablespoon mayonnaise
1 cup shredded Cheddar cheese
1 cup dry stuffing mix

Preheat oven to 350 degrees F (175 degrees C).

Boil chicken until tender and shred or cut into bite size pieces. Meanwhile, steam broccoli until crisp but tender.

In a small bowl mix together the soup and mayonnaise. Set aside. In a 9x13 inch baking dish layer the chicken, broccoli, soup mixture, and cheese. Sprinkle dry stuffing mix over the top and bake in the preheated oven for 25-30 minutes.
Baked Potato Chips Chicken

**Ingredients**

- 1 teaspoon butter
- 1 cup self-rising flour
- 1 tablespoon garlic powder
- 2 tablespoons meat tenderizer
- 1 tablespoon salt
- 1 tablespoon ground black pepper
- 3 cups crushed potato chips (such as Lay's®)
- 1/2 cup olive oil
- 8 chicken tenders

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9-inch baking dish with butter.

In a bowl, stir together the self-rising flour, garlic powder, meat tenderizer, salt, and pepper. In a separate bowl, place the crushed potato chips. Pour the olive oil into a third bowl.

Rinse the chicken tenders under cold water. Working one at a time, dip a chicken tender into olive oil, then into the seasoned flour mixture, then back into the olive oil, then into the crushed potato chips. Lay the coated chicken tender into the prepared baking dish. Repeat with all the other pieces of chicken. Sprinkle about 1 tablespoon of the seasoned flour onto the chicken pieces, then sprinkle the chicken with remaining potato chips.

Place the baking dish onto the middle rack of preheated oven, and bake until the chicken is no longer pink inside, the juices run clear, and the coating is golden brown, about 30 minutes.
Baked Chicken & Brussels Sprouts

**Ingredients**

1 tablespoon extra virgin olive oil
1 1/4 pounds boneless, skinless chicken breast, cut into 8 pieces
1 pound fresh Brussels sprouts
1 1/2 cups chopped yellow onion
2 1/2 tablespoons fresh rosemary
1 1/2 cups 99% fat-free chicken broth
Salt and black pepper to taste

**Directions**

Preheat oven to 375 degrees. In a skillet, heat oil and brown chicken. Lay chicken in a shallow baking dish and surround with Brussels sprouts. Sprinkle onions and rosemary over chicken. Add broth, salt and pepper. Bake, covered, for 20 minutes. Uncover, increase oven temperature to 400 degrees, and bake 30 to 40 minutes, until sprouts are cooked firm, not mushy. Serve
### Ingredients

- 1 1/2 cups orange juice
- 3/4 cup peanut butter
- 2 tablespoons curry powder
- 4 boneless, skinless chicken breast halves
- 2 medium red sweet peppers, halved and seeded
- 1/4 cup flaked coconut, toasted
- 1/4 cup dried currants
- Hot cooked rice

### Directions

In a bowl, combine the orange juice, peanut butter and curry powder. Pour a third of the marinade into a large resealable plastic bag; add chicken. Seal bag and turn to coat; refrigerate for 8 hours or overnight. Cover and refrigerate remaining marinade.

Drain and discard marinade from chicken. Grill chicken and peppers over medium heat for 8-10 minutes on each side or until chicken juices run clear and peppers are tender. Warm the reserved marinade. Cut chicken and peppers into 1/2-in. strips; sprinkle with coconut and currants. Serve with rice and reserved marinade.
### Ingredients
- 5 skinless, boneless chicken breast halves
- 1 1/2 (1 ounce) packages dry onion soup mix
- 2 cups water
- 1 (15 ounce) can pineapple, drained
- 1 large orange, sliced in rounds
- 1 tablespoon vegetable oil

### Directions
Spray large frying pan or electric skillet with vegetable spray. Brown chicken breasts in pan, meat side down.

Turn chicken over; add pineapple chunks, onion soup, and water.

Cover, and reduce heat to low. Simmer for 30 minutes. Garnish with cooked pineapple chunks and fresh orange slices.
**RC's Baked Peanut Chicken**

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

In a shallow bowl, mix the peanuts, garlic powder, onion powder, and salt-free herb seasoning blend.

Dip the chicken thighs in the melted butter, then press into the peanuts to coat. Arrange on a baking sheet.

Bake 45 minutes in the preheated oven, or until chicken juices run clear.

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**Ingredients**

1/2 cup crushed dry-roasted, salted peanuts
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1 teaspoon salt-free herb seasoning blend
6 chicken thighs, skinned
1/2 cup melted butter
Pressure Cooker Chicken with Duck Sauce

Ingredients

- 1 tablespoon olive oil
- 1 (3 pound) whole chicken, cut into pieces
- salt and pepper to taste
- 1/2 teaspoon paprika
- 1/2 teaspoon dried marjoram
- 1/4 cup white wine
- 1/4 cup chicken broth
- DUCK SAUCE:
  - 1/4 cup apricot preserves
  - 2 tablespoons white vinegar
  - 1 1/2 teaspoons minced fresh ginger root
- 2 tablespoons honey

Directions

Heat the olive oil in the pressure cooker with the lid off, over medium-high heat. Add chicken and brown on all sides as evenly as possible. Remove chicken from the cooker, and season with salt, pepper, paprika and marjoram. Drain and discard fat from the cooker, and mix in wine and chicken broth, scraping any bits of food that are stuck to the bottom.

Return chicken to the cooker over medium-high heat, secure the lid, and bring to high pressure for 8 minutes, or until the chicken is tender. Reduce pressure before opening the lid. The internal temperature of the chicken meat should be at 180 degrees F (82 degrees C).

Remove chicken to a serving dish, and add the apricot preserves, vinegar, ginger and honey to the pot. Bring to a boil, and cook uncovered until the sauce has reduced into a thick and syrupy consistency, about 10 minutes. Spoon over chicken and serve.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup mayonnaise</td>
</tr>
<tr>
<td>4 tablespoons barbecue sauce</td>
</tr>
<tr>
<td>2 tablespoons finely chopped onion</td>
</tr>
<tr>
<td>1 tablespoon lemon juice</td>
</tr>
<tr>
<td>1/4 teaspoon pepper</td>
</tr>
<tr>
<td>8 cups torn salad greens</td>
</tr>
<tr>
<td>2 large tomatoes, chopped</td>
</tr>
<tr>
<td>1 1/2 pounds boneless skinless chicken breasts, cooked and cubed</td>
</tr>
<tr>
<td>10 bacon strips, cooked and crumbled</td>
</tr>
<tr>
<td>2 hard-cooked eggs, sliced</td>
</tr>
</tbody>
</table>

### Directions

In a small bowl, combine the first five ingredients; mix well.

Cover and refrigerate until serving.

Place salad greens on a large serving platter. Sprinkle with tomatoes, chicken and bacon; garnish with eggs. Drizzle with dressing.
Ingredients

2 cups penne pasta, uncooked
3/4 pound boneless, skinless chicken breasts, thinly sliced
1/2 cup chopped onions
1 tablespoon olive oil
1 (6 ounce) package snow peas
1 small red pepper, chopped
2 teaspoons minced garlic
2 tablespoons butter
1 tablespoon flour
1 1/2 cups milk
4 ounces PHILADELPHIA Cream Cheese, cubed
1/2 cup DIGIORNO Grated Romano Cheese
1 tablespoon finely chopped fresh parsley

Directions

Cook pasta as directed on package. Meanwhile, cook chicken and onions in hot oil in large skillet for 6-8 min. or until chicken is done, stirring frequently. Add snow peas, red peppers and garlic; cook and stir 1 min. Remove from heat; cover to keep warm.

Melt butter in medium saucepan. Stir in flour until well blended. Gradually stir in milk. Bring to boil; cook on medium heat 2 min. or until thickened, stirring constantly. Add cream cheese, grated cheese, salt and black pepper; cook 1-2 min. or until cream cheese is completely melted and sauce is well blended, stirring constantly.

Drain pasta; place in large bowl. Add chicken mixture and sauce; toss to coat. Top with parsley.
# Veggies and Chicken in Cream Sauce

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves, cut into bite size pieces</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 red onion, sliced in rings</td>
<td></td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 fresh mushrooms, sliced</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 yellow bell peppers, sliced</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 cloves garlic, chopped</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 teaspoons chopped fresh cilantro</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 pinch crushed red pepper flakes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 (16 ounce) container sour cream</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tablespoon sweet pickle relish</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Directions

In a large skillet, fry the chicken pieces and onion rings in hot oil until browned. Salt and pepper to taste.

Add the sliced mushrooms and bell pepper and continue to saute for 5 minutes over medium heat.

Add 1/2 of the garlic, 1/2 of the cilantro and 1/2 of the pepper flakes and stir until mixed.

Add the other 1/2 of the garlic, cilantro and chile flakes, then add the sour cream and mix well. Add the hamburger relish and saute for another 5 to 10 minutes. Let cool and serve.
## Sesame Chicken Strips with Sweet Sauce

### Ingredients

- 1 cup mayonnaise
- 2 teaspoons dried minced onion
- 2 teaspoons dry mustard
- 1 cup crushed buttery round cracker crumbs
- 1/2 cup sesame seeds
- 2 pounds skinless, boneless chicken breast halves

**SAUCE:**
- 1 cup mayonnaise
- 2 tablespoons honey

### Directions

1. Preheat oven to 425 degrees F (220 degrees C).
2. In a shallow plate or bowl combine 1 cup mayonnaise, onion and mustard. Mix together and set aside. In a separate shallow plate or bowl combine the cracker crumbs and sesame seeds. Cut chicken lengthwise into 1/4 inch strips.
3. Dip chicken strips in mayonnaise mixture, then in sesame mixture to coat. Place coated strips in a single layer on a lightly greased cookie sheet.
4. Bake in preheated oven for 15 to 18 minutes, or until juices run clear. Mix 1 cup mayonnaise and honey together in a small bowl and serve with chicken strips.
Buffalo Chicken Sauce

Ingredients

1 1/2 cups butter
1 (12 fluid ounce) can or bottle hot sauce

Directions

Melt butter in a small saucepan over medium heat, or in microwave on high, until completely melted. Skim off white foam from the top and add hot sauce. Blend until well mixed, remove from heat and set aside until mixture starts to set.
**Slow Cooker Spaghetti Chicken**

**Ingredients**
- 1 (16 ounce) package spaghetti, cooked and drained
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (14.5 ounce) can diced tomatoes with green chile peppers
- 8 ounces processed cheese food
- 4 skinless, boneless chicken breast halves - boiled and cut into bite-size pieces

**Directions**

Bring a large pot of lightly salted water to a boil. Add spaghetti and cook for 8 to 10 minutes or until al dente; drain and set aside.

Put chicken soup, mushroom soup, tomatoes with green chile peppers and cheese in slow cooker over medium heat. Stir together and cook until cheese has melted.

Stir cooked chicken and spaghetti into cheese mixture and heat through. Reduce heat to medium low and cook for about 40 minutes.
## Chicken and Roasted Garlic Risotto

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>skinless, boneless chicken breast halves</td>
<td>4</td>
</tr>
<tr>
<td>tablespoon butter</td>
<td>1</td>
</tr>
<tr>
<td>10.75 ounce can Campell's® Soup</td>
<td>2</td>
</tr>
<tr>
<td>condensed Cream of Chicken Soup</td>
<td></td>
</tr>
<tr>
<td>10.75 ounce can Campbell's® Soup</td>
<td></td>
</tr>
<tr>
<td>condensed Cream of Mushroom with Roasted</td>
<td></td>
</tr>
<tr>
<td>Garlic Soup</td>
<td></td>
</tr>
<tr>
<td>cups water</td>
<td>2</td>
</tr>
<tr>
<td>uncooked instant white rice</td>
<td>2</td>
</tr>
<tr>
<td>cup frozen peas and carrots</td>
<td>1</td>
</tr>
</tbody>
</table>

### Directions

1. Season the chicken as desired.
2. Heat the butter in a 10-inch skillet over medium-high heat. Add the chicken and cook for 10 minutes or until it's well browned on both sides. Remove the chicken and set aside.
3. Stir the soups and water into the skillet. Heat to a boil. Stir in the rice and vegetables. Return the chicken to the skillet and reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through. Remove from the heat. Let stand for 5 minutes.
## Campbell's® Chicken and Bean Burritos

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>vegetable oil</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>onion, chopped</td>
<td>1 medium</td>
</tr>
<tr>
<td>garlic powder</td>
<td>1/8 teaspoon</td>
</tr>
<tr>
<td>Campbell's® Condensed Bean with Bacon Soup</td>
<td>1 (11.5 fl oz) can</td>
</tr>
<tr>
<td>Pace® Thick &amp; Chunky Salsa</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Swanson® Premium Chunk Chicken Breast in Water, drained</td>
<td>2 (4.5 ounce) cans</td>
</tr>
<tr>
<td>flour tortillas, warmed</td>
<td>3 (8 inch)</td>
</tr>
</tbody>
</table>

### Directions

- Heat the oil in a 10-inch skillet over medium heat. Add the onion and garlic powder and cook until the onion is tender.
- Stir the soup, salsa and chicken in the skillet. Cook until the chicken mixture is hot and bubbling.
- Spoon about 1/3 cup chicken mixture down the center of each tortilla. Fold up the sides of the tortillas around the filling then fold up the ends to enclose the filling.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon sugar</td>
<td>In a bowl, combine the sugar, cornstarch, water and soy sauce until smooth; set aside.</td>
</tr>
<tr>
<td>1 teaspoon cornstarch</td>
<td>In a skillet, saute onion in oil until crisp-tender.</td>
</tr>
<tr>
<td>1/3 cup water</td>
<td>Add chicken and cook until no longer pink. Stir in soy sauce mixture. Bring to a boil; cook and stir for 2 minutes or until thickened.</td>
</tr>
<tr>
<td>2 tablespoons soy sauce</td>
<td>Stir in cashews. Serve over rice.</td>
</tr>
<tr>
<td>1 small onion, cut into wedges</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1 boneless, skinless chicken breast, cut into 1/2 inch pieces</td>
<td></td>
</tr>
<tr>
<td>1/2 cup salted cashew halves</td>
<td></td>
</tr>
<tr>
<td>Hot cooked rice</td>
<td></td>
</tr>
</tbody>
</table>
Ingredients

1 pound thick cut bacon
1 onion, chopped
1 tablespoon olive oil
6 skinless, boneless chicken breast halves
1/2 cup stir-fry sauce
1 cup Ranch-style salad dressing
1 cup grated Parmesan cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat a large skillet to medium heat and fry bacon until crisp. Drain and pat dry with paper towels; set aside. In the same skillet, sauté onion in bacon fat until tender. Add to bacon and set aside.

In a separate large skillet, heat oil over medium high heat and brown chicken breasts. Place browned chicken in a lightly greased 9x13 inch baking dish; pour stir-fry sauce over chicken, then spoon salad dressing onto each breast. Sprinkle with cheese, and top with the bacon mixture.

Bake in preheated oven for 30 minutes or until chicken is cooked through and juices run clear.
Ingredients

1 teaspoon chili bean sauce
2 teaspoons rice wine
1 teaspoon light soy sauce
1 teaspoon dark soy sauce
2 teaspoons minced fresh ginger root
1 tablespoon chopped green onion
1 teaspoon white sugar
3/4 pound skinless, boneless chicken breast halves, cut into 2-by-1/2-inch strips
2 cups vegetable oil for frying
2/3 cup all-purpose flour

Directions

Whisk together the chile bean sauce, rice wine, light soy sauce, dark soy sauce, ginger root, green onion, and sugar. Place chicken strips in a large bowl and pour sauce over; refrigerate and allow to marinate for 30 to 40 minutes.

Heat oil in a deep-fryer or large wok to 375 degrees F (190 degrees C).

Remove the chicken strips from the marinade and sprinkle with the flour. Deep fry chicken strips until crispy and no longer pink in the center, about 8 minutes. Drain cooked chicken on paper towels; serve hot.
Chicken Zucchini Casserole

**Ingredients**

1 (6 ounce) package stuffing mix
3/4 cup butter, melted
3 cups diced zucchini
2 cups cubed cooked chicken breast
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1 medium carrot, shredded
1/2 cup chopped onion
1/2 cup sour cream

**Directions**

In a large bowl, combine stuffing mix and butter. Set aside 1/2 cup for topping. Add the zucchini, chicken, soup, carrot, onion and sour cream to the remaining stuffing mixture. Transfer to a greased 2-qt. baking dish. Sprinkle with reserved stuffing mixture. Bake, uncovered, at 350 degrees F for 40-45 minutes or until golden brown and bubbly.
Greek Chicken Stew (Stifado)

**Ingredients**
- 10 small shallots, peeled
- 1 cup olive oil
- 2 teaspoons butter
- 1 (4 pound) whole chicken, cut into pieces
- 2 cloves garlic, finely chopped
- 1/2 cup red wine
- 1 cup tomato sauce
- 2 tablespoons chopped fresh parsley
- salt and ground black pepper to taste
- 1 pinch dried oregano, or to taste
- 2 bay leaves
- 1 1/2 cups chicken stock, or more if needed

**Directions**

Bring a large pot of lightly salted water to a boil. Add the shallots, and cook uncovered for 3 minutes until just tender. Drain in a colander, then immediately immerse in ice water, or rinse with cold water for several minutes until cold to stop the cooking process. Once the shallots are cold, drain well, and set aside.

Heat the olive oil and butter in a Dutch oven or large pot over medium heat until oil is hot and butter is melted and bubbling. Add the whole, blanched shallots and chicken pieces to the skillet and cook, turning chicken pieces over until no longer pink inside and shallots have softened and turned translucent, about 15 minutes. Stir in the chopped garlic and cook for another 3 minutes, until garlic starts to turn golden.

Pour in red wine and tomato sauce, and add the parsley, salt and pepper, oregano, and bay leaves. Pour the chicken stock over the chicken pieces to cover, and stir to combine.

Simmer the stew, covered, over medium-low heat for about 50 minutes, until the shallots are soft and the chicken is tender.
Orange Chicken Stir Fry

**Ingredients**
1 cup orange juice
1 tablespoon grated orange zest
1/4 cup soy sauce
1 teaspoon salt
3 cloves garlic, chopped
1 tablespoon brown sugar
3 tablespoons vegetable oil
4 skinless, boneless chicken breast halves - cut into 1 inch cubes
2 tablespoons all-purpose flour
1 cup bean sprouts (optional)
1 (6 ounce) package crispy chow mein noodles

**Directions**

In a small bowl combine the orange juice, orange zest, soy sauce, salt, garlic and brown sugar. Mix well.

Heat oil in a large skillet or wok over medium high heat. When oil begins to bubble, add chicken. Saute until cooked through (no longer pink inside), about 7 to 10 minutes.

Add orange sauce mixture to chicken and cook until sauce begins to bubble. Add flour, a little bit at a time, until sauce has thickened to your liking. Add bean sprouts and cook for 1 minute; serve hot over chow mein noodles.
# West Indian Chicken

## Ingredients

3/4 cup distilled white vinegar  
1/4 cup barbecue sauce  
1/4 cup soy sauce  
1/2 cup brown sugar  
2 tomatoes, diced  
1 green bell pepper, diced  
2 cups chopped fresh mushrooms  
1 (4 pound) whole chicken, cut into pieces

## Directions

In a large stockpot or dutch oven, over medium heat, combine the vinegar, barbecue sauce, soy sauce and brown sugar. Stir in the tomatoes, green pepper, and mushrooms. Bring the mixture to a simmer, then add the chicken. Continue to simmer until chicken is tender and pulls from the bone easily, about 30 minutes.

When chicken is cooked through, remove it from the pot and tear the meat off of the bones into bite sized pieces. Discard bones and return the chicken to the pot and heat through. Serve hot over rice.
## Tropical Pineapple Chicken

### Ingredients
- 10 skinless, boneless chicken breasts
- 1 (8 ounce) can crushed pineapple with juice
- 1/2 cup SPLENDA® No Calorie Sweetener, Granulated
- 2 tablespoons lemon juice
- 1 teaspoon mustard powder

### Directions
Preheat oven to 350 degrees F (175 degrees C).

Combine the pineapple (with juice/liquids), SPLENDA® Granulated Sweetener, lemon juice and dry mustard in a small bowl. Mix all together. Place chicken breasts in a lightly greased 9x13 inch baking dish. Spread the pineapple mixture over the chicken. Bake in the preheated oven for 50 to 60 minutes.
Deb's General Tso's Chicken

**Ingredients**

- 4 cups vegetable oil for frying
- 3 eggs
- 1/2 cup cornstarch
- 2 teaspoons cornstarch
- 2 pounds skinless, boneless chicken thighs, cut into bite-sized pieces
- 1 1/2 cups white sugar
- 1/4 cup distilled white vinegar
- 1/4 cup rice vinegar
- 1/4 cup dry sherry
- 2 1/2 tablespoons soy sauce
- 2 teaspoons minced garlic
- 2 tablespoons vegetable oil
- 12 dried whole red chilies, or to taste
- 2 tablespoons minced fresh ginger, or to taste

**Directions**

Heat the frying oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Beat the eggs in a mixing bowl until smooth. Mix in the 1/2 cup plus 2 teaspoons cornstarch until no lumps remain. Mix in the chicken until evenly coated in the batter.

In batches, carefully drop the chicken cubes into the hot oil one by one, cooking until the chicken turns golden brown and begins to float, about 3 minutes. Drain on a paper towel-lined plate.

Meanwhile, combine the sugar, white vinegar, rice vinegar, sherry, soy sauce, and garlic in a small saucepan. Bring to a boil over medium-high heat. Stir constantly until the sugar has dissolved and the sauce thickens to the consistency of light pancake syrup, about 3 minutes. Remove from the heat and keep warm.

Heat 2 tablespoons vegetable oil in a wok or large skillet over medium-high heat. Stir in the dried chiles and ginger; cook and stir until the ginger begins to brown, about 30 seconds. Remove the chiles and ginger from the wok and stir them into the sauce. Place the fried chicken cubes into the wok and cook until very crispy and dark golden brown. Serve the chicken with the sauce.
Slow-Cooked Orange Chicken

**Ingredients**

1 (3 pound) broiler-fryer chicken, cut up and skin removed  
3 cups orange juice  
1 cup chopped celery  
1 cup chopped green pepper  
1 (4 ounce) can mushroom stems and pieces, drained  
4 teaspoons dried minced onion  
1 tablespoon minced fresh parsley  
1/2 teaspoon salt  
1/4 teaspoon pepper  
3 tablespoons cornstarch  
3 tablespoons cold water  
Hot cooked rice

**Directions**

Combine the first nine ingredients in a slow cooker. Cover and cook on low for 4 hours or until meat juices run clear. Combine cornstarch and water until smooth; stir into cooking juices. Cover and cook on high for 30-45 minutes or until thickened. Serve over rice if desired.
Italian Chicken Stew

Ingredients

1 pound skinless, boneless chicken breast halves - cubed
4 medium potatoes, peeled and cut into 1/4-inch cubes
1 medium sweet red pepper, chopped
2 garlic cloves, minced
1 tablespoon olive oil or canola oil
1 (26 ounce) jar meatless spaghetti sauce
1 3/4 cups frozen cut green beans
1 teaspoon dried basil
1/4 teaspoon salt
1/4 teaspoon crushed red pepper flakes
pepper to taste

Directions

In a large skillet, cook the chicken, potatoes, red pepper and garlic in oil until chicken is no longer pink and vegetables are tender. Stir in the remaining ingredients; cook and stir until heated through.
**Easy Green Chile Chicken Enchiladas**

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 2 (19 ounce) cans green enchilada sauce
- 24 corn tortillas
- 1 cup 2% shredded Mexican style cheese
- 1 large zucchini, shredded

**Directions**
- Place the chicken breasts in a slow cooker along with one can of enchilada sauce. Cook on High until tender and no longer pink, about 3 hours. Shred using two forks and return to the slow cooker.

- Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

- Pour the remaining can of enchilada sauce into a shallow dish. Dip tortillas in the sauce; fill each with 1/3 cup shredded chicken, a sprinkle of Mexican style cheese, and a bit of grated zucchini. Roll up and place in the prepared baking dish, seam side down. Top enchiladas with any leftover sauce and remaining cheese.

- Cover dish and bake in preheated oven for 20 minutes. Remove cover; continue to bake until the cheese has melted, and enchiladas are hot, about 10 additional minutes.
## Chicken Chutney Sandwiches with Curry

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 roasted chicken, bones and skin removed, meat shredded</td>
<td></td>
</tr>
<tr>
<td>3/4 cup cranberry and apple chutney</td>
<td></td>
</tr>
<tr>
<td>1/4 cup whipped cream cheese</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons curry powder</td>
<td></td>
</tr>
<tr>
<td>6 croissants, split</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

Stir together the chicken, chutney, cream cheese, and curry powder. Spread onto the split croissants and serve.
Broiled Ginger Chicken

Ingredients

4 pounds skinless, boneless chicken breast halves
1/2 cup mayonnaise
1 tablespoon soy sauce
1/4 teaspoon ground ginger
1/8 teaspoon cayenne pepper

Directions

Flatten the chicken to 1/4-in. thickness. Place on a broiler pan rack. Broil for 3 minutes on each side. Combine mayonnaise, soy sauce, ginger and cayenne; brush over chicken. Broil 2-3 minutes longer on each side or until juices run clear.
In a large pot over high heat, combine the chicken with enough water to cover, and boil for 15 to 20 minutes. Drain some of the water from the pot, reserving 3 cups in the pot. Remove chicken and allow it to cool, then pull it apart into bite size pieces; return to pot.

Reduce heat to medium, and add the cans of condensed soup. Season with salt and pepper. Pull the biscuit dough into pieces, and add to the soup. Simmer over medium heat for 7 to 8 minutes, or until the dough is cooked through.
# Eggplant, Roasted Pepper and Chicken Pitas

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 eggplants, cut into 1/2-inch slices</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon salt</td>
<td></td>
</tr>
<tr>
<td>2 (6 ounce) skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>all-purpose flour for dusting</td>
<td></td>
</tr>
<tr>
<td>2 eggs, beaten</td>
<td></td>
</tr>
<tr>
<td>1 cup bread crumbs</td>
<td></td>
</tr>
<tr>
<td>4 tablespoons olive oil</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon minced garlic</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons balsamic vinegar</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons extra-virgin olive oil</td>
<td></td>
</tr>
<tr>
<td>1 (12 ounce) jar roasted red peppers, sliced</td>
<td></td>
</tr>
<tr>
<td>salt and white pepper to taste</td>
<td></td>
</tr>
<tr>
<td>6 (6-inch) pita breads</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Sprinkle sliced eggplant with salt and allow to drain in a colander for 20 minutes. Meanwhile, preheat a grill for medium-high heat.

Pound chicken breasts between two sheets of plastic wrap to a thickness of 1/4-inch. Dredge with flour, shake off excess, dip into beaten egg, then press into bread crumbs to coat.

Heat 2 tablespoons of olive oil in a skillet over medium-high heat. Add chicken breasts and cook until golden brown.

Wipe eggplant dry with a paper towel and brush with remaining 2 tablespoons olive oil. Grill until tender and well marked. Whisk together garlic, balsamic vinegar, and extra-virgin olive oil. Slice grilled eggplant into strips and toss with roasted peppers and balsamic dressing; season to taste with salt and pepper.

To assemble, heat pita breads on the grill until hot and marked. Slice chicken into strips and place into warm pitas along with marinated eggplant.
Creamy Chicken and Rice Soup

**Ingredients**

1 1/2 cups chopped celery
1 1/2 cups chopped onion
2 cups uncooked brown rice
1 teaspoon chicken bouillon powder
2 (14 ounce) cans chicken broth
1 1/2 cups water
1 cup margarine
3/4 cup all-purpose flour
3 cups chopped, cooked chicken meat
6 cups milk, divided
salt and pepper to taste

**Directions**

In a large pot over high heat, combine the celery, onions, rice, bouillon, broth and water and bring to a boil. Reduce heat to low, cover and simmer for 30 minutes, or until the rice has absorbed most of the liquid. Remove from heat and set aside.

In a medium saucepan over medium heat, melt the butter or margarine. Slowly add the flour, stirring often, to make a roux. Add 4 cups of milk, 1/2 cup at a time, while constantly stirring. Add this and the chicken to the rice mixture and return the rice mixture to the stovetop over low heat.

If the soup seems too thick, add some or all of the remaining 2 cups of milk. Season with salt and pepper to taste and allow to simmer for at least an hour, stirring every 15 minutes.
### Ingredients
3 skinless, boneless chicken breast halves  
1 (2 inch) piece fresh ginger root  
2 tablespoons coconut oil  
2 1/2 teaspoons pressed garlic  
1/3 cup hoisin sauce

### Directions
Slice the chicken breasts into strips across the grain, and set aside.  
Peel and grate the ginger root and set aside.

Heat the coconut oil in a wok over medium-high heat until the oil is melted and hot. Stir in the ginger and garlic, and cook and stir for about 20 seconds, to release the flavor. Toss the chicken strips into the hot oil, and scoop the hoisin sauce over the chicken. Cook and stir for 5 to 7 minutes, until the sauce coats the chicken and the meat is no longer pink inside.
Ingredients

- 1 1/2 pounds skinless, boneless chicken breast meat
- 1 cup chicken broth
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 1/2 cups milk
- 3 tablespoons butter
- 1 onion, chopped
- 1 cup chopped celery
- 1/3 cup all-purpose flour
- 2 cups frozen mixed vegetables, thawed
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon dried thyme
- 1 (9 inch) pastry for a 9 inch single crust pie
- 1 egg, lightly beaten

Directions

In a large saucepan over medium high heat, combine the chicken meat, chicken broth, salt and pepper. Bring to a boil and reduce heat to low. Cover and let simmer for 30 minutes, or until chicken is no longer pink in the center and the juices run clear.

Remove the chicken and let cool. Pour the remaining chicken broth mixture into a measuring cup. Let stand; spoon off fat. Add enough milk to the broth mixture to equal 2 1/2 cups. Cut chicken into 1/2 inch pieces.

In the same pan, melt butter or margarine over medium heat. Add the onion and celery. Saute, stirring, for 3 minutes. Stir in flour until well blended. Gradually stir in broth mixture. Simmer, stirring constantly, until the sauce thickens and boils. Add the chicken, vegetables, parsley and thyme. Pour mixture into a 1 1/2 quart deep casserole dish.

Preheat oven to 400 degrees F (200 degrees C).

Roll out pastry 1 inch larger than the diameter of the casserole dish on a lightly floured surface. Cut slits in the pastry for venting air. Place pastry on top of casserole. Roll edges and cut away extra pastry; flute edges by pinching together. Reroll scraps to cut into decorative designs. Place on top of pastry. Brush pastry with beaten egg and bake in the preheated oven for 30 minutes or until the crust is golden brown and the filling is bubbling. Let cool for 10 minutes and serve.
### Ingredients

- 1 tablespoon peanut oil
- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breast halves
- 1 cup fresh or frozen unsweetened cranberries
- 1 cup fresh or frozen unsweetened blueberries
- 1 tablespoon lemon juice
- 1/4 cup water
- 1 teaspoon white sugar
- 1/2 teaspoon cornstarch

### Directions

Heat oil in a large skillet over medium high heat. Brown chicken on both sides and remove from skillet. Reserve.

To skillet add cranberries, blueberries, lemon juice, water, sugar and cornstarch. Mix together and bring to a boil, then reduce heat to medium low, stirring constantly.

Return chicken to skillet and simmer, covered, for 20 minutes. Remove cover, stir again and continue simmering until thick, adding salt to taste.
### Ingredients
- 7 chicken drumsticks, with skin
- 6 bone-in chicken breast halves, with skin
- 1 tablespoon Cajun seasoning blend (such as Tony Chachere's®), or to taste
- 1/2 cup olive oil
- 1/2 cup dry white wine
- 1/4 cup olive oil
- 4 cups chicken broth
- 1 large yellow onion, chopped
- 1 large green bell pepper, chopped
- 1 large celery stalk, chopped
- 3 tablespoons olive oil
- 1 cup all-purpose flour
- 1 cup canola oil
- 10 cups boiling water, divided
- 2 teaspoons Cajun seasoning (such as Tony Chachere's), or to taste
- 1 teaspoon garlic powder, or to taste
- 1 teaspoon cayenne pepper, or to taste
- 1 1/2 pounds smoked sausage, cut into 1/2-inch slices
- 2 tablespoons olive oil
- 2 cups uncooked jasmine rice
- 3 cups water
- 1 bunch green onions, chopped

### Directions
Peel back the skin from the chicken drumsticks and breasts without removing the skin, and make several deep cuts in the chicken meat. Sprinkle 1 tablespoon of Cajun seasoning into the cuts and onto the meat, then replace the skin. Whisk 1/2 cup olive oil and white wine together in a bowl. Place the chicken into a large bowl, pour the olive oil mixture over, stir to coat, and refrigerate 1 hour.

Remove the chicken pieces from the marinade, and discard the marinade. Heat 1/4 cup olive oil in a large skillet until the oil shimmers, and brown the chicken pieces over medium heat, working in batches if necessary, about 5 minutes per side. Place all the chicken pieces into a large soup pot, and pour the broth over the chicken. Bring the mixture to a boil, reduce heat to a simmer, and cook the chicken until tender, about 20 minutes.

While the chicken is simmering, place the onion, green bell pepper, and celery into a skillet with 3 tablespoons of olive oil, and cook and stir until the onions are transparent and the peppers have softened, about 8 minutes. Set the onion mixture aside.

Make a roux: mix flour and canola oil together in a nonstick pan, stirring the mixture together until smooth and lump-free. Heat over medium-high heat, stirring constantly with a wooden spoon and scraping the bottom of the pan to prevent burning. After about 5 minutes of stirring, the roux will begin to turn a pale golden color, and gently bubble and foam. Stir the roux until it turns the color of milk chocolate and gives off a nutty fragrance, about 30 to 40 more minutes. Watch carefully because it’s easy to burn the roux. Pull the pan from the hot burner, and stir until the roux cools and stops cooking, about 5 more minutes.

Stir the onion mixture and 1 cup of boiling water into the roux (be careful to avoid spattering), heat over medium heat until the mixture comes to a simmer, and whisk until the roux and water combine and become thick, about 10 minutes. Pour the thickened roux into the pot with the chicken, stir together, and add 9 more cups of boiling water. Season the gumbo with 2 more teaspoons of Cajun seasoning, or to taste, and bring the soup to a rolling boil. Reduce heat, and simmer for 1 hour.

Sprinkle garlic powder and cayenne pepper over the smoked sausage, and brown in a skillet with 2 tablespoons of olive oil. Transfer the sausage into the soup, and simmer for 30 more minutes.
Easy Chicken Taco Filling

**Ingredients**
- 2 skinless, boneless chicken breast halves
- 1/4 onion, sliced
- 1/4 green bell pepper, sliced

**Directions**
- Saute onion and bell pepper in a medium skillet until soft.
- Place chicken breasts on top of saute mixture and spray with cooking spray.
- Fry chicken with saute mixture until browned and cooked through, cutting or shredding chicken while it cooks.
Chicken Pasta Salad

Ingredients

1 (16 ounce) package bow tie or corkscrew pasta, cooked
3 cups cubed cooked chicken
2 tablespoons olive or vegetable oil
1/4 teaspoon garlic powder
1 cup mayonnaise
1/2 cup Caesar or Parmesan salad dressing
1 tablespoon honey mustard or other prepared mustard
2 teaspoons curry powder
1 teaspoon salt
1/4 teaspoon pepper
1 red bell pepper
1 large tomato, chopped
1 cup shredded carrot

Directions

In a large bowl, toss pasta, chicken, oil and garlic powder. Cover and chill. In a small bowl, combine mayonnaise, salad dressing, mustard, curry powder, salt and pepper; cover and chill. Just before serving, add the red pepper, tomato, carrot and dressing to pasta mixture; gently toss.
Chinese Chicken Fried Rice II

**Ingredients**

- 1 egg
- 1 tablespoon water
- 1 tablespoon butter
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 2 cups cooked white rice, cold
- 2 tablespoons soy sauce
- 1 teaspoon ground black pepper
- 1 cup cooked, chopped chicken meat

**Directions**

In a small bowl, beat egg with water. Melt butter in a large skillet over medium low heat. Add egg and leave flat for 1 to 2 minutes. Remove from skillet and cut into shreds.

Heat oil in same skillet; add onion and saute until soft. Then add rice, soy sauce, pepper and chicken. Stir fry together for about 5 minutes, then stir in egg. Serve hot.
Linda's Fake and Bake Chicken

**Ingredients**

1 cup cornflake crumbs  
1/2 cup seasoned dry bread crumbs  
2 teaspoons salt  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon paprika  

3/4 cup evaporated milk  
1 egg  
1/4 cup lemon juice  
2 tablespoons butter, melted  

4 pounds bone-in chicken pieces, with skin  
1 cup all-purpose flour  
cooking spray

**Directions**

Preheat the oven to 350 degrees F (175 degrees C). Grease a shallow baking dish with cooking spray.

In one bowl, stir together the cornflake crumbs, bread crumbs, salt, garlic powder, onion powder and paprika. In another bowl, whisk together the evaporated milk, egg, lemon juice and butter using a fork.

Dip the chicken pieces in flour, and shake off the excess. Dip into the milk batter, then into the crumb mixture. Place pieces in a single layer in the greased baking dish. Spray the top of the chicken with cooking spray.

Bake uncovered for 1 hour in the preheated oven, until nicely browned, and juices run clear.
Southern Style Chicken and Dumplings

Ingredients

- 1 (3 pound) whole chicken
- 1 onion, quartered
- 2 slices lemon
- salt and pepper to taste
- 3 cups water
- 1 bay leaf
- 1/2 teaspoon dried thyme
- 2 cups all-purpose flour
- 3 tablespoons shortening
- 1 teaspoon salt
- 1/4 cup water

Directions

1. In a heavy pot with a lid place the chicken, onion, lemon, salt, pepper, water, bay leaf and thyme. Simmer all over low heat until tender, about 1 hour.

2. Let chicken cool slightly in pot, then remove and take the meat off of the bones. Discard the bones and skin and skim excess fat off the broth if desired. Discard the onion, lemon and bay leaf. If desired, wash out pot well. Return broth and chicken pieces to the pot. Simmer over low heat while making the dumplings.

3. To Make Dumplings: In a medium mixing bowl, cut shortening into the flour and salt. Stir in 1/4 cup water (more if needed) to form a soft dough. Roll out dough on a floured surface, with a rolling pin, until very thin. Cut into 1 inch wide strips using a pizza cutter or knife. Tear off 1 inch long pieces from these strips and drop into simmering broth and chicken meat. Simmer for 10 minutes with the lid off, then 10 minutes more with the lid on. Serve immediately.
Ingredients

- 4 skinless, boneless chicken breast halves - cut into thin strips
- 5 teaspoons white sugar, divided
- 3 tablespoons rice wine vinegar
- 1/2 cup soy sauce, divided
- 1 1/4 cups chicken broth
- 1 cup water
- 1 tablespoon sesame oil
- 1/2 teaspoon ground black pepper
- 2 tablespoons cornstarch
- 1 (12 ounce) package uncooked linguine pasta
- 2 tablespoons vegetable oil, divided
- 2 tablespoons minced fresh ginger root
- 1 tablespoon minced garlic
- 1/2 pound fresh shiitake mushrooms, stemmed and sliced
- 6 green onions, sliced diagonally into 1/2 inch pieces

Directions

In a medium, non-reactive bowl, combine the chicken with 2 1/2 teaspoons of white sugar, 1 1/2 tablespoons vinegar and 1/4 cup soy sauce. Mix this together and coat the chicken well. Cover and let marinate in the refrigerator for at least 1 hour.

In another medium bowl, combine the chicken broth, water, sesame oil and ground black pepper with the remaining sugar, vinegar and soy sauce. In a separate small bowl, dissolve the cornstarch with some of this mixture and slowly add to the bulk of the mixture, stirring well. Set aside.

Cook the linguine according to package directions, drain and set aside. Heat 1 tablespoon of the vegetable oil in a wok or large saucepan over high heat until it starts to smoke. Add the chicken and stir-fry for 4 to 5 minutes, or until browned. Transfer this and all juices to a warm plate.

Heat the remaining vegetable oil in the wok or pan over high heat. Add the ginger, garlic, mushrooms and green onions, and stir-fry for 30 seconds. Add the reserved sauce mixture and then the chicken. Simmer until the sauce begins to thicken, about 2 minutes. Add the reserved noodles and toss gently, coating everything well with the sauce.
<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 skinless, boneless chicken</td>
</tr>
<tr>
<td>breast halves - cooked and diced</td>
</tr>
<tr>
<td>1 stalk celery, diced</td>
</tr>
<tr>
<td>4 green onions, chopped</td>
</tr>
<tr>
<td>1 Golden Delicious apple - peeled,</td>
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<tr>
<td>cored and diced</td>
</tr>
<tr>
<td>1/3 cup golden raisins</td>
</tr>
<tr>
<td>1/3 cup seedless green grapes,</td>
</tr>
<tr>
<td>halved</td>
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<tr>
<td>1/2 cup chopped toasted pecans</td>
</tr>
<tr>
<td>1/8 teaspoon ground black pepper</td>
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<tr>
<td>1/2 teaspoon curry powder</td>
</tr>
<tr>
<td>3/4 cup light mayonnaise</td>
</tr>
</tbody>
</table>

**Directions**

In a large bowl combine the chicken, celery, onion, apple, raisins, grapes, pecans, pepper, curry powder and mayonnaise. Mix all together. Serve!
Slow Cooker Chicken Taco Soup

Ingredients

1 onion, chopped
1 (16 ounce) can chili beans
1 (15 ounce) can black beans
1 (15 ounce) can whole kernel corn, drained
1 (8 ounce) can tomato sauce
1 (12 fluid ounce) can or bottle beer
2 (10 ounce) cans diced tomatoes with green chilies, undrained
1 (1.25 ounce) package taco seasoning
3 whole skinless, boneless chicken breasts
shredded Cheddar cheese (optional)
sour cream (optional)
crushed tortilla chips (optional)

Directions

Place the onion, chili beans, black beans, corn, tomato sauce, beer, and diced tomatoes in a slow cooker. Add taco seasoning, and stir to blend. Lay chicken breasts on top of the mixture, pressing down slightly until just covered by the other ingredients. Set slow cooker for low heat, cover, and cook for 5 hours.

Remove chicken breasts from the soup, and allow to cool long enough to be handled. Stir the shredded chicken back into the soup, and continue cooking for 2 hours. Serve topped with shredded Cheddar cheese, a dollop of sour cream, and crushed tortilla chips, if desired.
Best Chicken Salad Ever II

**Ingredients**

- 1/4 cup honey
- 1/4 cup Worcestershire sauce
- 6 (4 ounce) skinless, boneless chicken breast halves
- 3 tablespoons honey
- 3 tablespoons prepared Dijon-style mustard
- 2 tablespoons white wine vinegar
- 2 teaspoons lemon zest
- 1 1/2 teaspoons lemon pepper
- 1/2 teaspoon poppy seeds
- 1/2 teaspoon garlic powder
- 1 cup halved seedless red grapes
- 1/2 cup cashews

**Directions**

In a large, self-sealing bag, combine honey and Worcestershire sauce. Add chicken and place bag in a shallow dish in the refrigerator. Chill 2 to 4 hours, turning bag occasionally. Remove chicken and discard marinade.

Grill chicken over medium heat for 12 to 15 minutes, until juices run clear and chicken is no longer pink inside. Remove from grill, cool and chop.

In a medium bowl, whisk together the remaining honey, mustard, vinegar, lemon zest, lemon pepper, poppy seeds and garlic powder. Add chicken, grapes and cashews and toss until evenly coated. Cover and chill until serving.
Ingredients

1 cup cider vinegar
1/2 cup vegetable or canola oil
5 teaspoons Worcestershire sauce
4 teaspoons hot pepper sauce
2 teaspoons salt
10 bone-in chicken breast halves

Directions

In a bowl, combine the first five ingredients; mix well. Pour 1 cup marinade into a large resealable plastic bag; add the chicken. Seal bag and turn to coat; refrigerate for at least 4 hours. Cover and refrigerate the remaining marinade for basting.

Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade from chicken. Grill bone side down, covered, over indirect medium heat for 20 minutes. Turn; grill 20-30 minutes longer or until juices run clear, basting occasionally with reserved marinade.
Ingredients

1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
2 small tomatoes, chopped
1/3 cup picante sauce
1 medium green pepper, chopped
1 small onion, chopped
2 teaspoons chili powder
12 (6 inch) corn tortillas, cut into 1-inch strips
3 cups cubed cooked chicken
1 cup shredded Colby cheese

Directions

In a bowl, combine the soups, tomatoes, picante sauce, green pepper, onion and chili powder. In a greased 13-in. x 9-in. x 2-in. baking dish, layer half of the tortilla strips, chicken, soup mixture and cheese. Repeat layers. Cover and bake at 350 degrees F for 40-50 minutes or until bubbly.
Tropical Chicken Salad

Ingredients

- 2 cups diced cooked chicken breast meat
- 1/2 cup sliced celery
- 1/2 cup diced fresh mango
- 1/4 (8 ounce) can sliced water chestnuts
- 2 cups diced fresh pineapple
- 1 cup juice packed mandarin oranges, drained
- 1/4 cup low-fat mayonnaise
- 2 tablespoons reduced fat sour cream
- 1 teaspoon coconut extract

Directions

In a mixing bowl, combine the chicken, celery, mango, water chestnuts, pineapple, mandarin oranges, mayonnaise, sour cream and coconut extract. Mix together well and refrigerate 1 to 2 hours before serving.
### Ingredients

- 1/3 cup all-purpose flour
- 1 teaspoon garlic salt
- 1 teaspoon pepper
- 1/2 teaspoon paprika
- 1/4 teaspoon poultry seasoning
- 1 egg, beaten
- 1/4 cup 2% milk
- 2 chicken thighs
- 2 chicken drumsticks
- canola oil

### Directions

In a large resealable plastic bag, combine the first five ingredients. In a shallow bowl, beat the egg and milk. Add chicken to bag, a few pieces at a time, and shake to coat. Dip into egg mixture, then return to flour mixture and shake again. Remove from bag and let stand for 5 minutes.

Heat about 1 in. of oil in a large skillet. Fry chicken until golden brown on all sides. Reduce heat to medium and cook until a meat thermometer reads 180&deg, about 15 minutes.
Spicy Chicken in Tomato-Coconut Sauce

**Ingredients**

- 2 cups uncooked basmati rice
- 1 quart water
- 1 teaspoon salt
- 1 teaspoon onion powder
- 1 teaspoon olive oil
- 4 chicken leg quarters
- 1 onion, chopped
- 2 fresh jalapeno peppers, seeded and chopped
- 1 (14 ounce) can coconut milk
- 1 cup water
- 1 (10 ounce) can diced tomatoes and green chiles
- 1 (6 ounce) can Italian-style tomato paste
- 2 tablespoons ground cumin
- 2 tablespoons garam masala
- 1 tablespoon brown mustard seed
- 2 tablespoons cayenne pepper
- 2 teaspoons salt
- 4 cubes chicken bouillon
- 8 wedges lime
- 1/2 cup sour cream

**Directions**

Bring the rice and 1 quart water to a boil in a pot. Season with 1 teaspoon salt and onion powder. Cover, reduce heat to low, and simmer 20 minutes.

Heat the oil in a skillet, and brown the chicken on all sides. Set chicken aside, and mix in the onion and jalapenos. Cook until tender. Pour in the coconut milk and 1 cup water, and stir in diced tomatoes with green chiles and tomato paste. Season with cumin, garam masala, mustard seed, cayenne pepper, and 2 teaspoons salt. Dissolve bouillon cubes in the mixture. Bring to a boil. Return chicken to skillet, and continue cooking 10 minutes, or until chicken juices run clear.

Remove chicken from skillet, cool enough to handle, and remove meat from bones. Return meat to skillet. Serve mixture over the cooked rice. Garnish with lime wedges, and top each serving with a dollop of sour cream.
Easy Spicy Thai Slow Cooker Chicken

**Ingredients**

1 (16 ounce) bottle Asian-style toasted sesame salad dressing (such as Kraft® Asian Toasted Sesame Dressing & Marinade)
1 tablespoon Thai chili paste, or more to taste
1 tablespoon ginger garlic paste
2 tablespoons peanut butter
6 pieces skinless, boneless chicken (such as breast halves and thighs)

**Directions**

Stir together the sesame salad dressing, Thai chili paste, ginger garlic paste, and peanut butter in a bowl until the mixture is well combined. Dip chicken pieces in the mixture, and place into a slow cooker. Pour the remaining sauce over the chicken. Set the cooker to Low, and cook 4 to 6 hours, until the chicken is very tender.
### Perfect Baked Jerk Chicken

#### Ingredients

- 1 teaspoon salt, or to taste
- 1 teaspoon ground allspice
- 1 teaspoon packed brown sugar
- 1 teaspoon onion powder
- 1/2 teaspoon dried minced garlic
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon dried thyme leaves
- 1 (2 to 3 pound) whole chicken, cut into pieces
- 1/4 cup vegetable oil

#### Directions

Make the jerk rub by combining the salt, allspice, brown sugar, onion powder, garlic, nutmeg, pepper, ginger, cayenne pepper, cinnamon, and thyme. Toss the chicken pieces with the spice mixture, then cover, and marinate in the refrigerator 2 to 4 hours.

Preheat oven to 350 degrees F (175 degrees C). Pour the vegetable oil into a 9x13 inch baking dish.

Place the chicken pieces skin-side up into the baking dish. Bake in the preheated oven for 1 hour 20 minutes, until no longer pink near the bone. Turn the oven on to broil, and cook until the skin crisps, 2 to 5 minutes.
## Skillet Balsamic Chicken

### Ingredients

- 2 tablespoons olive oil
- 4 skinless, boneless chicken breast halves, cut into bite size pieces
- 2 large onions, quartered
- 1/2 cup balsamic vinegar
- 1/4 cup red wine vinegar
- 2 tablespoons dried oregano
- 2 tablespoons all-purpose flour

### Directions

In a large skillet, heat oil and saute chicken strips over high heat until no longer pink and juices run clear. Remove chicken from skillet and place on a plate.

Peel onion layers apart. Add onions to skillet and saute over low heat for 15 minutes, until they are translucent. Add the reserved chicken strips, balsamic vinegar, red wine vinegar and oregano and cook for 5 more minutes.

Add the flour and stir into the mixture to thicken. Heat through 2 minutes longer, remove from heat and serve.
### Ingredients
- 1 (8 ounce) package egg noodles
- 3 skinless, boneless chicken breast halves - cut into strips
- 1 (10 ounce) package frozen green peas, thawed
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 cup frozen whipped topping, thawed
- 1 1/2 cups cubed processed American cheese
- 1/4 cup milk
- 1 teaspoon dried parsley
- salt and pepper to taste
- 1/4 cup grated Parmesan cheese

### Directions
Bring a large pot of lightly salted water to a boil. Add noodles and cook for 7 to 8 minutes or until almost al dente (until ALMOST cooked); drain.

Preheat oven to 350 degrees F (175 degrees C).

Add the chicken, peas, soup, whipped topping, American cheese, milk, parsley, salt and pepper. Mix together and transfer mixture to a 9x13 inch baking dish. Sprinkle with Parmesan cheese and cover with aluminum foil.

Bake in preheated oven for 45 minutes, then remove cover and bake for another 10 minutes. Let cool for 4 to 5 minutes, allowing cheese to thicken slightly.
Spicy Honey-Mustard Chicken Stir-Fry

**Ingredients**

2 teaspoons cornstarch  
1/2 cup reduced-sodium chicken broth  
2 tablespoons reduced fat peanut butter  
4 teaspoons lime juice  
1 tablespoon Dijon mustard  
1 tablespoon honey  
2 teaspoons reduced-sodium soy sauce  
2 teaspoons sesame oil  
1/4 teaspoon hot pepper sauce  
1/8 teaspoon cayenne pepper  
1 pound boneless, skinless chicken breasts cut into thin strips  
2 teaspoons canola oil, divided  
2 small zucchini, sliced  
1 medium sweet red pepper, julienned  
Hot cooked rice

**Directions**

In a blender or food processor, combine the first 10 ingredients; cover and process until smooth. In a large nonstick skillet, stir-fry chicken in 1 teaspoon hot oil for 5-7 minutes or until juices run clear. Remove chicken and keep warm. In the same skillet, stir-fry vegetables in remaining hot oil until crisp-tender. Return chicken to pan. Stir sauce and add to the pan. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Serve over rice if desired.
## Chicken and Bacon Chowder

### Ingredients
- 1 pound sliced bacon
- 3 cups diced celery
- 1/2 cup diced onion
- 4 cups diced peeled potatoes
- 3 cups chicken broth
- 2 cups diced carrots
- 3 cups diced cooked chicken
- 2 (10.75 ounce) cans condensed cream of mushroom soup, undiluted
- 2 cups half-and-half cream
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

### Directions
In a soup kettle or Dutch oven, cook bacon until crisp. Drain, reserving 2 tablespoons drippings. Crumble bacon and set aside. Sauté celery and onion in drippings until tender. Add potatoes, broth and carrots; bring to a boil. Reduce heat; cover and simmer for 20 minutes or until vegetables are tender. Stir in remaining ingredients and heat through.
Across the page:

**Ingredients**
- 8 lasagna noodles
- 4 skinless, boneless chicken breast halves
- 1 pinch seasoned salt, or to taste
- 1 pinch ground black pepper, or to taste
- 8 ounces shredded Swiss cheese
- 1 (8 ounce) package frozen broccoli cuts, thawed and drained
- 2 (10.5 ounce) cans cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 10 fluid ounces chicken broth
- 2 teaspoons crushed dried rosemary

**Directions**

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the lasagna noodles, and return to a boil. Cook, uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain.

Spray a skillet with cooking spray, and place over medium heat. Sprinkle chicken breasts with seasoned salt and pepper, and place in the skillet. Cover and cook until the meat is barely pink, 5 to 8 minutes, then turn the chicken over and cook, covered, until the chicken is cooked through, an additional 5 to 8 minutes. Remove chicken, and cool in refrigerator about 20 minutes. Cut cooled chicken into bite-size cubes.

Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13-inch baking dish with cooking spray.

In a bowl, mix the shredded Swiss cheese, broccoli, and chicken together. In another bowl, whisk together the cream of chicken soup, cream of mushroom soup, and chicken broth until well combined. Sprinkle the crushed rosemary over the soup mixture.

To assemble, spread 1/3 of the soup mixture over the bottom of the prepared baking dish, and lay 4 lasagna noodles over the soup, overlapping the noodles slightly. Top the noodles with half the chicken-broccoli mixture. Spoon 1/3 of the soup mixture over the chicken and broccoli, then top with the remaining lasagna noodles. Finish with a layer of the remaining chicken-broccoli mixture and the remaining 1/3 of the soup mixture. Cover the dish with foil.

Bake in the preheated oven until the broccoli is tender and the casserole is bubbling, 50 to 60 minutes. Let rest 10 minutes before serving.
### Ingredients

- 2 (15 ounce) cans tomato sauce, divided
- 4 (10.75 ounce) cans condensed cream of chicken soup, undiluted
- 4 cups sour cream
- 4 jalapeno peppers, seeded and finely chopped
- 1 teaspoon onion salt
- 1/4 teaspoon pepper
- 4 cups cubed cooked chicken
- 3 cups shredded Cheddar cheese, divided
- 20 (8 inch) flour tortillas

### Directions

In each of two greased 13-in. x 9-in. x 2-in. baking dishes, spread 1/2 cup of tomato sauce; set aside. In a large bowl, combine the soup, sour cream, jalapenos, onion salt and pepper. Stir in chicken and 2 cups cheese.

Spread about 1/2 cup chicken mixture down the center of each tortilla. Roll up and place seam side down in prepared dishes. Top with remaining tomato sauce; sprinkle with the remaining cheese. Cover and bake one casserole at 350 degrees F for 35-45 minutes or until edges are bubbly. Cover and freeze remaining casserole for up to 1 month.

To use frozen casserole: Thaw in the refrigerator overnight. Bake, covered, at 350 degrees F for 40-45 minutes or until edges are bubbly.
## Southwestern Chicken Barley Soup

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 medium onion, chopped</td>
<td></td>
<td></td>
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<tr>
<td>1 garlic clove, minced</td>
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<td></td>
</tr>
<tr>
<td>1 tablespoon olive or vegetable oil</td>
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<td></td>
</tr>
<tr>
<td>3 cups water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 (15.25 ounce) can whole kernel corn,</td>
<td></td>
<td>drained</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>1 (15 ounce) can black beans, rinsed and</td>
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<td>drained</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 (15 ounce) can tomato sauce</td>
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<td></td>
</tr>
<tr>
<td>1 (14.5 ounce) can diced tomatoes,</td>
<td></td>
<td>undrained</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>1 (14.5 ounce) can chicken broth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup medium pearl barley</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 (4 ounce) can chopped green chilies,</td>
<td></td>
<td>drained</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tablespoon chili powder</td>
<td></td>
<td></td>
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<tr>
<td>1/2 teaspoon ground cumin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 cups cubed cooked chicken</td>
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</tbody>
</table>

### Directions

In a Dutch oven or soup kettle, saute onion and garlic in oil until tender. Add the next 10 ingredients. Bring to a boil. Reduce heat; cover and simmer after 45 minutes.

Stir in the chicken; cook 15 minutes longer or until chicken is heated through and barley is tender.
Marylou's Chicken El Toro

**Ingredients**

4 skinless, boneless chicken breast halves  
1 tablespoon vegetable oil  
1 small onion, diced  
1 (16 ounce) jar mild picante sauce  
1 cup shredded Monterey Jack cheese  
8 (8 inch) flour tortillas  
1/2 cup sliced black olives (optional)  
1/2 cup sour cream (optional)

**Directions**

Place chicken breasts in a saucepan with enough water just to cover. Bring to a boil, and cook until meat shreds easily. Remove chicken from water, shred, and set aside. Reserve water.

Heat oil in a large heavy skillet over medium heat. Add onion, and cook until transparent. Add shredded chicken meat, and stir in the picante sauce, and 1/2 cup of the reserved chicken water. Reduce heat to low, and simmer 30 minutes, or until the sauce is thick. Remove the pan from heat, and sprinkle cheese over the chicken mixture.

Serve over flour tortillas and garnish with sliced olives and sour cream.
Chicken Thigh Fricassee with Mushrooms and Rosemary

Ingredients
- 4 tablespoons olive oil, divided
- 5 ounces fresh mushrooms, sliced
- 4 cloves garlic, peeled and halved
- 2 tablespoons fresh rosemary, chopped
- 1 pound chicken thighs
- salt and freshly ground black pepper to taste
- 1/4 teaspoon crushed red pepper flakes
- 3/4 cup dry white wine
- 12 cherry tomatoes
- 12 Nicoise olives

Directions
- Heat 2 tablespoons olive oil in a large skillet over medium heat. Stir in mushrooms, and cook until soft. Remove to a plate.

- Wipe out skillet, and heat 2 tablespoons olive oil over medium-high heat. Place garlic, rosemary, and chicken thighs in hot oil. Season with salt and pepper. Cook, turning chicken, until chicken and garlic are well browned.

- Return mushrooms to skillet, and sprinkle red pepper flakes over chicken. Pour in white wine, scraping the bottom of the skillet with a wooden spoon. Cook about 3 minutes.

- Reduce heat to low; cover, and simmer gently for 1 hour.

- Sprinkle tomatoes and olives over chicken, return cover, and cook about 5 minutes more.
Coconut Chicken with Apricot Ginger Dipping

**Ingredients**

Coconut Chicken:
- 1 1/2 teaspoons seasoned salt
- 1/2 teaspoon Chinese five-spice powder
- 2 tablespoons Smucker's® Creamy Natural Peanut Butter
- 1/4 cup fat free milk
- 1 1/4 cups panko bread crumbs
- 1/2 cup flaked coconut
- 1 (16 ounce) package boneless, skinless chicken breast tenders
- 1/4 cup Crisco® Puritan Canola Oil with Omega-3 DHA

Apricot-Ginger Sauce:
- 1 (10.25 ounce) jar SMUCKER’S® Low Sugar Apricot Preserves
- 1 tablespoon lite soy sauce
- 1/2 teaspoon fresh-squeezed lemon juice
- 3/4 teaspoon dark Asian sesame oil
- 1/2 teaspoon finely grated gingerroot

**Directions**

Combine seasoned salt, five spice powder, peanut butter and milk in a shallow bowl. Combine bread crumbs and coconut in another shallow bowl. Coat chicken in peanut butter mixture, dip into breading mixture. Pat to coat well.

Heat oil in a large skillet over medium heat. Cook chicken tenders slowly to achieve even browning, about 3 to 4 minutes per side. Add more oil as needed.

Combine preserves, soy sauce, lemon juice, sesame oil and gingerroot in a microwave-safe bowl. Microwave on HIGH 20 to 30 seconds or until warmed through; stir. Serve warm with chicken as a dipping sauce.
**Ingredients**

- 1 tablespoon olive oil
- 4 skinless, boneless chicken breast halves
- 2 shallots, chopped
- 2 cloves garlic, minced
- 1 cup Swanson® Chicken Stock
- 1/3 cup maple-flavored syrup
- 1 tablespoon Dijon-style mustard
- 1/8 teaspoon crushed red pepper

**Directions**

Heat the oil in a 12-inch skillet over medium-high heat. Add the chicken and cook for 15 minutes or until it's well browned on both sides and cooked through. Remove the chicken from the skillet.

Add the shallots and garlic to the skillet and cook until they’re tender. Stir in the stock, syrup, mustard and pepper and heat to a boil. Reduce the heat to low. Cook for 10 minutes or until the stock mixture is slightly thickened and reduced to about 1 cup. Serve the stock mixture over the chicken.
Ingredients

2 tablespoons vegetable oil
1 pound skinless, boneless chicken breast halves - cut into 1/2 inch pieces
2 carrots, julienned
2 cloves garlic, pressed
1 teaspoon ground ginger
4 shallots, chopped
1 bell pepper, slivered
1 (20 ounce) can pineapple chunks in natural juice, liquid drained and reserved
1/2 cup water
2 tablespoons soy sauce
1 tablespoon cornstarch
1 teaspoon white vinegar
1/2 teaspoon red pepper flakes

Directions

Heat the oil in a wok or large skillet over medium-high heat; cook the chicken and carrots in the hot oil until the chicken is no longer pink in the center and the carrots are tender, about 5 minutes. Stir in the garlic and ginger; cook another 1 minute. Add the shallots and bell pepper; cook another 1 minute.

Whisk together 3 tablespoons of the reserved liquid from the canned pineapple chunks along with the pineapple chunks, the water, soy sauce, cornstarch, vinegar, and pepper flakes; stir into the chicken and vegetable mixture and bring to a boil, stirring until the sauce thickens.
Ingredients

4 skinless, boneless chicken breast halves - cut into cubes
1 onion, quartered
1 medium green bell pepper, sliced
1 red bell pepper, sliced
2 cups cauliflower florets
4 dill pickles, cut into 1 inch slices
1 (8 ounce) package tempura mix
1 quart oil for frying

Directions

Thread skewer sticks with pieces of onion, red and green bell pepper, cauliflower and dill pickle, alternating with cubes of chicken.

Prepare tempura mix according to package directions. Transfer to a long dish for dipping skewers into. Heat 1 inch of oil in a large heavy skillet to 365 degrees F (180 degrees C).

Dip threaded skewers into the batter, coating all sides. Fry in hot oil for about 5 to 8 minutes on each side, or until golden.
Chicken Shepherd's Pie

Ingredients

8 potatoes
1/4 cup butter
2/3 cup milk
1 medium head roasted garlic
1 pound cooked, shredded chicken breast meat
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 tablespoon chopped fresh thyme
1 tablespoon chopped fresh rosemary
1/2 cup red bell pepper, diced
1 cup fresh corn kernels
1 cup shredded Cheddar cheese

Directions

To prepare roasted garlic: Cut head of garlic in half and drizzle with olive oil. Wrap in foil and bake at 400 degrees F (200 degrees C) for 45 minutes.

Reduce oven temperature to 350 degrees F (175 degrees C).

Peel, chop and boil potatoes until tender. Drain, then mash potatoes. Add butter, milk and roasted garlic and mix in. Set aside.

Arrange chicken evenly in the bottom of a casserole dish, then sprinkle with spices, then layer peppers, corn and all but 1/4 cup cheese. Spread mashed potatoes on top, sealing everything in. Sprinkle with remaining cheese.

Bake at 350 degrees F (175 degrees C) for 25 minutes or until brown around edges.
**Ingredients**

1 pound skinless, boneless chicken breast halves - cubed
1 cup sliced carrots
1 cup frozen green peas
1/2 cup sliced celery
1/3 cup butter
1/3 cup chopped onion
1/3 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon celery seed
1 3/4 cups chicken broth
2/3 cup milk
2 (9 inch) unbaked pie crusts

**Directions**

Preheat oven to 425 degrees F (220 degrees C.)

In a saucepan, combine chicken, carrots, peas, and celery. Add water to cover and boil for 15 minutes. Remove from heat, drain and set aside.

In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat and set aside.

Place the chicken mixture in bottom pie crust. Pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.

Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.
## Black Bean and Corn Pasta with Chicken

### Ingredients

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<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>(16 ounce) package jumbo pasta shells</td>
</tr>
<tr>
<td>1 cup</td>
<td>fresh corn kernels</td>
</tr>
<tr>
<td>1 (15 ounce)</td>
<td>can black beans, rinsed and drained</td>
</tr>
<tr>
<td>1 (14.5 ounce)</td>
<td>can diced tomatoes with juice</td>
</tr>
<tr>
<td></td>
<td>salt and pepper to taste</td>
</tr>
<tr>
<td>1 dash</td>
<td>hot pepper sauce</td>
</tr>
<tr>
<td>1 dash</td>
<td>Worcestershire sauce</td>
</tr>
<tr>
<td>2</td>
<td>boneless chicken breast halves, cooked and cut into bite-sized pieces</td>
</tr>
</tbody>
</table>

### Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large skillet over low heat, cook corn and black beans, 2 minutes. Stir in the tomatoes, reserving their juice. Season with salt and pepper, and cook 2 minutes more. Pour in enough tomato juice to cover and season with hot pepper sauce and Worcestershire. Increase heat slightly, stir in chicken, and heat through, 3 to 5 minutes. Spoon over cooked pasta.
BBQ Peanut Butter Chicken

Ingredients

1 cup SMUCKER'S® Natural Peanut Butter
1/4 cup soy sauce
1/4 cup white wine vinegar
1/4 cup lemon juice
6 cloves garlic, chopped
1 teaspoon red pepper flakes
2 teaspoons ginger, finely chopped
2 1/2 pounds chicken breasts, boneless and skinless, cut into 1 1/2-inch strips.

Directions

Prepare marinade 2 hours before ready to grill.

Mix the ingredients, except the chicken in a blender until combined. If too thick, add up to a cup of water to thin.

Marinate the chicken for approximately 2 hours.

Lightly oil the medium/hot BBQ grill.

Place chicken on the grill for 6-8 minutes.
## Ingredients

- 1/4 cup butter
- 4 bone-in chicken breast halves
- 5 potatoes, peeled and cut in half
- 4 large carrots, peeled and cut into large chunks
- 1/2 teaspoon paprika
- 1/4 teaspoon garlic powder
- Salt and pepper to taste

## Directions

Melt the butter in a large skillet with a lid over medium heat, and sear the chicken breasts, skin side down, for 5 minutes, until the chicken starts to brown.

Turn the chicken breasts over, add the potatoes and carrots, and sprinkle with paprika, garlic powder, salt, and pepper. Cover and cook over medium heat for 35 to 45 minutes, stirring occasionally, until the potatoes are tender, the chicken is no longer pink inside, and the chicken and vegetables have brown, crisp spots on the bottom.
Lemon Chicken II

Ingredients

- 3 pounds skinless, boneless chicken breast meat
- 1 tablespoon dry sherry
- 1 tablespoon soy sauce
- 1/2 teaspoon salt
- 2 eggs
- 2 cups vegetable oil
- 1/4 cup cornstarch
- 1/2 teaspoon baking powder
- 1/3 cup white sugar
- 1 tablespoon cornstarch
- 1 cup chicken broth
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1 lemon, sliced
- 2 tablespoons vegetable oil

Directions

In a large bowl combine the chicken, sherry, soy sauce and 1/2 teaspoon salt. Mix together, cover and refrigerate. Let marinate for 15 to 20 minutes.

In a small bowl, beat together the eggs, 1/4 cup cornstarch and baking powder to form a batter. In a wok, heat 2 cups oil to 350 degrees F (175 degrees C). Coat chicken with batter and fry in wok until browned. Cut into bite size pieces and set aside.

In a medium bowl combine the sugar, 1 tablespoon cornstarch, broth, lemon juice and 1 teaspoon salt. Mix together and add lemon slices. Heat 2 tablespoons oil in wok and slowly stir in lemon sauce mixture. Cook, stirring, until sauce is clear. Pour sauce over chicken and serve.
Kung Pao Chicken

Ingredients

1 pound skinless, boneless chicken breast halves - cut into chunks
2 tablespoons white wine
2 tablespoons soy sauce
2 tablespoons sesame oil, divided
2 tablespoons cornstarch, dissolved in 2 tablespoons water
1 ounce hot chile paste
1 teaspoon distilled white vinegar
2 teaspoons brown sugar
4 green onions, chopped
1 tablespoon chopped garlic
1 (8 ounce) can water chestnuts
4 ounces chopped peanuts

Directions

To Make Marinade: Combine 1 tablespoon wine, 1 tablespoon soy sauce, 1 tablespoon oil and 1 tablespoon cornstarch/water mixture and mix together. Place chicken pieces in a glass dish or bowl and add marinade. Toss to coat. Cover dish and place in refrigerator for about 30 minutes.

To Make Sauce: In a small bowl combine 1 tablespoon wine, 1 tablespoon soy sauce, 1 tablespoon oil, 1 tablespoon cornstarch/water mixture, chili paste, vinegar and sugar. Mix together and add green onion, garlic, water chestnuts and peanuts. In a medium skillet, heat sauce slowly until aromatic.

Meanwhile, remove chicken from marinade and saute in a large skillet until meat is white and juices run clear. When sauce is aromatic, add sauteed chicken to it and let simmer together until sauce thickens.
## Vermouth Tarragon Chicken

### Ingredients
- 4 boneless, skinless chicken breast halves
- 1 tablespoon lemon pepper
- 1 cup dry vermouth
- 3 tablespoons olive oil
- 1/2 cup chopped fresh tarragon
- 1 tablespoon olive oil

### Directions
Generously sprinkle the chicken breast halves with lemon pepper. Place chicken, vermouth, 3 tablespoons olive oil, and tarragon into a large resealable plastic bag. Place in the refrigerator to marinate for at least 6 hours, or overnight.

Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Brown chicken breasts on both sides in the hot oil. Pour 1/2 cup of the marinade into the skillet, reduce heat to medium-low, cover and simmer for about 20 minutes, or until the chicken is no longer pink.
## Simple, Classic Chicken Potpie

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>6 cups roasted, shredded rotisserie chicken</td>
<td></td>
</tr>
<tr>
<td>1 (15 ounce) package refrigerated pie crusts</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons vegetable oil</td>
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</tr>
<tr>
<td>2 medium onions, chopped</td>
<td></td>
</tr>
<tr>
<td>3 small stalks celery, cut crosswise 1/4-inch thick</td>
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</tr>
<tr>
<td>2 cups chicken broth</td>
<td></td>
</tr>
<tr>
<td>1 (12 fluid ounce) can evaporated milk</td>
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</tr>
<tr>
<td>1/3 cup butter</td>
<td></td>
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<tr>
<td>9 tablespoons all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>3/4 teaspoon dried thyme</td>
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</tr>
<tr>
<td>1/4 cup dry sherry or white wine</td>
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<tr>
<td>Salt and ground pepper</td>
<td></td>
</tr>
<tr>
<td>1/4 cup chopped fresh parsley</td>
<td></td>
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<tr>
<td>1 (16 ounce) package frozen peas and carrots, not thawed</td>
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</tbody>
</table>

### Directions

Adjust oven rack to low-center position; heat oven to 400 degrees. If using whole rotisserie chickens, separate meat from skin and bones, and tear into bite-size pieces. Discard skin and bones. Then remove pie dough from its box and follow directions for bringing to room temperature.

Heat oil in Dutch oven over medium-high heat. Add onions and celery; sauté until just tender, about 5 minutes. Transfer to a large bowl along with the chicken; set aside.

Meanwhile, microwave chicken broth and milk in a microwave-safe bowl until steamy, 3 to 4 minutes. Heat butter over medium heat in the empty pan. When foaming subsides, whisk in flour and thyme; cook until golden, about 1 minute. Whisk in hot milk mixture. Bring to simmer, then continue to simmer until sauce fully thickens, about 1 minute. Turn off heat, stir in sherry or wine, and season to taste with salt and pepper.

Stir chicken mixture, parsley and the peas and carrots into the sauce. Divide mixture between two 9-inch deep-dish pie plates. Top each with pie dough, and flute crust by pinching with your fingers. Set on a baking sheet and bake until pastry is golden brown and filling is bubbly, 30 to 35 minutes. (Optional: Wrap second potpie in freezer wrap and freeze for a later meal. Remove wrapping, place potpie on a baking sheet and bake at 400 degrees until golden and bubbly, about 1 hour.)
Chili Chicken I

**Ingredients**

- 4 (4 ounce) skinless, boneless chicken breast halves
- 1/4 pound butter
- 2 cloves garlic, chopped
- 1 teaspoon ground black pepper
- 3 teaspoons chili powder
- 1/2 cup lemon juice
- 1/4 teaspoon lemon zest
- 3 teaspoons Worcestershire sauce
- 1 (29 ounce) can peach halves, drained

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Melt butter or margarine in a large saucepan. Add garlic, pepper, chili powder, lemon juice, lemon rind and Worcestershire sauce. Mix well. Place chicken in a lightly greased 9x13 inch baking dish. Pour butter/margarine mixture over chicken, cover dish and bake in the preheated oven for 45 minutes or until thick parts of chicken are tender and juices run clear.

Arrange peach halves around chicken and spoon a little sauce over the peaches. Broil for 5 minutes and serve.
## Veggie Chicken Skillet

### Ingredients

8 (4 ounce) skinless, boneless chicken breast halves  
2 tablespoons cornstarch  
1 (14.5 ounce) can reduced-sodium chicken broth  
2 tablespoons Dijon mustard  
2 tablespoons honey  
2 cups fresh broccoli florets  
1 medium carrot, coarsely chopped  
1 medium onion, chopped  
dash cayenne pepper

### Directions

In a large nonstick skillet coated with nonstick cooking spray, cook chicken over medium heat for 10-15 minutes or until juices run clear. Remove and keep warm. In a bowl, combine the cornstarch, broth, mustard and honey until smooth; add to the skillet. Bring to a boil; cook and stir for 2 minutes or until thickened.

Return chicken to the pan. Add the broccoli, carrot and onion. Sprinkle with cayenne. Reduce heat; cover and cook for 7-8 minutes or until vegetables are crisp-tender.
# Chicken Cordon Bleu-ish Grilled Sandwich

## Ingredients
- 2 slices bread
- 2 tablespoons margarine, divided
- 2 slices Swiss cheese
- 1 cooked chicken breast half
- 1 tablespoon barbecue sauce
- 2 slices honey-cured deli ham

## Directions

Spread one side of each slice of bread with margarine, and place a bread slice, margarine-side down, into a nonstick skillet over medium heat.

Place a slice of Swiss cheese, the cooked chicken breast, a layer of barbecue sauce, the ham slices, and the remaining Swiss cheese slice onto the bread slice in the skillet. Top the sandwich with the other bread slice, margarine-side up.

Gently fry the sandwich, flipping once, until the cheese is melted and gooey, and the bread is golden brown on both sides, about 5 minutes per side.
**Ingredients**

3 (10 ounce) packages frozen chopped spinach, thawed  
3 eggs  
1/2 teaspoon onion salt  
1/2 teaspoon ground nutmeg  
3/4 cup grated Parmesan cheese, divided  
3/4 cup Italian seasoned bread crumbs  
16 skinless, boneless chicken breast halves  
salt and pepper to taste  
5 tablespoons butter or margarine, melted  

**CHEESE SAUCE:**  
6 tablespoons butter or margarine, divided  
1/4 cup all-purpose flour  
1/2 teaspoon salt  
2 cups milk  
2 cups shredded Cheddar cheese  
1 cup sliced fresh mushrooms

**Directions**

Drain and squeeze out excess moisture from spinach. Beat eggs, onion salt and nutmeg. Add spinach and 1/4 cup Parmesan cheese; mix well. Combine bread crumbs and remaining Parmesan. Sprinkle chicken with salt and pepper; coat with crumb mixture. Place in two greased 13-in. x 9-in. x 2-in. baking pans. Spread 2 tablespoons spinach mixture onto each breast. Sprinkle with remaining crumb mixture; drizzle with butter. Bake at 350 degrees F for 35-40 minutes or until chicken juices run clear.

For sauce, melt 4 tablespoons butter; blend in flour and salt. Stir to form a smooth paste. Add milk; cook and stir until thickened and bubbly. Add cheese and stir until melted. Saute mushrooms in remaining butter. Stir into cheese mixture. Carefully pour sauce over chicken, or pour into a serving bowl and pass.
**Ingredients**

1/8 cup oil for frying  
8 skinless, boneless chicken breast halves  
1 1/3 cups crushed saltine cracker crumbs  
1/3 cup vinegar  
1 teaspoon garlic powder  
1 teaspoon dry mustard  
1 1/2 teaspoons ground cumin  
1 1/2 teaspoons Worcestershire sauce  
1 tablespoon ketchup

**Directions**

Heat oil in a large skillet over medium high heat. Brown chicken in oil, then remove from skillet and dip in cracker crumbs to coat; set aside.

To skillet add vinegar, garlic powder, dry mustard, cumin, Worcestershire sauce and ketchup. Stir together and cook until heated through and bubbly, about 7 to 10 minutes. Return chicken to skillet and cook, basting with sauce, for about 10 minutes or until cooked through (no longer pink inside).
Indian-Style Butter Chicken (Murgh Makhani)

**Ingredients**

- 2 teaspoons dried red chile pepper, crushed
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1 1/2 teaspoons garam masala
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons minced ginger
- 2 cloves garlic, crushed
- 5 Roma tomatoes, seeded, diced
- 1/2 cup plain yogurt
- 1 pound skinless, boneless chicken breast, cut into 2-inch cubes
- 1/2 cup butter
- 2 red bell peppers, sliced
- 2 onions, thinly sliced
- 1/4 cup heavy whipping cream
- 2 tablespoons chopped fresh coriander

**Directions**

Mix the ground red chile peppers, cinnamon, nutmeg, cloves, garam masala, salt, ginger, garlic, tomatoes, and yogurt in a large bowl. Stir the chicken pieces into the yogurt mixture, and let marinate in the refrigerator for 30 to 60 minutes.

Melt the butter in a large skillet on medium heat and cook the bell pepper slices and onion until the onion begins to turn translucent, about 5 to 7 minutes, stirring occasionally. Add the chicken and marinade to the skillet. Cook, stirring constantly, 5 to 10 minutes until the chicken firms and is no longer pink in the center.

Turn up heat to medium-high and mix in the cream and coriander. Cook until mixture just begins to boil, stirring continuously. Serve immediately.
Ranch Chicken Salad

Directions
Sprinkle chicken with chili powder. In a skillet, cook chicken in oil for 6 minutes or until the juices run clear. Meanwhile, place salad greens in a large bowl or on individual plates. Top with cheese and chicken. Combine salad dressing and salsa; drizzle over chicken. Top with chips.

Ingredients
1 pound boneless skinless chicken breasts, cut into 1/4-inch strips
2 teaspoons chili powder
1 tablespoon vegetable oil
1 (16 ounce) package ready-to-serve salad
1 cup shredded Cheddar cheese
3/4 cup Ranch salad dressing
3/4 cup salsa
1/2 cup crushed corn or tortilla chips
**Best Chicken Pasta Salad**

### Ingredients

- 2 boneless, skinless chicken breast halves
- 3/4 cup steak sauce
- 1 (12 ounce) package fusilli pasta
- 2 cubes chicken bouillon
- 1 Vidalia onion, diced
- 2 avocados - peeled, pitted and diced
- 1 cup halved cherry tomatoes
- 1 cup Ranch-style salad dressing

### Directions

Preheat an outdoor grill for high heat. Place breasts into a glass baking dish and marinate in steak sauce for 15 to 60 minutes.

Grill chicken until no longer pink and the juices run clear. Remove from grill, and chop into bite-size pieces.

To a large pot of boiling water, add bouillon cubes and pasta. Cook pasta until al dente. Drain, and rinse under cold water.

In a large bowl, combine chicken, pasta, onion, avocados and tomatoes. Mix in salad dressing, cover, and refrigerate until chilled.
Ginger Mushroom Chicken

**Ingredients**
1 cup fresh snow peas
2 teaspoons cornstarch
1/2 teaspoon salt
1/8 teaspoon pepper
3/4 cup milk
3/4 pound boneless skinless chicken breasts, cut into thin strips
3 teaspoons canola oil, divided
1/2 pound sliced baby portobello mushrooms
1 teaspoon minced fresh gingerroot
2 cups hot cooked brown rice
1/4 cup minced fresh parsley

**Directions**
Place snow peas in a small saucepan; cover with water. Bring to a boil; boil for 1 minute. Drain and set aside. In a small bowl, combine the cornstarch, salt, pepper and milk until smooth; set aside.

In a large nonstick skillet or wok coated with nonstick cooking spray, stir-fry chicken in 1 teaspoon hot oil for 5 minutes or until juices run clear. Remove and keep warm.

In the same pan, stir-fry mushrooms and ginger in remaining oil for 2 minutes. Add peas; stir-fry 2 minutes longer. Stir cornstarch mixture and stir into mushroom mixture. Return chicken to pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve over rice. Sprinkle with parsley.
Sparkling Chicken

**Ingredients**

- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1 1/2 teaspoons ground black pepper
- 1 1/2 teaspoons garlic powder
- 4 skinless, boneless chicken breast halves
- 2 1/2 tablespoons butter
- 1 clove garlic, minced
- 4 cups fresh sliced mushrooms
- 1 1/4 cups sweet sparkling wine (such as Asti Spumante), divided
- 1 1/2 cups heavy cream, or as needed

**Directions**

Mix together the flour, salt, pepper, and garlic powder in a shallow bowl. Press the chicken breasts into the flour mixture to coat well. Set the coated chicken breasts aside on waxed paper; do not stack.

Melt the butter in a skillet over medium heat, and cook and stir the mushrooms with 1/4 cup of the wine until the mushroom juices have been absorbed and the mushrooms are beginning to brown, about 15 minutes. Push the mushrooms to the edge of the skillet and place the coated chicken breasts into the center of the pan. Brown the chicken breasts on each side, about 5 minutes per side, and pour in the remaining 1 cup of wine. Cover the pan, and cook until the chicken is no longer pink inside, about 10 minutes.

Remove the chicken breasts from the pan, and arrange on a warmed serving platter. Pour the cream into the skillet, bring to a boil over medium heat, and cook, stirring frequently, until the brown flavor bits on the bottom of the skillet have dissolved and the sauce has thickened, about 10 minutes. Pour the sauce over the chicken, and serve.
## Farfalle with Marinated Grilled Chicken

### Ingredients
- 1 pound boneless, skinless chicken breast halves
- 3/4 cup Wish-Bone® Italian Dressing
- 1 (24 ounce) jar Bertolli® Tomato and Basil Sauce, heated
- 1 (16 ounce) box farfalle or penne pasta, cooked and drained

### Directions
Combine chicken with 1/2 cup Dressing in shallow bowl; toss to coat. Cover and marinate in refrigerator 30 minutes.

Remove chicken from marinade, discarding marinade. Grill or broil chicken, turning once and brushing frequently with remaining 1/4 cup Dressing, 20 minutes or until chicken is thoroughly cooked.

Spoon Sauce over hot farfalle and top with sliced chicken. Garnish, if desired, with additional parsley.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1 1/2 pounds skinless, boneless chicken breast halves</td>
<td>1</td>
</tr>
<tr>
<td>1 cup all-purpose flour for coating</td>
<td>1</td>
</tr>
<tr>
<td>2 eggs, beaten</td>
<td>2</td>
</tr>
<tr>
<td>4 tablespoons butter</td>
<td>4</td>
</tr>
<tr>
<td>1 tablespoon vegetable oil</td>
<td>1</td>
</tr>
<tr>
<td>1 cup chicken broth</td>
<td>1</td>
</tr>
<tr>
<td>1/2 cup dry Marsala wine</td>
<td>1/2</td>
</tr>
<tr>
<td>2 1/2 cups fresh sliced mushrooms</td>
<td>2</td>
</tr>
<tr>
<td>2 tablespoons dried oregano</td>
<td>2</td>
</tr>
<tr>
<td>2 tablespoons chopped fresh parsley</td>
<td>2</td>
</tr>
<tr>
<td>1 teaspoon meat extract</td>
<td>1</td>
</tr>
<tr>
<td>2 teaspoons fresh lemon juice</td>
<td>2</td>
</tr>
<tr>
<td>1/4 cup grated Parmesan cheese for topping (optional)</td>
<td>1/4</td>
</tr>
<tr>
<td>salt to taste</td>
<td></td>
</tr>
<tr>
<td>ground black pepper to taste</td>
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### Directions


Melt 2 tablespoons butter or margarine and 1 tablespoon oil in a wide skillet. Saute chicken until light brown. Do not crowd pan, and add more oil if necessary to keep chicken from sticking. Place chicken on a serving platter, and keep in a warm oven.

Saute sliced mushrooms in oil and butter remaining in pan until released juices have evaporated and mushrooms begin to brown. Add chicken broth, Marsala wine, oregano, parsley, and meat extract. Stir well. Cook over high heat until liquid is reduced by half.

Remove pan from heat. Swirl in 2 tablespoons butter or margarine and lemon juice. Season with salt and pepper. Pour sauce over chicken, and sprinkle with cheese.
# Baked Mushroom Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>4 cups sliced fresh mushrooms</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons butter, divided</td>
<td></td>
</tr>
<tr>
<td>6 (4 ounce) skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon pepper</td>
<td></td>
</tr>
<tr>
<td>1/2 cup chicken broth</td>
<td></td>
</tr>
<tr>
<td>1/4 cup sherry</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

In a large skillet, saute mushrooms in 2 tablespoons butter until tender. Place chicken in a greased shallow 3-qt. baking dish; sprinkle with salt and pepper. Melt remaining butter; drizzle over chicken. Combine broth and sherry; pour over chicken. Spoon mushrooms over top. Cover and bake at 400 degrees F for 20-25 minutes or until chicken is no longer pink.
White Wine Chicken Soup

### Ingredients

- 1/2 (2 to 3 pound) whole chicken
- 2 parsnips, peeled and chopped
- 1 medium head garlic, peeled
- 2 large onions, chopped
- 5 carrots, chopped
- 2 zucchini, chopped
- 1/2 cup chopped fresh parsley
- 2 stalks celery, chopped
- 2 potatoes, peeled and chopped
- 1 sweet potato, peeled and cubed
- 1 packet chicken vegetable soup mix
- 1 tablespoon dried oregano
- 1 teaspoon paprika
- 8 cups water
- 1/2 (750 milliliter) bottle white wine
- Salt and pepper to taste

### Directions

In a large soup pot or Dutch oven, combine chicken, parsnips, garlic, onions, carrots, zucchini, parsley, celery, potatoes, sweet potato, soup mix, oregano, paprika, water, wine, salt and pepper. Cover and bring to a boil over high heat. Boil 30 minutes, partially covered, then reduce heat to low and simmer another 90 minutes.
### Ingredients

- 12 chicken wings
- 1/3 cup all-purpose flour
- 1 teaspoon seasoned salt
- 3/4 teaspoon pepper, divided
- 3 tablespoons vegetable oil
- 2 medium onions, chopped
- 1 garlic clove, minced
- 1 1/4 cups water
- 1 teaspoon salt
- Hot cooked rice

### Directions

Cut chicken wings into three sections; discard wing tips. In a resealable plastic bag or shallow bowl, combine flour, seasoned salt and 1/2 teaspoon pepper. Add wings; toss to coat evenly. In a large skillet, brown wings on all sides in oil. Add onions and garlic; cook until tender. Stir in water, salt and remaining pepper; mix well. Bring to a boil; reduce heat. Simmer, uncovered, for 30-35 minutes or until chicken juices run clear. Serve over rice.
**Ingredients**

1/4 cup cashew halves  
1/4 cup boiling water  
3 cloves garlic, peeled  
1 (1/2 inch) piece fresh ginger root, peeled and chopped  
3 tablespoons vegetable oil  
2 bay leaves, crumbled  
1 large onion, minced  
1 teaspoon ground coriander  
1 teaspoon garam masala  
1 teaspoon ground cumin  
1 teaspoon ground turmeric  
1 teaspoon chili powder  
3 skinless, boneless chicken breast halves - diced  
1/4 cup tomato sauce  
1 cup chicken broth  
1/2 cup heavy cream  
1/2 cup plain yogurt  
1 teaspoon cornstarch, mixed with equal parts water

**Directions**

Place cashews in a small bowl, and pour the boiling water over nuts. Set aside for 15 to 20 minutes. Place garlic and ginger in food processor and blend until smooth; set aside.

Heat oil in wok over medium heat. Cook the bay leaves in hot oil for 30 seconds. Stir in onion, and cook until soft, about 3 to 5 minutes. Mix in garlic/ginger paste, and season with coriander, garam masala, cumin, turmeric, and chili powder. Stir in chicken, and cook for about 5 minutes. Pour in tomato sauce and chicken broth. Cover, reduce heat, and simmer for 15 minutes, stirring occasionally.

Meanwhile, place the cashews, along with the water in which they were soaked, and the cream and yogurt into food processor. Process until smooth.

Stir the cashew mixture into the chicken and onions. Simmer for 15 minutes, stirring occasionally. Stir in the cornstarch mixture, and continue cooking for 1 to 2 minutes.
Caribbean-Spiced Roast Chicken

Ingredients

1 1/2 tablespoons fresh lime juice
2 fluid ounces rum
1 tablespoon brown sugar
1/4 teaspoon cayenne pepper
1/4 teaspoon ground clove
1/2 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1 teaspoon black pepper
1/2 teaspoon salt
1/2 teaspoon dried thyme leaves
1 (3 pound) whole chicken
1 tablespoon vegetable oil

Directions

Preheat oven to 325 degrees F (165 degrees C).

In a small bowl, combine the lime juice, rum, and brown sugar; set aside. Mix together the cayenne pepper, clove, cinnamon, ginger, pepper, salt, and thyme leaves. Brush the chicken with oil, then coat with the spice mixture.

Place in a roasting pan, and bake about 90 minutes, until the juices run clear or until a meat thermometer inserted in thickest part of the thigh reaches 180 degrees F. Baste the chicken with the sauce every 20 minutes while it's cooking. Allow chicken to rest for 10 minutes before carving.
Herb Chicken with Mustard Sauce

**Ingredients**

- 1/2 cup crushed cornflakes
- 1/4 cup yellow cornmeal
- 2 teaspoons dried basil
- 2 teaspoons salt
- 1 teaspoon dried tarragon
- 1/2 teaspoon pepper
- 4 boneless, skinless chicken breast halves
- 1/2 cup buttermilk
- MUSTARD SAUCE:
  - 1 cup chicken broth
  - 2 teaspoons cornstarch
  - 1/4 cup Dijon mustard
  - 1/4 cup sour cream

**Directions**

In a shallow bowl or large resealable plastic bag, combine the first six ingredients. Dip chicken in buttermilk, then coat with crumb mixture. Place in a single layer in a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with remaining crumbs. Bake, uncovered, at 375 degrees F for 25-30 minutes or until juices run clear. Meanwhile, for the sauce, bring broth and cornstarch to a boil in a small saucepan. Stir in mustard; simmer for 3 minutes. Add sour cream; heat through, stirring constantly (do not boil). Serve over chicken.
Ingredients

1 3/4 cups Swanson® Chicken Broth
2 tablespoons soy sauce
1 tablespoon vinegar
1 teaspoon sugar
1 teaspoon garlic powder
1/8 teaspoon crushed red pepper
4 skinless, boneless chicken breasts

Directions

Mix broth, soy, vinegar, sugar, garlic powder and red pepper in shallow nonmetallic dish. Add chicken and turn to coat. Cover and refrigerate 1 hour. Remove chicken from marinade.

Grill or broil chicken 15 minutes or until done, turning and brushing often with marinade.

Heat remaining marinade to a boil and serve with chicken.
Crumb-Coated Chicken

**Ingredients**

- 1/2 cup seasoned bread crumbs
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon garlic powder
- 1/4 teaspoon paprika
- 4 (6 ounce) skinless, boneless chicken breast halves
- 2 tablespoons butter, melted

**Directions**

In a shallow bowl, combine the bread crumbs, Parmesan cheese, garlic powder and paprika. Coat chicken with crumb mixture. Place on a microwave-safe plate. Drizzle with butter. Cover loosely with waxed paper. Microwave on high for 4-6 minutes or until juices run clear, turning once.
Lemon Stuffed Chicken

Ingredients

1 (3 pound) whole chicken
2 cups stuffing mix
2 lemons
1/4 teaspoon salt
1/4 teaspoon paprika
1/4 teaspoon dried rosemary
1/4 teaspoon dried sage
2 tablespoons olive oil

Directions

Preheat oven to 350 degrees F (175 degrees C).

Stuff the bird with the prepared stuffing and rub the skin with the olive oil. Cut 1 lemon in half; cover the opening of the bird with a lemon half and stuffing (save the other half for garnish). Pour the juice of the second lemon over the bird. Season the bird with the salt, paprika, rosemary and sage.

Cover and bake in preheated oven for 1 to 2 hours. Remove the cover half way through baking to brown. Baste often.
The Mighty Chicken Stuff

Ingredients

1 pound skinless, boneless chicken breast halves
3 (3 ounce) packages chicken flavored ramen noodles
1 (13 ounce) package Ranch-flavored tortilla chips
1 (10.75 ounce) can condensed cream of mushroom soup
2 cups sour cream
1 cup milk
1 (16 ounce) package frozen broccoli florets, thawed
4 cups shredded Cheddar cheese

Directions

Preheat the oven to 325 degrees F (165 degrees C).

Place chicken in a large saucepan with enough water to cover by at least 2 inches. Mix in the seasoning packets from the ramen noodles. Bring to a boil, and cook until chicken is no longer pink in the center. Remove chicken and set aside to cool. Add the ramen noodles to the boiling chicken water. Cook until tender, about 2 minutes. Drain. Chop chicken into bite sized pieces when it is cool enough to handle.

In a medium bowl, stir together the cream of mushroom soup, sour cream and milk. Grease a 9x13 inch baking dish, and begin layering the ingredients as follows. 1/3 of the tortilla chips, 1/2 of the noodles, 1/2 of the chicken, 1/2 of the broccoli, 1/3 of the cheese, and 1/2 of the soup mixture. Repeat layers a second time, then top with remaining tortilla chips and cheese.

Bake for 30 minutes in the preheated oven, until heated through and bubbly.
## Ingredients

- 2 cups shredded roasted chicken
- 2 teaspoons vegetable oil
- 2 medium onions, halved and thinly sliced
- 8 cups Swanson® Chicken Broth (Regular, Natural Goodness®, or Certified Organic)
- 1/8 teaspoon ground black pepper
- 2 medium carrots, sliced
- 2 stalks celery, sliced
- 3/4 cup uncooked trumpet-shaped pasta (campanelle)

## Directions

Heat oil in 10-inch skillet over medium-high heat. Add onions and cook until they begin to brown, stirring occasionally. Reduce heat to medium. Cook until onions are tender and caramelized, stirring occasionally. Remove skillet from heat.

Heat broth, black pepper, carrots and celery in 4-quart saucepan over medium-high heat to a boil. Stir pasta and chicken in saucepan. Reduce heat to medium. Cook 10 minutes or until pasta is tender. Stir in onions and serve immediately.
Ingredients

1 (10.75 ounce) can reduced fat cream of chicken soup
1 (14.5 ounce) can low-fat, low sodium chicken broth
1/2 cup milk
1 tablespoon vegetable oil
1/4 cup chopped onion
1/2 cup chopped celery
3 skinless, boneless chicken breast halves - cut into strips
1 teaspoon celery seed
ground black pepper to taste

1 cup sifted all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup milk
2 tablespoons vegetable oil

Directions

In a large saucepan or Dutch oven, stir together the cream of chicken soup, chicken broth, and milk. Bring to a simmer over medium heat.

Heat 1 tablespoon oil in a skillet over medium-high heat. Add chicken strips, onion and celery. Sautee until chicken is cooked through, and onions are tender. Transfer the chicken mixture to the soup pot, and mix well. Reduce heat to low, and simmer for 30 to 45 minutes. Season with celery seed and black pepper.

To Make Dumplings: In a medium bowl, stir together the flour, baking powder and salt. In a small bowl, mix together 1/2 cup of milk and 2 tablespoons of oil. Pour into the dry ingredients, stirring just until moistened.

Drop tablespoonfuls of the dumpling mixture into simmering chicken stew. Cover pot tightly, and bring to a boil. Simmer for another 12 to 15 minutes - without peeking! Ladle into bowls, and serve hot.
Chicken Enchiladas Suizas

**Ingredients**
- 6 skinless, boneless chicken breast halves
- 1 tablespoon butter
- 1 cup chopped onion
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 2 cups shredded Cheddar cheese
- 1 (4 ounce) can diced green chile peppers
- 1 cup green salsa
- 1 cup chopped fresh cilantro
- 4 teaspoons ground cumin
- 2 chipotle peppers in adobo sauce, chopped
- Salt and ground black pepper to taste
- 12 (7 inch) flour tortillas
- 10 ounces shredded Monterey Jack cheese
- 1 cup whipping cream
- 1/2 cup chicken broth

**Directions**

Bring a pot of lightly salted water to a rapid boil over medium-high heat. Add the chicken to the boiling water; cover. Cook 15 to 20 minutes; drain and set aside.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 10x15 baking dish.

Melt the butter in a skillet over medium heat. Cook the onion, green bell pepper, and red bell pepper in the melted butter until just soft, 5 to 8 minutes; transfer to a large bowl. Add the chicken, Cheddar cheese, green chile peppers, salsa, cilantro, cumin, and chipotle peppers to the bowl. Season with salt and pepper; mix.

Place about 1/3 cup of the chicken mixture along the edge of a tortilla; roll tightly into a tube. Place the enchilada, seam-side down, into the prepared baking dish. Repeat until all the chicken mixture is used. Sprinkle Monterey Jack cheese over the enchiladas. Whisk together the whipping cream and chicken broth in a small bowl; pour over the enchiladas. Cover the dish with aluminum foil.

Bake in preheated oven 30 minutes. Remove foil and continue baking until cheese is completely melted, about 10 minutes.
### Crumb-Coated Chicken Thighs

#### Ingredients
- 1/4 cup dry bread crumbs
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 1 teaspoon curry powder
- 1/4 teaspoon pepper
- 8 (5 ounce) chicken thighs, skin removed

#### Directions
In a large resealable plastic bag, combine the first seven ingredients. Add chicken, a few pieces at a time, and shake to coat. Place on a baking sheet coated with nonstick cooking spray. Bake, uncovered, at 400 degrees F for 20 minutes. Turn chicken pieces; bake 15-20 minutes longer or until a meat thermometer reads 180 degrees F.
Paul's Favorite Chicken

**Ingredients**
- 5 slices bacon
- 4 ounces thinly sliced ham
- 1 pound skinless, boneless chicken breast halves - cut into chunks
- 1/4 cup shredded Cheddar cheese

**Directions**

Place the bacon into a large skillet over medium-high heat, and fry until crisp. Drain most of the grease, leaving enough to coat the bottom of the pan. Hold up the pieces of bacon with tongs, and use scissors to snip it into pieces, letting it fall back into the pan.

Tear the ham into small pieces, and sprinkle them in with the bacon. Stir for a minute, then add the chicken pieces. Cook, stirring occasionally, until the chicken is cooked through, about 10 minutes.

At the very end, reduce the heat to medium-low, and sprinkle some of the cheese to coat everything. Stir to melt into a sauce that should coat all of the meat. Sprinkle in the rest of the cheese, and cook until everything is coated and cheese has thickened slightly, about 1 minute.
**Baked Honey Nut Chicken**

**Ingredients**
- 2 eggs
- 1/2 cup honey
- 1 cup finely chopped pecans or walnuts
- 1 cup dry bread crumbs
- salt and pepper to taste
- 6 bone-in chicken breast halves
- 1/4 cup butter, melted

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

In a bowl, beat eggs and honey together until thoroughly blended. In a separate bowl, toss together pecans, bread crumbs, salt, and pepper.

Dip chicken pieces in egg and honey mixture, then dredge in pecan mixture, coating thoroughly. Arrange chicken side by side in a 9x13 inch baking dish. Drizzle melted butter evenly over chicken.

Bake approximately 40 minutes, or until chicken is no longer pink, and juices run clear.
Orange Rosemary Chicken

Ingredients

1 1/2 cups orange juice
1/4 cup olive oil
1/4 cup chopped fresh chives
3 tablespoons chopped fresh rosemary
1 teaspoon salt
1 teaspoon ground black pepper
1 (2.5 pound) whole chicken, cut into 8 pieces

Directions

In a medium bowl, mix the orange juice, olive oil, chives, rosemary, salt, and pepper. Place the chicken in the mixture. Cover and marinate in the refrigerator at least 4 hours.

Preheat the oven broiler.

Remove the chicken from the marinade, and shake off excess. Pour the marinade into a small saucepan and bring to a boil over high heat. Reduce heat to medium-low, and simmer for 10 minutes; set aside.

Arrange the chicken on a baking sheet. Broil 30 minutes in the preheated oven, 6 to 8 inches from heat. Turn and brush frequently with the remaining marinade mixture, until no longer pink and juices run clear.
## Chicken and Asparagus Fettuccine

### Ingredients
- 12 ounces dry fettuccini pasta
- 2 cups 1 inch pieces fresh asparagus
- 1/2 cup butter
- 2 cups half-and-half cream
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1 pinch cayenne pepper
- 3/4 cup grated Parmesan cheese
- 1/2 pound cooked chicken breasts - cut into bite size pieces

### Directions
Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, or until al dente. Add the asparagus during the last 3 to 5 minutes of cooking. Drain, and transfer to a large bowl.

In a large saucepan over medium heat, combine butter and half-and-half. Cook until thick and bubbly. Season with garlic powder, black pepper, and cayenne pepper. Stir in Parmesan cheese and chicken, and heat through.

Pour sauce over pasta and asparagus, and toss to coat.
Ingredients

9 lasagna noodles
1 (10.75 ounce) can condensed cream of mushroom soup
1 (10.75 ounce) can condensed cream of chicken soup
1 cup chopped onion
1 (8 ounce) container cottage cheese
1/2 (8 ounce) container sour cream
1/4 teaspoon poultry seasoning
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/3 cup sliced black olives (optional)
3/4 cup grated Parmesan cheese
4 cups chopped, cooked chicken meat
2 cups shredded Colby cheese
2 1/2 cups shredded mozzarella cheese

Directions

Cook pasta in a large pot of boiling salted water until al dente. Drain.

In a large bowl, mix together cream of mushroom soup, cream of chicken soup, chopped onions, cottage cheese, sour cream, poultry seasoning, oregano, basil, grated Parmesan cheese, and chicken. If desired, add olives.

In a 9x13 inch casserole dish, layer 3 lasagna noodles, half of the chicken sauce, grated Colby cheese, 3 lasagna noodles, remaining chicken sauce, 3 lasagna noodles, and finally grated mozzarella cheese. Cover with aluminum foil.

Bake in a preheated 350 degree F (175 degrees C) oven for 40 minutes. Remove foil, and continue baking for 10 minutes. Let stand 10 minutes before serving.
General Tsao's Chicken II

**Ingredients**

- 4 cups vegetable oil for frying
- 1 egg
- 1 1/2 pounds boneless, skinless chicken thighs, cut into 1/2 inch cubes
- 1 teaspoon salt
- 1 teaspoon white sugar
- 1 pinch white pepper
- 1 cup cornstarch
- 2 tablespoons vegetable oil
- 3 tablespoons chopped green onion
- 1 clove garlic, minced
- 6 dried whole red chilies
- 1 strip orange zest
- 1/2 cup white sugar
- 1/4 teaspoon ground ginger
- 3 tablespoons chicken broth
- 1 tablespoon rice vinegar
- 1/4 cup soy sauce
- 2 teaspoons sesame oil
- 2 tablespoons peanut oil
- 2 teaspoons cornstarch
- 1/4 cup water

**Directions**

Heat 4 cups vegetable oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Beat the egg in a mixing bowl. Add the chicken cubes; sprinkle with salt, 1 teaspoon sugar, and white pepper; mix well. Mix in 1 cup of cornstarch a little bit at a time until the chicken cubes are well coated.

In batches, carefully drop the chicken cubes into the hot oil one by one, cooking until they turn golden brown and begin to float, about 3 minutes. Remove the chicken and allow to cool as you fry the next batch. Once all of the chicken has been fried, refry the chicken, starting with the batch that was cooked first. Cook until the chicken turns deep golden brown, about 2 minutes more. Drain on a paper towel-lined plate.

Heat 2 tablespoons vegetable oil in a wok or large skillet over high heat. Stir in the green onion, garlic, whole chiles, and orange zest. Cook and stir a minute or two until the garlic has turned golden and the chiles brighten. Add 1/2 cup sugar, the ginger, chicken broth, vinegar, soy sauce, sesame oil, and peanut oil; bring to a boil and cook for 3 minutes.

Dissolve 2 teaspoons of cornstarch into the water, and stir into the boiling sauce. Return to a boil and cook until the sauce thickens and is no longer cloudy from the cornstarch, about 1 minute. Stir the chicken into the boiling sauce. Reduce heat to low and cook for a few minutes until the chicken absorbs some of the sauce.
Spicy Chicken and Sweet Potato Stew

**Ingredients**

- 1 teaspoon olive oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 1 pound sweet potato, peeled and cubed
- 1 orange bell pepper, seeded and cubed
- 1 pound cooked chicken breast, cubed
- 1 (28 ounce) can diced tomatoes
- 2 cups water
- 1 teaspoon salt
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon cocoa powder
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon red pepper flakes
- 1 1/2 tablespoons all-purpose flour
- 2 tablespoons water
- 1 cup frozen corn
- 1 (16 ounce) can kidney beans, rinsed and drained
- 1/2 cup chopped fresh cilantro

**Directions**

Heat olive oil in a large pot over medium heat. Stir in onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in sweet potato, bell pepper, chicken, tomatoes, and 2 cups of water. Season with salt, chili powder, cumin, oregano, cocoa powder, cinnamon, and red pepper flakes. Increase heat to medium-high and bring to a boil. Dissolve flour in 2 tablespoons water, and stir in to boiling stew. Reduce heat to medium-low, cover, and simmer until the potatoes are tender but not mushy, 10 to 20 minutes. Stir the stew occasionally to keep it from sticking.

Once the potatoes are done, stir in corn and kidney beans. Cook a few minutes until hot, then stir in cilantro before serving.
Tender Italian Baked Chicken

Ingredients

- 3/4 cup mayonnaise
- 1/2 cup grated Parmesan cheese
- 3/4 teaspoon garlic powder
- 3/4 cup Italian seasoned bread crumbs
- 4 skinless, boneless chicken breast halves

Directions

- Preheat oven to 425 degrees F (220 degrees C).

- In a bowl, mix the mayonnaise, Parmesan cheese, and garlic powder. Place bread crumbs in a separate bowl. Dip chicken into the mayonnaise mixture, then into the bread crumbs to coat. Arrange coated chicken on a baking sheet.

- Bake 20 minutes in the preheated oven, or until chicken juices run clear and coating is golden brown.
Lower Fat Chicken Vegetable Soup

**Ingredients**

1 cup chicken broth  
1 cup shredded cabbage  
1 cup chopped carrot  
4 potatoes, cubed  
1/2 onion, chopped  
1 (15 ounce) can green beans  
1/4 cup chopped green bell pepper  
1 cup tomato juice  
3 cloves garlic, minced  
1/2 teaspoon dried oregano  
1 tablespoon dried basil  
1/2 teaspoon Italian-style seasoning  
1 cup cooked and cubed chicken  
salt and pepper to taste

**Directions**

In a large pot over high heat, combine the chicken broth, cabbage, carrots, potatoes, onion, green beans, green bell pepper, tomato juice, garlic, oregano, basil and Italian-style seasoning.

Bring to a boil, reduce heat to low and simmer for 1 hour, or until all vegetables are tender.

Add the chicken and simmer for 15 more minutes. Season with salt and pepper to taste.
Almond Chicken Casserole I

**Ingredients**

- 1 1/2 cups uncooked long grain white rice
- 3 cups water
- 5 cups diced cooked chicken
- 1/2 cup mayonnaise
- 1/2 cup plain yogurt
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 2 cups chicken broth
- 2 tablespoons lemon juice
- 3 tablespoons chopped onion
- 1 (8 ounce) can water chestnuts
- 1 1/2 cups sliced almonds
- 1 cup chopped celery
- 2 teaspoons ground white pepper
- 1 tablespoon salt
- 3 cups cornflakes cereal
- 1 cup butter, melted

**Directions**

Combine rice and water in a saucepan, and bring to a boil. Reduce heat, cover, and simmer for 20 minutes.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

In a large bowl stir together the cooked rice, diced chicken, mayonnaise, yogurt, cream of mushroom soup, and chicken broth. Mix in the lemon juice, onion, water chestnuts, 1 cup of sliced almonds, and celery. Season with white pepper and salt. Transfer the mixture to the prepared baking dish.

In a bowl, toss the remaining 1/2 cup sliced almonds and cornflakes cereal with the melted butter. Spread evenly over the casserole.

Bake 35 to 45 minutes in the preheated oven, until lightly browned.
Quinoa Pilaf with Shredded Chicken

**Ingredients**
- 2 tablespoons coconut oil
- 1 small onion, diced
- 1 stalk celery, diced
- 3 carrots, diced
- 1 cup quinoa
- 2 cups chicken broth
- 1 tablespoon Italian seasoning
- 1 teaspoon chopped fresh sage
- 1 cup shredded cooked chicken meat
- Salt and black pepper to taste

**Directions**
Heat the coconut oil in a saucepan over medium heat. Cook and stir the onion, celery, and carrots in the hot oil until tender, about 7 minutes. Add the quinoa, chicken broth, Italian seasoning, and sage. Bring to a boil over high heat; reduce heat to medium-low, cover, and simmer until the liquid has been absorbed and the quinoa is tender, about 20 minutes. Stir in the chicken meat; season with salt and pepper.
# Crispy Fried Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (4 pound) chicken</td>
<td>cut into pieces</td>
</tr>
<tr>
<td>1 cup buttermilk</td>
<td></td>
</tr>
<tr>
<td>2 cups all-purpose flour</td>
<td>for coating</td>
</tr>
<tr>
<td>1 teaspoon paprika</td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>2 quarts vegetable oil</td>
<td>for frying</td>
</tr>
</tbody>
</table>

## Directions

Take your cut up chicken pieces and skin them if you prefer. Put the flour in a large plastic bag (let the amount of chicken you are cooking dictate the amount of flour you use). Season the flour with paprika, salt and pepper to taste (paprika helps to brown the chicken).

Dip chicken pieces in buttermilk then, a few at a time, put them in the bag with the flour, seal the bag and shake to coat well. Place the coated chicken on a cookie sheet or tray, and cover with a clean dish towel or waxed paper. LET SIT UNTIL THE FLOUR IS OF A PASTE-LIKE CONSISTENCY. THIS IS CRUCIAL!

Fill a large skillet (cast iron is best) about 1/3 to 1/2 full with vegetable oil. Heat until VERY hot. Put in as many chicken pieces as the skillet can hold. Brown the chicken in HOT oil on both sides. When browned, reduce heat and cover skillet; let cook for 30 minutes (the chicken will be cooked through but not crispy). Remove cover, raise heat again and continue to fry until crispy.

Drain the fried chicken on paper towels. Depending on how much chicken you have, you may have to fry in a few shifts. Keep the finished chicken in a slightly warm oven while preparing the rest.
**Ingredients**

6 (4 ounce) boneless, skinless chicken breast halves, pounded
1/4 inch thick
6 thin slices prosciutto or boiled ham
6 slices provolone cheese
1 tablespoon olive oil
1/4 cup Italian seasoned dry bread crumbs
1 (15 ounce) jar Bertolli® Creamy Alfredo Sauce

**Directions**

Preheat oven to 400 degrees F. Season chicken, if desired, with salt and ground black pepper. Evenly top each chicken breast with slice of prosciutto, then cheese; roll up and secure with wooden toothpicks. Brush chicken with olive oil, then coat with bread crumbs. Arrange chicken on baking sheet and bake 25 minutes or until chicken is thoroughly cooked.

Meanwhile, heat sauce in medium saucepan. To serve, spoon heated sauce onto serving platter. Slice chicken rollatini and arrange over sauce. Serve, if desired, with hot cooked pasta or rice.
Ingredients

6 slices bacon
3 cups diced cooked chicken breast meat
1/2 cup chopped celery
1 cup seedless grapes
1 cup mayonnaise
2 tablespoons red onion, minced
1 teaspoon lemon juice
1/2 teaspoon Worcestershire sauce
1/2 teaspoon curry powder
salt and pepper to taste

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Crumble and set aside.

In a large bowl, combine bacon, chicken, celery, and grapes.

Prepare the dressing in a small bowl by whisking together the mayonnaise, onion, lemon juice, Worcestershire sauce, curry and salt and pepper. Pour over salad and toss well.
**Ingredients**

1/2 cup Pace® Thick & Chunky Salsa
1 (10.75 ounce) can Campbell’s® Condensed Cheddar Cheese Soup
2 (4.5 ounce) cans Swanson® Premium Chunk Chicken Breast in Water, drained
1 (10 ounce) bag tortilla chips
Chopped tomato
Sliced green onion
Sliced pitted ripe olives

**Directions**

Heat the salsa, soup and chicken in a 1-quart saucepan over medium heat until the mixture is hot and bubbling, stirring often.

Spoon the chicken mixture over the chips. Top with the tomato, onion and olives.
Hot Chicken Sandwiches I

Ingredients

12 eggs
1 (1 pound) loaf white bread, cubed
3 (2 to 3 pound) boiler chickens
salt to taste
ground black pepper to taste

Directions

Boil the chickens until done, and let cool. When the chicken meat is completely cool to the touch, pick the chicken meat from the bones; set aside. Reserve a little of the broth for later.

Cube the loaf of bread, and put it in a large bowl. Mix in the 12 eggs with the cubed bread. Add the chicken meat you picked from the bone and enough broth from the chicken to moisten. Add salt and pepper to your own taste. Mix well.

Spread mixture into a lightly greased casserole dish, and bake in a preheated 350 degrees F (175 degrees C) oven for 30 minutes. Or spray a slow cooker with cooking spray to prevent sticking, and pour in the chicken mixture. Let cook on low for about 6 hours. Serve by scooping onto buns.
Cheddar Chicken Spaghetti

**Ingredients**

1 (7 ounce) package spaghetti, broken
2 cups cubed, cooked chicken
2 cups shredded Cheddar cheese, divided
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1 cup milk
1 tablespoon diced pimientos
1/4 teaspoon salt
1/4 teaspoon pepper

**Directions**

Cook spaghetti according to package directions. Meanwhile, in a bowl, combine the chicken, 1 cup cheese, soup, milk, pimientos if desired, salt and pepper. Drain spaghetti; add to the chicken mixture and toss to coat. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with the remaining cheese. Bake, uncovered, at 350 degrees F for 20-25 minutes or until heated through.
**Ingredients**

- 1/4 cup chopped celery
- 2 tablespoons butter
- 1 teaspoon chicken bouillon granules
- 2 tablespoons all-purpose flour
- 1/8 teaspoon salt
- 1/8 teaspoon poultry seasoning
- 1 1/4 cups milk
- 1 cup cubed cooked chicken
- 1 tablespoon diced pimientos
- 1 teaspoon lemon juice
- 1/4 cup chopped pecans, divided
- Hot cooked rice

**Directions**

In a saucepan, saute celery in butter until tender. Add bouillon, stirring until dissolved. Stir in the flour, salt and poultry seasoning until blended. Gradually add milk, stirring until smooth. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened.

Add the chicken, pimientos, lemon juice and half of the pecans; cook until heated through. Serve over the rice. Sprinkle with remaining pecans.
Chicken Marsala Florentine

**Ingredients**

- 4 boneless, skinless chicken breast halves
- 1/4 cup all-purpose flour
- Salt and pepper to taste
- 1 tablespoon dried oregano
- 2 tablespoons olive oil
- 3/4 cup butter
- 3 cups sliced portobello mushrooms
- 3/4 cup sun-dried tomatoes
- 1/2 cup packed fresh spinach
- 1 cup Marsala wine

**Directions**

Place chicken breasts between two pieces of wax paper, and pound to 1/4 inch thick with a meat mallet. Dust chicken with flour, salt, pepper and oregano.

In a skillet, fry chicken in olive oil over medium heat. Cook until done, turning to cook evenly. Set aside, and keep warm.

In the same pan, melt the butter over medium heat; add mushrooms, sun-dried tomatoes, and Marsala wine. Cook for approximately 10 minutes, stirring occasionally. Mix in spinach, and cook for about 2 minutes. Serve over chicken.
Fried Chicken Tenders

Ingredients

- 1 cup all-purpose flour
- 2 cups Italian-style seasoned bread crumbs
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon cayenne pepper
- 2 eggs, beaten
- 2 tablespoons water
- 24 chicken tenderloins
- 2 quarts oil for frying
- 1 cup mayonnaise
- 3 tablespoons prepared horseradish
- 1/2 cup sour cream
- 1 dash Worcestershire sauce
- 3 tablespoons prepared mustard

Directions

Place flour in a shallow bowl. Place bread crumbs in a separate shallow bowl, and mix with ground black pepper and cayenne pepper. Place eggs and water in a small bowl.

One piece at a time, coat the chicken in the flour, the eggs and the bread crumbs, and set aside.

Heat oil in a deep fryer to 375 degrees F (190 degrees C).

In small batches, fry chicken 6 to 8 minutes, or until golden brown. Remove chicken, and drain on paper towels.

In a separate small bowl, combine the mayonnaise, horseradish, sour cream, Worcestershire sauce and mustard. Mix well, and serve with the chicken for dipping.
# Misti's Chicken Marinade

## Ingredients
- 2 cups vegetable oil
- 3/4 cup distilled white vinegar
- 1/4 cup molasses
- 2 tablespoons soy sauce
- 2 tablespoons lemon-pepper seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

## Directions
Whisk together the oil, vinegar, molasses, soy sauce, lemon-pepper seasoning, garlic powder, and onion powder in a bowl.

To use, marinate chicken for at least 8 hours before cooking as desired.
Kevin's Teriyaki Chicken

**Ingredients**

- 1 1/2 cups pineapple juice
- 1/2 cup soy sauce
- 1 teaspoon ground ginger
- 1/2 teaspoon garlic powder
- 1/4 teaspoon white pepper
- 4 (6 ounce) skinless, boneless chicken breast halves

**Directions**

In a large bowl, mix together the pineapple juice, soy sauce, ginger, garlic powder, and white pepper. Reserve a small amount of the marinade separately for dipping later.

Place chicken in marinade, and add enough water to cover. Cover, and refrigerate for 24 hours.

Heat an outdoor grill for medium-high heat.

Brush grate lightly with oil. Grill chicken 5 to 7 minutes per side, depending on thickness. Chicken is done when inside is no longer pink and juices run clear.
### Whole Wheat Chicken Salad Sandwiches

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 (4.5 ounce) cans Swanson® Premium Chunk Chicken Breast in Water, drained</td>
<td></td>
</tr>
<tr>
<td>1/4 cup chopped celery</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon finely chopped onion</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons nonfat mayonnaise</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons nonfat plain yogurt</td>
<td></td>
</tr>
<tr>
<td>1/8 teaspoon ground black pepper</td>
<td></td>
</tr>
<tr>
<td>8 slices Pepperidge Farm® Whole Grain 100% Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>4 tomato slices</td>
<td></td>
</tr>
<tr>
<td>4 lettuce leaves</td>
<td></td>
</tr>
</tbody>
</table>

**Directions**

1. Mix chicken, celery, onion, mayonnaise, yogurt and pepper.
2. Divide chicken mixture among 4 bread slices. Top with tomato, lettuce and remaining bread slices.
Ingredients

2 tablespoons vegetable oil
2 pounds chicken legs
4 cups tomato sauce
1 clove garlic, minced
1 onion, chopped
2 bay leaves
1/2 teaspoon ground cumin
1 teaspoon dried oregano
1 tablespoon vinegar

Directions

Heat the oil in a skillet over medium heat; cook the chicken in the hot oil until lightly browned on all sides.

Whisk the tomato sauce, garlic, onion, bay leaves, cumin, oregano, and vinegar in a bowl; pour over the chicken. Bring the mixture to a simmer and continue cooking until the chicken is no longer pink at the bone and the juices run clear, about 30 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).
Asian Chicken Noodle Soup

**Ingredients**

- 12 chicken wings
- 2 tablespoons garlic powder
- 2 tablespoons minced fresh ginger root
- 1 tablespoon vegetable oil
- 4 tablespoons sesame oil, divided
- 1/4 cup dry sherry
- 2 tablespoons distilled white vinegar
- 1/4 cup Kikkoman Less Sodium Soy Sauce
- 1 (10 ounce) package Asian style vegetables
- 6 ounces angel hair pasta, broken into 2-inch lengths

**Directions**

Disjoint chicken wings; discard tip, season wings with garlic powder. Heat vegetable oil and 2 tablespoons of sesame oil in a Dutch oven or large saucepan over medium high heat. Add chicken and cook until browned on both sides, about 10 minutes. Add 4 cups water, sherry, ginger, vinegar and less sodium soy sauce; cover and bring to a boil. Reduce heat; simmer 45 minutes.

Add vegetables, simmer, covered 3 minutes. Stir in pasta; return to boil. Cook until pasta is soft, stirring occasionally. Remove from heat, stir in remaining sesame oil. Serve immediately.
## Lighter Chicken Quesadillas

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (10.75 ounce) can Campbell's® Healthy Request® Condensed Cream of Chicken Soup</td>
<td>1</td>
</tr>
<tr>
<td>1 teaspoon chili powder</td>
<td>1</td>
</tr>
<tr>
<td>1/2 cup shredded Cheddar cheese</td>
<td>1</td>
</tr>
<tr>
<td>2 (4.5 ounce) cans Swanson® Premium White Chunk Chicken Breast in Water, drained</td>
<td>2</td>
</tr>
<tr>
<td>8 (8 inch) flour tortillas</td>
<td>8</td>
</tr>
</tbody>
</table>

### Directions

Heat the oven to 425 degrees F. Stir the soup, chili powder, cheese and chicken in a medium bowl.

Place the tortillas onto 2 baking sheets. Spread about 1/4 cup soup mixture on half of each tortilla to within 1/2 inch of the edge. Brush the edges of the tortillas with water. Fold the tortillas over the filling and press the edges to seal.

Bake for 10 minutes or until the filling is hot.
Easy Chicken and Dumplings

Ingredients
3 celery ribs, chopped
1 cup sliced fresh carrots
3 (14.5 ounce) cans reduced sodium chicken broth
1/2 teaspoon poultry seasoning
1/8 teaspoon pepper
3 cups cooked, cubed chicken breast
1 2/3 cups reduced-fat biscuit/baking mix
2/3 cup fat-free milk

Directions
In a Dutch oven coated with nonstick cooking spray, saute celery and carrots for 5 minutes. Stir in the broth, poultry seasoning and pepper. Bring to a boil. Reduce heat; simmer, uncovered. Add the chicken.

For dumplings, combine biscuit mix and milk. Drop by tablespoonfuls onto simmering broth. Cover and simmer for 10-15 minutes or until a toothpick inserted into a dumpling comes out clean (do not lift cover while simmering).
## White Wine Almond Chicken

### Ingredients
- 3/4 cup white wine
- 1 cup chicken broth
- 1 cup heavy cream
- 3 tablespoons all-purpose flour
- 1 pound fresh mushrooms, sliced
- 1 white onion, finely chopped
- 1 cup sliced almonds
- salt and pepper to taste
- 6 skinless, boneless chicken breast halves

### Directions
Heat wine, broth and most of the cream (reserve a little) in a medium saucepan over medium low heat. Thicken flour with reserved cream, enough to make a thin paste. Add this to saucepan, stirring constantly until sauce has thickened. Stir in mushrooms and onions.

Preheat oven to 325 degrees F(165 degrees C).

Place chicken in a 9x13 inch baking dish. Pour sauce over chicken and top with almonds. Bake in the preheated oven for 1 1/2 hours.
### Ingredients

- 6 skinless, boneless chicken breasts
- ground black pepper to taste
- 1 pinch garlic powder
- 1 teaspoon poultry seasoning
- 2 teaspoons paprika

### Directions

Preheat oven to 375 degrees F (190 degrees C).

In a lightly greased 9x13 inch baking dish, place chicken breasts side by side. Sprinkle to taste with ground black pepper, garlic powder, poultry seasoning, and then paprika. Bake in the preheated oven for 40 to 50 minutes, until chicken is no longer pink inside and the juices run clear. Check often and add a little water if the chicken starts to stick to the dish.
**Beer Roasted Lime Chicken**

**Ingredients**

- 1 (4 pound) whole chicken
- 1 tablespoon salt, or to taste
- 1 tablespoon ground black pepper, or to taste
- 1 lime, halved
- 1/2 (12 fluid ounce) can beer
- 1 cup water

**Directions**

Preheat the oven to 350 degrees F (175 degrees C).

Season the chicken inside and out with salt and pepper. Squeeze the juice from the lime over the whole chicken, then place the halves into the cavity of the chicken. Set the half full beer can in the center of a roasting pan or baking dish, and place the chicken over it in an upright position with the beer inserted into the cavity. Pour water into the bottom of the pan. Cover the chicken with aluminum foil, and place roasting pan and all into the oven.

Roast the chicken for about 1 1/2 hours in the preheated oven, removing foil during the last 20 minutes. Baste occasionally with the drippings. When finished, the internal temperature of the chicken should be 180 degrees F (80 degrees C) when taken in the meatiest part of the thigh. Let the chicken rest for about 10 minutes before serving.
## Ingredients

1 cup ricotta cheese  
1 (6.5 ounce) jar marinated artichoke hearts, drained and chopped  
1 teaspoon dried basil  
2 skinless, boneless chicken breast halves  
1 pinch freshly ground black pepper  
1 pinch ground cumin

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking dish.

In a medium bowl, stir together the ricotta cheese, artichoke hearts, basil, pepper, and cumin. Place the chicken breasts on a flat surface, and cut from one side through the middle of the breast to within one half inch of the other side. Open the two sides and spread them out flat like an open book. Spread the chicken with the ricotta mixture, and roll up. Place the rolls in prepared baking dish, seam side down.

Bake in preheated oven until juices run clear, about 30 minutes. Cool slightly before slicing and serving.
Rice and Chicken Casserole

**Ingredients**

1 cup uncooked white rice  
1 (10.75 ounce) can condensed cream of mushroom soup  
1 (1 ounce) package dry onion soup mix  
1 1/2 (10.75 ounce) cans milk  
1 (4 pound) chicken, cut into pieces

**Directions**

Preheat oven to 250 degrees F (120 degrees C).

Combine the rice, mushroom soup, dry onion soup mix and milk. Mix together. Place rice mixture in a 9x13 inch baking dish. Place chicken pieces on top of rice mixture and bake, uncovered, in the preheated oven for 3 hours or until rice is tender (turn chicken once).
Fiesta Chicken Soup

**Ingredients**

- 1/2 cup uncooked white rice
- 1 pound skinless, boneless chicken breast meat - cut into cubes
- 1 large green bell pepper, chopped
- 1 onion, chopped
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 (14.5 ounce) can chicken broth
- 1 (15 ounce) can whole kernel corn, undrained
- 1 lime

**Directions**

Combine rice and 1 cup water in a small saucepan. Bring to a boil, then reduce heat, cover and simmer 20 minutes, until rice is tender.

Coat a large saucepan with cooking spray and place over medium heat. Cook chicken, bell pepper, onion, chili powder and garlic powder 5 minutes, stirring often. Pour in broth and corn. Stir in 1 cup cooked rice. Bring to a boil, then reduce heat and simmer 10 minutes, until chicken is no longer pink. Serve with lime wedges.
## Ingredients

- 1/2 cup sesame oil
- 3 cloves garlic, chopped
- 1 small red onion, minced
- 6 skinless, boneless chicken breast halves
- 1 teaspoon salt, or to taste
- 1 teaspoon freshly ground black pepper
- 1/2 cup chopped fresh parsley
- 2 cups sliced zucchini
- 1 cup Parmesan cheese

## Directions

Pour the sesame oil into a 9x13 inch baking dish, or any dish large enough to hold your chicken in a single layer. Mix in the garlic and red onion. Lay the chicken breast halves in the dish, and turn to coat. Cover and refrigerate for 3 to 4 hours.

Preheat the oven to 350 degrees F (175 degrees C). Uncover the chicken in the dish, and top with sliced zucchini. Season with salt and pepper.

Bake uncovered for 1 hour and 30 minutes in the preheated oven. Sprinkle the cheese over the top of the chicken during the last 15 minutes of baking.
### Fruity Chicken Salad

#### Ingredients

- 1 (2 1/2 pound) fryer chicken or equivalent pieces
- 1/2 cup creamy salad dressing (such as Miracle Whip®)
- 2 tablespoons white sugar, or to taste
- 1/4 cup raisins
- 1 ripe mango, peeled and diced (optional)

#### Directions

Put the chicken in a large pot with enough water to cover. Bring to a boil; reduce heat to medium. Allow the chicken to simmer until no longer pink at the bone and the juices run clear, about 1 hour. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C). Remove the chicken to a cutting board. Use a pair of forks to remove and shred the meat from the chicken. Discard the remains. Place shredded chicken in a single layer on a plate and allow to cool completely in refrigerator, about 15 minutes.

Stir together the salad dressing and sugar in a large bowl. Stir the chicken and raisins into the salad dressing. Add the mango and gently fold into the mixture. Refrigerate overnight or 8 hours before serving.
Crispy Chicken Strips

Ingredients

- 1/4 cup butter, melted
- 1 1/2 cups crispy rice cereal, coarsely crushed
- 2 tablespoons all-purpose flour
- 2 teaspoons salt-free seasoning blend
- 1 pound boneless, skinless chicken breast tenders

Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9x13 inch baking dish.

Place butter in a shallow bowl. In a separate shallow bowl, mix the crushed cereal, flour, and seasoning blend. Dip chicken tenders in the butter, then press in the cereal mixture to evenly coat. Arrange in the prepared baking dish. Drizzle with any remaining butter.

Bake 25 minutes in the preheated oven, or until chicken juices run clear.
Chicken and Ham Lasagna

**Ingredients**

- 3/4 pound fresh mushrooms, sliced
- 1 large onion, chopped
- 1 large green pepper, chopped
- 1/4 cup butter or margarine
- 1/2 cup all-purpose flour
- 1 2/3 cups milk
- 1 (14.5 ounce) can chicken broth
- 1 (16 ounce) package frozen chopped broccoli, thawed and drained
- 2/3 cup grated Parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper
- 1/8 teaspoon ground nutmeg
- 12 lasagna noodles, cooked and drained
- 2 cups cubed fully cooked ham
- 2 cups shredded Swiss cheese
- 2 cups cubed, cooked chicken

**Directions**

In a large skillet, saute the mushrooms, onion and green pepper in butter until tender. Stir in flour until blended. Gradually add milk and broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in the broccoli, Parmesan cheese, salt, pepper and nutmeg.

Spread 2 cups broccoli mixture in a greased 13-in. x 9-in. x 2-in. baking dish. Top with four noodles, overlapping if needed. Layer with 2 cups broccoli mixture, 1-1/2 cups of ham, 2/3 cup Swiss cheese, four noodles, 2 cups broccoli mixture, chicken, 2/3 cup Swiss cheese, four noodles and remaining broccoli mixture, Swiss cheese and ham.

Cover and bake at 350 degrees F for 35-45 minutes or until heated through. Let stand for 15 minutes before cutting.
Heat the oil in a wok or large skillet over medium-high heat. Cook the chicken until no longer pink in the center and the juices run clear, 7 to 10 minutes.

Place the green bell pepper, yellow bell pepper, red bell pepper, mushrooms, onion, teriyaki sauce, pineapple chunks with the juice, garlic powder, and crushed red pepper into the wok, and turn the heat to medium. Bring to a simmer, stir in the flour, and continue simmering 15 minutes until thickened.
# Penne with Chicken and Pesto

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 (16 ounce) package penne pasta</td>
</tr>
<tr>
<td>2 tablespoons butter</td>
</tr>
<tr>
<td>2 tablespoons olive oil</td>
</tr>
<tr>
<td>4 skinless, boneless chicken breast halves - cut into thin strips</td>
</tr>
<tr>
<td>2 cloves garlic, minced</td>
</tr>
<tr>
<td>salt and pepper to taste</td>
</tr>
<tr>
<td>1 1/4 cups heavy cream</td>
</tr>
<tr>
<td>1/4 cup pesto</td>
</tr>
<tr>
<td>3 tablespoons grated Parmesan cheese</td>
</tr>
</tbody>
</table>

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Heat butter and olive oil in a large skillet over medium heat. Saute chicken and garlic until chicken is almost cooked. Reduce heat and stir in salt, pepper, cream, pesto and Parmesan cheese. Cook until chicken is no longer pink inside. Stir in cooked pasta.
Rainforest Chicken and Pasta

**Ingredients**

- 3 tablespoons paprika
- 1 tablespoon garlic powder
- 1 teaspoon onion salt
- 2 dashes red pepper, or to taste (optional)
- 4 skinless, boneless chicken breast halves
- 1 tablespoon olive oil
- 1 cup fresh corn kernels
- 1 cup grape tomatoes, halved
- 2 green onions, chopped
- 1 (12 ounce) package dry fettuccini pasta
- 1 tablespoon Cajun seasoning
- 1 tablespoon olive oil

**Directions**

Preheat an outdoor grill for medium heat and lightly oil the grate.

Stir together the paprika, garlic powder, onion salt, and red pepper in a shallow bowl. Coat the chicken breasts with the seasoning, and set aside.

Heat 1 tablespoon of olive oil in a skillet over medium heat; cook and stir the corn, grape tomatoes, and green onions until the tomatoes are soft and begin to release their juice, about 5 minutes. Remove from the heat.

Grill the seasoned chicken on the preheated grill until the chicken is no longer pink in the center and shows grill marks, 4 to 5 minutes per side. Transfer the grilled chicken breasts to a platter and allow to stand about 5 minutes.

Bring a large pot of lightly salted water to a rolling boil; cook the fettuccini in the boiling water until cooked through yet firm to the bite, about 8 minutes. Drain.

Combine the fettuccini, Cajun seasoning, 1 tablespoon olive oil, and any juices from the chicken in a large bowl; toss to coat evenly. Slice the chicken diagonally across the grain. Divide the pasta between 4 plates and top each plate with sliced chicken and corn-tomato mixture.
Chicken Curry Party Salad

**Ingredients**

- 1 cube chicken bouillon
- 9 ounces skinless, boneless chicken breasts
- 9 ounces fresh mushrooms, sliced
- 1 (8 ounce) package elbow macaroni
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1 clove garlic, chopped
- 1 teaspoon curry powder
- 1 (4 ounce) can black olives, drained and chopped
- 1 apple - peeled, cored and sliced
- 1 yellow bell pepper, thinly sliced
- 2 stalks celery, chopped
- salt and pepper to taste

**Directions**

Bring a large pot of lightly salted water to a boil; add bouillon cube and stir until melted. Add chicken and poach for about 13 to 14 minutes. Remove chicken and leave broth in pot; cool chicken and cut into 1/2 inch chunks; reserve.

Add mushrooms to broth and cook over medium heat; cook for a few minutes and remove mushrooms from stock; reserve.

With remaining stock in pot, add some more water, if needed. Bring water to a boil and add pasta to cook for 8 to 10 minutes or until al dente; drain and discard stock. Cool pasta with running water; reserve.

In a small bowl, combine sour cream, mayonnaise, garlic, curry powder and salt and pepper to taste.

In a large bowl, combine cooled pasta, chicken, mushrooms, sour cream dressing, olives, apple, yellow bell pepper and celery; mix well. Refrigerate for at least 3 hours and serve.
## Chicken Stew With Coconut Milk

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound skinless, boneless chicken breast, cut into bite-sized chunks</td>
<td>1 pound skinless, boneless chicken breast, cut into bite-sized chunks</td>
</tr>
<tr>
<td>1 medium yellow onion, chopped or sliced</td>
<td>1 medium yellow onion, chopped or sliced</td>
</tr>
<tr>
<td>1 cup peeled potatoes, cut in 1-inch chunks</td>
<td>1 cup peeled potatoes, cut in 1-inch chunks</td>
</tr>
<tr>
<td>1 cup halved baby carrots</td>
<td>1 cup halved baby carrots</td>
</tr>
<tr>
<td>1 (9 ounce) package frozen baby lima beans</td>
<td>1 (9 ounce) package frozen baby lima beans</td>
</tr>
<tr>
<td>1/4 (12 ounce) can diced tomatoes</td>
<td>1/4 (12 ounce) can diced tomatoes</td>
</tr>
<tr>
<td>1 cup canned coconut milk</td>
<td>1 cup canned coconut milk</td>
</tr>
<tr>
<td>1 cup fat-free, reduced-sodium chicken broth</td>
<td>1 cup fat-free, reduced-sodium chicken broth</td>
</tr>
<tr>
<td>1 tablespoon cumin</td>
<td>1 tablespoon cumin</td>
</tr>
<tr>
<td>1 tablespoon curry powder</td>
<td>1 tablespoon curry powder</td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
<td>Salt and pepper to taste</td>
</tr>
<tr>
<td>1/4 teaspoon hot sauce (such as Tabasco), or to taste</td>
<td>1/4 teaspoon hot sauce (such as Tabasco), or to taste</td>
</tr>
<tr>
<td>Parsley or cilantro for garnish</td>
<td>Parsley or cilantro for garnish</td>
</tr>
</tbody>
</table>

### Directions

Put all ingredients in a large microwave-safe bowl and mix thoroughly. Cover tightly and microwave on high for 30-40 minutes.
Owen's BBQ Chicken

Ingredients

2 tablespoons vegetable oil
1 onion, finely chopped
2 cloves crushed garlic
3/4 cup ketchup
2 tablespoons Worcestershire sauce
2 tablespoons white wine vinegar
2 tablespoons brown sugar
1/2 cup water
salt and pepper to taste
10 chicken legs

Directions

Heat oil in a medium saucepan over medium heat. Add the onion and garlic and saute for 5 to 10 minutes, or until onion is tender. Then add the ketchup, Worcestershire sauce, vinegar, brown sugar and water. Mix together well and season with salt and pepper to taste. Reduce heat to low, cover and simmer for 20 minutes. Set aside, covered, and let cool.

Place chicken in a shallow, nonporous dish and pour sauce over chicken, reserving some sauce in a separate container for basting. Cover chicken and marinate in the refrigerator for at least one hour, or overnight. Cover reserved sauce, if any, and keep in the refrigerator.

Preheat an outdoor grill for medium high heat and lightly oil grate.

Grill chicken over medium high heat for 8 to 12 minutes per side, basting occasionally with the sauce, if any, until internal temperature reaches 180 degrees F (80 degrees C).
Brazilian Chicken with Coconut Milk

**Ingredients**

- 1 teaspoon ground cumin
- 1 teaspoon ground cayenne pepper
- 1 teaspoon ground turmeric
- 1 teaspoon ground coriander
- 4 skinless, boneless chicken breast halves
- Salt and pepper to taste
- 2 tablespoons olive oil
- 1 onion, chopped
- 1 tablespoon minced fresh ginger
- 2 jalapeno peppers, seeded and chopped
- 2 cloves garlic, minced
- 3 tomatoes, seeded and chopped
- 1 (14 ounce) can light coconut milk
- 1 bunch chopped fresh parsley

**Directions**

In a medium bowl, mix the cumin, cayenne pepper, turmeric, and coriander. Place the chicken in the bowl, season with salt and pepper, and rub on all sides with the spice mixture.

Heat 1 tablespoon olive oil in a skillet over medium heat. Place the chicken in the skillet. Cook 10 to 15 minutes on each side, until no longer pink and juices run clear. Remove from heat and set aside.

Heat the remaining olive oil in the skillet. Cook and stir the onion, ginger, jalapeno peppers, and garlic 5 minutes, or until tender. Mix in the tomatoes and continue cooking 5 to 8 minutes. Stir in the coconut milk. Serve over the chicken. Garnish with the parsley.
Creamy Chicken Crunch

**Ingredients**

1 1/2 cups cubed cooked chicken  
1 cup frozen peas, thawed and drained  
1/2 cup sliced celery  
1/2 cup chopped green pepper  
1/2 cup fresh pea pods, halved  
1/4 cup sliced green onions  
1 cup mayonnaise  
2 tablespoons lemon juice  
1 teaspoon soy sauce  
1/4 teaspoon ground ginger  
1 (3 ounce) can chow mein noodles  
1/4 cup salted peanuts

**Directions**

In a large bowl, combine the first six ingredients. Stir together mayonnaise, lemon juice, soy sauce and ginger; pour over chicken mixture. Toss lightly to coat; cover and chill until ready to serve. Fold in chow mein noodles and peanuts just before serving.
Chicken Spectacular

**Ingredients**

- 3 cups water
- 1 cup uncooked wild rice
- 3 cups cooked, cubed chicken breast meat
- 1 (10.75 ounce) can condensed cream of celery soup
- 1 (4 ounce) jar diced pimento peppers, drained
- 1 onion, chopped
- 2 (14.5 ounce) cans French-style green beans, drained
- 1 cup mayonnaise
- 1 cup water chestnuts, drained and chopped
- salt and pepper to taste

**Directions**

Combine water and wild rice in a saucepan, and bring to a boil. Reduce heat, cover, and simmer for 50 minutes, or until tender.

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, toss together the cooked rice, chicken, cream of celery soup, pimentos, onion, green beans, mayonnaise, water chestnuts, salt, and pepper. Transfer to a 3 quart casserole dish.

Bake in the preheated oven for 25 to 30 minutes, or until heated through.
### Ingredients

- 3 eggs, beaten
- 1/2 cup water
- 2 1/2 cups all-purpose flour
- 2 teaspoons salt
- 1/4 cup butter
- 1 1/2 pounds bone-in chicken pieces, with skin
- 1 medium onion, chopped
- 1 1/2 cups water
- 1 tablespoon paprika
- 1/2 teaspoon salt
- 1 teaspoon ground black pepper
- 2 tablespoons all-purpose flour
- 1 cup sour cream

### Directions

Fill a large pot with water and bring to a boil over high heat. In a large bowl, mix together the eggs, 2 teaspoons of salt, and 1/2 cup of water. Gradually stir in 2 1/2 cups of flour to make a stiff batter. Using two spoons, scoop out some batter with one spoon and use the second to scrap off the spoonful of batter into the boiling water. Repeat until several dumplings are cooking. Cook dumplings for 10 minutes or until they float to the top; then lift from the water and drain in a colander or sieve. Rinse with warm water.

In a large skillet over medium-high heat, melt butter and add chicken; cook until lightly browned, turning once. Add onion to skillet and cook 5 to 8 minutes more. Pour in 1 1/2 cups of water, and season with paprika, salt, and pepper; cook 10 minutes more, or until chicken is cooked through and juices run clear. Remove chicken from skillet and keep warm.

Stir 2 tablespoons of flour into sour cream; then slowly stir into the onion mixture remaining in the skillet. Bring the mixture to a boil, stirring constantly, and cook until thickened.

To serve, add dumplings to the sour cream/onion mixture, then spoon onto dinner plates adding a piece of chicken.
Directions

Cut cilantro roots off at the stem, and mince thoroughly. Set aside a few leaves for garnish. In a blender or food processor, combine cilantro roots and leaves, garlic, chile peppers, turmeric, curry powder, sugar, and salt. Process to a coarse paste. Pour in fish sauce, and blend until smooth.

Place chicken in a large shallow dish. Rub with the cilantro paste. Cover, and marinate in the refrigerator at least 3 hours, or overnight.

Preheat grill for high heat.

Lightly oil the grill grate. Place chicken on the prepared grill, and brush liberally with coconut milk. Grill chicken 8 to 15 minutes on each side, depending on the size of the pieces. Turn only once, and baste occasionally with coconut cream. Cook until browned and tender, and juices run clear.
No Time to Cook Chicken

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td>Place chicken breasts in a slow cooker. In a medium bowl, mix the cream of chicken soup and cream of celery soup until smooth. Pour over the chicken, making sure it is well coated.</td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup</td>
<td>Cover, and cook on Low heat for 7 to 8 hours. Stir in the sour cream about 1/2 hour before serving.</td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of celery soup</td>
<td></td>
</tr>
<tr>
<td>1/2 cup sour cream</td>
<td></td>
</tr>
</tbody>
</table>
Nutty Chicken Fettuccine

Ingredients

- 1/4 cup all-purpose flour
- 2 tablespoons ground walnuts
- 1 teaspoon curry powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon pepper
- 1 1/2 pounds skinless, boneless chicken breast halves - cut into thin strips
- 1 medium sweet red pepper, julienned
- 1/4 cup chopped onion
- 3 tablespoons olive oil
- 8 ounces uncooked fettuccine
- 1 cup milk
- 1 (8 ounce) package cream cheese, cubed
- 1/2 cup shredded Parmesan cheese
- 1/3 cup chopped walnuts, toasted

Directions

In a large resealable plastic bag, combine the first six ingredients. Add chicken in batches; toss to coat. In a large skillet, sauté the chicken, red pepper and onion in oil for 6-8 minutes until chicken juices run clear and vegetables are crisp-tender.

Meanwhile, cook fettuccine according to package directions. In a saucepan, combine the milk, cream cheese and Parmesan cheese; cook and stir over medium heat for 5 minutes or until cheese is melted and sauce is smooth. Drain fettuccine; top with chicken mixture and sauce. Sprinkle with toasted walnuts.
Chicken, Artichoke Heart, and Parmesan

Ingredients

- 6 boneless skinless chicken breast halves
- 2 eggs, lightly beaten
- 1 1/2 cups bread crumbs
- 3 tablespoons olive oil, divided
- 1 small onion, diced
- 2 cloves garlic, chopped
- 1 (10 ounce) can tomato sauce
- 1/2 teaspoon salt
- 3/4 teaspoon black pepper
- 6 hoagie rolls, split lengthwise
- 1 (12 ounce) jar artichoke hearts, drained
- 6 slices mozzarella cheese
- 6 slices red tomato
- 1/2 cup grated Parmesan cheese

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place each chicken breast between two sheets of plastic wrap, and pound to 1/2-inch thick. Dip each breast into lightly beaten eggs, then into bread crumbs, coating evenly.

Heat 2 tablespoons of oil in a large skillet over medium heat. Cook chicken breasts until golden brown, about 7 minutes on each side. Reduce heat if they brown too quickly; they need to be cooked through. Remove from heat and place on plate lined with paper towels. Wipe crumbs from skillet.

Heat remaining 1 tablespoon of oil in the skillet over medium heat. Add onions and stir until softened, about 5 minutes. Add the garlic, stir for 1 minute. Pour in the tomato sauce. Season with salt and pepper and simmer, uncovered, for 10 minutes, stirring occasionally.

Arrange bottom halves of 6 hoagies on one baking sheet, the tops on another, all with cut sides up. Spread about a tablespoon of tomato sauce onto each hoagie top and bottom, reserving the remainder. Place a cooked chicken breast onto each bottom half. Spoon the remaining tomato sauce over each breast and top with the artichoke hearts and one slice each of mozzarella and tomato. Sprinkle with the grated Parmesan cheese.

Bake on the bottom rack of the oven for 3 minutes or until the cheese begins to melt. Then place the sheet with the hoagie tops on an upper rack and bake until edges are golden, 3 to 4 minutes, being careful not to let them burn. Remove both sheets from the oven. Place a top on each bottom to form 6 sandwiches.
## Ingredients

- Vegetable cooking spray
- 4 skinless, boneless chicken breast halves
- 2 cups Swanson® Chicken Stock
- 2 cloves garlic, minced
- 2 cups fresh or thawed frozen broccoli flowerets
- 1/4 cup all-purpose flour
- 1/2 cup milk
- 3 tablespoons Dijon-style mustard
- 1/4 teaspoon ground black pepper
- 4 cups hot cooked medium egg noodles

## Directions

Spray a 10-inch skillet with the cooking spray and heat over medium-high heat for 1 minute. Add the chicken and cook for 10 minutes or until it's well browned on both sides.

Add the stock, garlic and broccoli to the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through. Remove the chicken from the skillet and keep warm.

Stir the flour, milk, mustard and black pepper in a small bowl until smooth. Gradually stir the flour mixture into the skillet. Increase the heat to medium-high. Cook and stir until the mixture boils and thickens. Serve with the chicken and noodles.
Slow Cooker Chicken with Mushroom Wine Sauce

Ingredients
1 (10.75 ounce) can condensed cream of mushroom soup
1 teaspoon dried minced onion
1 teaspoon dried parsley
1/4 cup white wine
1/4 teaspoon garlic powder
1 tablespoon milk
1 (4 ounce) can mushroom pieces, drained
salt and pepper to taste
4 boneless, skinless chicken breast halves

Directions
In a slow cooker, mix together the soup, onion, parsley, wine, garlic powder, milk, and mushroom pieces. Season with salt and pepper. Place chicken in the slow cooker, covering with the soup mixture.

Cook on Low setting for 5 to 6 hours, or on High setting for 3 to 4 hours.
Orange Cracker Apricot Chicken

Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>2 tablespoons orange juice</td>
</tr>
<tr>
<td>2 tablespoons Dijon mustard</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
</tr>
<tr>
<td>3/4 cup whole-wheat cracker crumbs</td>
</tr>
<tr>
<td>1 tablespoon grated orange zest</td>
</tr>
<tr>
<td>1/4 teaspoon ground black pepper</td>
</tr>
<tr>
<td>4 skinless, boneless chicken thighs</td>
</tr>
<tr>
<td>1/4 cup apricot preserves</td>
</tr>
</tbody>
</table>

Directions

Preheat an oven to 350 degrees F (175 degrees C). Prepare a baking sheet with cooking spray.

Whisk together the orange juice, mustard, and salt in a small bowl. Mix together the cracker crumbs, orange zest, and black pepper on a plate. Coat each chicken thigh in the orange juice mixture and then press into the cracker crumb mixture to cover both sides completely. Place the breaded thighs on the prepared baking sheet.

Bake in the preheated oven 15 minutes; flip and continue baking until no longer pink in the center and the juices run clear, about 15 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Switch the oven setting to 'Broil.'

Top each thigh with 1 tablespoon of the apricot preserves and place beneath the oven's broiler until the preserves begin to caramelize, 2 to 3 minutes. When the chicken looks like it is starting to burn it is done.
Caribbean Chicken

**Ingredients**

- 1 teaspoon paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon dried parsley
- 1/2 teaspoon dried oregano
- 1 teaspoon salt
- 1 teaspoon pepper
- 4 boneless, skinless chicken breast halves
- 1/4 cup duck sauce
- 1/4 cup marinara sauce
- 1 teaspoon mango hot sauce
- 3/4 cup fresh pink grapefruit juice, divided
- 1 cup Italian seasoned bread crumbs
- 1 ripe nectarine, pitted and sliced

**Directions**

Preheat oven to 375 degrees F (190 degrees C). Line a baking dish with parchment paper.

In a large bowl, mix together paprika, onion powder, garlic powder, parsley, oregano, salt and pepper. Toss with chicken breasts until evenly coated. In a bowl, combine duck sauce, marinara sauce, mango hot sauce and 1/4 cup grapefruit juice. Coat chicken evenly with sauce mixture. Place bread crumbs in a shallow dish, and dredge chicken until evenly breaded. Place chicken in baking dish. Place nectarine slices around the edge of baking dish.

Bake in preheated oven for 15 minutes. Turn the chicken, pour 1/2 cup grapefruit juice over chicken, and continue cooking for another 15 minutes or until done.
**Broiled Chicken Breasts with Herbs, Carrots, and Red Potatoes**

**Ingredients**

- 4 (4 ounce) skinless, boneless chicken breast halves
- 2 cloves garlic, sliced thin
- 1 teaspoon chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh sage
- 4 carrots, halved lengthwise and cut crosswise into 1-inch pieces
- 4 red potatoes, cut into 1-inch pieces
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

**Directions**

- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Line a 10x12 inch pan with aluminum foil.

- Use the tip of a sharp boning or paring knife to cut 3 small slits into the side of each chicken breast; insert a slice of garlic into each slit.

- Mix the rosemary, thyme, and sage together on a shallow dish; roll and press each chicken breast into the herb mixture to coat.

- Arrange the breasts close together on the foil-lined pan. Place carrots and red potatoes in a layer around chicken and fold up edges of foil approximately 1 inch. Drizzle carrots and red potatoes with olive oil, salt, and pepper.

- Cook in the preheated oven for 7 minutes; turn the chicken and cook until no longer pink in the center and the juices run clear, 7 to 10 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
Thai Chicken Tenders

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons sesame oil</td>
<td>Heat oil in large skillet and cook chicken until it is no longer pink, about 2-3 minutes. Reduce heat to low and add ginger, Hoisin sauce, Peter Pan peanut butter and McCormick cayenne pepper. Cook, stirring frequently, until sauce is bubbly and warm, 1-2 minutes. Remove from heat and sprinkle with scallions. Serve immediately.</td>
</tr>
<tr>
<td>1 pound boneless, skinless chicken sliced into strips</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons minced ginger</td>
<td></td>
</tr>
<tr>
<td>1/2 cup hoisin sauce</td>
<td></td>
</tr>
<tr>
<td>1/2 cup Peter Pan® Creamy Peanut Butter</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon McCormick® cayenne pepper</td>
<td></td>
</tr>
<tr>
<td>1/2 cup scallions, chopped</td>
<td></td>
</tr>
</tbody>
</table>
Cheese and Broccoli Chicken Soup

**Ingredients**
- 1/2 cup butter
- 1 cup all-purpose flour
- 11 cups water
- 3 cubes chicken bouillon
- 2 pounds skinless, boneless chicken breast halves - cut into bite-size pieces
- 2 heads fresh broccoli, cut into florets
- 1 1/2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 cup light cream
- 3 cups shredded Cheddar cheese

**Directions**

In a 5-quart pot, melt butter over medium heat. Mix in flour, stirring constantly until a thick paste forms. Remove from pot, and set aside.

In same pot, combine water, bouillon cubes, chicken, broccoli, salt and pepper. Bring to boil over high heat. Reduce heat to medium low, and simmer for 45 minutes.

Stir in the flour mixture a little bit at a time until soup thickens. Simmer 5 minutes. Reduce heat, and stir in cream. Mix in cheese 1 cup at a time, and stir until melted.
Mom's Chicken Paprika

**Ingredients**

- 1 (4 pound) whole chicken, cut into pieces
- 1/2 cup all-purpose flour
- 1 teaspoon seasoned salt
- 1/2 teaspoon dried thyme
- 1/4 teaspoon ground black pepper
- 1/4 cup shortening
- 2 tablespoons paprika
- 1/2 teaspoon garlic salt
- 2 1/2 cups hot water
- 2 onions, peeled and sliced into rings
- 2 tablespoons all-purpose flour
- 1/2 cup milk

**Directions**

In a shallow dish or bowl, combine 1/2 cup flour, seasoned salt, thyme and ground black pepper. Mix together; coat chicken pieces in this mixture and fry in shortening in a large skillet until lightly browned on all sides.

Sprinkle paprika and garlic salt over chicken. Add hot water to skillet and simmer for 30 minutes. Placed onion rings on top of chicken pieces and simmer for another 30 minutes. Remove chicken, with onions on top, to a serving platter and reserve.

In a small bowl, blend 2 tablespoons flour with milk and add to liquid in skillet. Cook, stirring, until thickened. Pour thickened mixture over chicken and serve with hot cooked white rice or egg noodles, if desired.
# Zucchini, Chicken and Rice Casserole

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable cooking spray</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 (12 ounce) package refrigerated or thawed frozen breaded cooked chicken tenders, cut into bite-sized strips</td>
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<td></td>
</tr>
<tr>
<td>2 large zucchini, cut in half lengthwise and thinly sliced</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 (7 ounce) jar whole roasted sweet peppers, drained and thinly sliced</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup uncooked quick-cooking brown rice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can Campbell's® Condensed Cream of Celery Soup or Campbell's® Condensed 98% Fat Free Cream of Celery Soup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup sour cream</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Heat the oven to 375 degrees F. Spray a 3-quart shallow baking dish with the cooking spray.

Stir the chicken, zucchini, peppers and rice in the baking dish.

Stir the soup, water and sour cream in a small bowl. Pour the soup mixture over the chicken mixture. Cover the baking dish.

Bake for 35 minutes or until the rice is tender. Let stand for 10 minutes. Stir the rice before serving.
Mushroom and Swiss Chicken

Ingredients

- 4 skinless, boneless chicken breasts
- 2 cloves crushed garlic
- 3 tablespoons olive oil
- 3 tablespoons red wine vinegar
- 1 tablespoon Cajun-style seasoning
- 1 cup chopped green onion
- 1 (8 ounce) package sliced fresh mushrooms
- 4 slices Swiss cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Combine oil and garlic in a 9x13 inch baking dish. Add chicken breasts and coat well with the oil and garlic. Sprinkle with the vinegar and Cajun seasoning.

Bake at 350 degrees F (175 degrees C) for 30 minutes.

Remove chicken from oven and cover with green onion and mushrooms; then add a few more sprinkles of oil and vinegar and return dish to oven for 15 to 20 minutes more. Remove from oven and immediately place 1 slice of cheese on top of each chicken breast; cheese will melt. Serve immediately.
Apple and Prosciutto Stuffed Chicken Breast

**Ingredients**

- 1/2 cup finely chopped apple
- 1/8 teaspoon apple pie spice
- 4 skinless, boneless chicken breast halves
- 4 thin slices prosciutto
- 1/2 teaspoon apple pie spice
- 1 tablespoon butter
- 1 tablespoon all-purpose flour
- 2/3 cup milk
- 1 dash ground black pepper

**Directions**

Preheat an oven to 350 degrees F (175 degrees C). Grease an ovenproof baking dish; set aside.

Combine chopped apple and the 1/8 teaspoon apple pie spice in a small bowl; set aside.

Place the chicken breasts between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to a thickness of 1/4 inch. Place one slice of prosciutto on each chicken breast. Place 1/4 of the apple mixture on each chicken breast. Roll up each breast and secure with a toothpick. Sprinkle the 1/2 teaspoon apple pie spice all over outside of chicken breasts and place into the prepared baking dish.

Bake the chicken breasts, uncovered, in the preheated oven until no longer pink in the center and the juices run clear, about for 25-30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

When chicken is almost done, melt butter in a small saucepan over medium heat. Whisk in flour to make a smooth paste. Whisk in milk and pepper; bring to a boil. Cook and stir until thickened and bubbly, about 5 minutes. Serve sauce over chicken.
### Peachy Chicken

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (3 1/2) pound broiler-fryer chicken, cut up</td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>1/4 cup molasses</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons lemon juice</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons butter or margarine, melted</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons minced onion</td>
<td></td>
</tr>
<tr>
<td>3/4 teaspoon ground ginger</td>
<td></td>
</tr>
<tr>
<td>1 (29 ounce) can peach slices, drained</td>
<td></td>
</tr>
</tbody>
</table>

**Directions**

Place chicken in a greased 13-in. x 9-in. x 2-in. baking dish. Broil 6 minutes per side or until lightly browned. Season with salt and pepper. Combine molasses, lemon juice, butter, onion and ginger; pour over chicken. Bake, uncovered, at 375 degrees F for 30 minutes. Add peaches; baste chicken. Return to the oven for 10 minutes or until chicken juices run clear and peaches are heated through.
Ingredients

- 4 boneless, skinless chicken breast halves
- 1 (12 ounce) package farfalle (bow tie) pasta
- 1 (14 ounce) can chicken broth
- 1 head broccoli, cut into florets
- 1 medium red bell pepper, thinly sliced
- 2 cloves garlic, minced
- Salt and pepper to taste
- 2 (8 ounce) containers chive and onion cream cheese
- 1/4 cup freshly grated Parmesan cheese

Directions

Place chicken in a saucepan, and add water to cover. Boil 20 minutes. Allow to cool, then pull meat into shreds.

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, or until al dente; drain.

In a large skillet over medium-high heat, combine chicken broth, red pepper, garlic, broccoli, salt and pepper. Cover, and simmer for 8 to 10 minutes, until broccoli is crisp-tender. Stir in cream cheese until smooth. Mix in chicken and pasta until evenly coated. Garnish with Parmesan cheese.
Green Olive Chicken I

**Ingredients**

- 1 tablespoon olive oil
- 2 onions, chopped
- 2 cloves crushed garlic
- 6 cut up chicken pieces
- 1 (5 ounce) jar pitted green olives
- 6 potatoes, peeled and cubed
- Water to cover

**Directions**

In a large pot pour enough olive/vegetable oil to cover bottom of pot. Add onion, garlic and chicken and saute, turning chicken pieces, until chicken is 1/2 cooked (4 to 5 minutes).

Add 1/2 jar of olives along with 1/2 of the brine from the jar. Add the potatoes and enough water to cover chicken and potatoes. Cover and simmer over medium heat until chicken and potatoes are cooked and tender.
Ingredients
8 skinless, boneless chicken breasts
1 (8 ounce) jar dried beef
8 slices bacon
8 ounces sour cream
1 (10.75 ounce) can condensed cream of mushroom soup

Directions
Preheat oven to 275 degrees F (135 degrees C).

Line a 9x13 inch glass baking dish with dried beef. Wrap the chicken breasts with the bacon strips and place the wrapped chicken breasts onto the beef. Mix together the sour cream and cream of mushroom soup and pour evenly over the chicken.

Bake uncovered in the preheated oven for 3 hours and enjoy, enjoy!
Roaster Yorkshire Chicken

Ingredients

1/2 cup flour
1 teaspoon salt
1/4 teaspoon pepper
2 teaspoons chopped fresh parsley
1 whole chicken
1/4 cup oil

Yorkshire Pudding
3 eggs
1 1/2 cups milk
1 tablespoon chopped fresh parsley
1 cup flour
1 teaspoon baking powder
1 teaspoon salt

Directions

Preheat an oven to 400 degrees F (200 degrees C).

Shake 1/2 cup of flour, 1 teaspoon salt, the pepper, and 2 teaspoons of parsley in a large plastic bag. Add the chicken, and toss to coat all over with the flour mixture. Remove the chicken, and shake to remove the excess flour. Place, breast side up, into a small, lidded roasting pan that is slightly larger than the chicken. Drizzle the oil evenly over the chicken, allowing the excess to coat the bottom of the roasting pan.

Cover, and bake in the preheated oven for 1 hour.

After the chicken has roasted for 1 hour, prepare the Yorkshire pudding batter by whisking together the eggs, milk, and 1 tablespoon of parsley until blended. Add 1 cup of flour, the baking powder, and 1 teaspoon of salt; whisk until a smooth batter has formed.

Remove the roasting pan from the oven and place onto a baking sheet. Pour the Yorkshire pudding batter evenly over the top of the chicken, allowing the excess to run into oil at the bottom of the pan.

Return to the oven, and bake until the Yorkshire pudding is puffed and golden brown, and the chicken is no longer pink at the bone and the juices run clear, 20 to 30 minutes. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C).
White Bean Chicken Chili

**Ingredients**

- 2 tablespoons vegetable oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 (14.5 ounce) can chicken broth
- 1 (18.75 ounce) can tomatillos, drained and chopped
- 1 (16 ounce) can diced tomatoes
- 1 (7 ounce) can diced green chiles
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground coriander seed
- 1/4 teaspoon ground cumin
- 2 ears fresh corn
- 1 pound diced, cooked chicken meat
- 1 (15 ounce) can white beans
- 1 pinch salt and black pepper to taste

**Directions**

Heat oil, and cook onion and garlic until soft.

Stir in broth, tomatillos, tomatoes, chilies, and spices. Bring to a boil, then simmer for 10 minutes.

Add corn, chicken, and beans; simmer 5 minutes. Season with salt and pepper to taste.
Chicken and Sliders

Ingredients
3 pounds whole chicken
2 onions, quartered
3 stalks celery, cut into 1 inch pieces
2 bay leaves
salt and pepper to taste

1 egg
4 cups all-purpose flour

Directions
Wash chicken and place in large pot. Cover with water and add chopped vegetables, bay leaves, salt and pepper. Bring to a boil, then reduce heat and simmer for about 2 hours or until meat comes away easily from the bone. Remove chicken from broth and strain liquid. Reserve the broth and discard all vegetables.

When chicken is cool remove meat from the bones and all skin, keeping the chicken meat in reasonably large pieces.

To make the noodles(sliders): Beat the egg with some of the cooled broth, measure out the flour, work the egg mixture into the flour adding broth as required until the dough forms a ball. Knead the ball for a few minutes. Roll out the dough on a floured surface. Cut the dough into strips about 1 1/2 inches wide and 3 inches long. Don’t worry if they are irregular in shape. Leave any excess flour on the noodles.

Bring the reserved broth to a rapid boil, add the noodles and let them boil for about 5 minutes. Reduce heat, add cut up chicken and simmer until the broth is very thick like gravy (add a little flour to thicken if required). Add salt and pepper to taste.
Chicken Noodle Soup III

**Ingredients**

- 12 shallots, thinly sliced
- 1/4 cup vegetable oil
- 6 ounces egg noodles
- 1 cup bean sprouts
- 3 quarts chicken broth
- 3 cups shredded, cooked chicken breast meat
- 1/2 cup chopped green onion
- salt and pepper to taste

**Directions**

In a small skillet over medium heat, cook shallots in oil until brown and fragrant. Remove from heat and set aside.

Bring a large pot of water to a boil. Cook noodles in boiling water until just tender, 8 to 10 minutes; drain and rinse under cold water. Set aside.

Bring a small pot of water to a boil; have ready a bowl of ice water. Blanch bean sprouts by plunging them into boiling water for 1 minute, then into cold water. Drain and set aside.

In a large saucepan over medium heat, bring chicken broth to a simmer.

Divide noodles evenly between 6 bowls. Top with bean sprouts and shredded chicken. Pour the heated broth into the bowls. Drizzle with the shallot mixture and garnish with the green onion. Season with salt and pepper. Serve at once.
Monterey Chicken

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 1 cup teriyaki marinade sauce
- 1/2 pound bacon
- 2 tablespoons butter
- 1 small onion, cut into long slices
- 1 small green bell pepper, cut into thin strips
- 1 (8 ounce) package fresh mushrooms, coarsely chopped
- 4 slices mozzarella cheese

**Directions**

To Marinate: Place chicken in a nonporous glass dish or bowl. Pour marinade over chicken and toss to coat. Cover and refrigerate to marinate for 1 to 2 hours.

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a 9x13 inch baking dish and bake preheated oven for 20 to 30 minutes, or until cooked through and juices run clear. Meanwhile, place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and set aside.

In same skillet, melt butter over medium high heat. Saute onion, bell pepper and mushrooms for about 3 to 5 minutes. Add remaining 1/3 cup of marinade and simmer until soft. Drain and set onion mixture aside.

Top baked chicken with bacon strips. Add onion mixture and top each breast with a slice of cheese. Bake for another 10 to 15 minutes, or until cheese is melted and bubbly.
# Skillet Chicken and Vegetables

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 pound boneless, skinless chicken breasts, cut in 1/2-inch strips</td>
<td>1</td>
</tr>
<tr>
<td>1 teaspoon garlic powder</td>
<td>1</td>
</tr>
<tr>
<td>1 teaspoon dried basil</td>
<td>1</td>
</tr>
<tr>
<td>1 tablespoon vegetable oil</td>
<td>1</td>
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<tr>
<td>1/2 pound fresh mushrooms, sliced</td>
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</tr>
<tr>
<td>1 large zucchini, julienned</td>
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<tr>
<td>1 medium onion, chopped</td>
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<tr>
<td>1 medium green pepper, chopped</td>
<td></td>
</tr>
<tr>
<td>1 medium sweet red pepper, chopped</td>
<td></td>
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<tr>
<td>1 (7 ounce) package spaghetti</td>
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<tr>
<td>3/4 cup mayonnaise or salad dressing</td>
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<tr>
<td>4 tablespoons grated Parmesan cheese, divided</td>
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</tbody>
</table>

## Directions

In a large skillet, saute the chicken, garlic and basil in oil for 4 minutes. Add the mushrooms, zucchini, onion and peppers. Cook and stir for 5-7 minutes or until chicken juices run clear and vegetables are crisp-tender. Meanwhile, cook the spaghetti according to package directions.

Stir the mayonnaise and 3 tablespoons Parmesan cheese into chicken mixture. Drain spaghetti; top with chicken mixture. Sprinkle with remaining cheese.
Ingredients

2 (8 ounce) packages fine egg noodles
1/2 pound Swiss cheese, cubed
2 cups sliced fresh mushrooms
4 stalks celery, chopped
2 cups chicken stock
4 chicken breast halves with skin and bone, steamed

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place cooked egg noodles in a lightly greased 9x13 inch baking dish. Add cheese, mushrooms and celery and mix well; pour in chicken stock. (Note: If level of chicken stock cannot be seen through noodles, add more until it can.) Place chicken breasts on top of noodle mixture, bone side down.

Bake at 400 degrees F (200 degrees C) for 30 minutes, or until skin is brown and crisp and chicken juices run clear.
Artichoke Chicken

**Ingredients**

1 (15 ounce) can artichoke hearts, drained and chopped  
3/4 cup grated Parmesan cheese  
3/4 cup mayonnaise  
1 pinch garlic pepper  
4 skinless, boneless chicken breast halves

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

In a medium bowl, mix together the artichoke hearts, Parmesan cheese, mayonnaise, and garlic pepper. Place chicken in a greased baking dish, and cover evenly with artichoke mixture.

Bake, uncovered, for 30 minutes in the preheated oven, or until chicken is no longer pink in the center and juices run clear.
Preheat oven to Broil.

Combine the lime zest, lime juice, tequila, honey, oil, cornstarch, garlic salt and pepper in a small saucepan over medium heat. Bring to a boil, stirring, to thicken the sauce.

Broil chicken breasts for 10 to 15 minutes, or until cooked through (no longer pink inside). Baste with prepared sauce for last 5 minutes of cooking time.

To serve, arrange a folded tortilla on each of 4 plates; add a chicken breast, 2 tomato wedges and some avocado chunks. Drizzle chicken with remaining sauce and garnish with 2 lime wedges.
Ingredients

1 cup chicken broth
1 tablespoon cornstarch
pepper to taste
1 tablespoon cooking oil
1 pound boneless chicken breasts, cut into thin strips
3 cups sliced celery
2 garlic cloves, minced
1 (16 ounce) can apricot halves in natural juice, drained
6 ounces fresh or frozen snow peas
Cooked rice

Directions

Combine broth, cornstarch and pepper. Set aside. In a wok or large skillet, heat oil on high. Add chicken; stir-fry until chicken is no longer pink. Remove from pan. Add celery and garlic; stir-fry until the celery is crisp-tender, about 3 minutes. Stir in broth mixture. Cook, stirring constantly until thick, about 1 minute. Add apricots, peas and cooked chicken. Stir-fry until heated through, about 1-2 minutes. Serve over rice.
Barbecued Chicken Pizza

**Ingredients**

- 1 medium onion, halved and thinly sliced
- 1 small green pepper, julienned
- 1 small sweet red pepper, julienned
- 2 tablespoons vegetable oil
- 1 (6.5 ounce) package pizza crust mix
- 1 cup barbecue sauce
- 2 cups shredded cooked chicken
- 2 cups shredded Cheddar cheese

**Directions**

In a large skillet, saute onion and peppers in oil until tender; set aside. Prepare pizza dough according to package directions. With floured hands, press onto a greased 12-in. pizza pan. Spread barbecue sauce to within 1 in. of edges.

Layer with chicken, onion mixture and cheese. Bake at 450 degrees F for 18-22 minutes or until cheese is melted and crust is golden brown.
Mom's Texas Chicken

### Ingredients
- 2 skinless, boneless chicken breast halves
- 1/4 cup all-purpose flour
- 2 eggs, beaten
- 1/2 cup cornflakes cereal
- 2 cubes chicken bouillon
- 2 cups hot water
- 3 tablespoons vegetable oil

### Directions
Cut breasts into 6 pieces each. Dip into flour, then into beaten eggs, and finally into cornflake crumbs.

In a large skillet, heat oil over medium heat. Place chicken pieces in skillet. Fry until light brown. Leave chicken in pan; dissolve bouillon in hot water, then add to pan. Cover the pan, and simmer for 30 to 45 minutes.
Chicken Honey Mustard Pie

Ingredients

- 1 recipe pastry for a 9 inch double crust pie
- 1 pound skinless, boneless chicken breast halves
- 1/4 cup soy sauce
- 1/4 cup finely diced onion
- 1 clove garlic, minced
- 1 cup chicken broth
- 1 cup julienned carrots
- 3 1/2 tablespoons honey
- 1 1/2 tablespoons Dijon-style prepared mustard
- 1 teaspoon dried parsley
- salt to taste
- ground black pepper to taste
- 1 1/2 tablespoons cornstarch
- 3 tablespoons water

Directions

Cut chicken into bite-size chunks, and marinate in soy sauce.

In a lightly oiled saucepan, saute onion and garlic over medium-high heat until onion is soft but not brown. Add chicken pieces, and saute until chicken is cooked through. Stir in chicken broth, carrots, honey, mustard, parsley, salt and pepper. Mix cornstarch with a few tablespoons of water to make a paste. Bring chicken mixture to a boil, and stir in cornstarch mixture. Cook, stirring constantly, until thick. Mixture should get pretty thick: add more cornstarch mixture if necessary.

Pour chicken mixture into pie shell. Top with crust, cutting small slits in top to let steam escape.

Bake at 425 degrees F (220 degrees C) for 15 minutes. Reduce heat to 350 degrees F (175 degrees C). Bake 30 minutes more, or until crust is golden brown.
Sesame Chicken

**Ingredients**
- 2 teaspoons cornstarch
- 2 tablespoons rice wine
- 1 tablespoon lemon juice
- 1 tablespoon soy sauce
- 1 dash hot pepper sauce
- 1 tablespoon grated fresh ginger
- 1 clove crushed garlic
- 1 pound skinless, boneless chicken breast halves, cut into bite size pieces
- 2 tablespoons sesame seeds
- 1 tablespoon sesame oil
- 2 tablespoons vegetable oil
- 4 ounces fresh mushrooms, quartered
- 1 green bell pepper, sliced
- 4 green onions, sliced diagonally into 1/2 inch pieces

**Directions**

To Make Marinade: In a nonporous dish or bowl blend cornstarch with wine or sherry; then stir in lemon juice, soy sauce, hot pepper sauce, ginger and garlic. Blend together and stir in chicken strips. Cover dish and refrigerate to marinate for 3 to 4 hours.

In a wok or large skillet, place sesame seeds and dry-fry over medium heat, shaking the wok, until the seeds are a golden brown color. Remove seeds and set aside.

To same wok or skillet add sesame oil and vegetable oil and heat slowly. Drain chicken, reserving marinade, and stir-fry in wok a few pieces at a time, until browned. Remove chicken with a slotted spoon and set aside.

Add mushrooms and green bell pepper to same wok or skillet and stir-fry for 2 to 3 minutes. Add the scallions and stir-fry 1 minute more. Return chicken to wok, together with reserved marinade, and stir over medium high heat for another 2 to 3 minutes, or until the ingredients are evenly coated with the glaze. Sprinkle toasted sesame seeds on top and serve immediately.
Chicken Cordon Bleu Bites

**Ingredients**

- 9 ounces ground chicken
- 1/4 cup cooked, diced ham
- 1 egg
- 1/2 cup bread crumbs
- 8 ounces Swiss cheese, cut into 1/2 inch cubes
- Canola oil for pan-frying

**Directions**

1. Preheat oven to 350 degrees F (175 degrees C).
2. Combine the chicken, ham, and egg in a large bowl until well blended. Gradually add bread crumbs until the mixture loses its stickiness and can be easily formed into balls.
3. Form the chicken mixture around the cheese cubes, forming 2 inch balls. Place on a plate.
4. Heat 1 1/2 inches of oil in a deep skillet to 350 degrees F (175 degrees C). Fry the balls until the outsides are golden brown, about 4 minutes. Drain on paper towels, and place in baking dish.
5. Bake in preheated oven until cooked through and cheese is soft, about 20 minutes. Cool briefly before serving.
Luau Chicken Sandwiches

**Ingredients**

- 1 (20 ounce) can sliced pineapple
- 1 tablespoon brown sugar
- 1 teaspoon ground mustard
- 1 teaspoon garlic salt
- 1/2 teaspoon pepper
- 6 boneless, skinless chicken breast halves
- 1/4 cup mayonnaise
- 1 tablespoon Dijon mustard
- 1/4 teaspoon dill weed
- 6 kaiser rolls, split and toasted
- 6 lettuce leaves

**Directions**

Drain pineapple, reserving 1 cup juice and six pineapple slices (save remaining juice and pineapple for another use). In a large resealable plastic bag, combine the brown sugar, ground mustard, garlic salt, pepper and reserved pineapple juice; add chicken. Seal bag and turn to coat; refrigerate for at least 2 hours, turning occasionally. In a small bowl, combine the mayonnaise, Dijon mustard and dill. Refrigerate until serving.

Drain and discard marinade. Grill the chicken, covered, over medium heat for 5-6 minutes on each side or until juices run clear. Grill pineapple slices for 1 minute on each side. Spread mayonnaise mixture on rolls. Top with lettuce if desired, chicken and pineapple.
Ingredients

8 cups chicken broth
6 medium carrots, sliced
2 medium onion, chopped
2 small zucchini, chopped
4 garlic cloves, minced
6 cups cubed, cooked chicken
2 (28 ounce) cans crushed tomatoes
1 (14.5 ounce) can diced tomatoes, undrained
1 (10 ounce) can diced tomatoes with green chilies, undrained
1 (8 ounce) can tomato sauce
4 teaspoons sugar
1 teaspoon salt
1 teaspoon celery salt
1 teaspoon Creole seasoning
1/2 teaspoon pepper

Directions

In a large soup kettle, bring the broth, carrots and onions to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Add the zucchini and garlic; simmer 5 minutes longer or until vegetables are crisp-tender. Stir in the remaining ingredients; heat through.
Hazelnut Chicken in Prosciutto-Cream Sauce

**Ingredients**

- 3 (5 ounce) skinless, boneless chicken breast halves, pounded 1/3 inch thick
- all-purpose flour for dredging
- 1 egg, beaten
- 2 tablespoons milk
- 1 cup chopped hazelnuts
- 2 tablespoons olive oil
- 1/2 cup dry white wine
- 6 large mushrooms, quartered
- 3 ounces prosciutto, shredded
- 15 fresh spinach leaves
- 1 cup heavy whipping cream

**Directions**

Dredge chicken breasts in flour and shake off excess. Mix together egg and milk until thoroughly combined. Dip chicken into egg mixture, then press into chopped hazelnuts.

Heat olive oil in a skillet over medium heat. Add chicken, and cook until golden brown on both sides, and no longer pink in the center, about 5 minutes per side. Once done, place chicken on a paper towel-lined plate, and keep warm.

Increase heat to high, and pour in wine to deglaze. Stir in mushrooms, prosciutto, and spinach; cook until the mushrooms have softened, about 5 minutes. Pour in cream, bring to a simmer, then reduce heat to medium, and simmer for 5 minutes more. Ladle sauce over chicken to serve.
**Ingredients**

- 2 tablespoons olive oil
- 1 (2 inch) piece cinnamon stick
- 1 whole cardamom pod
- 1/2 star anise pod
- 3 whole cloves
- 2 teaspoons chopped fresh curry leaves
- 1 tablespoon chopped shallots
- 4 cloves garlic, chopped
- 1 slice fresh ginger root, chopped
- 4 tablespoons curry paste
- 1/2 cup thick coconut milk
- 2 cups water
- 3 pounds skinless, boneless chicken breast halves - cut into 2 inch pieces
- 2 tablespoons tamarind juice
- salt to taste

**Directions**

Heat oil in a large, deep skillet over medium heat. Saute the cinnamon, cardamom, anise, cloves and curry leaves for 2 to 3 minutes, then stir in shallots, garlic and ginger and saute until fragrant. Stir in curry paste and cook for 5 minutes, stirring constantly.

Pour in the coconut milk and water and let simmer for 3 to 4 minutes; add chicken, tamarind juice and salt and simmer, stirring occasionally, for 20 minutes.
Vegetable Swiss Chicken

Ingredients

- 4 skinless, boneless chicken breast halves - cooked
- 1 (16 ounce) package frozen mixed vegetables, thawed
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 cup milk
- 8 slices Swiss cheese
- 1 pinch garlic powder
- salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl combine the chicken, mixed vegetables, soup, milk, garlic powder, salt and pepper. Mix all together. Pour a layer of the mixture into a 9x13 inch baking dish. Add a layer of Swiss cheese. Repeat layers and bake in the preheated oven for 1/2 hour or until heated through and cheese is melted and bubbly.
Homemade Chicken Cacciatore, Sicilian-Style

Ingredients

1 tablespoon butter
1 large onion, chopped
1 large green bell pepper, sliced thin
1 teaspoon crushed garlic
2 (14.5 ounce) cans diced tomatoes, drained and juice reserved
1 cup Burgundy wine
1 1/2 tablespoons Italian seasoning
1 teaspoon salt
1 teaspoon ground black pepper
1/2 teaspoon garlic salt
1 whole chicken, cut into pieces
2 tablespoons all-purpose flour
1 (16 ounce) package spaghetti

Directions

Melt the butter in a large stockpot over medium heat. Cook the onion, bell pepper, and garlic in the melted butter until they begin to soften, about 3 minutes. Add the tomatoes, wine, Italian seasoning, salt, pepper, and garlic salt; cook and stir until the mixture just begins to boil. Reduce the heat to medium low; add the chicken and cook until the meat is tender enough to fall off the bone, about 1 1/2 hours. Remove the bones and skin from the chicken, returning the meat to the pot.

Heat 3/4 cup of the reserved liquid from the tomatoes in the microwave until just warmed. Stir the flour into the tomato liquid until thick. Add to the stockpot and stir continually until the mixture begins to thicken. Remove from heat and allow to sit for about 15 minutes.

While the chicken mixture rests, bring a large pot of lightly-salted water to a boil. Stir the spaghetti into the water and return to a boil. Cook until the pasta is slightly tender but still firm to the bite, about 12 minutes. Drain. Ladle the chicken mixture over the drained spaghetti to serve.
Chinese Chicken and Potato Soup

**Ingredients**
- 3 potatoes, cubed
- 1 carrot, chopped
- 1 turnip, chopped
- 1 onion, chopped
- 5 cloves garlic, minced
- 1 chicken leg
- Salt and pepper to taste

**Directions**

In a large pot over high heat, combine the potatoes, carrot, turnip, onion, garlic, chicken and water to cover. Bring to a boil and reduce heat to low. Let soup simmer for 45 minutes to 1 hour. Skim fat, if desired, and season with salt and pepper to taste.

Remove chicken leg from the soup and allow it cool. Remove the meat, returning it to the soup, and discard the skin and bones. Simmer for 30 to 45 more minutes, or longer, if desired.
Kat's Island Chicken

**Directions**

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium glass baking dish.

Place the chicken breasts in the prepared baking dish, and season with paprika, seasoned salt, and pepper. Arrange the pineapple, orange, lemon, and red bell pepper around the chicken, reserving a few slices of each for serving.

Bake chicken uncovered 20 minutes in the preheated oven. Turn, season again with paprika, seasoned salt, and pepper, and continue baking 10 minutes, or until chicken juices run clear.

While chicken is baking, prepare the Spanish rice according to package directions and heat the undiluted black bean soup in a pot over medium heat. Serve each chicken breast and some of the cooked fruit and red bell pepper over equal portions of the Spanish rice, and topped with a few spoonfuls black bean soup. Arrange the reserved uncooked fruit and pepper slices around the rice.

**Ingredients**

8 skinless, boneless chicken breast halves
paprika to taste
seasoned salt to taste
ground black pepper to taste
1 fresh pineapple - peeled, cored and cubed
1 orange, sliced
1 lemon, sliced
1 red bell pepper, diced
3 (6.8 ounce) packages Spanish-style rice mix
2 (11 ounce) cans black bean soup, undiluted
Chicken Karhaai

**Ingredients**

- 1/4 cup vegetable oil
- 1 (4 pound) whole chicken, cut into 16 pieces
- 1/4 cup diced fresh tomato
- 3 tablespoons ginger paste
- 2 serrano chile peppers, or to taste (optional)
- 2 teaspoons black peppercorns, coarsely crushed
- 1/2 teaspoon salt
- 1/2 cup water

**Directions**

Heat oil over medium-high heat in a large pan. Lightly brown the chicken on all sides in the oil. Turn heat to low, then stir in the tomato, ginger paste, serrano peppers, crushed peppercorn, and salt. Cover, and simmer for 15 minutes.

Pour in the water and turn the pieces of chicken over. Cover, and continue cooking until the chicken is done, about 15 minutes more, adding additional water as necessary.
## Ingredients

<table>
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<tbody>
<tr>
<td>4 bone-in chicken breast halves, with skin</td>
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<tr>
<td>1/2 teaspoon salt and pepper, or to taste</td>
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<tr>
<td>1 tablespoon mustard seed</td>
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<tr>
<td>1 tablespoon fennel seed</td>
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<tr>
<td>2 tablespoons olive oil</td>
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<tr>
<td>2 cloves garlic, thinly sliced</td>
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</tbody>
</table>

## Directions

Sprinkle chicken with salt and pepper to taste. Grind the fennel and mustard seeds in a clean coffee grinder. Sprinkle freshly ground spices over chicken pieces.

In a large frying pan, heat olive oil over medium heat. Cook garlic in the olive oil, stirring frequently. Once the garlic begins to brown, place the chicken in the pan. Increase heat to high, and quickly brown both sides. Reduce heat, and cover. Cook chicken until juices run clear and meat is tender.
Hot Lips Chicken

Ingredients

- 1 (13.5 ounce) package nacho-flavor tortilla chips, crushed
- 4 boneless chicken breast halves, cooked and shredded
- 1 yellow bell pepper, chopped
- 1 red bell pepper, chopped
- 1 onion, chopped
- 3 tomatoes, chopped
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10 ounce) can hot enchilada sauce
- 3/4 cup water
- 2 cups shredded Mexican-style cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Spread the crushed chips in the bottom of a 9x13 inch baking dish to form crust. Layer shredded chicken on top. In a small bowl mix together the yellow bell pepper, red bell pepper, onion and tomatoes and spread this mixture on top of chicken. In a separate bowl mix together the cream of mushroom soup, cream of chicken soup, enchilada sauce and water. Pour this mixture over all and top with cheese.

Bake in the preheated oven for 25 minutes, or until cheese is brown and bubbly.
Chettinad-Style Chicken

**Ingredients**

- 2 1/4 pounds skinless, boneless chicken breast, cut into bite-sized chunks
- 1 teaspoon turmeric
- Salt to taste
- 1/4 cup vegetable oil
- 2 teaspoons poppy seeds
- 2 teaspoons whole black peppercorns
- 2 teaspoons fennel seed
- 2 teaspoons coriander seed
- 1 teaspoon cumin seed
- 3 large onions, minced
- 4 green chile peppers, chopped
- 2 sprigs fresh curry leaves
- 1 tablespoon ginger paste
- 1 teaspoon garlic paste
- 1 cup chopped fresh tomatoes
- 1/2 cup water

**Directions**

Rub the chicken pieces with the turmeric and salt. Set aside.

Heat the oil in a large skillet or kadhai over medium heat. Fry the poppy seeds, peppercorns, fennel seed, coriander seed, and cumin seed in the hot oil until they just begin to change color; remove from the skillet, keeping the oil in the skillet. Grind the spice mixture with a mortar and pestle and set aside.

Add the onion, green chile peppers, curry leaves, ginger paste, and garlic paste to the remaining oil; cook until the onions are golden brown, 7 to 10 minutes. Stir the tomatoes and ground spices into the mixture; cook until the tomatoes are softened. Add the chicken. Season with salt and simmer for 5 minutes. Pour the water over the mixture, cover, and cook until the chicken is no longer pink in the middle and the juices run clear, about 30 minutes. Serve hot.
Stir-Fried Chicken and Noodles

**Ingredients**

- 1/2 cup chicken broth
- 1/3 cup reduced-sodium soy sauce
- 1/4 cup white wine, or additional chicken broth
- 2 garlic cloves, minced
- 1/4 teaspoon ground ginger
- 1/4 teaspoon pepper
- 1/8 teaspoon crushed red pepper flakes
- 3/4 pound skinless, boneless chicken breast halves - cut into strips
- 4 teaspoons canola oil, divided
- 2 cups broccoli florets
- 2 cups julienned carrots
- 2 cups shredded Chinese or napa cabbage
- 1 cup fresh or frozen snow peas, cut into 1-inch pieces
- 6 ounces spaghetti, broken
- 2 teaspoons cornstarch

**Directions**

In a bowl, combine the first seven ingredients; set aside 3/4 cup. Place chicken in a large resealable plastic bag; add remaining marinade. Seal bag and turn to coat; refrigerate for 30 minutes.

Drain and discard marinade. In a large nonstick skillet or wok, stir-fry chicken in 2 teaspoons oil for 3-5 minutes or until no longer pink. Remove and keep warm. Stir-fry broccoli and carrots in remaining oil for 6 minutes. Add cabbage and peas; stir-fry 3 minutes longer or until vegetables are crisp-tender. Meanwhile, cook pasta according to package directions.

Combine cornstarch and reserved marinade until smooth; add to vegetable mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Drain pasta; stir into vegetable mixture. Return chicken to the pan; cook and stir until heated through.
Ritzy Chicken Livers

**Ingredients**
- 12 fresh chicken livers
- 24 buttery round crackers, crushed
- 1 tablespoon Italian-style seasoning
- 4 tablespoons butter, melted

**Directions**
- Preheat oven to 350 degrees F (175 degrees C).
- Place crushed cracker crumbs and seasonings of your choice in a shallow bowl or plate. Pour melted butter into another shallow bowl or plate. Roll chicken livers in butter or margarine, then in crumbs.
- Place coated chicken in a lightly greased 9x13 inch baking dish. Bake in the preheated oven for 40 to 45 minutes.
# Chicken and Vegetable Pasta Salad

## Ingredients

- 1 cup seashell pasta
- 1 cup chopped, cooked chicken meat
- 3 green onions, chopped into 1 inch pieces
- 1 red bell pepper, chopped
- 1 cup sliced black olives
- 1 cucumber, peeled and chopped
- 2/3 cup Italian-style salad dressing
- 1/4 cup sunflower seeds (optional)

## Directions

In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.

In a large bowl, combine the pasta, chicken, green onions, bell pepper, olives and cucumber.

Pour dressing over salad and toss to coat. Chill for 2 hours before serving; sprinkle with sunflower seeds if desired.
Angel Chicken Pasta

**Ingredients**
- 6 skinless, boneless chicken breast halves
- 1/4 cup butter
- 1 (.7 ounce) package dry Italian-style salad dressing mix
- 1/2 cup white wine
- 1 (10.75 ounce) can condensed golden mushroom soup
- 4 ounces cream cheese with chives
- 1 pound angel hair pasta

**Directions**

Preheat oven to 325 degrees F (165 degrees C).

In a large saucepan, melt butter over low heat. Stir in the package of dressing mix. Blend in wine and golden mushroom soup. Mix in cream cheese, and stir until smooth. Heat through, but do not boil. Arrange chicken breasts in a single layer in a 9x13 inch baking dish. Pour sauce over.

Bake for 60 minutes in the preheated oven. Twenty minutes before the chicken is done, bring a large pot of lightly salted water to a rolling boil. Cook pasta until al dente, about 5 minutes. Drain. Serve chicken and sauce over pasta.
### Ingredients

- 4 boneless, skinless chicken breast halves
- 1 egg, beaten
- \( \frac{3}{4} \) cup Italian seasoned bread crumbs
- 1 (26 ounce) jar Ragu® Old World Style® Pasta Sauce
- 1 cup shredded mozzarella cheese

### Directions

1. Preheat oven to 400 degrees F. Dip chicken in egg, then bread crumbs.
2. Arrange chicken in 13 x 9-inch baking dish. Bake 20 minutes.
3. Pour pasta sauce over chicken; top with cheese. Bake an additional 10 minutes or until chicken is thoroughly cooked. Serve, if desired, with hot cooked pasta.
Ingredients

4 teaspoons vegetable oil
1 large onion, finely chopped
3 cloves garlic, minced
1 tablespoon tomato paste
2 tomatoes, chopped
1 teaspoon white vinegar
1 teaspoon ground turmeric
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
1/2 teaspoon chili powder
1/2 teaspoon garam masala
1 small red bell pepper, chopped
1 pound chopped cooked chicken
salt to taste
4 sprigs fresh cilantro, for garnish

Directions

Heat the oil in a large skillet over medium heat, and cook and stir the onion and garlic until tender. Mix in the tomato paste, tomatoes, and vinegar. Season with turmeric, cumin, coriander, chili powder, and garam masala. Continue to cook and stir until blended and heated through, about 10 minutes.

Mix the red bell pepper and chicken into the skillet. Reduce heat, and simmer 6 to 8 minutes, until chicken is heated through. Season with salt. Garnish with cilantro sprigs to serve.
### Chicken Florentine Rice Casserole

#### Ingredients

- 3 cups water
- 4 cubes chicken bouillon
- 2 cups instant brown rice
- 1/4 cup olive oil
- 2 cups cottage cheese
- 1/2 cup Parmesan cheese
- 1/4 cup margarine
- 2 tablespoons cornstarch
- 1 medium onion, chopped
- 2 (10 ounce) packages frozen chopped spinach, thawed and drained
- 4 boneless, skinless chicken breast halves
- 1 teaspoon dried thyme
- 1 teaspoon dried sage
- 2 teaspoons dried basil
- 1 teaspoon dried parsley
- 1 teaspoon dried marjoram
- Salt and pepper to taste
- 1/4 cup margarine

#### Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a medium saucepan, boil 2 cups water and chicken bouillon. Stir in rice. Remove from heat, and set aside. In a small bowl, mix cornstarch with remaining water.
3. Heat olive oil in a medium skillet over medium heat. Place chicken in skillet with thyme, sage, basil, parsley, and marjoram. Cook until chicken is no longer pink and juices run clear. Drain and cube.
4. Stir onion into the skillet, and cook 5 minutes, or until browned and tender.
5. In a large bowl, thoroughly mix rice, cornstarch mixture, chicken, onion, spinach, and cottage cheese.
6. Transfer the mixture to a medium baking dish. Season with salt and pepper. Top with Parmesan cheese, and dot with margarine. Bake, covered, 45 minutes in the preheated oven. Remove cover, and continue baking 15 minutes, until surface is lightly browned.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1/3 cup sweetened condensed milk</td>
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<tr>
<td>1/3 cup mayonnaise</td>
<td></td>
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<tr>
<td>1 teaspoon white sugar</td>
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<tr>
<td>2 teaspoons white vinegar</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons honey</td>
<td></td>
</tr>
<tr>
<td>2 pounds skinless, boneless chicken breast halves - diced</td>
<td></td>
</tr>
<tr>
<td>6 eggs, beaten</td>
<td></td>
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<tr>
<td>1 cup all-purpose flour</td>
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<tr>
<td>1/3 cup canola oil</td>
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</tbody>
</table>

## Directions

In a small bowl, whisk together the condensed milk, mayonnaise, sugar, vinegar, and honey until combined into a sauce; set aside.

Combine the diced chicken and beaten eggs in a bowl and set aside. Spread the flour in a shallow dish. Dredge the chicken pieces in the flour until evenly coated.

Heat the canola oil in a skillet over medium-high heat. Cook the chicken in the heated oil for about 2 minutes, turning occasionally to brown evenly. Stir in the sauce until the chicken is completely coated. Cook and stir until chicken is golden brown on the outside and no longer pink inside, 12 to 15 minutes.
Spicy Tomato Chicken Casserole

**Ingredients**

- 1 (10 ounce) can diced tomatoes with green chile peppers
- 1 (10.75 ounce) can condensed cream of celery soup
- 1 (10 ounce) package nacho-flavor tortilla chips
- 4 skinless, boneless, chicken breast halves, cooked
- 1 pound processed cheese food (eg. Velveeta), sliced

**Directions**

In a medium bowl combine the tomatoes and soup and mix together. Set aside.

In a lightly greased 2 quart microwave-safe casserole dish layer 1/3 of the tortilla chips, 1/2 of the chicken, 1/2 of the tomato/soup mixture and 1/3 of the cheese. Repeat layers, then top with the remaining tortilla chips and cheese.

Microwave: Cover dish with lid or wax paper. Microwave for 7 minutes. Remove lid long enough to release steam, then microwave for another 4 minutes.

Conventional Oven: Preheat oven to 400 degrees F (200 degrees C). Cover dish with lid or aluminum foil and bake in the preheated oven for 30 minutes.
**Sunday Chicken Dinner**

**Ingredients**
- 4 potatoes, peeled and quartered
- 1 large onion, quartered
- 1 cup all-purpose flour
- 1 tablespoon salt
- 1 teaspoon ground black pepper
- 4 skinless, boneless chicken breast halves
- 1/4 cup vegetable oil
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 cup water
- 1 tablespoon Cajun seasoning

**Directions**

Preheat an oven to 350 degrees F (175 degrees C). Line a 9x13-inch baking dish with aluminum foil.

Spread the potatoes and onion into the bottom of the lined baking dish.

Stir the flour, salt, and pepper together in a shallow bowl. Roll the chicken breasts in the flour mixture, and arrange atop the potatoes and onion.

Stir the vegetable oil, mushroom soup, and water together in a bowl; pour over the chicken. Sprinkle the Cajun seasoning over the entire dish. Cover the dish with aluminum foil.

Bake the chicken breasts until no longer pink in the center and the juices run clear, about 2 hours. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
Crispy Fried Chicken

Ingredients

1 1/2 cups all-purpose flour
1/2 cup cornmeal
1/4 cup cornstarch
3 teaspoons salt
2 teaspoons paprika
1 teaspoon dried oregano
1 teaspoon rubbed sage
1 teaspoon pepper
2 eggs
1/4 cup water
2 broiler/fryer chickens (3 to 4 pounds), cut up
vegetable oil for frying

Directions

In a large resealable plastic bag, combine the flour, cornmeal, cornstarch, salt, paprika, oregano, sage and pepper. In a shallow bowl, beat eggs and water. Dip chicken in egg mixture; place in the bag, a few pieces at a time, and shake until coated.

In an electric skillet, heat 1 in. of oil to 375 degrees F. Fry chicken, a few pieces at a time, for 3-5 minutes on each side or until golden and crispy.

Place in two ungreased 15-in. x 10-in. x 1-in. baking pans. Bake, uncovered, at 350 degrees F for 25-30 minutes or until chicken is tender and juices run clear.
White Zinfandel Chicken

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 2 teaspoons sesame oil
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon garlic powder
- salt and pepper to taste
- 1 tablespoon olive oil
- 1 tablespoon butter
- 2 shallots, chopped
- 1/2 cup white Zinfandel wine

**Directions**

Place the chicken breasts in a shallow dish. Combine the sesame oil, rosemary, basil, thyme, garlic powder, salt, and pepper in a small bowl and mix well. Pour the herb mixture over the chicken breasts; cover and marinate 20 minutes.

Heat the olive oil in a large skillet over medium heat. Place the chicken breasts in the skillet and cook until lightly browned, about 5 minutes on each side. Melt the butter in the skillet, and add the shallots. Cook the shallots until softened and browned, about 5-8 minutes.

Increase the heat to medium-high, and stir the wine into the chicken-shallot mixture. Cook all ingredients for 5 minutes longer, allowing the wine to reduce. Check the chicken for doneness: it is cooked when the juices run clear when pierced with a fork.
**Ingredients**

- 1/4 cup soy sauce
- 3 tablespoons dry white wine
- 2 tablespoons lemon juice
- 2 tablespoons vegetable oil
- 3/4 teaspoon dried Italian-style seasoning
- 1 teaspoon grated fresh ginger root
- 1 clove garlic, crushed
- 1/4 teaspoon onion powder
- 1 pinch ground black pepper
- 8 skinless, boneless chicken breast halves - cut into strips

**Directions**

In a large, resealable plastic bag, combine the soy sauce, wine, lemon juice, oil, Italian-style seasoning, ginger, garlic, onion powder, and ground black pepper. Place chicken in the bag. Seal, and let marinate in the refrigerator for at least 3 hours, or overnight.

Preheat an outdoor grill for medium-high heat.

Thread the chicken onto skewers, and set aside. Pour marinade into a small saucepan, and bring to a boil over high heat.

Lightly oil the grill grate. Cook chicken on the prepared grill for approximately 8 minutes per side, basting with the sauce several times. Chicken is done when juices run clear.
Savory Lemon Chicken

**Ingredients**

- vegetable cooking spray
- 4 skinless, boneless chicken breast halves
- 1 (10.75 ounce) can Campbell’s® Healthy Request® Condensed Cream of Chicken Soup
- 2 tablespoons water
- 1 tablespoon chopped fresh parsley
- 1 tablespoon lemon juice
- 1/2 teaspoon paprika
- 1/4 cup chopped green or red pepper
- 4 lemon slices

**Directions**

Spray a 10-inch nonstick skillet with the cooking spray and heat over medium-high heat for 1 minute. Add the chicken and cook for 10 minutes or until well browned on both sides. Remove the chicken from the skillet.

Stir the soup, water, parsley, lemon juice, paprika and pepper in the skillet and heat to a boil. Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through. Top the chicken with the lemon slices.
Chicken Pot Pie in a Shell

**Ingredients**

- 1 package Pepperidge Farm® Puff Pastry Shells
- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup or Campbell's® Condensed 98% Fat Free Cream of Chicken Soup
- 1/2 cup milk
- 1 (10 ounce) package frozen peas and carrots
- 2 cups cubed cooked chicken

**Directions**

- Bake pastry shells according to package directions.
- Heat oil in skillet over medium heat. Cook onion until tender.
- Add soup, milk and peas and carrots. Heat to a boil. Cover and cook over low heat 5 minutes or until vegetables are tender. Add chicken. Heat through. Serve in pastry shells.
**Chicken Makhani (Indian Butter Chicken)**

**Ingredients**
- 1 tablespoon peanut oil
- 1 shallot, finely chopped
- 1/4 white onion, chopped
- 2 tablespoons butter
- 2 teaspoons lemon juice
- 1 tablespoon ginger garlic paste
- 1 teaspoon garam masala
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 bay leaf
- 1/4 cup plain yogurt
- 1 cup half-and-half
- 1 cup tomato puree
- 1/4 teaspoon cayenne pepper, or to taste
- 1 pinch salt
- 1 pinch black pepper
- 1 tablespoon peanut oil
- 1 pound boneless, skinless chicken thighs, cut into bite-size pieces
- 1 teaspoon garam masala
- 1 pinch cayenne pepper
- 1 tablespoon cornstarch
- 1/4 cup water

**Directions**

Heat 1 tablespoon oil in a large saucepan over medium high heat. Saute shallot and onion until soft and translucent. Stir in butter, lemon juice, ginger-garlic paste, 1 teaspoon garam masala, chili powder, cumin and bay leaf. Cook, stirring, for 1 minute. Add tomato sauce, and cook for 2 minutes, stirring frequently. Stir in half-and-half and yogurt. Reduce heat to low, and simmer for 10 minutes, stirring frequently. Season with salt pepper. Remove from heat and set aside.

Heat 1 tablespoon oil in a large heavy skillet over medium heat. Cook chicken until lightly browned, about 10 minutes. Reduce heat, and season with 1 teaspoon garam masala and cayenne. Stir in a few spoonfuls of sauce, and simmer until liquid has reduced, and chicken is no longer pink. Stir cooked chicken into sauce.

Mix together cornstarch and water, then stir into the sauce. Cook for 5 to 10 minutes, or until thickened.
**Ingredients**

- 4 boneless, skinless chicken breasts
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/2 teaspoon Spice Islands® Garlic Powder
- 1/4 teaspoon Spice Islands® Fine Grind Black Pepper
- 3 tablespoons olive oil, divided
- 1 cup sliced fresh mushrooms
- 2 teaspoons Argo® Corn Starch
- 1/2 cup Marsala wine
- 1/2 cup chicken broth
- 1/2 teaspoon Spice Islands® Sweet Basil
- 1/2 teaspoon Spice Islands® Onion Powder

**Directions**

Pound chicken pieces to 1/4-inch thickness (place between 2 sheets of waxed paper before pounding).

Combine flour, salt, garlic powder and pepper in a large bowl. Add chicken; coat with flour mixture.

Heat 2 tablespoons oil in large skillet over medium-high heat. Cook chicken 8 to 10 minutes, or until done, turning once. Remove from pan.

Add 1 tablespoon oil and mushrooms to skillet. Saute 2 to 3 minutes. Mix corn starch, wine, chicken broth, basil and onion powder; add to mushrooms. Simmer, uncovered, 2 minutes or until thickened.

Serve chicken and sauce over cooked linguine, if desired.
Curried Chicken Tea Sandwiches

Ingredients

- 2 cups cubed, cooked chicken
- 1 medium unpeeled red apple, chopped
- 3/4 cup dried cranberries
- 1/2 cup thinly sliced celery
- 1/4 cup chopped pecans
- 2 tablespoons thinly sliced green onions
- 3/4 cup mayonnaise or salad dressing
- 2 teaspoons lime juice
- 1/2 teaspoon curry powder
- 12 slices bread
- Lettuce Leaves

Directions

In a bowl, combine the first six ingredients. Combine mayonnaise, lime juice and curry powder; add to chicken mixture and stir to coat. Cover and refrigerate until ready to serve. Cut each slice of bread with a 3-in. heart-shaped cookie cutter. Top with lettuce and chicken salad.
### Ingredients

- 1 (3 pound) whole chicken
- 1/2 cup olive oil
- 1 cup red wine
- 1 teaspoon salt
- 1 leek, bulb only, chopped
- 1/4 cup chopped fresh dill weed
- 1/3 cup saturei (dried rose petals)
- 2 tablespoons ground coriander seed
- 1/2 teaspoon ground black pepper
- 2 tablespoons olive oil
- salt to taste
- 1/2 cup syrup from canned figs

### Directions

Mix together 1/2 cup olive oil, wine mixed with salt, chopped leek, dill, rose petals, coriander, and black pepper.

Heat 2 tablespoons olive oil in a large pan. Fry whole chicken over medium heat. Add about half of the seasoning mixture, and continue to fry until chicken just starts to change color.

Place chicken in a baking dish large enough to hold it along with the seasoning mixture—both what was in the pan and what you didn’t use. Rub the bird with the mixture for a minute or so.

Bake at 425 degrees F (220 degrees C) for 1 hour, occasionally basting with the seasoning mixture. The chicken will look almost burnt when done. Moisten a plate with fig syrup, place chicken on it. Season with salt and pepper.
Lemon Pepper Chicken and Gravy

**Ingredients**

- 1 tablespoon vegetable oil
- 1 pound skinless, boneless chicken breast meat - cut into bite-size pieces
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced
- 1 tablespoon lemon pepper
- 4 packets dry chicken gravy mix, prepared according to package instructions
- salt and pepper to taste

**Directions**

In a large skillet or wok heat oil over medium heat. Add chicken and saute for 15 to 20 minutes, or until cooked through (juices run clear and chicken meat is no longer pink inside).

Add green bell pepper, red bell pepper, lemon pepper seasoning, prepared gravy, and salt and pepper to taste. Stir all together; reduce heat to medium low and let all simmer about 10 minutes, or until bell peppers are tender and gravy has thickened.
Veneto Chicken

Ingredients

3 large tomatoes - peeled, seeded and chopped
1 (3 pound) whole chicken, cut into pieces
4 tablespoons olive oil
1 onion, chopped
1 stalk celery, chopped
1/2 cup dry white wine
1/4 teaspoon dried oregano
1 pinch salt
1 pinch ground black pepper
2 tablespoons balsamic vinegar
1/4 pound fresh mushrooms, sliced

Directions

Dredge chicken lightly in flour. Heat oil over medium-high heat. Fry chicken pieces briefly, turning to brown evenly. Add onion and celery; cook 1 to 2 minutes. Stir in wine and chopped tomatoes. Season with oregano, and salt and ground pepper to taste. Cover, reduce heat, and simmer gently for 30 minutes, turning pieces once. Pour in balsamic vinegar and mushrooms, and cook another 5 to 10 minutes.
Texas Hickory BBQ Chicken

**Ingredients**

- 2 (12 fluid ounce) cans beer
- 2 cups hickory wood chips, or as much as you like
- 4 chicken leg quarters
- 2 cups barbeque sauce
- salt and pepper to taste
- heavy duty aluminum foil

**Directions**

Preheat an outdoor grill for medium heat. Coat the grill surface lightly with oil. Pour beer into a pan or bowl, and add wood chips. Let soak while the grill heats up.

When the coals are ready, sprinkle the hickory chips over them. Place chicken pieces on the grill, cover, and cook for 15 minutes. Turn over, cover and grill for an additional 15 minutes. Remove the chicken pieces from the grill, and place each leg quarter onto a large square of aluminum foil. Cover with barbeque sauce, and fold the foil into a packet around each piece of chicken.

Return chicken packets to the grill, and cook for an additional 15 minutes per side. Remove packets, and serve with more barbeque sauce.
Molly's Chicken

**Ingredients**

- 3 1/2 pounds chicken drumsticks, skin removed
- 1/2 cup soy sauce
- 1/4 cup packed brown sugar
- 2 cloves garlic, minced
- 1 (8 ounce) can tomato sauce

**Directions**

Place drumsticks in a slow cooker. In a medium bowl, stir together soy sauce, brown sugar, garlic, and tomato sauce. Pour sauce over chicken.

Cover, and cook on Low heat 8 hours.
Chicken Korma

Ingredients

- 1 tablespoon vegetable oil
- 4 (2 inch) cinnamon sticks
- 10 whole cloves
- 10 cardamom seeds
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 2 (6 ounce) skinless, boneless chicken breast halves
- 1/2 teaspoon salt
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 cup tomato sauce
- 1/2 cup warm water
- 1/2 cup buttermilk
- 2 tablespoons chopped fresh parsley

Directions

In a large skillet, heat oil over medium heat. Cook cinnamon sticks, cloves, and cardamom seeds in hot oil for three minutes. Stir in onion and garlic, and cook until soft. Cut each chicken breast half into 4 pieces, and add to skillet; cook for about 5 to 8 minutes.

Season with salt, red pepper flakes, coriander, and cumin. Stir in the tomato sauce and water. Continue cooking for 10 minutes.

Stir in buttermilk, and cook for 5 to 8 minutes. Just before serving, mix in the parsley.
**Grand Marnier Chicken**

### Ingredients

- 4 skinless, boneless chicken breast halves
- 1 cup milk
- 1 cup dry bread crumbs
- 1 cup grated Parmesan cheese
- 2 tablespoons chopped fresh parsley
- 1 cup olive oil
- 1 orange, sliced into rounds
- 1 cup dry white wine
- 1/2 cup orange juice
- 1 (10.5 ounce) can chicken broth
- 1/4 cup brandy-based orange liqueur (such as Grand Marnier®)

### Directions

Slice chicken breasts in thirds horizontally to make 12 thin chicken fillets. Lightly pound each piece. Place in a dish, and pour milk over them. Soak for 10 minutes. In a shallow bowl, stir together the bread crumbs, Parmesan cheese and parsley. Set aside.

Heat olive oil in a large heavy skillet over medium-high heat. Dredge chicken pieces in the bread crumb mixture, and place in the hot oil. Quickly brown on both sides, then remove to a buttered 9x13 inch baking dish, or similar size. Season with salt and pepper to taste. Place orange slices over the top of the chicken.

Preheat the oven to 350 degrees F (175 degrees C). Drain the oil from the skillet, reserving 1/4 cup. Heat the reserved oil with the wine over medium heat until reduced by 1/2. Add broth and orange juice, and reduce by 1/2 again. Pour the sauce over the chicken, then drizzle with Grand Mariner.

Bake for 20 to 25 minutes in the preheated oven, until bubbly.
Sunny's Creamy Chicken Pork Chops

Ingredients
1 teaspoon olive oil
1 onion, chopped
2 cloves garlic, chopped
4 pork chops
1 (10.75 ounce) can condensed cream of chicken soup
1/2 (14.5 ounce) can chicken broth
salt and pepper to taste

Directions
Heat oil in a large skillet over medium high heat. Add onions and garlic and saute until translucent. Add pork chops and brown about 4 to 6 minutes each side, stirring often to avoid burning onions and garlic.

Meanwhile, in a separate bowl, whisk together soup and broth. Pour soup mixture over browned chops, stirring well to loosen onions and garlic and to deglaze skillet. Reduce heat and gently simmer for 10 to 15 minutes, stirring and turning chops occasionally, until chops are cooked through (internal temperature should reach 160 degrees F/70 degrees C). Season with salt and pepper to taste and serve.
Ham and Chicken Lasagna

**Ingredients**

- 1/4 cup butter
- 12 fresh mushrooms, sliced
- 1 medium onion, chopped
- 1 medium bell pepper, chopped
- 1/2 cup all-purpose flour
- 1 2/3 cups milk
- 24 1/2 ounces canned chicken broth
- 1 (16 ounce) package frozen broccoli florets, thawed and drained (optional)
- 2/3 cup shredded Parmesan cheese
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper
- 1/4 teaspoon ground nutmeg
- 12 lasagna noodles, cooked and drained
- 2 cups cubed, cooked ham
- 2 cups cubed, cooked chicken
- 2 cups shredded Swiss cheese

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Spray a 13x9-inch baking dish with non-stick cooking spray.


Layer baking dish with 1/4 sauce, 1/4 noodles, 1/4 ham, 1/4 chicken, and 1/4 Swiss. Repeat layers 3 times. Cover with foil.

Bake in a preheated oven 35 to 40 minutes.
## Broccoli in Roast Chicken Drippings

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
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<tbody>
<tr>
<td>1/4 cup roast chicken drippings</td>
<td>After roasting a chicken, remove it from the roasting pan and place</td>
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<tr>
<td>1 head broccoli, cut into florets</td>
<td>on a serving tray to rest. Leave the oven on. Pour off excess</td>
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<tr>
<td>2 cloves garlic, chopped</td>
<td>drippings from the roasting pan, leaving just enough to coat the</td>
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<td>broccoli. Toss broccoli and garlic in the drippings until coated and</td>
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<td>place in the still hot oven. Roast for 5 to 8 minutes, until tender.</td>
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Sensational Chicken Noodle Soup

Ingredients

4 cups Swanson® Chicken Broth (regular, Natural Goodness™ or Certified Organic)
Generous dash ground black pepper
1 medium carrot, sliced
1 stalk celery, sliced
1/2 cup uncooked medium egg noodles
1 cup cubed cooked chicken or turkey

Directions

Mix broth, black pepper, carrot and celery in saucepan. Heat to a boil.

Stir in noodles and chicken. Cook over medium heat 10 minutes until noodles are done.
# Baked Havarti Chicken

## Ingredients

<table>
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<th>Quantity</th>
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<tbody>
<tr>
<td>4 boneless, skinless chicken breast halves</td>
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<tr>
<td>1 (8 ounce) package sliced fresh mushrooms</td>
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</tr>
<tr>
<td>2 (4 ounce) cans whole green chili peppers, drained, and sliced lengthwise</td>
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<tr>
<td>4 ounces sliced Havarti cheese with dill</td>
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<tr>
<td>Italian dressing</td>
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<td>1 tablespoon butter</td>
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<td>1 tablespoon white cooking wine</td>
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<tr>
<td>1 tablespoon Worcestershire sauce</td>
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<td>1/2 teaspoon garlic salt</td>
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<td>salt</td>
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## Directions

Preheat oven to 400 degrees F (200 degrees C).

Marinate chicken in Italian Dressing and Greek Seasoning, if using, for a minimum of 30 minutes.

Place chicken in a 9 x 13 inch baking dish. Sprinkle top with additional Greek seasoning, if desired, and bake in preheated oven for approximately 25 minutes, or until no longer pink in center and juices run clear.

Shortly before chicken is done, melt butter in a skillet over medium-high heat until bubbling. Pour in wine, Worcestershire sauce, and garlic salt, and bring to a boil. Stir in mushrooms. Reduce to a simmer, cover, and cook until mushrooms are tender, about 3 to 5 minutes. Adjust seasoning with salt as needed.

Remove chicken from the oven. Lay green chili slices on top of each breast, then top each chili with a slice of cheese. Return to the oven until cheese has melted.

Remove chicken from the oven, top with mushrooms and their pan juices, and serve.
## Chicken Honey Nut Stir Fry

### Ingredients

- 2 teaspoons peanut oil
- 2 stalks celery, chopped
- 2 carrots, peeled and diagonally sliced
- 1 1/2 pounds skinless, boneless chicken breast halves - cut into strips
- 1 tablespoon cornstarch
- 3/4 cup orange juice
- 3 tablespoons light soy sauce
- 1 tablespoon honey
- 1 teaspoon minced fresh ginger root
- 1/4 cup cashews
- 1/4 cup minced green onions

### Directions

Heat 1 teaspoon of the oil in a wok over high heat. Add the carrots and celery and stir fry for 3 minutes. Add remaining 1 teaspoon oil, then add the chicken and stir fry for 5 more minutes.

In a small bowl, dissolve the cornstarch into the orange juice. Mix in the soy sauce, honey and ginger. Add this sauce to the wok and cook over medium heat until thickened. Top with the cashews and green onions.
Spicy Chicken

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 1 cup French salad dressing
- 1/4 cup salsa
- 1 teaspoon dried thyme

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.

Arrange chicken in the baking dish. In a bowl, mix French salad dressing, salsa, and thyme. Pour evenly over chicken.

Cover with aluminum foil, and bake 20 minutes in the preheated oven. Remove foil, and continue baking 15 minutes, until chicken juices run clear.
Caribbean-Style Chicken Salad

**Ingredients**

- 1/4 cup lime juice
- 1 tablespoon red wine vinegar
- 1 clove garlic, minced
- 2 tablespoons honey
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup olive oil
- 1 pound skinless, boneless chicken breast halves
- 1 ripe mango, peeled, pitted and diced
- 1 (15.5 ounce) can black beans, drained and rinsed
- 1 red bell pepper, seeded and cut into thin strips
- 1/2 jicama, sliced into matchsticks
- 1/2 head green leaf lettuce, rinsed and torn

**Directions**

Whisk together lime juice, red wine vinegar, garlic, honey, salt, and pepper until blended. Slowly whisk in olive oil until incorporated. Mix half of this dressing with the chicken breasts, cover, and refrigerate for 1 hour. Refrigerate the remaining dressing for later use.

Heat an outdoor grill for medium-high heat.

Grill chicken breasts until no longer pink, about 6 minutes per side. Set aside and allow to cool while proceeding with recipe. Toss together mango, black beans, bell pepper, and jicama in a large bowl with reserved dressing. Slice chicken into bite-sized pieces and toss with salad.

To serve, line a serving bowl with the green leaf lettuce and mound the chicken salad into the middle.
Chicken Tartar Burger

**Tartar Sauce:**
- 3 tablespoons mayonnaise
- 1 tablespoon dill pickle relish
- 1 tablespoon hot sauce
- 1 clove garlic, minced
- 1 tablespoon lime juice

**Chicken Burgers:**
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped red bell pepper
- 1/4 cup chopped fresh cilantro
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon hot sauce
- salt and pepper to taste
- 2 pounds ground chicken
- 1 cup dry bread crumbs
- 8 hamburger buns, split and toasted
- 8 iceberg lettuce leaves

**Directions**

Prepare tartar sauce by stirring together mayonnaise, relish, hot sauce, garlic, and lime juice in a small bowl. Cover and refrigerate at least 20 minutes.

Prepare chicken burgers by mixing together green pepper, red pepper, cilantro, onion, garlic, hot sauce, salt, and pepper in a large bowl. Mix in chicken using your hands until well blended, then sprinkle on bread crumbs, and continue mixing until incorporated. Divide the meat into 8 portions, and flatten to make patties.

Preheat an outdoor grill for medium-high heat and lightly oil grate.

Cook patties on preheated grill until no longer pink in the center, about 5 minutes per side. Assemble burgers by spreading the cut sides of the hamburger buns with tartar sauce, adding a chicken patty, and topping with a piece of lettuce. Voila! You have a tasty Chicken Tartar Burger.
Ingredients

2 pounds skinless, boneless chicken breast halves
1 cup barbecue sauce
2 tablespoons butter, divided
1 large onion, diced
2 cloves garlic, minced
1 large roasted red pepper, chopped
1 (6 ounce) can tomato paste
3 tablespoons chili powder
1 tablespoon ancho chile powder
1 tablespoon ground cumin
1 teaspoon ground ginger
1 tablespoon vanilla extract
1/2 teaspoon white sugar
1 (20 ounce) can pineapple chunks
1 (15 ounce) can kidney beans, drained
1 (15 ounce) can black beans, drained
1 (28 ounce) can chopped tomatoes, drained
1 (24 ounce) jar chipotle salsa

Directions

Place the chicken breasts and barbecue sauce in a gallon-sized zip top bag and allow to marinate for 30 minutes in the refrigerator.

Melt 1 tablespoon of butter in a large skillet placed over high heat, and add the chicken. Cook the chicken until it is browned and almost cooked through, about 5 minutes per side. Remove chicken from skillet, chop into 1 inch pieces, and place in the crock of a slow cooker.

Heat the remaining 1 tablespoon of butter in the skillet over medium-high heat, add the diced onion, garlic, and roasted red pepper, and cook and stir until the onion is softened, about 5 minutes. Stir in the tomato paste, chili powder, ancho chile powder, ground cumin, ground ginger, vanilla, and sugar. Cook, stirring, until blended, about 2 minutes. Transfer the mixture to the slow cooker.

Drain the canned pineapple and reserve the fruit. Stir the pineapple juice, kidney beans, black beans, tomatoes, and chipotle salsa into the ingredients in the slow cooker and set the heat to High. Allow the chili to cook on High until it begins to bubble, about 20 minutes. Turn the slow cooker to Low and cook for 1 additional hour.

Stir the reserved pineapple into the chili and continue to cook until the pineapple is warm, about 15 minutes. Salt and pepper the chili to taste and serve piping hot.
# Hot Shredded Chicken Sandwiches

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (3 pound) chicken - cooked, deboned and shredded</td>
<td></td>
</tr>
<tr>
<td>2 (10.75 ounce) cans condensed cream of mushroom soup</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon poultry seasoning</td>
<td></td>
</tr>
<tr>
<td>1/4 (16 ounce) package buttery round crackers, crushed</td>
<td></td>
</tr>
<tr>
<td>12 hamburger buns</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

In a large saucepan over medium heat, combine shredded chicken, condensed soup, poultry seasoning and crushed crackers. Cook, stirring frequently, until mixture is hot, 15 to 20 minutes. Serve on buns.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves - pounded thin</td>
</tr>
<tr>
<td>4 ounces cream cheese, softened</td>
</tr>
<tr>
<td>1/3 cup feta cheese</td>
</tr>
<tr>
<td>1 teaspoon garlic powder</td>
</tr>
<tr>
<td>2 teaspoons dried dill weed</td>
</tr>
<tr>
<td>2 tablespoons melted butter</td>
</tr>
<tr>
<td>salt and pepper to taste</td>
</tr>
</tbody>
</table>

## Directions

Preheat oven to 350 degrees F (175 degrees C).

TO MAKE FILLING: In a large bowl beat the cream cheese until smooth. Add the feta cheese, dill weed and garlic powder. Beat until smooth and creamy.

Put a dollop of 1/4 of the filling on each breast, then roll and tie the breasts with cooking string to seal. Brush each breast with melted butter/margarine and sprinkle with salt and pepper to taste. Bake uncovered in the preheated oven for 20 minutes or until the juices run clear.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (15 ounce) can black beans, rinsed</td>
<td></td>
</tr>
<tr>
<td>and drained</td>
<td></td>
</tr>
<tr>
<td>1 pound processed cheese food, cubed</td>
<td></td>
</tr>
<tr>
<td>10 ounces sour cream</td>
<td></td>
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<tr>
<td>1 pound penne pasta</td>
<td></td>
</tr>
<tr>
<td>1 dash hot pepper sauce</td>
<td></td>
</tr>
<tr>
<td>1 dash Worcestershire sauce</td>
<td></td>
</tr>
<tr>
<td>crushed red pepper flakes to taste</td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>2 tomatoes, chopped</td>
<td></td>
</tr>
<tr>
<td>1/2 bunch green onions, diced</td>
<td></td>
</tr>
<tr>
<td>2 grilled chicken breasts, chopped</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

1. In a medium saucepan, heat drained black beans over medium heat; set aside.
2. In a medium saucepan, melt cheese and sour cream.
3. Meanwhile, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and place in a bowl.
4. Add hot pepper sauce, Worcestershire sauce, dried red pepper flakes, and salt and pepper to taste to cheese sauce when melted; mix well.
5. Spoon sauce over pasta and top with beans, tomatoes, green onions and chicken; serve.
### Chicken Dumpling Soup

#### Ingredients

- 3 cups chopped cooked chicken breast
- 2 eggs
- 4 3/4 cups chicken broth, divided
- 1 cup all-purpose flour
- 1/4 cup chopped fresh parsley
- 2 teaspoons salt
- 1/8 teaspoon black pepper
- 1/2 teaspoon dried tarragon
- 1/4 cup butter
- 2 cups chopped onion
- 1 1/2 cups thinly sliced celery
- 2 cloves garlic, minced
- 1/2 cup all-purpose flour
- 2 quarts chicken broth
- 1 1/2 teaspoons salt
- 1 1/2 cups chopped carrots
- 3 cups chopped cooked chicken breast

#### Directions

1. In a blender or food processor, combine 3 cups cooked chicken, eggs, 3/4 cup chicken broth, 1 cup flour, parsley, 2 teaspoons salt, pepper and tarragon. Process until smooth.

2. In a large pot, bring 4 cups chicken broth to a boil. Drop dumpling mixture by rounded spoonfuls into boiling broth. Simmer, uncovered, 5 to 8 minutes, until well formed and slightly browned. Remove with a slotted spoon and drain on paper towels. Reserve dumpling cooking liquid.

3. In a large pot melt butter over medium heat. Cook onion, celery and garlic in butter until onion is translucent. Stir in 1/2 cup flour until fully incorporated. Pour in 2 quarts chicken broth, stirring constantly. Bring to a boil. Introduce 1 1/2 teaspoons salt and carrots. Cover, reduce heat, and simmer 15 minutes.

4. Stir in dumplings, reserved liquid and 3 cups cooked chicken. Simmer 15 minutes more before serving.
Chicken or Turkey Pie

**Ingredients**

**FILLING:**
- 3 tablespoons butter or margarine
- 2 stalks celery, diced
- 2 carrots, peeled and diced
- 1 small onion, minced
- 1/4 cup flour
- 1/2 teaspoon salt
- 1 cup milk
- 1 cup chicken broth
- 1 (10.75 ounce) can cream of mushroom soup, undiluted
- 4 cups cooked, cubed chicken or turkey

**CRUST:**
- 1 1/2 cups all-purpose flour
- 3/4 teaspoon baking powder
- 1 teaspoon salt
- 3 tablespoons butter or margarine
- 1/2 cup milk
- 2 cups shredded Cheddar cheese

**Directions**

In a skillet, melt butter; saute celery, carrots and onion until soft. Stir in flour and salt. Gradually add milk and broth, stirring constantly until sauce thickens. Fold in mushroom soup and chicken or turkey. Spoon mixture into 9-in. x 13-in. baking pan; set aside.

For crust, combine flour, baking powder and salt. Cut butter into flour mixture. Add milk and mix to form soft dough. Roll out to a 12-in. x 10-in. rectangle. Sprinkle with cheese and roll up, jelly-roll style, starting from long side. Slice into 1/2-in wheels and place on chicken mixture. Bake at 350 degrees F for 35-40 minutes or until crust is lightly browned.
Orange Curried Chicken

Ingredients

- 1 cup orange marmalade
- 1 tablespoon curry powder
- 1 teaspoon salt
- 1/2 cup water
- 4 bone-in chicken breast halves, with skin

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a small bowl combine the marmalade, curry powder, salt and water. Mix together. Place chicken pieces, cut side down, in a lightly greased 9x13 inch baking dish and spoon marmalade mixture over chicken.

Bake uncovered at 350 degrees F (175 degrees C) for 45 minutes, spooning sauce over chicken several times. (Note: If sauce begins to stick to the baking dish, add an additional 1/4 cup water).

Remove chicken from baking dish and skim fat off of the sauce. Serve sauce hot with the chicken.
Garlic Chicken

**Ingredients**

- 2 (4 ounce) skinless, boneless chicken breast halves
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 10 cloves garlic, peeled
- 1 1/2 teaspoons canola oil or vegetable oil
- 5 tablespoons chicken broth, divided
- 1/4 cup dry white wine, or chicken broth
- 1 teaspoon lemon juice
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1 1/2 teaspoons cornstarch

**Directions**

Season chicken with salt and pepper. In a skillet, cook chicken and garlic in oil for 4-6 minutes. Add 4 tablespoons broth, wine or additional broth, lemon juice, basil and oregano. Reduce heat; cover and simmer for 6-8 minutes or until chicken juices run clear.

Transfer chicken to a serving platter and keep warm. In a small bowl, combine cornstarch and remaining broth until smooth. Stir into skillet. Bring to a boil; cook and stir for 1 minute or until thickened. Spoon sauce over chicken.
## Chicken-Cheese-Fish

### Ingredients

- 2 pounds skinless, boneless chicken breast halves
- 4 cups shredded Cheddar cheese
- 1 cup shredded Swiss cheese
- 4 (3 ounce) cans tuna packed in olive oil
- 2 (16 ounce) cans pink salmon, drained
- 2 cups heavy whipping cream
- 4 eggs, beaten
- 2 cups crumbled feta
- 1 cup shredded mozzarella cheese
- 2 cups ricotta cheese
- 1 (8 ounce) package cream cheese, softened
- 2 eggs, beaten
- 3 cups Italian seasoned bread crumbs
- 2 tablespoons butter, cut into small pieces

### Directions

Preheat oven to 350 degrees F (175 degrees C).

Line the bottom of a large baking dish with the chicken breasts. Scatter Cheddar and Swiss cheese over top. Flake the tuna and salmon and layer evenly over the cheese. Mix whipping cream with the 4 beaten eggs in a bowl; pour over top of the dish.

Mix feta, mozzarella and ricotta cheeses in a bowl; spread over the fish. Mix cream cheese, 2 beaten eggs, and bread crumbs in a bowl; spread evenly over top of the cheese. Evenly arrange small pieces of butter over entire dish. Cover with aluminum foil.

Bake in preheated oven for 1 1/2 hours, or until heated through and golden brown on top.
Moist Lemon Chicken

**Ingredients**

- 3/4 cup water
- 1/4 cup lemon juice
- 2 tablespoons dried minced onion
- 1 tablespoon dried parsley flakes
- 1 tablespoon Worcestershire sauce
- 2 garlic cloves, minced
- 1 teaspoon dill seed
- 1/2 teaspoon salt
- 1/2 teaspoon curry powder
- 1/2 teaspoon pepper
- 1 (3 1/2) pound broiler-fryer chicken, cut up

**Directions**

In a large resealable plastic bag or shallow glass dish, combine the first 10 ingredients. Add chicken and turn to coat. Cover and refrigerate for 4-6 hours. Drain, discarding marinade. Grill chicken, covered, over low heat for 50-60 minutes or until juices run clear, turning several times.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 boneless, skinless chicken breast halves</td>
<td>Flatten the chicken to 1/4-in. thickness. Place a slice of cheese and ham on each to within 1/4 in. of edges. Fold in half; secure with thin metal skewers or toothpicks. Brush with oil and roll in bread crumbs.</td>
</tr>
<tr>
<td>6 slices Swiss cheese</td>
<td>Grill, covered, over medium-hot heat for 15-18 minutes or until juices run clear.</td>
</tr>
<tr>
<td>6 thin slices deli ham</td>
<td></td>
</tr>
<tr>
<td>3 teaspoons olive or vegetable oil</td>
<td></td>
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<tr>
<td>3/4 cup seasoned bread crumbs</td>
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</tbody>
</table>
California Chicken Casserole

**Ingredients**

- 1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
- 1/3 cup milk
- 1 (16 ounce) package frozen California blend vegetables, thawed
- 1 1/2 cups cubed cooked chicken
- 1 1/2 cups shredded Swiss cheese, divided
- 1 (2 ounce) jar diced pimientos, drained
- Salt and pepper to taste
- Hot cooked rice

**Directions**

In a bowl, combine soup and milk. Stir in vegetables, chicken, 1-1/4 cups cheese, pimientos, salt and pepper. Transfer to a greased 9-in. square baking dish. Cover and bake at 350 degrees F for 40 minutes. Uncover; top with remaining cheese. Bake 5-10 minutes longer or until bubbly. Let stand for 5 minutes. Serve over rice.
Southern Chicken Fried Steak

## Ingredients
- 2 cups all-purpose flour
- salt-free herb seasoning to taste
- salt and ground black pepper to taste
- 2 eggs, beaten
- 2 pounds veal cutlets
- 1/4 cup oil for frying

## Directions
In a shallow bowl, combine flour, herb seasoning, salt and pepper. In another bowl, place the beaten eggs. Coat each veal cutlet with the flour mixture, then dip into egg, then back into the flour mixture.

Heat oil in a large heavy skillet over medium-high heat. Place veal cutlets into hot oil, and cook until browned, about 10 minutes on each side.
### Ingredients

- 1 tablespoon butter OR margarine
- 4 skinless, boneless chicken breasts
- 1 (10.75 ounce) can Campbell’s® Condensed 98% Fat Free Broccoli Cheese Soup
- 1/3 cup water
- 1/8 teaspoon ground black pepper
- 2 cups fresh or frozen broccoli flowerets

### Directions

Heat butter in skillet. Add chicken and cook until browned.

Add soup, water, pepper and broccoli. Heat to a boil. Cover and cook over low heat 5 minutes or until done.
Ingredients

- 1 pound ground chicken
- 2 eggs
- 1 1/2 cups bread crumbs
- 3 tablespoons salsa
- 2 tablespoons Ranch-style salad dressing
- 1 (1.25 ounce) package taco seasoning mix
- 1/2 cup shredded Cheddar cheese
- Sour cream (optional)

Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease an 8x4 inch loaf pan.

In a large bowl, mix together the ground chicken, eggs, bread crumbs, salsa, salad dressing, and taco seasoning mix. Pack into the prepared loaf pan.

Bake for 1 hour in the preheated oven. Top with cheese, and serve with sour cream.
Chicken and Artichokes

**Ingredients**

- 3 pounds skinless, boneless chicken breast halves, cut into bite size pieces
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon paprika
- 4 tablespoons butter
- 1/4 pound fresh mushrooms, sliced
- 2 tablespoons all-purpose flour
- 1 cup chicken broth
- 3 tablespoons sherry
- 1/4 teaspoon dried rosemary
- 1 (14 ounce) can artichoke hearts, drained

**Directions**

- Preheat oven to 375 degrees F (190 degrees C).
- Sprinkle chicken with salt, pepper and paprika to taste. Melt butter or margarine in heavy skillet and brown chicken on all sides. Remove to covered 9x13 inch casserole.
- Add mushrooms to pan drippings and saute. Add flour and gradually add stock or broth and sherry. Season with rosemary; deglaze skillet.
- Arrange artichoke hearts among the chicken pieces and pour sauce over all. Cover and bake at 375 degrees F (190 degrees C) for 40 minutes or until tender.
Cheddar Chicken

Ingredients

1 cup crushed cornflakes cereal
3/4 cup grated Parmesan cheese
1/4 cup shredded Cheddar cheese
1/2 cup butter, melted
8 skinless, boneless chicken breast halves

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, mix the cornflake crumbs, Parmesan cheese and Cheddar cheese.

Dip the chicken breasts in the melted butter, and roll them in the cornflake crumb mixture. Place chicken in a lightly greased 9x13 inch baking dish.

Bake in the preheated oven for 30 to 40 minutes, until chicken is no longer pink and juices run clear.
Spicy Chicken and Spelt Salad

**Ingredients**

- 1/4 cup soy sauce
- 3 tablespoons Asian sesame oil
- 2 tablespoons olive oil
- 2 tablespoons rice wine vinegar
- 2 tablespoons creamy peanut butter
- 1/8 teaspoon cayenne pepper
- 1 tablespoon freshly grated ginger
- 1 tablespoon grated fresh garlic
- 1 serrano chile peppers, minced
- 1 cup spelt kernels
- 6 cups water
- 1/2 teaspoon kosher salt
- 1 quart water
- 1/2 teaspoon salt
- 1 onion, peeled and cut into chunks
- 4 skinless, boneless chicken breast halves
- 1 red bell pepper, sliced
- 1 bunch green onions, thinly sliced
- 1/4 cup coarsely chopped fresh parsley
- 1/4 cup coarsely chopped cilantro
- 3 carrot, thinly sliced
- 2 cups thinly sliced red cabbage

**Directions**

Whisk together soy sauce, sesame oil, olive oil, vinegar, peanut butter, cayenne pepper, ginger, garlic, and serrano in a small bowl; set aside.

Toast spelt kernels in a dry skillet on medium-high heat until the kernels are browned and some have popped. Remove, place in a mesh strainer, and rinse well with cold water. Drain. Bring 6 cups of water to a boil in a large saucepan; add 1/2 teaspoon kosher salt and stir in spelt kernels. Return to a boil then cover, reduce heat to low, and simmer until tender, about 1 hour. Drain well and set aside to cool.

While the spelt is simmering, fill a skillet with 1 quart water, 1/2 teaspoon salt, and onion. Bring to a boil over high heat. Add chicken breasts, reduce the heat to medium-low, cover, and simmer until the chicken is cooked through, about 15 minutes. Remove chicken from liquid and allow to cool.

Once chicken is cool enough to handle, shred into bite-sized chunks and place in a large bowl. Stir in spelt, bell pepper, green onions, parsley, cilantro, carrots, and cabbage. Pour sauce over salad and stir well to combine.
# Honey-Mustard Chicken Pasta

## Ingredients

- 1 cup uncooked bow tie pasta
- 2 bacon strips, diced
- 1/3 cup sliced fresh mushrooms
- 2 tablespoons chopped onion
- 1 garlic clove, minced
- 1 cup diced cooked chicken
- 1/2 cup frozen peas, thawed
- 1/2 cup condensed cream of chicken soup, undiluted
- 1/3 cup 2% milk
- 1 tablespoon prepared mustard
- 2 teaspoons honey
- 1/2 teaspoon dried parsley flakes
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 teaspoons grated Parmesan cheese

## Directions

Cook pasta according to package directions. Meanwhile, in a large skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels. Drain, reserving 1 tablespoon drippings.

In the drippings, saute mushrooms and onion until tender. Add garlic; saute for 1 minute. Stir in the chicken, peas, soup, milk, mustard, honey, parsley, salt if desired, pepper and bacon. Cook and stir over medium heat until heated through. Drain pasta; add to skillet and toss to coat. Sprinkle with Parmesan cheese.
Suegra's Tomatillo Chicken

**Ingredients**

- 1 (3 1/2) pound whole chicken, cut into 6 pieces
- 1 pound fresh tomatillos, husks removed
- 2 dried California chile pods
- 3 dried red chile peppers
- 2 tablespoons olive oil
- Salt to taste

**Directions**

Preheat the oven to 350 degrees F (200 degrees C). Place the tomatillos, California chilies, and red chile peppers into a small roasting pan or a rimmed baking sheet. Roast for about 20 minutes, turning frequently. If the chilies start to get too dark, remove them and place into a food processor or blender.

Heat the oil in a large skillet over medium-high heat. Add chicken pieces and cook, turning to sear evenly on all sides.

Combine the tomatillos and chilies in a blender or food processor and blend until smooth. Season with salt to taste. Pour this mixture in with the chicken. Reduce the heat to medium-low, cover and simmer until chicken is tender, 20 to 25 minutes.
Faux Jerk Chicken

**Ingredients**

- 1/3 cup olive oil
- 3 tablespoons distilled white vinegar
- 1 1/2 tablespoons lime juice
- 1 tablespoon white sugar
- 1 teaspoon dried thyme leaves
- 3/4 teaspoon ground allspice
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/3 teaspoon ground cayenne pepper
- 1 scotch bonnet chile pepper, minced
- 1/4 cup minced green onions with tops
- 2 cloves garlic, minced
- 4 skinless, boneless chicken breast halves

**Directions**

In a large dish, mix the olive oil, vinegar, lime juice, sugar, thyme, allspice, cinnamon, salt, and cayenne pepper. Stir in the scotch bonnet pepper, green onions, and garlic. Pierce chicken on all sides with a fork, and place in the dish. Cover, and marinate up to 24 hours in the refrigerator, turning occasionally.

Preheat the grill for high heat.

Lightly oil grill grate. Discard marinade, and grill chicken 8 minutes on each side, or until juices run clear.
**Chicken Corn Bread Dressing**

**Ingredients**
- 1 (3 pound) broiler-fryer chicken
- 2 1/2 quarts water
- 2 celery ribs with leaves
- 1 large onion, cut into chunks

**DRESSING:**
- 4 celery ribs, chopped
- 2 small onions, chopped
- 1/2 cup butter
- 1 teaspoon salt
- 1/4 teaspoon rubbed sage
- 1/4 teaspoon pepper
- 1/8 teaspoon cayenne pepper
- 6 cups crumbled cornbread
- 1 cup chopped green onions
- 3/4 cup chopped pecans, toasted
- 1/2 cup minced fresh parsley
- 2 eggs, lightly beaten

**Directions**

Place chicken in a soup kettle or Dutch oven. Add the water, celery and onion; bring to a boil. Reduce heat; cover and simmer for 1 to 1 1/2 hours or until chicken is tender. Remove chicken from broth. Strain broth, discarding vegetables; set broth aside. When cool enough to handle, remove chicken from bones; dice and place in a large bowl.

In a skillet, saute celery and onions in butter until tender; stir in salt, sage, pepper and cayenne. Add to chicken. Stir in the corn bread, green onions, pecans, parsley and eggs. Add 1-1/4 to 1-1/2 cups of reserved broth, stirring gently to mix. (Refrigerate remaining broth for another use.)

Transfer to greased 13-in. x 9-in. x 2-in. baking dish. Cover and bake at 325 degrees F for 45 minutes. Uncover; bake 15-20 minutes longer or until a thermometer reads 160 degrees F.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 1/2 pounds skinless, boneless chicken breasts</td>
</tr>
<tr>
<td>1/2 cup mayonnaise</td>
</tr>
<tr>
<td>1/2 teaspoon dried dill weed</td>
</tr>
<tr>
<td>1/2 teaspoon garlic powder</td>
</tr>
<tr>
<td>1/4 teaspoon ground black pepper</td>
</tr>
<tr>
<td>1/4 teaspoon seasoning salt</td>
</tr>
<tr>
<td>1 teaspoon lemon juice</td>
</tr>
<tr>
<td>1/2 cup cornflakes cereal</td>
</tr>
</tbody>
</table>

## Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Pound chicken breasts to 1/4 inch thick. In a medium size bowl, stir together mayonnaise, dried dill weed, garlic powder, black pepper, seasoning salt and lemon juice. Mix well.
3. Dip chicken breasts in mayonnaise mixture (let excess drip off), then dip in cornflake crumbs to coat well. Place coated chicken in a lightly greased 9x13 inch baking dish. Bake in the preheated oven for 20 minutes or until chicken is lightly browned and no longer pink inside.
Not Your Average Grilled Chicken

**Ingredients**

1 (3 pound) whole chicken  
3/4 cup sour cream  
1/4 cup diced red onion  
2 cloves garlic, diced  
1 teaspoon dried oregano  
1 teaspoon dried dill weed  
2 tablespoons olive oil  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper

**Directions**

To make the chicken easier to grill evenly, remove its backbone. Do this by placing the chicken breast side down on a work surface with the tail end facing you. With a boning knife or sturdy kitchen shears, cut from front to back next to the backbone. Turn the chicken so the neck end faces you and cut on the other side of the backbone. Remove the backbone and use it for making stock or discard. Turn the chicken over and cut through the tailbone or wish bone. Spread the chicken out flat so it’s ‘butterflied.’

Mix together the sour cream, red onion, garlic, oregano, dill, salt, and pepper in a bowl and blend thoroughly. Gently lift the skin from the chicken being careful not to puncture or break the skin. Spoon the sour cream mixture under the skin, and massage gently to ease the mixture into all areas of the chicken. Cover, and refrigerate for 30 minutes, or overnight.

Preheat a grill for medium heat. Lightly oil a grill grate, and place 4 inches from the heat source.

Lightly brush the chicken with olive oil, and season with salt and pepper.

Place chicken on prepared grill skin side up. Cover the grill, and cook until the meat is firm and juices run clear when pierced with a knife, 45-55 minutes. There is no need to turn the chicken over.
Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

Place chicken breasts between 2 pieces of waxed paper. Gently pound chicken with flat side of meat mallet or rolling pin until about 1/4 inch thick; remove wax paper. Place 1 ounce of feta cheese in the center of each chicken breast, and fold in half.

Spread 2 tablespoons bread crumbs in the bottom of the prepared baking dish. Arrange chicken in the dish, and top with remaining bread crumbs.

Bake 25 to 30 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.

Ingredients

6 skinless, boneless chicken breast halves
6 ounces tomato basil feta cheese, crumbled
1/4 cup Italian-style dry bread crumbs, divided
Ingredients

- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breast halves - cut into bite size pieces
- 1 teaspoon Italian-style seasoning
- 1 teaspoon garlic powder
- 1/2 teaspoon dried sage
- 2 (14 ounce) cans stewed tomatoes, drained
- 2 tablespoons dry brown gravy mix
- 1/4 cup Marsala wine

Directions

Heat oil in a large skillet over medium high heat. Add chicken and saute for about 5 minutes, until browned. Season with Italian-style seasoning, garlic powder and sage and saute for another 10 minutes, until chicken is almost cooked through and juices run clear.

Pour tomatoes and liquid over chicken, then add gravy mix and wine and stir all together. Reduce heat to low and simmer for about 20 minutes. Serve hot over cooked rice, if desired.
### Ingredients

- 2 tablespoons olive oil
- 1 teaspoon Worcestershire sauce
- 1 teaspoon ground turmeric
- 1 teaspoon dry mustard powder
- 1 clove garlic, minced
- 4 skinless, bone-in chicken breast halves
- 4 slices bacon, cut in half

### Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a bowl, mix the olive oil, Worcestershire sauce, turmeric, mustard, and garlic.
3. Arrange the chicken breast halves in a medium baking dish, and top each with 2 halves bacon. Brush with the glaze.
4. Cover, and bake 45 minutes in the preheated oven. Remove cover, and continue baking 15 minutes, or until chicken juices run clear.
Ingredients
1 cup all-purpose flour
4 boneless, skinless chicken breast halves
salt and pepper to taste
2 tablespoons butter or margarine
1/2 cup dry white wine
1/2 cup fat-free chicken broth
1 tablespoon Dijon mustard
1 zucchini cut in half lengthwise, then sliced diagonally
5 sun-dried tomatoes, chopped
1 clove garlic
1 teaspoon dill weed
1/3 cup fat-free sour cream

Directions
Place the flour into a shallow dish. Season chicken with salt and pepper, and then dredge in flour. Shake off excess. Heat the butter in a large skillet over medium-high heat. Brown the chicken breasts on each side, about 3 minutes per side.

Pour the chicken broth and white wine into the skillet, and scrape any chicken residue from the pan for flavor. Stir in the mustard. Cover, and cook for a few minutes until chicken is ‘springy’, but not cooked through. Add the zucchini and sun-dried tomatoes, then season with garlic and dill weed. Cover, and cook until the zucchini is tender and the chicken is cooked through, about 5 to 10 minutes.

Remove the chicken to a platter, and remove the pan from the heat. Stir sour cream into the pan liquid. If most of the liquid has evaporated, stir in a bit more wine or broth first. Season with salt to taste, and serve chicken with sauce poured over it.
Chicken With Orange Sauce

**Ingredients**
- 1 broiler/fryer chicken (3 to 4 pounds), cut up
- 2 tablespoons vegetable oil
- 1 large onion, halved and sliced
- 1/2 medium green pepper, julienned
- 1/2 medium sweet yellow pepper, julienned
- 1 garlic clove, minced
- 1/2 teaspoon grated orange peel
- 2 1/2 cups water
- ORANGE SAUCE:
  - 2 tablespoons cornstarch
  - 3/4 cup orange juice
  - 1/4 cup sherry, or chicken broth
  - 1/4 cup teriyaki sauce
  - 3 tablespoons brown sugar
  - 1 tablespoon butter or margarine
  - 1/4 teaspoon ground ginger
  - 1/2 cup slivered almonds, toasted

**Directions**

In a pressure cooker, brown chicken in oil over medium-high heat; drain. Remove chicken to a 30-in. x 18-in. piece of heavy-duty foil. Top with onion, peppers, garlic and orange peel. Wrap tightly.

Place on a rack in pressure cooker; add water. Close over securely; place pressure regulator on vent pipe. Bring cooker to full pressure over high heat. Reduce heat to medium-high; cook for 12 minutes. (Pressure regulator should maintain a slow steady rocking motion; adjust heat if needed.)

Immediately cool according to manufacturer’s directions until pressure is completely reduced. In a small saucepan, combine cornstarch and orange juice until smooth. Stir in the sherry or broth, teriyaki sauce, brown sugar, butter and ginger. Bring to a boil; cook and stir for 1 minute or until thickened.

Remove chicken and vegetables to a serving platter. Top with sauce; sprinkle with almonds.
### Ingredients

- 1/4 cup butter, divided
- 2 cups sliced fresh mushrooms
- 1/4 cup all-purpose flour
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1 1/2 pounds skinless, boneless chicken meat - cut into 12 pieces
- 2 slices bacon, diced
- 1/4 cup cold water
- 1 teaspoon cornstarch
- 1/2 cup dry Marsala wine

### Directions

Melt 1 tablespoon butter in a medium skillet. Saute mushrooms until soft, remove from skillet and place in a small, covered bowl.

Mix flour, garlic powder, salt and pepper in a shallow dish or bowl. Dredge chicken in flour mixture. Place bacon in same skillet and cook over low heat until cooked but not crisp. Add 2 tablespoons butter to skillet and saute coated chicken over medium heat for 2 minutes each side, adding remaining butter as needed to prevent burning.

Place chicken on a dish, cover and keep warm. In a medium bowl, slowly add water to cornstarch and mix together, then mix in wine. Pour liquid mixture into skillet, together with reserved mushrooms. Heat until mixture begins to boil and thickens, then pour over warm chicken and serve.
Broccoli Chicken Potato Parmesan

**Ingredients**
- 2 tablespoons vegetable oil
- 1 pound small red potatoes, sliced 1/4-inch thick
- 1 (10.75 ounce) can Campbell’s® Condensed Broccoli Cheese Soup (Regular or 98% Fat Free)
- 1/2 cup milk
- 1/4 teaspoon garlic powder
- 2 cups fresh or frozen broccoli flowerets
- 1 (10 ounce) package refrigerated cooked chicken breast strips
- 1/4 cup grated Parmesan cheese

**Directions**

Heat the oil in a 10-inch skillet over medium heat. Add the potatoes. Cover and cook for 10 minutes, stirring occasionally.

Stir the soup, milk, garlic powder, broccoli and chicken into the skillet. Sprinkle with the cheese. Heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the potatoes are fork-tender.
True Love Chicken

**Ingredients**

- 10 bulbs garlic, cloves separated and peeled
- 8 skinless, boneless chicken breast halves
- 1 tablespoon olive oil
- 1 tablespoon white wine
- 1 pinch ground black pepper
- 1 onion, chopped
- 1 teaspoon olive oil
- 2 tablespoons butter
- 2 (14.5 ounce) cans diced tomatoes
- 1 tablespoon chopped fresh rosemary
- 1 (8 ounce) package spinach tagliatelle pasta

**Directions**

Preheat oven to 180 degrees F (81 degrees C).

Peel the garlic and crush to release juices. In a large skillet, sear the chicken in 1 tablespoon olive oil and white wine. Place all of the garlic in a lightly greased 9x13 inch baking dish and place chicken on top. Sprinkle a dash of ground black pepper over the top. Cover and bake in the preheated oven for 30 to 45 minutes, until the juices run clear.

In a medium skillet saute the onion in 1 teaspoon of olive oil and butter/margarine, until it is soft and golden. Add the tomatoes and your favorite fresh herbs to taste. Stir together and remove from heat.

To Make Pasta: Cook pasta in a large pot of salted boiling water about 8 to 10 minutes, until it is al dente. Drain and place pasta on a long, very shallow serving dish. Pour tomato sauce over it, then place baked garlic chicken pieces on top with some or all of the garlic. Serve.
Season the chicken breasts with salt and pepper, and place into a slow cooker. Whisk together the marmalade, chicken stock, curry powder, cayenne pepper, and ground ginger in a bowl. Pour over chicken breasts.

Cover, and cook on High for 3 to 4 hours, or on Low for 5 to 7 hours. Make sure to flip over the chicken breasts once during cooking.
Abby's Chicken Rollatini

Ingredients

- 4 skinless, boneless chicken breast halves
- 1/2 cup shredded Parmesan cheese
- 1 clove garlic, finely chopped
- 4 teaspoons butter
- 4 ounces thinly sliced prosciutto
- 10 ounces sliced whole milk mozzarella cheese
- 1/3 cup white wine
- 1/4 cup olive oil
- 1 pinch black pepper

Directions

Preheat oven to 325 degrees F (165 degrees C).

Pound chicken breasts flat, and lay them on work surface. Sprinkle liberally with Parmesan cheese on both sides. Place a pinch of minced garlic and 1 teaspoon butter in the center of each breast. Cover each breast with a layer of prosciutto and mozzarella cheese. Reserve some of the prosciutto to place on top of the chicken. Roll up each chicken breast, and secure with toothpicks.

In a 9x13 inch baking dish, combine white wine and olive oil. Arrange chicken rolls in dish. Place a small piece of prosciutto on top of each roll, and sprinkle with pepper.

Bake in preheated oven for 30 minutes, or until chicken is no longer pink, an juices run clear.
Oriental Chicken Salad

Ingredients

1/2 cup sugar
1 tablespoon cornstarch
1/4 cup water
1/4 cup vegetable oil
1/4 cup ketchup
3 tablespoons cider vinegar
1 tablespoon soy sauce
1 head iceberg lettuce, torn
2 cups cubed, cooked chicken
1 cup salted cashews
1 (8 ounce) can sliced water chestnuts, drained
1 (6 ounce) package frozen peas, thawed
1 (3 ounce) can chow mein noodles
1/4 cup chopped green onions

Directions

In a small saucepan, combine the first seven ingredients. Bring to a boil; cook and stir for 2 minutes or until thickened. Cool. In a large salad bowl, combine the remaining ingredients; add dressing and toss to coat. Serve immediately.
Saucy Chicken and Asparagus

### Ingredients

1 1/2 pounds fresh asparagus spears, halved
4 boneless, skinless chicken breast halves
2 tablespoons cooking oil
1/2 teaspoon salt
1/4 teaspoon pepper
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1/2 cup mayonnaise
1 teaspoon lemon juice
1/2 teaspoon curry powder
1 cup shredded Cheddar cheese

### Directions

If desired, partially cook asparagus; drain. Place the asparagus in a greased 9-in. square baking dish. In a skillet over medium heat, brown the chicken in oil on both sides. Season with salt and pepper. Arrange chicken over asparagus. In a bowl, mix soup, mayonnaise, lemon juice and curry powder; pour over chicken. Cover and bake at 375 degrees F for 40 minutes or until the chicken is tender and juices run clear. Sprinkle with cheese. Let stand 5 minutes before serving.
# Chicken-Fried Chops

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/2 cup all-purpose flour</td>
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<tr>
<td>2 teaspoons salt</td>
<td></td>
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<tr>
<td>1 1/2 teaspoons ground mustard</td>
<td></td>
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<tr>
<td>1/2 teaspoon garlic powder</td>
<td></td>
</tr>
<tr>
<td>6 pork loin chops (3/4 inch thick), trimmed</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup</td>
<td></td>
</tr>
<tr>
<td>1/3 cup water</td>
<td></td>
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</tbody>
</table>

## Directions

In a shallow bowl, combine flour, salt, mustard and garlic powder; dredge pork chops. In a skillet, brown the chops on both sides in oil. Place in a slow cooker. Combine soup and water; pour over chops. Cover and cook on low for 6-8 hours or until meat is tender. If desired, thicken pan juices and serve with the pork chops.
Chicken Dressing

**Ingredients**

- 6 cups chicken broth, divided
- 4 cups crumbled cornbread
- 5 biscuits, crumbled
- 1/2 cup margarine, melted
- 1/2 cup chopped celery
- 1 small onion, finely chopped
- 3 eggs, beaten
- 1 teaspoon sage
- 1 teaspoon black pepper

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

In a large saucepan, bring the chicken broth to a boil.

In a large bowl combine the crumbled cornbread and biscuits. Pour in 3 cups of boiling broth; cover and let stand.

Meanwhile, heat margarine in a medium skillet over medium heat. Saute celery and onions until tender. Stir into cornbread mixture.

To the cornbread mixture add the remaining broth, eggs, sage and black pepper. Pour into a large iron skillet or roasting pan.

Bake in preheated oven for 1 hour, or until set and well browned.
## Ingredients

- 6 skinless, boneless chicken breast halves
- 6 slices bacon
- 1 (10.75 ounce) can condensed cream of celery soup
- 1/4 cup milk

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Wrap each chicken breast in one piece of bacon.
- Place the chicken breasts in a 9x13 inch baking dish. Mix the soup and milk and pour mixture over the chicken breasts. Cover dish with foil.
- Bake at 350 degrees F (175 degrees C) for 50 minutes, or until chicken is cooked through and juices run clear. Remove foil for the last 15 minutes of baking, to brown the bacon.
Ginger Chicken with Cashews

**Ingredients**

- 1 1/2 cups chicken broth
- 1/2 cup soy sauce
- 1 tablespoon cornstarch
- 3/4 teaspoon ground ginger
- 3/4 teaspoon brown sugar
- 1/4 cup cornstarch
- 1 1/2 teaspoons ground ginger
- 1/4 teaspoon curry powder
- 2 pounds skinless, boneless chicken breast meat - cut into cubes
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon sesame oil
- 3 green onions, chopped
- 1 bell pepper, chopped
- 1 teaspoon sesame seeds
- 1/2 cup cashews

**Directions**

Whisk together the chicken broth, soy sauce, 1 tablespoon cornstarch, 3/4 teaspoon ground ginger, and brown sugar in a bowl.

Combine 1/4 cup cornstarch, 1 1/2 teaspoons ground ginger, and curry powder in a large, sealable plastic bag and shake to mix. Add the chicken to the bag and toss until well coated.

Heat the olive oil and sesame oil in a wok or large skillet over high heat. Cook and stir the chicken in the hot oil until golden brown, 3 to 5 minutes. Add the green onions and bell pepper to the pan, cooking another 2 to 3 minutes. Stir the sauce mixture into the chicken and vegetable mixture; reduce heat to medium. Sprinkle sesame seeds over the dish and bring to a boil; allow to boil until the sauce thickens, 3 to 5 minutes. Remove from heat; add cashews and toss to serve.
# Sourdough Chipotle Chicken Panini

## Ingredients
- 2 slices sourdough bread
- 1/4 cup Caesar salad dressing
- 1 cooked chicken breast, diced
- 1/2 cup shredded Cheddar cheese
- 1 tablespoon bacon bits
- 1 1/2 teaspoons chipotle chile powder, or to taste
- 2 tablespoons softened butter

## Directions
Preheat a panini press for medium-high heat.

Spread one side of each piece of bread with the Caesar dressing. Place the chicken on top of the bottom slice, sprinkle with Cheddar cheese, bacon bits, and chipotle chile powder. Place the top piece of bread onto the sandwich, and butter the outsides with the softened butter.

Cook on the preheated grill until the bread is crispy and golden brown, and the inside of the sandwich is hot, about 5 minutes.
Chicken Cotija

**Ingredients**

- 4 skinless, boneless chicken breast halves
- salt and pepper to taste
- 1 tablespoon vegetable oil
- 1 (16 ounce) can tomato sauce
- 1 (1 ounce) package taco seasoning
- 1/2 cup shredded cotija cheese
- 1/2 cup shredded Monterey Jack cheese

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Spray a glass baking dish with vegetable cooking spray.

Season chicken with salt and pepper. Heat oil in a saute pan over medium-high heat; brown chicken on both sides. Place chicken in prepared baking dish. Mix together the tomato sauce and taco seasoning in a small bowl. Pour over chicken breasts. Sprinkle cheeses evenly over top.

Bake in preheated oven until chicken has fully cooked and cheese has browned, 20 to 30 minutes.
Italian Chicken Rice Soup

**Ingredients**
- 1 (49.5 fluid ounce) can chicken broth
- 1 (26 ounce) jar meatless spaghetti sauce
- 1 1/2 cups cubed cooked chicken
- 2 tablespoons minced fresh parsley
- 1/2 teaspoon dried thyme
- 3 cups cooked rice
- 1 teaspoon sugar

**Directions**

In a soup kettle or Dutch oven, combine the broth, spaghetti sauce, chicken, parsley and thyme. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Stir in rice and sugar. Simmer, uncovered, for 10 minutes or until heated through.
Chicken Livers Peri Peri

**Ingredients**

- 1 pound chicken livers, trimmed and cut into bite-size pieces
- 3 tablespoons olive oil
- 3 tablespoons red wine vinegar
- 1 tablespoon fresh lemon juice
- 2 cloves garlic, crushed
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 2 teaspoons crushed red pepper flakes
- 2 bay leaves
- 1 pinch salt and freshly ground black pepper to taste
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 medium onion, chopped
- 1 tablespoon tomato paste
- 1 tablespoon Worcestershire sauce
- 1/2 cup chicken stock
- 1 tablespoon brandy

**Directions**

Place chicken livers in a large bowl, and pour in 3 tablespoons olive oil, vinegar, and lemon juice; season with garlic, cumin, coriander, chili flakes, bay leaves, salt, and pepper. Stir together, and refrigerate for 1 to 2 hours.

Remove livers to a bowl, and reserve marinade.

Heat 1 tablespoon olive oil and butter in a large skillet over medium heat. Stir in onion, and cook until tender, about 7 minutes. Increase heat to medium-high, and stir in chicken livers; cook for 2 minutes, being careful not to overcook the livers. Stir in the tomato paste, Worcestershire sauce, chicken stock, and the reserved marinade. Simmer gently for 5 minutes. Pour in brandy, and heat through.
**Ingredients**

- 2 cups chopped, cooked chicken meat
- 2 cups fresh chopped broccoli
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1 1/2 cups shredded Cheddar cheese
- 1/2 cup mayonnaise
- 2 tablespoons Dijon-style prepared mustard
- salt and pepper to taste
- 1 tablespoon minced garlic
- 1 (8 ounce) package refrigerated crescent rolls

**Directions**

In a large bowl, combine the chicken, broccoli, onions, bell pepper, cheese, mayonnaise, mustard, salt, pepper and garlic. Mix all together.

Preheat oven to 400 degrees F (200 degrees C).

Cover a cookie sheet with aluminum foil. Place a glass upside down in the center of the cookie sheet. Roll out crescent rolls around the base of the glass, with pointy ends away from the glass; when you're finished, the arrangement will look like the sun. Spoon some of the chicken mixture onto the thick part of each crescent roll. Fold the pointy end of each roll over the top of the mixture and tuck in the middle. Remove glass from cookie sheet. Arrangement of rolls will now look like a fluted tube cake.

Bake in preheated oven for 25 to 30 minutes, or until rolls are golden brown.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 pounds boneless skinless chicken breasts, cut into bite-size pieces</td>
<td></td>
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<tr>
<td>1 (10 ounce) package fresh mushrooms, sliced</td>
<td></td>
</tr>
<tr>
<td>3 medium onions, sliced</td>
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<tr>
<td>1 (16 ounce) can diced tomatoes with juice</td>
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<tr>
<td>1 pound carrots, sliced</td>
<td></td>
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<tr>
<td>4 celery ribs, sliced</td>
<td></td>
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<tr>
<td>1 pound dried great Northern beans, soaked overnight</td>
<td></td>
</tr>
<tr>
<td>6 cloves garlic, chopped</td>
<td></td>
</tr>
<tr>
<td>1 1/2 teaspoons dried rosemary</td>
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</tr>
<tr>
<td>water</td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
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</tr>
<tr>
<td>cornstarch</td>
<td></td>
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</tbody>
</table>

## Directions

Into a large stock pot over medium heat, place chicken, mushrooms, and onions. Mix in tomatoes, carrots, and celery. Then stir in beans, garlic, rosemary, and enough water to not quite cover. Bring to a low simmer, and cook until chicken is soft, about 2 to 3 hours. Season with salt and pepper to taste. To thicken, stir in cornstarch, if necessary.
Company Chicken Casserole

Ingredients

- 6 slices bread, crust removed
- 4 cups cubed cooked chicken
- 1/2 pound fresh mushrooms, sliced
- 6 tablespoons butter or margarine, divided
- 1 (8 ounce) can water chestnuts, drained and chopped
- 1/2 cup mayonnaise
- 6 slices Monterey Jack cheese
- 4 slices processed American cheese
- 3 eggs
- 1 1/2 cups milk
- 1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 2/3 cup dry bread crumbs

Directions

Place bread in a greased 13-in. x 9-in.x 2-in. baking dish. Top with chicken. In a skillet, sauté mushrooms in 2 tablespoons butter until tender. Using a slotted spoon, place mushrooms over chicken. Combine water chestnuts and mayonnaise; spoon over mushrooms. Top with cheeses. Beat eggs and milk; pour over cheese. Combine soups; spread over top. Cover and refrigerate overnight. Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 350 degrees F for 1 hour. Melt remaining butter; toss with bread crumbs. Sprinkle over the casserole; bake 10 minutes longer.
Moroccan Chicken

**Ingredients**

- 2 tablespoons olive oil
- 4 chicken thighs, skinned
- 1/2 medium onion, chopped
- 1 (14.5 ounce) can no-salt-added stewed tomatoes
- 1/2 cup prune juice or orange juice
- 6 pitted dried plums (prunes), diced
- 1/4 teaspoon ground allspice
- Kosher salt and freshly ground black pepper, to taste
- 1 cup plain tabbouleh dry mix
- 1 1/3 cups boiling water
- 1/2 cup chopped parsley

**Directions**

Heat the oil in a large skillet over medium-high heat. Add the chicken and brown on one side. Turn and add the onion; continue cooking until the onion and chicken are browned. Drain the excess fat. Stir in the tomatoes, juice, dried plums, allspice, salt and pepper, to taste. Cover and cook 5 minutes over medium heat.

Uncover and simmer about 10 minutes, until the sauce thickens and the chicken is done; turning the chicken and stirring the sauce occasionally.

Meanwhile combine the boiling water and the tabbouleh. Cover and rest for 5 minutes. Add the parsley to the tabbouleh, and season to taste with salt and pepper. Serve the chicken and sauce on a bed of the tabbouleh.
Chicken Curried Salad

**Ingredients**
- 16 small red potatoes
- 3/4 cup mayonnaise
- 1 tablespoon curry powder
- 6 boneless chicken breast halves, cooked and diced
- 2 small red onions, diced
- 2 (14 ounce) cans artichoke hearts, drained and chopped
- 1 head lettuce - rinsed, dried and torn
- salt and pepper to taste

**Directions**

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, cool and chop.

In a large bowl, whisk together the mayonnaise and curry powder. Add the potatoes, chicken, onion and artichoke hearts and mix together until evenly coated.

Refrigerate until chilled. To serve, arrange over a lettuce bed and sprinkle with salt and pepper.
Amazing Crusted Chicken

Ingredients

- 2 cups cheese flavored crackers (such as Cheez-It®), crushed
- 1 cup French-fried onions, crushed
- 1/2 cup Italian bread crumbs
- 2 teaspoons sesame seed, toasted
- salt and ground black pepper to taste
- 4 skinless, boneless chicken breast halves - cut in half
- 3 tablespoons mayonnaise

Directions

Preheat an oven to 375 degrees F (190 degrees C).

Mix cheese-flavored crackers, French-fried onions, Italian bread crumbs, sesame seeds, salt, and pepper in a bowl. Set aside.

Wash and pat chicken breasts dry. Spread a thin layer of mayonnaise on one side of each piece and place mayonnaise-side down in the cracker mixture. Spread a thin layer of mayonnaise on the other side of the chicken and cover with the cracker mixture, patting firmly into the chicken. Place chicken breasts on the prepared baking dish. Sprinkle remaining cracker mixture on top; lightly spray the chicken with cooking spray.

Bake in the preheated oven until the chicken breasts are no longer pink in the center and the juices run clear, 35 to 40 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
Barley Chicken Casserole

Ingredients

- 4 slices bacon, fat removed and meat finely chopped
- 1 onion, thinly sliced
- 2 carrots, diced
- 12 button mushrooms, quartered
- 2 1/2 cups chicken stock
- 1 cup barley
- 1 teaspoon dried thyme
- 1 teaspoon dried marjoram
- 1 teaspoon dried parsley
- 1 bay leaf, crushed
- ground black pepper to taste
- 1 green bell pepper, chopped
- 4 dark meat chicken pieces

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a large skillet, fry bacon until browned. Reserve bacon fat for sauteeing chicken later. Add onions and carrots to skillet and saute 2 minutes. Add mushrooms, stock, barley, thyme, marjoram, parsley, bay leaf and pepper to taste. Mix all together and spread mixture in a 9x13 inch baking dish. Add green bell pepper on top and stir to settle.

Heat reserved bacon fat in skillet and brown chicken. Place browned chicken on top of barley mixture, cover baking dish and bake in the preheated oven for 1 hour and 10 minutes.
Ingredients

1 (4 pound) whole chicken, cut into pieces
salt and pepper to taste
1/2 cup honey
1 tablespoon garlic powder
1 packet chicken bouillon granules
2 cups all-purpose flour
1 quart vegetable oil for frying

Directions

Season chicken pieces with salt and pepper, then coat each seasoned chicken piece with honey.

In a shallow dish or bowl, mix together the garlic powder, chicken bouillon granules and flour. Dredge honey coated chicken pieces in flour mixture, coating completely.

Fill a large, heavy skillet with oil to a depth of one inch. Heat over medium-high heat.

Fry chicken for at least 5 minutes per side, until no longer pink and juices run clear.
# Granny's Smothered Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
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<tbody>
<tr>
<td>1 quart vegetable oil for frying</td>
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<td></td>
</tr>
<tr>
<td>1 (4 pound) chicken, cut into pieces</td>
<td></td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups all-purpose flour</td>
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<td></td>
</tr>
<tr>
<td>8 red potatoes, quartered</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 whole cloves</td>
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</tbody>
</table>

## Directions

In a large skillet, heat oil for frying. Season the chicken pieces with salt and pepper to taste. Flour the chicken lightly twice. Drop coated chicken into hot oil slowly to prevent splatters. Fry until golden brown, about 12 to 15 minutes.

Meanwhile, boil the potatoes in a large pot of boiling water. When potatoes are soft, remove from heat. Save the 'potato water'.

When chicken is done, drain the oil out of the skillet and place the potatoes in the skillet with the chicken. Slowly pour the 'potato water' over the skillet mixture. Add whole cloves, cover and simmer. As the mixture sets it prepares its own gravy in the skillet, so the longer it simmers, the better! When the consistency is to your taste, remove from heat and serve.
# Unbelievably Awesome Barbeque Chicken Pizza

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon sesame oil</td>
<td>1 skinless, boneless chicken breast half</td>
</tr>
<tr>
<td>1/4 cup barbeque sauce, divided</td>
<td>1/2 cup marinara sauce</td>
</tr>
<tr>
<td>1 (16 ounce) package pre-baked pizza crust</td>
<td>1 cup shredded mozzarella cheese</td>
</tr>
<tr>
<td>1/3 cup thinly sliced red onion</td>
<td>2 tablespoons chopped fresh cilantro</td>
</tr>
</tbody>
</table>

## Directions

1. Heat the sesame oil in a skillet over medium heat. Place the chicken breast in the skillet, and top with 1 tablespoon barbeque sauce. Cook 10 minutes, turn, and top with 1 tablespoon barbeque sauce. Continue cooking 10 minutes, until juices run clear. Cool slightly, and cut into chunks.

2. Preheat oven to 425 degrees F (220 degrees C).

3. In a small bowl, mix the remaining barbeque sauce and marinara sauce. Spread evenly over the pizza crust. Sprinkle with mozzarella cheese. Arrange cooked chicken chunks and red onion slices over the top.

4. Bake 15 minutes in the preheated oven, or until cheese is melted and bubbly. Remove from heat, sprinkle with cilantro, and let sit 10 minutes before slicing.
Papaya-Stuffed Chicken and Basmati Rice

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 1 papaya, peeled, seeded and sliced
- 1 pinch ground cinnamon, or to taste
- 1/3 cup melted margarine
- 1 cup crushed buttery round crackers (such as Ritz®)
- 1 tablespoon margarine
- 1 cup basmati rice
- 1 1/2 cups water
- 1 tablespoon margarine
- 1 cup orange juice
- 1 (8 ounce) can crushed pineapple in its own juice
- 1 tablespoon brown sugar
- 1/2 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 pinch cayenne pepper
- salt and ground black pepper to taste (optional)

**Directions**

Preheat an oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil.

Lay a chicken breast flat onto your work surface. Use the tip of a sharp boning or paring knife to cut a pocket in the chicken breast through a 2 inch slit in the side. Repeat with the remaining chicken breasts. Place the slices into the pocket of each chicken breast, then sprinkle papaya slices with cinnamon to taste. Dip the chicken breast halves one at a time into the melted margarine, then the cracker crumbs.

Heat 1 tablespoons of margarine in a skillet over medium-high heat. Arrange the chicken breasts in the skillet and cook until golden brown on each side, about 10 minutes. Place browned chicken breasts on the prepared baking sheet.

Bake in the preheated oven for about 20 minutes, then flip each chicken breast. Continue baking until the chicken breasts are no longer pink in the center and the juices run clear, about 20 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.

Meanwhile, melt the remaining 1 tablespoon of margarine in the same skillet used to brown the chicken over medium-high heat, scraping up any browned bits. Stir in the orange juice, pineapple, brown sugar, 1/2 teaspoon of cinnamon, nutmeg, cayenne, salt and pepper. Reduce heat to medium and simmer until reduced, about 30 minutes. Reduce the heat once more to low and continue simmering until the sauce is thickened. Serve the chicken breasts over the rice with the pineapple sauce spooned on top.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 skinless, boneless chicken breast half</td>
</tr>
<tr>
<td>1 onion, chopped</td>
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<tr>
<td>1/2 cup cubed Cheddar cheese</td>
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<tr>
<td>2 1/2 cups all-purpose flour</td>
</tr>
<tr>
<td>3 eggs</td>
</tr>
<tr>
<td>1 cup water</td>
</tr>
<tr>
<td>1 egg</td>
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<tr>
<td>1 tablespoon water</td>
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</tbody>
</table>

## Directions

1. Lightly grease a large skillet and cook chicken until no longer pink; remove and reserve.

2. In a food processor, add onion to puree, then add cheese to puree. Add chicken and puree a final time.

3. In a large bowl, add flour and make a well in the center. Add eggs and mix well; add water and adjust with flour and water as needed. Dough should be elastic, but not sticky.

4. In a small bowl, beat 1 egg and add one tablespoon of water. On a floured surface, roll out dough until it is 1/4 inch thick or almost paper thin. Cut out 2 inch circles and brush with egg and water mixture. Place 1 teaspoon of stuffing in the middle of the circle and fold over. Seal the half moon by crimping the edge.

5. Bring a large pot of lightly salted water to a boil. Add half moons and cook for 2 to 3 minutes or until al dente; drain and serve.
Asparagus, Chicken, and Pecan Pasta

**Ingredients**

- 1 (16 ounce) package penne pasta
- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 1 red bell pepper, chopped
- 2 bunches asparagus, trimmed and cut into 1 inch pieces
- 1 cup chicken broth
- 1/4 cup chopped fresh basil
- Salt to taste
- 1/2 teaspoon pepper
- 3 tablespoons butter
- 1 pound grilled chicken breast strips
- 1 1/2 cups grated Parmesan cheese
- 1/2 cup pecan halves (optional)

**Directions**

Bring a large pot of lightly salted water to a boil. Add penne pasta and cook until al dente, 8 to 10 minutes; drain.

Heat the olive oil in a Dutch oven or large pot over medium heat. Stir in the garlic, red pepper, and asparagus; cook and stir 5 minutes until the garlic softens and mellows. Pour in the chicken broth, and bring to a boil over medium-high heat. Simmer until the vegetables have softened, then add the basil, salt, pepper, butter, and chicken. Cook and stir a few minutes until the chicken is hot. Stir in the cooked pasta, then fold in the Parmesan cheese and pecan halves to serve.
Ingredients

2 honey-roasted skinless, boneless chicken breast halves
1 white pita bread
2 cups shredded lettuce
1 large onion, chopped
1/2 cup shredded Cheddar cheese
1/2 cup mayonnaise
1/2 cup ketchup
1/2 cup chili sauce
1 dash hot pepper sauce
1 teaspoon lemon juice
1/4 teaspoon ground black pepper

Directions

Preheat oven to 250 degrees F (120 degrees C).

Heat pita breads in preheated oven for about 5 minutes, or until slightly browned.

Meanwhile, in a large bowl combine the chicken, lettuce, onion, cheese, mayonnaise, ketchup, chili sauce, hot pepper sauce, lemon juice and ground black pepper. Mix well. (Note: If making this for kids, you may want to exclude chili sauce and hot pepper sauce.)

Slice hot pita breads around the edges to form pockets; fill bread pockets with chicken mixture. Serve hot.
### Ingredients

- 1 (16 ounce) package uncooked rotini pasta
- 1 pound skinless, boneless chicken breasts, cut into bite-size pieces
- 2 cups vegetable oil for frying
- 4 eggs, beaten
- 2 cups Italian seasoned bread crumbs
- 2 tablespoons garlic powder
- 1 (16 ounce) package shredded mozzarella cheese, divided
- 1 1/2 (32 ounce) jars marinara sauce
- 1/2 cup grated Parmesan cheese
- 1/2 cup dry red wine (such as Sangiovese)
- 1/2 cup grated Parmesan cheese

### Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the rotini, and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander set in the sink.

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C), and preheat an oven to 350 degrees F (175 degrees C).

Place the flour, egg, and bread crumbs in 3 separate bowls. Mix the garlic powder into the bread crumbs. Working in batches, coat the chicken breast in the flour, then dip them in the egg, and finally coat with the bread crumbs. Carefully fry the coated chicken in the hot oil in small batches until golden brown and no longer pink in the center, 3 to 4 minutes. Drain the fried chicken over paper towels.

Combine cooked pasta, fried chicken, 1/2 package of mozzarella cheese, and 1/2 cup grated Parmesan cheese in a large bowl. Stir in the marinara sauce. Pour the red wine into the empty marinara sauce jar; cover and shake the jar, and empty the contents into the bowl of pasta. Stir to combine. Spread pasta mixture in a large casserole dish, and cover with aluminum foil.

Bake in the preheated oven for 30 minutes. Remove the aluminum foil and sprinkle with the remaining 1/2 package of mozzarella cheese and 1/2 cup of Parmesan cheese. Return to the oven, and continue baking until the cheese has melted, about 30 minutes. Remove from the oven, and allow to rest for 5 minutes before serving. Serve hot.
Grilled Orange Chicken

Ingredients

1/2 cup orange marmalade
1/4 cup balsamic vinegar
2 tablespoons olive oil
1 teaspoon rubbed sage
2 tablespoons chopped fresh chives
1 (3 pound) chicken, cut into pieces
1/2 teaspoon garlic salt
1/4 teaspoon coarsely ground black pepper

Directions

Preheat a grill for medium heat.

Combine the marmalade, vinegar, olive oil, and sage in a small saucepan. Cook over low heat for 2 minutes until smooth. Stir in the chives, then remove 1/3 of the sauce to serve with the chicken later on.

Season the chicken pieces with garlic salt and pepper. Grill for about 15 minutes on each side, then brush with glaze. Continue cooking until done, 20 to 30 minutes, turning occasionally, and brushing with additional glaze. Serve with reserved marmalade glaze.
Ingredients

- 4 boneless, skinless chicken breast halves
- 1 (14.5 ounce) can stewed tomatoes
- 1 yellow squash, thinly sliced
- 1 medium zucchini, thinly sliced
- 1 1/2 cups shredded mozzarella cheese

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking dish.

Arrange chicken in the prepared baking dish, and top with the stewed tomatoes. Arrange squash and zucchini slices around the chicken. Sprinkle with mozzarella cheese.

Bake 45 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.
## Ingredients

- 6 skinless, boneless chicken breast halves
- 6 slices Swiss cheese
- 6 slices ham
- 3 tablespoons all-purpose flour
- 1 teaspoon paprika
- 6 tablespoons butter
- 1/2 cup dry white wine
- 1 teaspoon chicken bouillon granules
- 1 tablespoon cornstarch
- 1 cup heavy whipping cream

## Directions

Pound chicken breasts if they are too thick. Place a cheese and ham slice on each breast within 1/2 inch of the edges. Fold the edges of the chicken over the filling, and secure with toothpicks. Mix the flour and paprika in a small bowl, and coat the chicken pieces.

Heat the butter in a large skillet over medium-high heat, and cook the chicken until browned on all sides. Add the wine and bouillon. Reduce heat to low, cover, and simmer for 30 minutes, until chicken is no longer pink and juices run clear.

Remove the toothpicks, and transfer the breasts to a warm platter. Blend the cornstarch with the cream in a small bowl, and whisk slowly into the skillet. Cook, stirring until thickened, and pour over the chicken. Serve warm.
Spicy Grilled Chicken

### Ingredients

1/3 cup vegetable oil
2 tablespoons lime juice
1/2 teaspoon grated lime zest
2 cloves crushed garlic
1 1/2 teaspoons fresh oregano
1/4 teaspoon red pepper flakes
1 teaspoon salt
1/4 teaspoon ground black pepper
6 skinless, boneless chicken breast halves

### Directions

In a shallow glass dish, mix the oil, lime juice, lime zest, garlic, oregano, red pepper flakes, salt, and black pepper. Add chicken, and turn to coat. Cover, and marinate in the refrigerator for 1 hour, turning occasionally.

Preheat grill for medium-high heat.

Lightly oil the grill grate. Drain and discard marinade. Grill chicken for 6 to 8 minutes each side, or until juices run clear.
Oven Roasted Stuffed Chicken Breasts

### Ingredients

- 1 cup part skim milk ricotta cheese
- 3/4 cup finely chopped walnuts
- 1/2 cup grated Parmesan cheese
- 1/2 cup dry bread crumbs
- 1 teaspoon dried oregano
- 6 boneless chicken breast halves, with skin
- 2 tablespoons vegetable oil

### Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large baking dish.

In a bowl, mix the ricotta cheese, walnuts, Parmesan cheese, bread crumbs, and oregano.

Loosen the skin on the chicken breasts to form a pocket, and stuff with the ricotta cheese mixture. Arrange the chicken breasts in a single layer in the prepared baking dish, and brush with oil.

Bake 45 minutes in the preheated oven, or until the chicken is no longer pink and juices run clear.
Ingredients

- 4 skinless, boneless chicken breast halves - cooked and shredded
- 1 1/2 cups shredded smoked Cheddar and Swiss cheese blend
- 1 (7 ounce) can green salsa
- 1 cup chopped onion
- 20 (6 inch) corn tortillas
- 1 quart peanut oil for frying, or as needed
- 1 cup sour cream (optional)
- 1 cup chunky salsa (optional)
- 1 cup guacamole (optional)

Directions

Heat oil in a deep-fryer to 350 degrees F (175 degrees C).

In a medium bowl, mix together the shredded chicken, cheese, green salsa, and onion. Spoon about 1 1/2 tablespoons of the mixture onto tortillas, or enough so that when rolled up, each one is about 1 inch wide. Filling should not come to close to the ends, or it will fall out. Secure rolls with toothpicks.

Fry rolls 4 or 5 at a time so there is enough room between them for even cooking. Cook for 3 to 5 minutes, or until golden brown. Once they float, I leave them in for about another minute. If the taquitos are not crisp when cool, you haven’t cooked them long enough. Drain on paper towels. Serve with sour cream, salsa and guacamole for dipping.
Stir-Fried Chicken with Tofu and Mixed Vegetables

**Ingredients**

- 3 tablespoons light soy sauce
- 1 teaspoon white sugar
- 1 tablespoon cornstarch
- 3 tablespoons Chinese rice wine
- 1 medium green onion, diced
- 2 skinless, boneless chicken breast halves - cut into bite-size pieces
- 3 cloves garlic, chopped
- 1 yellow onion, thinly sliced
- 2 green bell peppers, thinly sliced
- 1 (12 ounce) package firm tofu, drained and cubed
- 1/2 cup water
- 2 tablespoons oyster sauce
- 1 1/2 tablespoons chili paste with garlic

**Directions**

In a medium bowl, mix the soy sauce, sugar, cornstarch, and rice wine. Place the green onion and chicken in the mixture. Allow to marinate at least 15 minutes.

In a wok over medium-high heat, cook and stir the chicken with the marinade mixture about 5 minutes until almost done. Toss in the garlic, onion, and peppers. Continue to cook and stir 5 minutes, or until vegetables are crisp but tender and chicken is no longer pink and juices run clear.

Mix the tofu, water, oyster sauce, and chili paste into the wok. Cook and stir until heated through.
Jenny's Cuban-Style Slow-Cooker Chicken

Ingredients

- 1 large onion, chopped
- 6 cloves garlic, chopped
- 1/2 green bell pepper, chopped
- 8 small whole peeled potatoes
- 1 (8 ounce) can tomato sauce
- 1/2 cup dry white wine
- 1/2 tablespoon cumin
- 1 leaf fresh sage
- salt and pepper to taste
- 2 pounds chicken leg quarters

Directions

In a medium bowl, combine onion, garlic, bell pepper, and potatoes. Stir in tomato sauce and wine; season with cumin, sage leaf, and salt and pepper. Place chicken legs in slow cooker, and pour mixture over chicken. Cover, and cook on Low heat until juices run clear, about 6 to 8 hours.
**Italian Chicken Bow Tie Pasta**

**Ingredients**
- 4 skinless, boneless chicken breast halves - cooked
- 1 (16 ounce) package farfalle pasta
- 1 (8 ounce) bottle Italian-style salad dressing
- 1 tomato, chopped

**Directions**
1. Add 2/3 cup salad dressing to the cubed chicken and stir together.
2. Cook pasta per package directions. Drain and rinse. Add the pasta to the chicken and dressing and toss. Pour enough dressing on to coat everything (or to your taste) and add the chopped tomato.
3. Toss to coat. Ready to serve!
Chicken Massaman Curry

Ingredients

- 2 tablespoons vegetable oil
- 3 tablespoons curry paste
- 1 (3/4 inch thick) slice ginger, minced
- 1 1/4 pounds skinless, boneless chicken breast meat - cubed
- 3 tablespoons brown sugar
- 3 tablespoons fish sauce
- 3 tablespoons tamarind paste
- 1/3 cup peanut butter
- 3 cups peeled, cubed potatoes
- 1 (13.5 ounce) can coconut milk
- 3 tablespoons fresh lime juice

Directions

Heat vegetable oil in a large saucepan over medium heat. Stir in curry paste and minced ginger; cook and stir for 2 minutes. Stir in the cubed chicken, and cook until the pieces turn white on the outside, about 3 minutes.

Stir in brown sugar, fish sauce, tamarind paste, peanut butter, potatoes, and coconut milk. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the potatoes are tender and the chicken pieces are no longer pink in the center, about 20 minutes. Add the lime juice and cook for an additional 5 minutes before serving.
Weeknight Chicken Cordon Bleu

Ingredients

1 cup milk
1 cup dry bread crumbs
6 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
salt and pepper to taste
6 slices cooked ham
6 slices Swiss cheese
2 tablespoons vegetable oil
1 (10.5 ounce) can condensed cream of chicken soup
1/2 cup heavy cream

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place milk and bread crumbs in two separate shallow bowls. Season the chicken with salt and pepper. Place one slice of ham and one slice of cheese on each piece of chicken; roll, and secure with toothpicks. Dip each chicken roll into milk, and then into breadcrumbs.

Heat oil in a large skillet over medium-high heat. Brown rolled chicken on all sides. Arrange the chicken in a 9x13 inch baking dish.

In a small saucepan over medium heat, blend soup and cream; season with salt and pepper to taste. Pour over the chicken.

Bake in the preheated oven for 15 minutes, or until chicken is no longer pink and juices run clear.
Southwest Chicken Salad I

Ingredients

- 1/4 cup lime juice
- 1/4 cup olive oil
- 1/4 teaspoon salt
- 1 clove garlic, minced
- 3 tablespoons chopped cilantro
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 4 cups shredded romaine lettuce
- 4 cooked skinless, boneless chicken breast halves, cut into strips
- 1 (15 ounce) can black beans, drained and rinsed
- 1/2 small red onion, sliced into rings
- 1 large tomato, chopped
- 1/2 cup grated Parmesan cheese
- 6 ounces tortilla chips

Directions

In a covered jar, mix the lime juice, olive oil, salt, garlic, cilantro, chili powder, and cumin. Cover, and shake until well blended.

Place the lettuce in a large bowl. Toss with the chicken, black beans, onion, and tomato. Just before serving, toss with the dressing mixture and Parmesan cheese. Serve with tortilla chips, either crushed over the top of the salad, or on the side.
Vietnamese Chicken Salad

**Ingredients**

- 1 tablespoon finely chopped green chile peppers
- 1 tablespoon rice vinegar
- 2 tablespoons fresh lime juice
- 3 tablespoons Asian fish sauce
- 3 cloves garlic, minced
- 1 tablespoon white sugar
- 1 tablespoon Asian (toasted) sesame oil
- 2 tablespoons vegetable oil
- 1 teaspoon black pepper
- 2 cooked skinless boneless chicken breast halves, shredded
- 1/2 head cabbage, cored and thinly sliced
- 1 carrot, cut into matchsticks
- 1/3 onion, finely chopped
- 1/3 cup finely chopped dry roasted peanuts
- 1/3 cup chopped fresh cilantro

**Directions**

Stir together the chopped green chiles, rice vinegar, lime juice, fish sauce, garlic, sugar, sesame oil, vegetable oil, and black pepper until the mixture is thoroughly combined and the sugar is dissolved.

Place the chicken, cabbage, carrot, onion, peanuts, and cilantro in a salad bowl, and toss thoroughly together with tongs. Pour the dressing over the salad and toss again. Serve immediately.
# Sweet and Sour Chicken Salad

## Ingredients

1/3 cup sour cream  
3 tablespoons mayonnaise  
1 tablespoon white vinegar  
1 tablespoon apricot jam  
1/4 cup sliced green onion  
3 fresh apricots, pitted and diced  
1 cup chopped celery  
1 pound diced cold, cooked chicken

## Directions

In a medium bowl, whisk together sour cream, mayonnaise, vinegar and jam. Add green onion, apricots, celery and chicken and toss until evenly coated. Chill and serve over lettuce leaves.
Garlic Parmesan Chicken

**Ingredients**

- 2 cups dry bread crumbs
- 1/2 cup grated Parmesan cheese
- 1 (3 ounce) can French-fried onions
- 1 teaspoon mustard powder
- 1/2 cup butter
- 2 cloves garlic, chopped
- 1 tablespoon Worcestershire sauce
- 8 bone-in chicken breast halves, skinless

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

In a shallow dish or bowl, combine the bread crumbs, cheese, onions, and mustard powder; set aside. Melt butter in a small saucepan; add garlic and Worcestershire sauce, and saute garlic until tender. Remove from heat.

Dip chicken breasts in garlic butter mixture, then roll in bread crumb and cheese mixture, coating thoroughly. Place coated chicken in the prepared baking dish. Drizzle with any remaining garlic butter mixture.

Bake in the preheated oven for 30 to 40 minutes, or until chicken is no longer pink and juices run clear.
### Ingredients
- 4 skinless, boneless chicken breast halves
- 1 cup barbecue sauce
- 22 ounces sauerkraut

### Directions
- Preheat oven to 350 degrees F (175 degrees C).
- In a 9x13 inch baking dish, place the sauerkraut in a single layer. Place the chicken breasts on top of the sauerkraut. Pour the barbecue sauce over the chicken. Cover and bake in the preheated oven for 30 minutes or until the chicken is cooked and the juices run clear.
Avocado Soup with Chicken and Lime

Ingredients

- 4 (6 inch) corn tortillas, julienned
- 1 1/2 tablespoons olive oil
- 1 white onion, sliced thinly
- 8 cloves garlic, thinly sliced
- 4 fresh jalapeno peppers, sliced
- 8 ounces skinless, boneless chicken breast halves - cut into thin strips
- 1 quart chicken broth
- 1/4 cup fresh lime juice
- 1 tomato, seeded and diced
- salt and pepper to taste
- 1 avocado - peeled, pitted and diced
- 1/4 cup chopped fresh cilantro

Directions

Preheat oven to 400 degrees F (200 degrees C).

Arrange tortilla strips on a baking sheet and bake in preheated oven until lightly browned, 3 to 5 minutes.

In a large saucepan over medium heat, cook onion, garlic and jalapenos in olive oil until lightly browned, 4 to 5 minutes. Stir in chicken, chicken broth, lime juice, tomato, salt and pepper. Gently simmer until chicken is cooked, 3 to 5 minutes. Stir in avocado and cilantro and heat through. Adjust seasonings.

Ladle soup into bowls and sprinkle with tortilla strips to serve.
Feta Chicken Salad

**Ingredients**
- 3 cups diced cooked chicken
- 2 large stalks celery, diced
- 1 red bell pepper, seeded and diced
- 1/2 red onion, diced
- 6 tablespoons mayonnaise
- 6 tablespoons sour cream
- 1 (4 ounce) package feta cheese, crumbled
- 2 teaspoons dried dill weed
- 1 pinch salt and pepper to taste

**Directions**
In a serving bowl, mix together the chicken, celery, and red onion. In a separate bowl, stir together the mayonnaise, sour cream, feta cheese, and dill. Pour over the chicken mixture, and stir to blend. Taste, and season with salt and pepper as needed. Serve immediately, or refrigerate until serving.
Creamy PHILLY Chicken Pot Pie

**Ingredients**

- 1 tablespoon non-hydrogenated margarine
- 1 large onion, chopped
- 1/2 pound mushrooms, quartered
- 1 1/2 pounds boneless skinless chicken breasts, cut into bite-size pieces
- 1 (250 g) tub PHILADELPHIA Herb & Garlic Cream Cheese Spread
- 3/4 cup 25%-less-sodium chicken broth
- 2 cups frozen peas and carrots
- 1 refrigerated ready-to-use pie crust
- 1 egg, beaten

**Directions**

Heat oven to 400 degrees F.

Melt margarine in large saucepan on medium heat. Add onions; cook and stir 5 min. Stir in mushrooms; cook 10 to 12 min. or until lightly browned, stirring occasionally. Add chicken; cook and stir 5 min. or until done. Stir in cream cheese spread and broth; cook 3 min. or until cream cheese is completely melted. Stir in vegetables.

Spoon into 9-inch round 1.4-L casserole sprayed with cooking spray. Brush top of chicken mixture and inside of dish with egg. Cover with pie crust; gently press edge of crust onto side of dish to seal. Brush crust with remaining egg. Cut slits in crust to permit steam to escape.

Bake 25 to 30 min. or until crust is golden brown.
### Slow Cooker Cheesy Chicken and Tortillas

#### Ingredients
- 4 skinless, boneless chicken breast halves
- 1 (1 ounce) package mild taco seasoning mix
- 5 1/4 cups Swanson® Chicken Stock
- 2 tablespoons butter
- 2 (10.75 ounce) cans Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 10 fajita-size flour tortillas (10-inch), cut into 1-inch pieces
- 4 cups shredded Mexican cheese blend
- Hot cooked regular long-grain white rice

#### Directions
Place the chicken into a 3 1/2-quart slow cooker. Top with all but 2 tablespoons of the taco seasoning. Pour 3 1/2 cups of the stock over the chicken.

Cover and cook on LOW for 4 to 5 hours or until the chicken is cooked through. Remove the chicken to a cutting board. Using 2 forks, shred the chicken.

Heat the oven to 350 degrees F.

Heat the butter in a 3-quart saucepan over medium heat. Stir the remaining taco seasoning, stock and soup in the saucepan. Stir in the chicken.

Layer half of the chicken mixture, tortillas, and cheese in a 3-quart shallow baking dish. Repeat the layer. Bake for 30 minutes or until the mixture is hot and bubbling. Serve over the rice.
Lemon Herb Barbeque Sauce for Chicken

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1/2 cup vegetable oil</td>
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<tr>
<td>1/4 cup lemon juice</td>
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<tr>
<td>1 teaspoon minced onion</td>
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<tr>
<td>1 teaspoon salt</td>
<td></td>
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<tr>
<td>1/4 teaspoon dried thyme</td>
<td></td>
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<tr>
<td>1/8 teaspoon dried marjoram</td>
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<tr>
<td>2 cloves garlic, minced</td>
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<tr>
<td>8 skinless, boneless chicken breast halves</td>
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**Directions**

Preheat grill for high heat.

In a blender or food processor, blend the oil, lemon juice, onion, salt, thyme, marjoram, and garlic until thick and smooth.

Coat the grill grate with aluminum foil. Poke holes in the foil and spray with cooking spray. Arrange chicken on grate, and cook 15 minutes, turning once and brushing constantly with the sauce, until juices run clear.
**Spicy Oven Fried Chicken**

**Ingredients**
- 1 cup buttermilk
- 1/4 cup hot pepper sauce
- 4 boneless, skinless chicken breast halves
- 1 cup dry bread crumbs
- 1/2 cup all-purpose flour
- 2 teaspoons onion powder
- 1 teaspoon cornstarch
- 1 teaspoon white sugar
- 1 teaspoon garlic salt
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 2 tablespoons olive oil

**Directions**

In a medium bowl, mix the buttermilk and hot pepper sauce. Place chicken in the mixture to coat. Cover, and marinate in the refrigerator 8 hours or overnight.

Preheat oven to 350 degrees F (175 degrees C).

In a separate medium bowl, mix dry bread crumbs, flour, onion powder, cornstarch, white sugar, garlic salt, salt, pepper, paprika, and cayenne pepper. Thoroughly coat the chicken in the bread crumb mixture.

Heat the olive oil in a medium skillet over medium heat, and cook chicken 5 to 7 minutes on each side, until lightly browned.

Transfer chicken to a medium baking dish, and bake in the preheated oven 30 minutes, until no longer pink and juices run clear.
**Creamy Chicken Vegetable Chowder**

**Ingredients**

<table>
<thead>
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<th>Item</th>
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<tbody>
<tr>
<td>1 tablespoon olive oil</td>
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<tr>
<td>1 red onion, diced</td>
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<tr>
<td>3 cloves garlic, minced</td>
</tr>
<tr>
<td>1 red bell pepper, diced</td>
</tr>
<tr>
<td>3 potatoes, diced</td>
</tr>
<tr>
<td>3 carrots, diced</td>
</tr>
<tr>
<td>2 quarts chicken broth</td>
</tr>
<tr>
<td>1 pound skinless, boneless chicken breast halves - chopped</td>
</tr>
<tr>
<td>1 (1 ounce) package ranch dressing mix</td>
</tr>
<tr>
<td>1 teaspoon crushed red pepper flakes</td>
</tr>
<tr>
<td>salt to taste</td>
</tr>
<tr>
<td>ground black pepper to taste</td>
</tr>
<tr>
<td>1/2 pound processed cheese food, shredded</td>
</tr>
<tr>
<td>1 (16 ounce) package frozen green beans</td>
</tr>
<tr>
<td>1/4 cup butter</td>
</tr>
<tr>
<td>1/4 cup all-purpose flour</td>
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</table>

**Directions**

Heat the oil in a large pot over medium heat. Stir in onion, garlic, and red bell pepper; cook until tender. Mix in potatoes, carrots, and chicken broth. Bring to a boil. Reduce heat to low and simmer 20 minutes.

Stir chicken into the pot. Season soup with ranch dressing mix, crushed red pepper, salt, and pepper. Stir in processed cheese until melted. Mix in green beans just before making the roux.

Melt butter in a skillet over medium heat and stir in flour to form a thick, golden brown roux. Mix into the soup to thicken. Continue cooking 5 minutes.
**Ingredients**

- 2 skinless, boneless chicken breast halves
- 1/4 cup mayonnaise
- 1/4 cup apricot preserves
- 2 tablespoons dried minced onion

**Directions**

Place chicken in a greased 9-in. square baking dish. Combine the mayonnaise, preserves and onion; spoon over chicken.

Bake, uncovered, at 350 degrees F for 25-minutes or until chicken juices run clear.
In a bowl, mix the oregano, salt, and pepper. Rub the mixture into chicken. Melt the butter in a skillet over medium heat. Brown chicken in butter for 3 to 5 minutes on each side. Place chicken in a slow cooker.

In the same skillet, mix the water, lemon juice, garlic, and bouillon. Bring the mixture to boil. Pour over the chicken in the slow cooker.

Cover, and cook on High for 3 hours, or Low for 6 hours. Add the parsley to the slow cooker 15 to 30 minutes before the end of the cook time.
Mom's Sour Cream Chicken

**Ingredients**

- 1 tablespoon vegetable oil
- 1 pound skinless, boneless chicken breast halves - cut into bite size pieces
- 2 cups sour cream
- 1 cup fresh sliced mushrooms
- 2 tablespoons ketchup
- 3 tablespoons prepared mustard
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

**Directions**

Heat oil in a large skillet over medium heat. Add chicken, and saute until browned, about 5 to 7 minutes.

When chicken is browned, stir in sour cream, mushrooms, ketchup and mustard; season with garlic powder, salt and pepper. Reduce heat to low. Simmer for about 20 minutes, or until chicken is no longer pink and juices run clear.
Cousin Cosmo's Greek Chicken

**Ingredients**

- 2 tablespoons all-purpose flour, divided
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 pound feta cheese, crumbled
- 1 tablespoon fresh lemon juice
- 1 teaspoon dried oregano
- 6 boneless, skinless chicken breast halves
- 2 tablespoons olive oil
- 1 1/2 cups water
- 1 cube chicken bouillon, crumbled
- 2 cups loosely packed torn fresh spinach leaves
- 1 ripe tomato, chopped

**Directions**

On large plate, combine 1 tablespoon flour, salt, and pepper. Set aside. In a small bowl, combine cheese, lemon juice, and oregano. Set aside.

With a meat mallet, pound each chicken breast to 1/2 inch thickness. Spread cheese mixture on each chicken breast, leaving 1/2 inch border. Fold chicken breasts in half; secure each with toothpick. Coat chicken breasts with flour mixture.

In large skillet, heat oil over medium heat. Cook chicken breasts for 1 to 2 minutes on each side, until golden. In a small bowl, whisk together 1 1/2 cups water, chicken bouillon cube, and remaining flour; pour over chicken breasts in pan. Add spinach and tomato to skillet, and bring to boil. Cover, reduce heat to low, and simmer for 8 to 10 minutes, or until chicken is no longer pink inside. Discard toothpicks before serving.
### Ingredients

- 2 tablespoons olive oil
- 1 (4 pound) chicken, cut into pieces
- garlic powder to taste
- 1/2 pound fresh mushrooms, sliced
- 1 large onion, diced
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried thyme
- 1 teaspoon garlic salt
- 1/4 teaspoon black pepper
- 1 teaspoon poultry seasoning
- 1 cup dry white wine
- 1 (10.5 ounce) can chicken broth

### Directions

Heat olive oil in a large Dutch oven over medium heat. Sprinkle chicken with garlic powder, and brown on both sides. Remove chicken to paper towels.

Spoon off chicken fat, and return pan to stove. Stir in mushrooms and onions; cook, stirring occasionally, until onions are soft. Remove to a medium bowl.

In a separate bowl, mix together basil, oregano, rosemary, and thyme. Season with garlic salt, pepper, and poultry seasoning. Stir in wine, and add to onion and mushrooms.

Return chicken to Dutch oven. Pour mushroom mixture and broth over chicken; cover, and cook over low heat until meat begins to fall off the bone, about 1 1/2 hours.
Parmesan Lemon Chicken

**Ingredients**

- 1 tablespoon vegetable oil
- 1/2 cup Italian seasoned bread crumbs
- 1/2 cup grated Parmesan cheese
- 2 teaspoons lemon and herb seasoning to taste
- 2 teaspoons garlic powder
- 1 teaspoon chopped parsley
- black pepper to taste
- 1 egg
- 1 tablespoon butter, cut into small pieces
- 6 skinless, boneless chicken breast halves, thinly sliced

**Directions**

Preheat an oven to 350 degrees F (175 degrees C). Coat a baking sheet with 1 tablespoon vegetable oil.

Mix together the bread crumbs, Parmesan cheese, lemon herb seasoning, garlic powder, parsley, and pepper in a large bowl. Beat egg in a small bowl.

Dip chicken breasts in egg, then in bread crumb mixture to coat. Place coated chicken on greased baking sheet and top evenly with butter pieces.

Bake in the preheated oven until crispy and cooked through, about 7 minutes per side. Drain chicken on paper towels to remove excess oil before serving.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td>Preheat oven to 400 degrees F (200 degrees C).</td>
</tr>
<tr>
<td>1/2 cup prepared basil pesto, divided</td>
<td>Grease a baking dish.</td>
</tr>
<tr>
<td>4 thin slices prosciutto, or more if needed</td>
<td>Spread about 2 tablespoons of pesto per chicken</td>
</tr>
<tr>
<td></td>
<td>breast over the top of each breast, and wrap</td>
</tr>
<tr>
<td></td>
<td>each breast in prosciutto slices to cover the</td>
</tr>
<tr>
<td></td>
<td>entire breast. Place the wrapped chicken</td>
</tr>
<tr>
<td></td>
<td>breasts into the prepared baking dish.</td>
</tr>
<tr>
<td></td>
<td>Bake in the preheated oven until the chicken</td>
</tr>
<tr>
<td></td>
<td>is no longer pink, the juices run clear, and</td>
</tr>
<tr>
<td></td>
<td>the prosciutto is lightly crisped, about 25</td>
</tr>
<tr>
<td></td>
<td>minutes.</td>
</tr>
</tbody>
</table>
**Ingredients**

20 cups cubed, cooked chicken
2 pounds elbow macaroni, cooked, drained
6 (6 ounce) jars sliced mushrooms, drained
2 (4 ounce) jars diced pimiento, drained
2 large green bell peppers, chopped
2 large onions, chopped
4 (10.75 ounce) cans condensed cream of celery soup, undiluted
4 (10.75 ounce) cans condensed cream of mushroom soup, undiluted
2 pounds process cheese (Velveeta), cubed
1 1/3 cups milk
4 teaspoons dried basil
2 teaspoons lemon-pepper seasoning
2 cups crushed cornflakes
1/4 cup butter, melted

**Directions**

In several large bowls, combine the chicken, macaroni, mushrooms, pimientos, peppers and onions. In a several other large bowls, combine the soups, cheese, milk, basil and lemon pepper; add to chicken mixture.

Pour about 12 cups each into four greased 13-in. x 9-in. x 2-in. baking pans. Cover and refrigerate overnight. Remove from refrigerator 30 minutes before baking.

Combine cornflakes and butter; sprinkle over the casseroles. Cover and bake at 350 degrees F for 45 minutes. Uncover and bake 15-20 minute longer or until bubbly.
Ingredients

1/4 cup vegetable oil
1 (3 pound) whole chicken, cut into pieces
2 pounds fresh spinach, rinsed and chopped
1/4 cup water
2 large onions, minced
5 cloves garlic, minced
1 (1 inch) piece fresh ginger root, minced
1 (14.5 ounce) can crushed tomatoes
1 teaspoon ground coriander
1/2 teaspoon cayenne pepper, or more to taste
1/2 teaspoon ground turmeric
2 cardamom pods
2 whole cloves
1 teaspoon salt
1 tablespoon water, if needed
1/4 cup milk
1 teaspoon garam masala
6 tablespoons sour cream
2 tablespoons butter

Directions

Heat oil in a large skillet over medium heat, and fry the chicken pieces until browned, about 8 minutes per side. Set the chicken aside.

Place the spinach into a large pot with 1/4 cup of water, bring to a boil, cover the pan, and remove from heat. Allow the spinach to steam for about 10 minutes, then place into a blender, and blend until very finely chopped. Set the spinach aside.

Place the onions, garlic, and ginger into the skillet, and fry over medium heat, stirring frequently, until lightly browned, about 10 minutes. Pour in the tomatoes, ground coriander, cayenne pepper, turmeric, cardamom, cloves, and salt; stir in 1 tablespoon water, and cook, stirring frequently, for 10 minutes. Pour in the milk, stir to combine, and return the chicken pieces to the skillet. Bring the mixture to a simmer, reduce heat, cover, and simmer until the chicken is tender, about 20 minutes. Stir the spinach and garam masala into the skillet, and cook until the spinach starts to stick to the pan, about 15 minutes.

Stir in sour cream, and bring the mixture just to a simmer. Remove from heat and stir in butter.
Chicken Chimichangas

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 cups chicken broth</td>
<td></td>
</tr>
<tr>
<td>1 cup uncooked long-grain rice</td>
<td></td>
</tr>
<tr>
<td>1/2 cup red enchilada sauce</td>
<td></td>
</tr>
<tr>
<td>1 1/2 onion, diced, divided</td>
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</tr>
<tr>
<td>6 (12 inch) flour tortillas</td>
<td></td>
</tr>
<tr>
<td>4 cups diced cooked chicken breast, divided</td>
<td></td>
</tr>
<tr>
<td>1 pound Monterey Jack cheese, shredded, divided</td>
<td></td>
</tr>
<tr>
<td>1 (6 ounce) can sliced black olives</td>
<td></td>
</tr>
<tr>
<td>4 cups refried beans, divided</td>
<td></td>
</tr>
<tr>
<td>1/4 cup vegetable oil</td>
<td></td>
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<tr>
<td><strong>TOPPING</strong></td>
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<tr>
<td>3 avocados, peeled and pitted</td>
<td></td>
</tr>
<tr>
<td>1/2 cup finely chopped cilantro</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons lemon juice</td>
<td></td>
</tr>
<tr>
<td>3 green onions, diced</td>
<td></td>
</tr>
<tr>
<td>1/4 cup finely chopped jalapeno chile peppers</td>
<td></td>
</tr>
<tr>
<td>1 tomato, diced</td>
<td></td>
</tr>
<tr>
<td>2 cups shredded lettuce</td>
<td></td>
</tr>
<tr>
<td>1 cup sour cream</td>
<td></td>
</tr>
<tr>
<td>2 cups shredded Cheddar cheese</td>
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</tbody>
</table>

**Directions**

In a medium saucepan combine the broth, rice, sauce, and 1 diced onion. Mix and bring to a boil; reduce heat to low and let simmer for about 20 minutes, or until rice is tender.

Meanwhile, heat tortillas in a large skillet (so that they are soft enough to fold).

When rice mixture is ready, spoon equal amounts of the following onto each tortilla: Chicken, shredded Jack cheese, diced onion, olives, rice mixture and beans. Roll tortillas, tucking in sides to prevent filling from spilling over.

Heat oil in a large skillet and fry the filled tortillas, turning, until browned on all sides. Drain on paper towels.

To Serve: In a medium bowl combine the avocados, cilantro, lemon juice, green onions, chile peppers and tomatoes. Mash together. Place shredded lettuce on a platter, topped with chimichangas, avocado mix, sour cream and shredded Cheddar cheese.
Mock Chicken Legs

**Ingredients**

- 1/4 pound ground pork
- 1 pound ground veal
- 1 teaspoon salt
- 1/8 teaspoon paprika
- 1 tablespoon chopped green bell pepper
- 1/4 cup crushed pineapple, drained
- 1 cup dry bread crumbs
- 2 eggs, lightly beaten

**Directions**

Combine ground pork, ground veal, salt, paprika, green pepper and pineapple. Shape like a chicken leg around a wooden skewer. Roll in bread crumbs, then in egg slightly beaten with 1 tablespoon water and again in bread crumbs.

Let stand 30 minutes in the refrigerator. Brown in frying pan in hot fat, add a little water, then reduce temperature. Cover tightly and let cook slowly for 45 minutes.
### Ingredients
- nonstick cooking spray
- 5 ounces cream cheese, softened
- 1 1/2 cups shredded Cheddar cheese
- 1 (4 ounce) can chopped green chilies
- 1 tablespoon chili powder
- 3/4 cup enchilada sauce
- 6 button mushrooms, sliced
- 3/4 cup heavy cream
- 6 skinless, boneless chicken breast halves

### Directions
- Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13 inch baking dish with nonstick cooking spray.

- Mix the cream cheese, Cheddar cheese, green chilies, chili powder, enchilada sauce, button mushrooms, and heavy cream in a large bowl. Arrange chicken breasts in the prepared baking dish; pour sauce over.

- Bake in preheated oven until the juices run clear, about 40 minutes.
**Ingredients**

- 1 tablespoon olive oil
- 1 large onion, sliced into rings
- 4 cloves garlic, minced
- 4 boneless, skinless chicken breast halves, cut into bite-sized pieces
- 2 (10.75 ounce) cans condensed cream of celery soup
- 1 cup chopped celery
- 1 (4 ounce) can mushrooms, drained
- 1 cup chopped carrot
- 1 pinch poultry seasoning
- salt and pepper to taste

**Directions**

Heat oil in a large skillet over medium-high heat. Add onion and garlic, and saute for a few minutes until tender. Add chicken pieces, and fry until lightly browned. Transfer the mixture to a 9x13 inch baking dish, and stir in the celery soup, celery, mushrooms, and carrots. Season with poultry seasoning, salt and pepper to taste.

Preheat the oven to 300 degrees F (150 degrees C). Cover the dish, and bake for 2 hours. Serve over chicken flavored rice. Can be made the night before and reheated before serving.
### Ingredients

- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 4 skinless, boneless chicken breast halves, cubed
- 1/2 cup butter
- 1 shallot, chopped
- 1/2 cup dry vermouth
- 1/2 cup chicken broth
- 2 tablespoons Dijon mustard
- 2 tablespoons stone ground mustard
- 1/4 cup heavy cream
- 1 teaspoon chopped fresh parsley
- 1 lemon, juice and pulp

### Directions

In a large, resealable plastic bag, mix flour, salt, and pepper. Place cubed chicken in the bag, and shake to coat.

Melt butter in a medium skillet over medium heat, and saute the chicken until browned. Remove chicken from the skillet and set aside.

Stir shallot into the skillet, and saute until tender. Mix in vermouth, chicken broth, Dijon mustard, and stone ground mustard.

Return chicken to the skillet, and blend in the heavy cream. Cover, reduce heat, and simmer about 15 minutes, until the vermouth mixture has thickened. Mix in parsley, lemon juice, and lemon pulp just before serving.
Chicken with Red Chile Sauce and Sausage (Pollo con Salsa Rojo y Chorizo)

### Ingredients
- 3 dried ancho chiles
- 6 dried guajillo chiles
- 3 Roma tomatoes
- 2 cloves garlic
- 1/4 onion, chopped
- 1 1/2 cups chicken broth
- 1/4 cup corn oil, divided
- salt to taste
- 6 skinless chicken legs, separated into thighs and drumsticks,
- 1/2 pound chorizo sausage, casings removed and crumbled

### Directions
Remove the stems, seeds, and membranes from the ancho chiles and guajillo chiles, then soak in hot water until softened, about 20 minutes.

Meanwhile, bring a pot of water to a boil. Remove the stems from the tomatoes, then cut a shallow X on the bottom. Drop the tomatoes into the water, and cook uncovered until the skin begins to peel off, about 30 seconds. Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the tomatoes are cold, peel the skin off. Drain chiles and transfer to a blender along with the peeled tomatoes, garlic, onion, and chicken broth. Blend until smooth.

Heat 1/2 of the corn oil in a saucepan over medium heat. Stir in the chile mixture, then reduce heat to low and simmer for 10 minutes. Season with salt. Heat the remaining corn oil in a large skillet over medium-high heat. Brown the chicken legs in 2 batches and remove from the skillet.

Stir the chorizo into the same skillet; cook and stir until the chorizo is evenly browned. Drain any excess oil and stir in 1 cup of the chile sauce. Return the chicken to the skillet, along with the remaining chile sauce. Bring to a simmer and continue cooking until chicken is tender, 1 hour to 1 hour and 15 minutes.
### No-fry White Chicken Parmigiano

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 (5 ounce) boneless, skinless chicken breast halves</td>
<td>Preheat oven to 400 degrees F. Dip chicken in egg, then bread crumbs combined with paprika, coating well. Arrange chicken in 9x13 inch baking dish.</td>
</tr>
<tr>
<td>1 egg, slightly beaten</td>
<td>Bake 20 minutes. Evenly pour 1 cup pasta sauce over chicken, then top chicken with tomato and cheeses. Bake an additional 10 minutes or until chicken is thoroughly cooked. Garnish, if desired, with chopped fresh basil and ground black pepper. Serve with remaining sauce, heated, and, if desired, hot cooked pasta.</td>
</tr>
<tr>
<td>3/4 cup Italian seasoned dry bread crumbs</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon paprika</td>
<td></td>
</tr>
<tr>
<td>1 (15 ounce) jar Bertolli® Creamy Alfredo Sauce</td>
<td></td>
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<tr>
<td>1 medium tomato, chopped</td>
<td></td>
</tr>
<tr>
<td>4 ounces fresh mozzarella cheese, thickly sliced</td>
<td></td>
</tr>
<tr>
<td>1/4 cup grated Parmesan cheese</td>
<td></td>
</tr>
</tbody>
</table>
# Picante Chicken

## Ingredients
- 2 skinless, boneless chicken breasts
- 1 cup picante sauce

## Directions
Open jar of picante sauce and put into a large saucepan. Add chicken breasts to picante sauce and bring to a steady boil. Boil gently for 20 to 25 minutes or until the chicken is no longer pink inside and the juices run clear.
Chicken Sauerkraut Potato Bake

**Ingredients**

- 2 cloves garlic, minced
- 1 tablespoon butter
- 1 (32 ounce) jar sauerkraut, drained
- 1 (2 1/2 pound) whole chicken, cut into pieces, skin removed
- 1 (15 ounce) can whole new potatoes, drained

**Directions**

Preheat an oven to 350 degrees F (175 degrees C).

Heat garlic and butter in a small skillet over medium heat. Cook and stir until garlic softens, about 2 minutes. Reserve.

Spoon the sauerkraut into the bottom of a 9x13 inch baking dish; top with the chicken pieces. Scatter potatoes around the chicken, and sprinkle with the cooked garlic. Spoon some of the sauerkraut over the top of the chicken. Cover dish with aluminum foil.

Bake in preheated oven until the chicken cooked through, and very tender, about 1 1/2 hours.
Phyllo Chicken Packets

**Ingredients**
- 3/4 cup chopped green onions
- 3/4 cup mayonnaise
- 3 tablespoons lemon juice
- 1 1/2 teaspoons minced garlic, divided
- 1/2 teaspoon dried tarragon
- 2/3 cup butter, melted
- 12 sheets phyllo dough (18 inches x 14 inches)
- 6 (4 ounce) skinless, boneless chicken breast halves
- salt and pepper to taste
- 2 tablespoons grated Parmesan cheese

**Directions**

In a small bowl, combine the onions, mayonnaise, lemon juice, 2 garlic cloves and tarragon; set aside. In another small bowl, combine the butter and remaining garlic.

Place one sheet of phyllo dough on a work surface with a short edge facing you. Brush with 2 teaspoons butter mixture; brush to distribute evenly. Repeat with one more sheet of phyllo, brushing with another 2 teaspoons of butter mixture (Keep remaining phyllo dough covered with plastic wrap to avoid drying out).

Lightly sprinkle chicken breasts with salt and pepper. Center one chicken breast on the lower third of phyllo. Spread about 3 tablespoons of mayonnaise mixture over chicken breast. Fold bottom edge over chicken, then fold in sides. Roll up jelly-roll style; cover with plastic wrap and set aside. Make five more chicken packets.

Place packets in an ungreased 15-in.x 10-in.x 1-in. baking pan. Brush tops with remaining garlic butter; sprinkle with cheese. Bake uncovered, at 375 degrees F for 25-30 minutes or until a meat thermometer reads 170 degrees F. Serve warm.
## Slow Cooker Honey Garlic Chicken

### Ingredients
- 1 tablespoon vegetable oil
- 10 boneless, skinless chicken thighs
- 3/4 cup honey
- 3/4 cup lite soy sauce
- 3 tablespoons ketchup
- 2 cloves garlic, crushed
- 1 tablespoon minced fresh ginger root
- 1 (20 ounce) can pineapple tidbits, drained with juice reserved
- 2 tablespoons cornstarch
- 1/4 cup water

### Directions
Heat oil in a skillet over medium heat, and cook chicken thighs just until evenly browned on all sides. Place thighs in a slow cooker.

In a bowl, mix honey, soy sauce, ketchup, garlic, ginger, and reserved pineapple juice. Pour into the slow cooker.

Cover, and cook 4 hours on High. Stir in pineapple tidbits just before serving.

Mix the cornstarch and water in a small bowl. Remove thighs from slow cooker. Blend the cornstarch mixture into remaining sauce in the slow cooker to thicken. Serve sauce over the chicken.
Bahamian Chicken Souse

**Ingredients**

- 24 chicken wings, separated
- 3 tablespoons lime juice
- 1 teaspoon seasoned salt
- 1 teaspoon vegetable oil
- 1 large onion, diced
- 1/2 green pepper, diced
- 6 large potatoes, peeled and diced
- 3 carrots, diced
- 1/2 teaspoon crushed red pepper flakes
- 1 tablespoon ground allspice
- 2 bay leaves
- 3/4 cup lime juice
- 3 cups water
- salt and black pepper to taste

**Directions**

Toss the chicken wings with 3 tablespoons lime juice and the seasoned salt. Set aside to marinate at room temperature for 1 hour.

Heat the vegetable oil in a large pot over medium heat. Add the onion and green pepper; cook and stir until the onion has softened and begun to brown, about 10 minutes. Add the potatoes, carrots, red pepper flakes, allspice, bay leaves, marinated chicken, lime juice, and water. Bring to a simmer, then reduce heat to medium-low, cover, and continue simmering until the chicken is no longer pink at the bone, and the vegetables are tender, about 40 minutes. Season to taste with salt and pepper before serving.
# Chicken and Rice Soup II

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup chopped celery</td>
<td>Combine celery, chicken pieces, chicken broth, water, mixed vegetables,</td>
</tr>
<tr>
<td>1 pound boneless chicken</td>
<td>rice, parsley and herb seasoning in a slow cooker.</td>
</tr>
<tr>
<td>breast halves, cooked and</td>
<td>Cover, and cook on low 6 to 8 hours. If soup is too thick, add more</td>
</tr>
<tr>
<td>diced</td>
<td>water to dilute and allow 15 minutes of additional cooking time.</td>
</tr>
<tr>
<td>3 (14.5 ounce) cans chicken</td>
<td></td>
</tr>
<tr>
<td>broth</td>
<td></td>
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<tr>
<td>1/2 cup water</td>
<td></td>
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<tr>
<td>2 cups frozen mixed vegetables</td>
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</tr>
<tr>
<td>3/4 cup converted long-grain</td>
<td></td>
</tr>
<tr>
<td>white rice</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon dried parsley</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons lemon and herb</td>
<td></td>
</tr>
<tr>
<td>seasoning</td>
<td></td>
</tr>
</tbody>
</table>
Chicken Vicious

**Ingredients**

- 2 teaspoons vegetable oil
- 4 skinless, boneless chicken breast halves - cut into 1 inch pieces
- 1 1/2 cups distilled white vinegar
- 1 cup white sugar
- 1/2 cup soy sauce
- 1 tablespoon red pepper flakes, or to taste
- 2 tablespoons garlic powder, or to taste
- 1 tablespoon onion powder, or to taste
- 1/2 teaspoon ground ginger
- 1 (8 ounce) package button mushrooms, sliced
- 1 cup frozen green peas
- 3 green onions, chopped
- 3 teaspoons cornstarch
- 2 tablespoons cold water

**Directions**

Heat oil in a large heavy skillet over high heat. Add chicken pieces, and fry, stirring, until browned. Pour in the vinegar, soy sauce, and sugar; stirring to dissolve sugar. Season with red pepper flakes, garlic powder, onion powder, and ginger. Reduce heat to low, cover, and simmer for 15 minutes. Taste the sauce at this point and adjust seasoning to taste. The sauce should be very sweet. If it is too tart, add more sugar; if it is too sweet, add more vinegar.

Once the sauce is to your liking, add the mushrooms, peas, and green onions. Simmer gently over low heat for another 5 minutes, until the mushrooms shrink a bit. Stir together the cornstarch and water, and stir it into the sauce. Continue to simmer until it reaches the desired thickness.
## Ingredients

- 4 (4 ounce) boneless skinless chicken breast halves
- 1 tablespoon canola oil
- 1 (10.75 ounce) can reduced-fat, reduced-sodium cream of chicken and broccoli soup, undiluted
- ¼ cup fat-free milk
- 2 teaspoons lemon juice
- 1/8 teaspoon pepper
- 4 lemon slices

## Directions

In a nonstick skillet, cook chicken in oil until browned on both sides, about 10 minutes; drain. In a bowl, combine the soup, milk, lemon juice and pepper. Pour over chicken. Top each chicken breast with a lemon slice. Reduce heat; cover and simmer until chicken juices run clear, about 5 minutes.
Alice's Sour Cream Chicken Breasts

<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 skinless, boneless chicken breasts</td>
</tr>
<tr>
<td>12 ounces sour cream</td>
</tr>
<tr>
<td>1/4 cup grated Parmesan cheese</td>
</tr>
<tr>
<td>1/3 cup white wine</td>
</tr>
<tr>
<td>1/4 cup chicken broth</td>
</tr>
<tr>
<td>1 pinch salt</td>
</tr>
<tr>
<td>1 dash lemon pepper</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Simmer chicken breasts in water to cover until almost tender. Drain, and reserve broth.</td>
</tr>
<tr>
<td>In a microwave-safe dish, mix together sour cream, parmesan cheese, white wine, chicken broth, salt and lemon pepper.</td>
</tr>
<tr>
<td>Cut chicken into bite size pieces, and put in sauce mixture. Cover. Microwave on High for about 10 to 15 minutes, then on Low for another 5 minutes. Make sure it doesn’t burn. When sauce starts to thicken and chicken is tender, it is done!</td>
</tr>
</tbody>
</table>
Spicy Chinese Chicken Wings

**Ingredients**
1 pound chicken wings  
2 tablespoons white sugar  
1/2 cup soy sauce  
1/4 cup rice wine  
3 tablespoons chili garlic sauce  
1 tablespoon sesame oil  
2 cloves garlic, minced  
1/4 cup water

**Directions**
Rinse and pat dry the chicken wings. Whisk together the sugar, soy sauce, rice wine, chili garlic sauce, sesame oil, and garlic in a large bowl, then add the chicken wings and toss to evenly coat.

Heat a lightly oiled skillet over medium heat. Stir in the chicken wings, sauce, and water. Cover and cook until the chicken wings are no longer pink at the bone, turning the chicken wings occasionally, about 15 minutes. Remove lid and continue cooking until the sauce has thickened, 5 to 10 minutes.
Sour Cream Chicken Paprika

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1 1/2 tablespoons vegetable oil
- 1 cup chopped onion
- 1 1/2 tablespoons butter
- 2 tablespoons paprika
- 1/2 teaspoon salt
- 2 cups chicken stock
- 1 teaspoon all-purpose flour
- 1 (8 ounce) container sour cream

**Directions**

You can leave breasts whole or cut them up, whatever your preference. In a large skillet, heat oil over medium-high heat. Add chicken and pan-fry until cooked through and juices run clear, about 10 minutes. Remove chicken from skillet and set aside.

Using the same skillet, cook onion in butter until translucent but not brown, about 5 to 8 minutes. Season with paprika and salt. Pour chicken stock into the pan, and bring all to a boil. Reduce heat to simmer; mix flour with sour cream until smooth, then whisk into chicken stock. Place chicken in skillet; simmer until chicken is heated through and sauce has thickened.
Fiesta Grilled Chicken

Ingredients

Texas Bean Salsa:
1 (15.5 ounce) can black beans, rinsed and drained
1 (15.5 ounce) can black-eyed peas, rinsed and drained
1 (15.5 ounce) can whole kernel corn, drained
1 small red onion, chopped
1/2 cup chopped green bell pepper
1 (4.5 ounce) can diced green chilies, drained
2 ripe tomatoes, diced and drained
1 cup Italian-style salad dressing
2 tablespoons chopped fresh cilantro
2 cloves garlic, minced
1/2 teaspoon garlic salt

Chicken:
6 skinless, boneless chicken breast halves
3 limes, juiced
1/3 cup tequila
3 teaspoons paprika
2 teaspoons salt
1 teaspoon pepper
6 Romaine lettuce leaves
6 sprigs cilantro leaves, for garnish (optional)
6 lime wedges, for garnish (optional)

Directions

To make the salsa, mix the black beans, black-eyed peas, corn, red onion, bell pepper, chiles, and tomatoes together in a bowl. Toss vegetables with the Italian dressing, cilantro, garlic, and garlic salt until evenly blended. Cover, and refrigerate 6 hours or overnight.

Preheat a grill for medium-high heat.

About 45 minutes before serving time, place the chicken breasts in a baking dish and drizzle with lime juice and tequila. Sprinkle evenly with paprika, salt, and pepper. Cover the dish, refrigerate, and allow to marinate 10 minutes.

Remove chicken breasts from the marinade, and discard remaining marinade.

Cook the chicken breasts on the preheated grill until the juices run clear and the meat is no longer pink, 10 to 12 minutes.

To serve, place a lettuce leaf on each plate. Top with a chicken breast, and spoon Texas Bean Salsa over each, dividing evenly among servings. If desired, garnish with additional cilantro leaves and lime wedges.
The Best Artichoke Chicken Buffet

**Ingredients**

- 10 thick slices bacon
- 1 2/3 cups uncooked wild rice
- 5 cups water
- 1 cup butter
- 1 small onion, chopped
- 10 fresh mushrooms, sliced
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 1/2 cup heavy cream
- 1/2 cup sherry
- 1 teaspoon salt
- 3 cups cooked, cubed chicken breast meat
- 2 (14 ounce) cans artichoke hearts, drained
- 2 cups julienned carrots
- 3 cups shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese

**Directions**

Combine wild rice and water in a saucepan, and bring to a boil. Reduce heat, cover, and simmer for 40 to 50 minutes.

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly browned. Drain, crumble, and set aside.

In a large saucepan, melt butter over medium heat. Cook onion and mushrooms in butter until soft. Stir in soup, cream, sherry, and salt; cook until hot.

Preheat oven to 350 degrees F (175 degrees C), and lightly grease a 9x13 inch baking dish. In a large bowl, mix together cooked bacon, soup mixture, chicken meat, artichoke hearts, carrots, and mozzarella cheese. Spread cooked rice in the bottom of the baking dish, then spread chicken and artichoke mixture over rice. Top with Parmesan cheese.

Cover, and bake in preheated oven for 30 minutes. Remove cover, and bake for an additional 30 minutes.
**Ingredients**

- 1/2 cup dry bread crumbs
- 1/2 cup grated Parmesan cheese
- 2 tablespoons minced fresh parsley
- 1 garlic clove, minced
- 1/4 teaspoon pepper
- 3 egg whites
- 6 (4 ounce) skinless, boneless chicken breast halves
- 1/4 cup sliced almonds
- Refrigerated butter-flavored spray*

**Directions**

In a shallow bowl, combine the first five ingredients. In another shallow bowl, beat the egg whites. Dip chicken in egg whites, then coat with crumb mixture. Place in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray.

Sprinkle almonds over chicken. Spritz with butter-flavored spray. Bake, uncovered, at 350 degrees F for 30 minutes or until chicken juices run clear.
Upside Down Chicken Rice

**Ingredients**

- 1 (6 pound) whole chicken, skin removed and cut into pieces
- 1 medium onion, chopped
- 2 cinnamon sticks
- 4 carrots, peeled and cut into large chunks
- 1 1/4 cups canola oil
- 4 1/2 cups long grain rice, rinsed and drained
- 1 teaspoon ground cinnamon
- 1 teaspoon ground black pepper
- salt to taste
- 5 cups chicken broth
- 3/4 cup chopped almonds
- 3/4 cup canola oil, divided
- 1/4 cup pine nuts

**Directions**

Trim any fat off the chicken and wash with water. Place the chicken, onion, cinnamon sticks, and carrots in a pot; fill with water, and boil until the chicken and carrots are done. Reserve the broth, chicken, and carrots.

Remove bones from chicken. Warm 1 1/4 cup canola oil in a large pot over medium-high heat. Place chicken and carrots in the pot; fry for 2 minutes.

In a bowl, stir together the rice, ground cinnamon, pepper, and salt. Pour the rice mixture evenly across the top of the chicken without stirring into the chicken. Pour in the chicken broth. Bring to a boil. Cover, reduce heat to medium, and simmer until rice is tender, 20 to 35 minutes.

Heat 1/2 cup canola oil in a skillet over medium heat. Stir in chopped almonds, and fry until golden. Remove almonds to paper towels, and drain oil.

Heat 1/4 cup canola oil in a skillet over medium heat. Stir in pine nuts, and cook until golden. Drain oil, and remove pine nuts to paper towels.

Over a large dish or tray, flip the rice pot upside down, and release the contents onto the tray or dish. Arrange the almonds and pine nuts on top.
### Ingredients

- 2 tablespoons vegetable oil
- 4 potatoes, thinly sliced
- 1 pound boneless skinless chicken breasts, cut into cubes
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/2 cup milk
- 1 onion, chopped
- 1/4 teaspoon garlic powder
- 2 cups frozen broccoli, carrots and cauliflower combination
- 1/2 teaspoon dried parsley
- 1/4 teaspoon dried marjoram
- 1/4 teaspoon dried basil
- 1/3 cup grated Parmesan cheese

### Directions

Heat oil in large frying pan over medium high heat. Cook potatoes, stirring frequently until tender-crisp. Stir in chicken, and cook until no longer pink. Reduce heat to medium. Stir in condensed soup, milk, onion, and garlic powder. Arrange vegetables on top, and sprinkle with parsley, marjoram and basil. Cover, and simmer over low heat until chicken is cooked through, and vegetables are tender, about 5 minutes. Remove from heat, and stir in Parmesan.
In a large pot of salted boiling water, cook angel hair pasta until it is al dente, about 8 to 10 minutes. Drain, and set aside.

In a large skillet, heat oil over medium-high heat. Saute the onions and garlic. Stir in the tomatoes, chicken, basil, salt and hot pepper sauce. Reduce heat to medium, and cover skillet. Simmer for about 5 minutes, stirring frequently, until mixture is hot and tomatoes are soft.

Toss sauce with hot cooked angel hair pasta to coat. Serve with Parmesan cheese.
Cola Chicken

Ingredients

1/2 cup chopped onion  
2 tablespoons vegetable oil  
4 (4 ounce) boneless, skinless chicken breast halves  
1 (12 fluid ounce) can cola-flavored carbonated beverage  
1 cup ketchup  
1/8 teaspoon garlic powder  
1/8 teaspoon salt  
1/8 teaspoon pepper  
4 1/2 teaspoons cornstarch  
3 tablespoons cold water

Directions

In a skillet, saute onion in oil until tender. Add chicken; brown on all sides. Carefully add cola, ketchup, garlic powder, salt and pepper. Cover and simmer for 25-30 minutes or until chicken juices run clear. Remove the chicken and keep warm. Combine the cornstarch and cold water until smooth; add to the skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Return chicken to pan; heat through.
Tarragon-Dill Grilled Chicken Salad

**Directions**

To make the marinade, mix 1/2 cup lemon juice, olive oil, garlic, and red pepper flakes together in a bowl.

Place the chicken breasts on a flat surface, and cut from one side through the middle of the breasts to within one half inch of the other side. Open the two sides and spread them out flat like an open book. Place in a shallow dish, and pour the olive oil mixture over the chicken, turning once to coat evenly with marinade. Refrigerate for at least 30 minutes.

To make the dressing, mix the sour cream, mayonnaise, vinegar, and 1/4 cup lemon juice together in a bowl, and blend thoroughly. Set aside.

Preheat an outdoor grill for medium-high heat. Lightly oil grill grate, and place about 4 inches from heat source.

Remove chicken from marinade, and discard marinade. Cook chicken on preheated grill, turning once, until meat is firm, and juices run clear, about 4 to 5 minutes per side. Remove chicken from grill, and cool. Finely chop chicken, and place in a large bowl.

Add the grapes, apples, celery, tarragon, and dill to the bowl with the chicken. Stir in the mayonnaise dressing, and toss until ingredients are evenly coated. Season to taste with salt and pepper. Serve immediately, or refrigerate overnight to let flavors blend further.
Ingredients
2 tablespoons butter
1/3 cup chopped celery
1/4 cup chopped onion
1/4 cup chopped green bell pepper
1 (14.5 ounce) can diced tomatoes
1 1/2 cups chicken broth
2/3 cup white rice
1 teaspoon dried thyme
1/2 teaspoon garlic salt
1/4 teaspoon ground black pepper
1/2 teaspoon hot pepper sauce
1 bay leaf
2 cups cooked, cubed chicken meat

Directions
Melt butter or margarine in a large skillet over medium low heat. Add celery, onion and green bell pepper and sauté until tender. Stir in tomatoes, broth, rice, thyme or basil, garlic salt, ground black pepper, hot pepper sauce and bay leaf.

Bring all to a boil; reduce heat, cover skillet and simmer for about 20 minutes or until rice is tender. Stir in chicken or turkey and cook until heated through. Discard bay leaf and serve hot.
**Golden Chicken Nuggets**

### Ingredients

1/2 cup dry bread crumbs  
1/4 cup grated Parmesan cheese  
2 teaspoons Italian seasoning  
1 teaspoon salt  
6 skinless, boneless chicken breast halves - cut into 1 inch cubes  
1/2 cup butter, melted

### Directions

In a shallow bowl, combine the first four ingredients. In another shallow bowl, add butter, Dip chicken in butter; roll in crumb mixture.

Place in a single layer on an ungreased 15-in. x 10-in. x 1-in. baking pan. Bake at 400 degrees F for 12-15 minutes or until juices run clear.
**Slow Cook Thai Chicken**

**Ingredients**

- 6 skinless, boneless chicken breast halves - cut into 1/2 inch strips
- 1 large red bell pepper, seeded and sliced into strips
- 1 large onion, coarsely chopped
- 1/2 cup chicken broth
- 1/4 cup soy sauce
- 1 tablespoon ground cumin
- 3 cloves garlic, minced
- 1/2 teaspoon red pepper flakes
- salt and pepper to taste
- 2 tablespoons cornstarch
- 2/3 cup creamy peanut butter
- 1 tablespoon soy sauce
- 1/4 cup lime juice
- 3 green onion, chopped
- 1/4 cup chopped fresh cilantro
- 1/2 cup chopped roasted peanuts

**Directions**

Place the chicken breast strips, bell pepper and onion into a slow cooker. Pour in the chicken broth and 1/4 cup of soy sauce, then season with cumin, garlic, red pepper flakes, salt and pepper. Stir to blend, then cover and cook on Low for 4 1/2 to 5 hours.

Remove 1 cup of the liquid from the slow cooker, and mix this with the cornstarch, peanut butter, 1 tablespoon of soy sauce and lime juice. This should blend into a fairly thick sauce. Stir the sauce back into the slow cooker, and place the lid on the pot.

Cook on High for 30 minutes. Garnish with green onions, cilantro and peanuts before serving.
Spaghetti Chicken Casserole

**Ingredients**

- 3 cups cooked, cubed chicken meat
- 8 ounces spaghetti, broken into pieces
- 1/4 cup chopped pimento peppers
- 1/4 cup chopped green bell pepper
- 1/2 cup chopped onion
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1/4 cup white wine
- 2 cups shredded Cheddar cheese
- Salt and pepper to taste

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Put spaghetti in a large pot of salted boiling water and cook about 8 to 10 minutes, until it is al dente. Drain.

In a large bowl combine the chicken, cooked spaghetti, pimento, bell pepper, onion, soup, wine, 1 1/2 cups of the shredded cheese, salt and pepper. Mix all together and spread into a 9x13 inch baking dish. Bake in the preheated oven for 30 minutes. Top with the remaining 1/2 cup of cheese and bake another 15 minutes.
Ingredients

1 (16 ounce) package spaghetti
1 (10.75 ounce) can condensed cream of mushroom soup
3/4 pound processed cheese
1 (10 ounce) can diced tomatoes with green chile peppers
1 cup chopped green onion
4 skinless, boneless chicken breast halves - boiled, cut into bite size pieces

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Heat soup in a large saucepan over low heat. Add cheese and melt, stirring. When cheese is almost melted, stir in tomatoes with green chile peppers and green onion. Simmer over low heat for 2 to 3 minutes, stirring.

Add spaghetti and mix well, then stir in chicken. Heat through and serve.
# Beer Battered Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
</tr>
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<tbody>
<tr>
<td>1 1/2 pounds boneless, skinless chicken breast halves</td>
</tr>
<tr>
<td>1 cup all-purpose flour</td>
</tr>
<tr>
<td>1 teaspoon baking powder</td>
</tr>
<tr>
<td>2 eggs, beaten</td>
</tr>
<tr>
<td>1/2 cup cold beer</td>
</tr>
<tr>
<td>3 cups oil for frying</td>
</tr>
<tr>
<td>1/2 cup all-purpose flour</td>
</tr>
</tbody>
</table>

## Directions

1. Rinse chicken, and slice into 1 inch strips. In a medium bowl, stir together 1 cup flour, and baking powder. Mix in the eggs and beer.
2. Heat oil in a deep heavy skillet to 375 degrees F (190 degrees C).
3. Place remaining 1/2 cup flour in a small bowl. Coat chicken strips in flour, then dip floured strips into the batter. Fry a few at a time in hot oil, turning once, until coating is golden brown on both sides.
4. Remove, and keep warm until serving.
**Ingredients**

- 1/2 (3 pound) whole chicken, cut into pieces
- 8 ounces Chinese-style sausages
- 1 teaspoon salt
- 1 tablespoon dark soy sauce
- 2 tablespoons sesame oil
- 1/2 slice fresh ginger root, chopped
- 12 dried shiitake mushrooms, soaked until soft
- 3 cups long-grain white rice
- 2 1/2 cups boiling water
- 3 tablespoons chopped fresh cilantro
- 3 tablespoons thinly sliced green onion

**Directions**

Marinate the chicken and sausages in the soy sauce and 1 teaspoon salt and set aside.

Heat sesame oil in a large, nonstick wok. Stir fry the ginger until fragrant. Add the sausages and chicken and stir fry until brown. Add the mushrooms and fry for another 3 minutes. Stir in the rice and season with salt and pepper.

Transfer the mixture to a rice cooker and add water. When rice is cooked, garnish with chopped coriander and spring onions. Serve.
Green Chili and Cheese Chicken

**Ingredients**

- 4 boneless, skinless chicken breasts
- 1 1/2 cups shredded pepperjack cheese
- 1 (4 ounce) can diced green chile peppers, drained
- 1 tablespoon dry fajita seasoning

**Directions**

Preheat the oven to 350 degrees F (175 degrees C). Coat a 9 inch square baking dish (or similar size) with cooking spray.

Make a deep cut into the side of each chicken breast half to form a pocket or 'purse'. Stuff 1/4 cup of cheese and about 1 tablespoon of the chilies onto each one. Close, and secure with a toothpick so that the cheese does not escape while in the oven. Place the stuffed chicken into the baking dish. Season with Fajita seasoning, and then sprinkle the remaining cheese and chilies over the top.

Bake uncovered for 30 minutes in the preheated oven, until the chicken juices run clear, and cheese is melted and lightly browned.
Easy Chicken Enchiladas

**Ingredients**

1 (8 ounce) package cream cheese
1 cup salsa
2 cups chopped cooked chicken breast meat
1 (15.5 ounce) can pinto beans, drained
6 (6 inch) flour tortillas
2 cups shredded Colby-Jack cheese

**Directions**

Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

In a small saucepan over medium heat, combine the cream cheese and salsa. Cook, stirring until melted and well blended. Stir in chicken and pinto beans. Fill tortillas with the mixture, roll and place into the prepared baking dish. Spread cheese over the top. Cover with aluminum foil.

Bake for 30 minutes, or until heated through. Garnish with your favorite toppings such as lettuce and tomatoes, or sour cream.
Dilled Chicken Salad

**Ingredients**
- 1 (16 ounce) package spiral pasta, cooked and drained
- 2 cups cubed, cooked chicken
- 1 cup chopped celery
- 1/3 cup chopped onion
- 1 (10 ounce) package frozen peas, thawed

**DRESSING:**
- 1 (1 ounce) package ranch salad dressing mix
- 2 cups sour cream
- 1 cup mayonnaise
- 1 cup milk
- 3 tablespoons minced fresh dill
- 1/2 teaspoon garlic salt

**Directions**
In a large bowl, combine the first five ingredients; mix well. Combine dressing ingredients; whisk until smooth. Pour over salad; toss to coat. Cover and refrigerate for at least 2 hours.
Stuffed and Wrapped Chicken Breast

**Ingredients**
- 8 slices bacon
- 6 ounces cream cheese, softened
- 4 green onions, chopped
- 1/4 cup chopped red bell pepper
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 4 skinless, boneless chicken breast halves

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a small baking dish.

Place the bacon in a large, deep skillet. Cook over medium-high heat until the grease has mostly rendered, but the bacon is still very soft, about 3 minutes. Remove, and pat dry with paper towels; set aside.

Stir together the cream cheese, green onions, bell pepper, garlic powder, salt, and pepper in a bowl until combined. Divide this mixture onto each chicken breast. Fold the breasts in half, and wrap with 2 slices of bacon. Secure with toothpicks as needed. Place into the prepared baking dish.

Bake in the preheated oven until the chicken is no longer pink in the thickest part, 30 to 35 minutes. Remove the toothpicks before serving.
Chicken Caesar Salad Sandwich

Ingredients

- 1 cup chopped cooked chicken breast
- 1/4 cup low-fat Caesar salad dressing
- 1/4 cup finely diced red onions
- 2 tablespoons shredded Parmesan cheese
- 1 tablespoon chopped fresh parsley
- 2 slices Roman Meal Bread
- 6 leaves baby romaine lettuce
- 6 cherry tomato halves (optional)

Directions

Combine chicken, dressing, red onions, cheese and parsley in small bowl.

Place 3 lettuce leaves on toast. Top each with 1/2 cup chicken salad. Garnish with tomatoes if desired.
Pineapple and Apricot Skillet Chicken

Ingredients

- 2 fresh apricots, pitted and diced
- 1 (8 ounce) can crushed pineapple, with juice
- 1 tablespoon olive oil
- 4 skinless, boneless chicken breast halves
- 1 tablespoon lemon juice
- 1 tablespoon butter
- 1 teaspoon orange zest
- 1/2 cup dark rum
- 1/4 cup brown sugar
- 1 tablespoon onion powder
- 1/2 teaspoon ground ginger
- 1 pinch ground white pepper
- salt to taste
- 1 yellow bell pepper, chopped
- 1 red bell pepper, chopped

Directions

Place the pineapple and its juice and the apricots into a blender or food processor, and puree until smooth.

Heat olive oil in a large skillet over medium heat. Place the chicken into the skillet, and sprinkle with lemon juice. Cook until lightly browned on both sides, about 10 minutes.

Stir the butter and orange zest into the skillet, then when the butter is melted, pour in the rum. Carefully light with a match, and let the mixture burn until the flame goes out. Stir in the blended pineapple and apricot mixture, brown sugar, onion powder, ginger, salt and pepper. Reduce heat to low, and simmer for 5 minutes. Add the red and yellow bell peppers, and simmer until the peppers are hot, but still crisp. Remove from heat, and serve.
Crabless Chicken Cakes

**Ingredients**
- 2 1/2 cups shredded cooked chicken meat
- 1/2 cup cracker crumbs
- 1/4 cup minced onion
- 1/4 cup mayonnaise
- 1/4 cup tartar sauce
- 1 teaspoon dried parsley
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 dashes hot sauce
- 1 cup seasoned bread crumbs
- 1/4 cup olive oil for frying

**Directions**
In a bowl, mix the chicken, cracker crumbs, onion, mayonnaise, tartar sauce, parsley, salt, pepper, and hot sauce. Form the mixture into 6 cakes. Place the bread crumbs in a bowl. Dip the cakes into the bread crumbs to evenly coat.

Heat the olive oil in a skillet over medium heat, and cook the cakes until evenly browned, about 5 minutes on each side. Drain on paper towels before serving.
Chicken with Herb Dumplings

**Ingredients**

3 tablespoons vegetable shortening  
1 cup all-purpose baking mix  
2 teaspoons salt  
1 teaspoon paprika  
1/8 teaspoon ground black pepper  
2 1/2 pounds bone-in chicken parts  
2 (10.5 ounce) cans cream of chicken soup, undiluted  
3 cups milk

Dumplings:

2 cups all-purpose baking mix  
2/3 cup milk  
1/2 teaspoon dried parsley  
1/4 teaspoon poultry seasoning

**Directions**

Heat shortening in a large skillet over medium-high heat. In a medium bowl, stir together 1 cup baking mix, salt, paprika, and pepper. Coat chicken with mixture, and fry in shortening, turning until browned. Remove chicken to paper towels, and drain fat.

Wipe out skillet, and return to stove. Stir soup and milk together in skillet. Place chicken in pan, and heat to boiling. Reduce heat to low; cover skillet, and simmer 45 minutes, turning chicken from time to time.

Meanwhile, in a medium bowl, combine 2 cups baking mix, milk, parsley, and poultry seasoning, stirring together until a soft dough forms. Once the chicken has cooked 45 minutes, drop the dumpling mixture by tablespoonfuls into the simmering gravy. Cook uncovered for 10 minutes; cover, and cook 10 minutes more, until dumplings expand.
Chicken Soup with Stuffed Noodles

**Ingredients**

1 (3 pound) broiler-fryer chicken, cut up
2 1/2 quarts water
2 teaspoons salt
1/4 teaspoon pepper
4 medium carrots, sliced
2 celery ribs, sliced
1 medium onion, diced

**NOODLES:**
1 1/4 cups all-purpose flour
1 teaspoon salt
1 egg
5 tablespoons water
1 teaspoon vegetable oil

**FILLING:**
2 eggs
1 1/4 cups seasoned bread crumbs
3 tablespoons butter or margarine, melted

**Directions**

Place chicken, water, salt and pepper in a large soup kettle. Cover and bring to a boil; skim fat. Reduce heat; cover and simmer 1-1/2 hours or until chicken is tender. Debone chicken and cut into chunks; return to broth. Meanwhile, for noodles, mix flour and salt in a medium bowl. Make a well in the center. Beat together the egg, water and oil; pour into well. Stir together, forming a dough. Turn dough onto a floured surface; knead 8-10 times. Roll into a 16-in. x 12-in. rectangle. Combine filling ingredients; mix well. Sprinkle over dough to within 1/2 in. of edge; pat down. Moisten edges with water. Roll up jelly-roll style from long end; cut into 1/2-in slices. Add noodles to gently boiling soup and cook for 6-8 minutes or until tender.
In a Dutch oven or soup kettle, saute the onion, carrots, celery and garlic in oil for 5 minutes or until tender. Stir in the flour, oregano, thyme and poultry seasoning until blended; saute 1 minute longer. Gradually add broth, potatoes and salt; bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until potatoes are tender.

Stir in the chicken and noodles; simmer for 10 minutes or until noodles are tender. Reduce heat. Stir in the milk; heat through (do not boil).
Country Chicken Supper

**Ingredients**
- 3 skinless, boneless chicken breasts
- 2 tablespoons vegetable oil
- 1/2 cup chopped onion
- 1 (15 ounce) can green beans
- 1 (14.5 ounce) can diced tomatoes
- 1 (15 ounce) can carrots, drained
- 1 potato, peeled and diced
- 1 cup uncooked white rice
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup water
- 1/2 cup shredded Cheddar cheese

**Directions**
- Cut chicken into bite size pieces. Heat oil in a large skillet over medium heat. Saute onion and chicken for about 3 minutes.

- Add green beans, tomatoes with liquids (not drained), carrots, potato, rice, salt and pepper to skillet. Mix gently.

- Pour water over top of chicken mixture. Cover skillet and simmer over medium low heat, stirring occasionally, for 20 minutes or until rice and potato are tender.

- Sprinkle chicken mixture with cheese. Let stand covered for 5 minutes and serve.
Spicy Chicken

**Ingredients**
- 2 1/2 teaspoons paprika
- 1 teaspoon dried minced onion
- 1 teaspoon dried minced garlic
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried basil
- 1/4 teaspoon white pepper
- 4 (4 ounce) boneless, skinless chicken breast halves
- 2 teaspoons canola oil

**Directions**
In a small bowl, combine the first seven ingredients. Sprinkle over both sides of chicken. In a large nonstick skillet, cook chicken in oil over medium-high heat for 5-7 minutes on each side or until juices run clear.
Southwestern Chicken Soup

**Ingredients**

- 1 1/4 pounds boneless, skinless chicken breast, cut into thin strips
- 1 tablespoon canola oil or vegetable oil
- 2 (14.5 ounce) cans chicken broth
- 1 (16 ounce) package frozen corn, thawed
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 1 medium sweet red pepper, chopped
- 1 (4 ounce) can chopped green chilies
- 1 1/2 teaspoons seasoned salt
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder

**Directions**

In a large skillet, saute the chicken in oil until lightly browned. Transfer to a 5-qt. slow cooker with a slotted spoon. Stir in the remaining ingredients. Cover and cook on low for 7-8 hours. Stir before serving.
1-Pot, 3-Bean Chicken Stew

**Ingredients**
1 tablespoon canola oil  
1 3/4 pounds boneless, skinless chicken breast or thighs, cut in chunks  
1 large yellow onion, chopped  
1 cup sliced celery  
1 cup thinly sliced carrots  
3 cups no-salt-added chopped tomatoes  
1 (14.25 ounce) can fat-free, less-sodium chicken broth  
1 (15 ounce) can no-salt-added black beans  
1 (15 ounce) can no salt-added navy beans  
1 (15 ounce) can no salt-added kidney beans  
1 cup dry red wine  
1 bay leaf  
1 tablespoon Italian herbs  
1 cup smoked chicken breast, cubed  
1 cup fresh Italian parsley, chopped  
1 cup fresh cilantro, chopped

**Directions**
Heat oil in a large pot; brown chicken. Remove chicken and set aside. Saute onions until soft, about 5 minutes. Add broth, beans, tomatoes, celery, carrots, wine, bay leaf, herbs and all the chicken; cover and simmer for 40 minutes.

Add parsley, cilantro, salt, and pepper, and simmer 5 more minutes.
Ingredients

- 1 tablespoon butter
- 1/4 cup sliced fresh mushrooms
- 1 (10.75 ounce) can condensed cream of celery soup
- 1/4 cup finely chopped celery
- 1/2 cup sour cream
- 1/4 cup green bell pepper, chopped
- 1/4 cup dry white wine
- 4 skinless, boneless chicken breast halves
- 1 pinch paprika
- 1 pinch garlic powder
- 1 pinch ground black pepper
- 2 teaspoons butter, divided

Directions

Preheat oven to 325 degrees F (165 degrees C).

Heat 1 tablespoon butter in a small skillet over medium heat. Cook mushrooms in butter until soft.

In a large bowl, mix the mushrooms, soup, celery, sour cream, bell pepper, and wine. Transfer to a 9x13 inch baking dish. Top with the chicken breasts. Season with paprika, garlic powder, and pepper. Top each breast with 1/2 teaspoon butter.

Cover, and bake 1 hour in the preheated oven, or until the chicken is no longer pink and the juices run clear.
Asparagus Chicken

Ingredients
4 skinless, boneless chicken breast halves
1/2 cup Chardonnay wine
1 teaspoon dried tarragon
1 packet dry hollandaise sauce mix
16 fresh steamed asparagus tips
1 cup shredded Cheddar cheese

Directions
To Marinate: Place chicken in a nonporous glass dish or bowl. Pour wine over chicken, then sprinkle with tarragon. Cover dish and refrigerate to marinate for 2 hours.

Preheat oven to broil/grill.

Remove chicken from dish or bowl, discarding remaining marinade, and broil/grill for 25 minutes or until cooked through and juices run clear.

Meanwhile, prepare hollandaise sauce according to package directions. When chicken is cooked, place 4 spears of steamed asparagus on each chicken breast and dribble with prepared hollandaise sauce to taste. Sprinkle with cheese and serve.
Chicken Pelau

**Ingredients**
- 1 cup vinegar
- 1 tablespoon salt
- 2 pounds bone-in chicken pieces
- salt and pepper to taste
- 1 tablespoon vegetable oil
- 1 onion, diced
- 2 cloves garlic, crushed
- 2 cups uncooked white rice
- 1/2 teaspoon dried thyme
- 4 tablespoons curry powder
- 4 cups water

**Directions**

In a medium bowl, stir together the vinegar and 1 tablespoon of salt. Add chicken and soak for 20 minutes. Rinse chicken, and season with salt and pepper. Discard vinegar, and set chicken aside.

Heat the oil in a deep saucepan or Dutch oven. Add the onion and garlic; cook and stir until browned. Add the chicken pieces, and fry until browned all over, stirring constantly. Pour in the rice, and season with thyme and curry powder. Stir in the water.

Cover, and cook over medium heat for about 20 minutes, or until rice is tender and has absorbed all of the liquid.
Perfect Pineapple Orange Chicken

Ingredients

1 (2 to 3 pound) whole chicken, rinsed
4 tablespoons butter, softened
1/2 cup pineapple juice
1/2 cup orange juice
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place rinsed and dried chicken on a tray. Rub butter all over the chicken, top and bottom, then season evenly with salt and pepper to taste.

Pour the pineapple juice and orange juice in the tray, not directly over the chicken.

Bake chicken uncovered in the preheated oven for 1 1/2 hours, basting every 5 to 10 minutes with the juices. When it is done it should be a perfect golden brown.
Grate orange peel, reserving 1-1/2 teaspoons. Peel and section orange; set orange sections aside. In a small bowl, combine the cornstarch and ginger. Stir in the broth, soy sauce, chili sauce, hot pepper sauce and reserved grated orange peel until blended; set aside.

In a large nonstick skillet or wok, stir-fry the chicken and garlic in oil for 2-3 minutes or until lightly browned. Add the broccoli, peppers and carrot; stir-fry for 5 minutes or until the vegetables are crisp-tender. Stir broth mixture and add to the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in cashews and reserved orange sections. Serve with rice.
# Chicken Wings Pacifica

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 pounds chicken wings</td>
<td></td>
</tr>
<tr>
<td>1 cup soy sauce</td>
<td></td>
</tr>
<tr>
<td>1 cup packed brown sugar</td>
<td></td>
</tr>
<tr>
<td>1/2 cup butter</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon mustard powder</td>
<td></td>
</tr>
<tr>
<td>3/4 cup water</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

1. Disjoint the chicken wings, discarding the tips.
2. Combine the soy sauce, brown sugar, butter or margarine, mustard and water and heat until the sugar and butter dissolve. Let mixture cool and pour over wings. Marinate in the refrigerator for 2 hours, turning occasionally.
3. Preheat oven to 350 degrees F (175 degrees C).
4. Bake chicken wings in marinade for 45 minutes, turning once and spooning marinade over chicken occasionally. Drain on paper towels and serve.
## Ingredients

- 3 (3 pound) whole chicken
- 4 cups diced celery
- 2 cups chopped onion
- 1 teaspoon salt
- 3 cups all-purpose flour
- 3 cups frozen corn
- Salt to taste
- Ground white pepper, to taste
- 1 tablespoon dried parsley

## Directions

Place chicken, celery and onion into a large stock pot and cover with water. Bring to a boil, then simmer for 2 hours or until chicken has fallen from the bone.

Remove chicken from the pot and set aside to cool. Remove 2 cups of the chicken broth and set aside to cool also. When chicken is cool enough to handle, remove and discard skin and bones. Chop chicken meat and return to the stock pot.

In a food processor, combine the flour with 1 teaspoon of salt. Put the lid onto the processor and slowly pour chicken broth through the opening in the lid while the machine is processing, until the dough forms a ball. You may not need to use all of the reserved broth. Remove dough from the food processor and set aside to rest for 20 minutes. Return any unused broth to the stock pot.

On a lightly floured surface, roll out the dough to 1/4 inch thickness. Cut into thin strips and then cut the strips into pieces to form short thin noodles. Bring the broth back up to a boil and add noodles and the corn. Cook for another 10 minutes or until noodles are firm. Add salt and pepper to taste. Serve hot garnished with parsley flakes.
### Ingredients

1/4 cup butter  
1/4 cup chopped onion  
1/4 cup all-purpose flour  
1/4 teaspoon salt (optional)  
1/4 teaspoon black pepper  
1 (10.75 ounce) can reduced-fat, reduced-sodium condensed cream of chicken soup, undiluted  
1 (10.75 ounce) can 2% low-fat milk  
1 1/2 cups meat from rotisserie chicken, skinned and cubed  
1 (29 ounce) can mixed vegetables (such as Veg-All®), drained  
1 (9 inch) refrigerated pie crust (such as Pillsbury®)

### Directions

Preheat oven to 400 degrees F (200 degrees C).

Melt the butter in a saucepan over medium-low heat, and cook and stir the onion with butter until translucent, about 5 minutes. Stir in the flour, salt, and pepper to make a paste. Whisk in the chicken soup and milk, and cook and stir the sauce until smooth and thickened, about 5 minutes. Lightly mix in the cooked chicken and mixed vegetables, and pour the chicken and sauce into a 2-quart deep casserole dish.

Unroll the pie crust, lay it on the casserole dish, and fold and press the edges of the crust down to seal the crust to the dish. Cut several small slits in the crust.

Bake in the preheated oven until the crust is golden brown and the filling is bubbling, 35 to 40 minutes. Cool 10 minutes before serving.
**Herbed Citrus Chicken**

**Ingredients**
- 1/4 cup lime or lemon juice
- 2 tablespoons olive oil or canola oil
- 3/4 teaspoon seasoned salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 2 (4 ounce) skinless, boneless chicken breast halves

**Directions**

In a bowl, combine the first seven ingredients; mix well. Pour 3 tablespoons marinade into a resealable plastic bag. Cover and refrigerate remaining marinade; add chicken to the bag. Seal bag and turn to coat; refrigerate for at least 3 hours or overnight.

Drain and discard marinade. Grill, uncovered, over medium heat or broil 6 in. from heat for 5-7 minutes on each side or until juices run clear; basting occasionally with reserved marinade.
15-Minute Chicken Parmesan

**Ingredients**

- 4 fully-cooked breaded chicken cutlets*
- 1 (24 ounce) jar Bertolli® Vidalia Onion with Roasted Garlic Sauce
- 1/2 cup shredded mozzarella cheese (optional)
- 8 ounces pasta, cooked and drained

**Directions**

Preheat oven to 375 degrees F.

Arrange chicken in 9x13 inch baking dish. Pour sauce over chicken, then sprinkle with cheese. Bake 15 minutes or until heated through. Serve over hot bow ties.
**Easy Chicken Balls**

**Ingredients**
- 1 1/2 pounds ground chicken
- 2 tablespoons minced onion
- 2 teaspoons whole cloves, ground
- 1/4 cup ricotta cheese
- 1/4 cup shredded mozzarella cheese
- 1/2 cup freshly grated Parmesan cheese
- 3 tablespoons ketchup
- 1 tablespoon fresh basil
- 2 teaspoons dried parsley
- 2 eggs, beaten
- 1/8 cup crushed buttery round cracker crumbs

**Directions**

In a large bowl combine the chicken, onion, cloves, ricotta cheese, mozzarella cheese, Parmesan cheese, ketchup, basil, parsley and eggs. Mix well and form about 30 balls out of the mixture, using hands.

Roll balls in extra Parmesan cheese and cracker crumbs. Heat oil in a large skillet over medium high heat and fry chicken balls until golden brown, 15 to 20 minutes.
## Ingredients

- 1 (8 ounce) can unsweetened crushed pineapple, undrained
- 2 tablespoons cider vinegar
- 2 tablespoons reduced-sodium soy sauce
- 1 garlic clove, minced
- 1/8 teaspoon pepper
- 6 boneless skinless chicken breast halves (1-1/2 pounds)

## Directions

In a large resealable plastic bag, combine the first five ingredients. Add chicken. Seal bag and turn to coat; refrigerate for 30 minutes. Place the chicken and marinade in an 11-in. x 7-in. x 2-in. baking dish coated with nonstick cooking spray. Cover and bake at 350 degrees F for 25 minutes or until chicken juices run clear.
## Chicken Gumbo Soup

**Ingredients**

- 8 cups water
- 1 teaspoon garlic powder
- 1 tablespoon hot pepper sauce
- 2 carrots, sliced thin
- 4 ounces fresh mushrooms
- 1 (10 ounce) package frozen okra, thawed and sliced
- 1/4 cup uncooked wild rice
- 1 skinless, boneless chicken breast half - cut into cubes
- 1 1/2 cups uncooked rotini pasta
- salt to taste
- ground black pepper to taste
- 3 green onions, thinly sliced

**Directions**

Bring the water to a boil. Add the garlic powder and the hot pepper sauce. Put the carrots and mushrooms into the pot of water. Cook for five minutes.

Add the okra, wild rice, and chicken cubes. Turn heat to low, and cook for three hours.

Add the spiral pasta, and cook for ten minutes. Add salt and pepper to taste. Serve hot, garnished with green onions.
Maple Mustard Chicken

**Ingredients**

- 1/2 cup maple syrup
- 3 tablespoons cider or red wine vinegar
- 2 tablespoons Dijon mustard
- 1 tablespoon vegetable oil
- 2 garlic cloves, minced
- 3/4 teaspoon pepper
- 6 (4 ounce) boneless skinless chicken breast halves

**Directions**

In a bowl, combine the first six ingredients; mix well. Reserve 1/4 cup for basting; cover and refrigerate. Pour remaining marinade into a large resealable plastic bag or shallow glass container; add chicken and turn to coat. Seal or cover; refrigerate for 4-8 hours, turning occasionally. Drain and discard marinade. Grill, uncovered, over medium heat for 3 minutes on each side. Grill 6-8 minutes longer or until juices run clear, basting with the reserved marinade and turning occasionally.
Asparagus Chicken Fajitas

Ingredients

- 1 pound boneless skinless chicken breasts, cut into strips
- 3/4 cup fat free Italian-style dressing
- 1 tablespoon vegetable oil
- 1 pound fresh asparagus, trimmed and cut into 2 inch pieces
- 1 medium sweet red pepper, julienned
- 1 medium sweet yellow pepper, julienned
- 1/2 cup fresh or frozen corn
- 1/4 cup diced onion
- 2 tablespoons lemon juice
- 1/2 teaspoon garlic salt
- 1/8 teaspoon pepper
- 12 (6 inch) flour tortillas, warmed

Directions

Place chicken in a large resealable plastic bag; add salad dressing. Seal bag and turn to coat; refrigerate for 4 hours, turning several times.

Drain and discard marinade. In a large nonstick skillet, saute chicken in oil for 3 minutes. Add the asparagus, peppers, corn and onion. Cook and stir for 7 minutes or until the chicken juices run clear and vegetables are crisp-tender. Stir in the lemon juice, garlic salt and pepper. Spoon 1/2 cup on each tortilla; fold in sides.
### Ingredients

- 6 boneless, skinless chicken breast halves
- 1 1/2 cups uncooked instant rice
- 1/2 cup boiling water
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1 (10.75 ounce) can condensed cream of celery soup, undiluted
- 2 tablespoons onion soup mix
- 1 (10 ounce) package frozen peas, thawed
- 1/2 cup minced fresh parsley

### Directions

Place chicken in a greased 13-in. x 9-in. x 2-in. baking dish. In a bowl, combine rice and water. In another bowl, combine soups, soup mix and peas; stir into rice mixture. Spread over chicken. Cover and bake at 350 degrees F for 40 minutes. Uncover; sprinkle with parsley. Bake 10-15 minutes longer or until chicken juices run clear.
Grilled Chicken and Portobello Lasagna Rollups

Ingredients

- 18 lasagna noodles, cooked and drained
- 2 cups marinara sauce
- 1 teaspoon vegetable oil
- 2 portobello mushrooms, diced
- 1 cup frozen chopped spinach
- 2 cups diced cooked chicken
- 1 (15 ounce) container ricotta cheese
- 1/2 cup grated Parmesan cheese
- 1 teaspoon dried oregano
- Salt and ground black pepper to taste
- 2 cups Alfredo sauce
- 1 cup shredded mozzarella cheese
- 1/4 cup pine nuts

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the lasagna noodles, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the noodles are cooked, but still firm to the bite, about 8 minutes; drain and rinse.

Preheat oven to 375 degrees F (190 degrees C). Spread the marinara sauce in the bottom of a 9x13 glass baking dish; set aside.

Heat oil in a skillet over medium heat; cook and stir mushrooms until they soften, about 5 minutes. Stir in spinach, and cook until hot; remove from heat.

Stir together the chicken, ricotta cheese, Parmesan cheese, oregano, and the cooked spinach mixture in a large bowl. Season to taste with salt and black pepper. Spread about 1/4 cup of the mixture on each lasagna noodle. Roll the noodle up, and place seam-side down into the prepared baking dish. Repeat for each noodle. Spoon Alfredo sauce over the rollups.

Bake, covered, in the preheated oven for 40 minutes. Uncover; sprinkle with mozzarella cheese and pine nuts. Return to the oven and bake until the cheese is melted and bubbly and the pine nuts are toasted, about 10 minutes. Serve hot.
Cheesy Chicken Tetrazzini

Ingredients
- 2 tablespoons butter
- 1 1/2 pounds boneless, skinless chicken breasts, cut in 1-inch strips
- 1 1/2 cups sliced fresh mushrooms
- 1 small red bell pepper, cut into strips
- 1/2 cup sliced green onions
- 1/4 cup all-purpose flour
- 1 3/4 cups chicken broth
- 1 cup light cream
- 2 tablespoons dry sherry
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon dried thyme, crushed
- 1 (8 ounce) package rotelle pasta
- 1/4 cup grated Parmesan cheese
- 2 tablespoons chopped fresh parsley
- 1 cup shredded Jarlsberg cheese

Directions
- Preheat oven to 325 degrees F (165 degrees C).

- Heat butter in a large skillet over medium heat. Stir in chicken pieces, and cook to brown. Stir in mushrooms, and brown. Add red pepper and green onion, and cook several minutes, stirring constantly. Stir in flour, and cook several minutes, stirring until well blended. Gradually stir in chicken broth, cream, and sherry; cook, stirring, until smooth and thickened. Season with salt, pepper, and thyme.

- Meanwhile, bring a large pot of lightly salted water to a boil. Add pasta, and cook until just tender, about 8 minutes; drain.

- Toss chicken mixture with pasta, Parmesan cheese, and parsley. Spoon into a 1 1/2-quart baking dish.

- Bake in a preheated oven for 35 minutes. Remove, top with Jarlsberg cheese, and return to oven; bake until cheese is melted.
### Ingredients

- 3/4 cup golden raisins
- 3 tablespoons extra virgin olive oil
- 1 medium onion, halved and thinly sliced
- 1 tablespoon minced garlic
- 2 tablespoons pine nuts
- 2 tablespoons chopped black olives
- 2 bay leaves
- 1/4 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1 (15 ounce) can diced tomatoes, drained
- salt and pepper to taste
- 1 tablespoon balsamic vinegar
- 1 teaspoon white sugar
- 2 tablespoons julienned fresh basil
- 1 (16 ounce) package angel hair pasta
- 1 tablespoon extra virgin olive oil
- 4 (6 ounce) skinless, boneless chicken breast halves
- 1 lemon, zested and juiced
- 1/4 cup shaved Parmesan cheese
- 4 sprigs fresh basil

### Directions

Soak the raisins in warm water until they plump, about 10 minutes. Drain and set aside.

Heat 3 tablespoons of olive oil in a saucepan over medium-high heat. Stir in the onion, garlic, pine nuts, and olives. Season with bay leaves, oregano, and cayenne. Cook until the onions have softened and begun to turn golden, about 5 minutes. Stir in the tomatoes and season with salt and pepper; cook for 5 more minutes. Add the raisins, balsamic vinegar, and sugar; cook, stirring occasionally until thickened, about 5 more minutes. Remove the bay leaves, and stir in the julienned basil. Cover and keep warm.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

While the pasta is cooking, heat the remaining 1 tablespoon of olive oil in a skillet over medium heat. While the skillet is heating, toss the chicken with the lemon juice to coat (the lemon zest will be used later). Cook the chicken on both sides until golden brown and the juices run clear, about 15 minutes. Transfer to a warm plate, and allow to rest for about five minutes.

To serve, slice each chicken breast against the grain into thin slices. Divide the pasta into four wide, shallow bowls. Fan the chicken slices out over top of the pasta, and spoon the tomato sauce over them. Sprinkle with lemon zest, Parmesan cheese, and a sprig of basil to garnish.
# Chicken Soup Au Pistou

## Ingredients

- 1 tablespoon olive oil
- 1/2 pound boneless skinless chicken breasts, cut into bite-size pieces
- 1 onion, finely diced
- 3 (14.5 ounce) cans chicken broth
- 1 (14.5 ounce) can whole peeled tomatoes
- 1 (14 ounce) can great Northern beans, rinsed and drained
- 2 carrots, sliced
- 1 large potato, diced
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup frozen green beans
- 1/4 cup pesto

## Directions

Place the olive oil in a large saucepan and heat over medium-high heat until hot. Add chicken; cook and stir about 5 minutes or until chicken is browned. Add onion; cook and stir 2 minutes.

Add chicken broth, undrained tomatoes, northern beans, carrots, potato, salt and pepper. Bring to a boil, stirring to break up tomatoes. Reduce heat to low; cover and simmer for 15 minutes, stirring occasionally. Add green beans and cook for 5 minutes or until vegetables are tender.

Ladle soup into bowls, top each with 1 teaspoon pesto and sprinkle with parmesan cheese.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (10.5 ounce) can condensed chicken and rice soup</td>
<td>In a 3-qt. saucepan, combine soups and water; mix well. Heat through. Add the chicken if desired. Stir in lemon juice and pepper. Garnish with parsley if desired.</td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup, undiluted</td>
<td></td>
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<tr>
<td>2 1/4 cups water</td>
<td></td>
</tr>
<tr>
<td>1 cup diced cooked chicken</td>
<td></td>
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<tr>
<td>1 tablespoon lemon juice</td>
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<tr>
<td>pepper to taste</td>
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</tr>
<tr>
<td>Minced fresh parsley</td>
<td></td>
</tr>
</tbody>
</table>
# Limehouse Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 boneless, skinless chicken thighs</td>
<td></td>
</tr>
<tr>
<td>1 lime, zested and juiced</td>
<td></td>
</tr>
<tr>
<td>1/3 cup all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>1 1/2 teaspoons salt</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon paprika</td>
<td></td>
</tr>
<tr>
<td>1/4 cup vegetable oil</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons brown sugar</td>
<td></td>
</tr>
<tr>
<td>1/2 cup chicken broth</td>
<td></td>
</tr>
<tr>
<td>1/2 cup white wine</td>
<td></td>
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<tr>
<td>2 sprigs fresh mint, chopped</td>
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</tbody>
</table>

## Directions

Preheat the oven to 375 degrees F (190 degrees C).

Combine the flour, salt and paprika in a large plastic bag. Sprinkle lime juice over the chicken thighs, then place them in the bag. Shake pieces around until completely coated.

Heat the oil in a large skillet over medium-high heat. Add chicken and cook just until browned on each side. Transfer to a baking dish. Mix together the brown sugar and lime zest; sprinkle over the chicken. Pour the chicken broth and white wine into the pan. Sprinkle mint over the top.

Bake uncovered for 45 minutes in the preheated oven. Chicken should be cooked through and juices will run clear.
Amazing Italian Lemon Butter Chicken

**Ingredients**

Lemon Butter Sauce:
- 1/4 cup white wine
- 5 tablespoons fresh lemon juice
- 5 tablespoons heavy cream
- 1 cup butter, chilled
- salt and pepper to taste

Chicken and Pasta:
- 1/2 pound dry farfalle (bow tie) pasta
- 4 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
- 2 tablespoons olive oil
- 2 tablespoons butter
- 1/4 cup all-purpose flour
- salt and pepper to taste
- 4 ounces bacon
- 6 ounces mushrooms, sliced
- 6 ounces artichoke hearts, drained and halved
- 2 teaspoons capers, drained
- chopped fresh parsley for garnish

**Directions**

To make the sauce, pour the wine and lemon juice into a saucepan over medium heat. Cook at a low boil until the liquid is reduced by 1/3. Stir in cream, and simmer until it thickens. Gradually add the butter 1 tablespoon at a time to the sauce, stirring until completely incorporated. Season with salt and pepper. Remove from heat, and keep warm.

Bring a large pot of lightly salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and set aside.

To make the chicken, heat oil and 2 tablespoons butter in a large skillet over medium heat. In a bowl, stir together flour, salt, and pepper. Lightly coat chicken with flour mixture. Without crowding, carefully place chicken in hot oil. (If necessary, cook in batches.) Fry until cooked through and golden brown on both sides. Remove the chicken to paper towels. Stir the bacon, mushrooms, artichokes, and capers into the oil; cook until the mushrooms are soft.

Cut the chicken breasts into bite-size strips, and return them to the skillet. Stir half of the lemon butter sauce into the chicken mixture.

To serve, place pasta in a large bowl. Stir the chicken mixture into the pasta. Taste, and adjust seasonings. Stir in additional lemon butter sauce as desired. Toss well, and garnish with parsley.
Corny Chicken Wraps

Ingredients

- 1 pound boneless skinless chicken breasts, cut into strips
- 1/2 cup chopped green pepper
- 1/4 cup chopped green onions
- 2 teaspoons canola or vegetable oil
- 1 1/2 cups frozen whole-kernel corn, thawed
- 1 1/2 cups salsa
- 1/4 cup sliced ripe olives
- 1/2 teaspoon chili powder
- 6 (8 inch) flour tortillas, warmed
- 1 cup shredded reduced-fat Cheddar cheese

Directions

In a nonstick skillet, saute the chicken, green pepper and onions in oil for 3-4 minutes or until chicken juices run clear; drain. Stir in the corn, salsa, olives and chili powder. Cook and stir over medium heat for 3-4 minutes or until heated through. Spoon about 1/2 cup chicken mixture over one side of each tortilla. Sprinkle with cheese; roll up and secure with toothpicks.
Italian Chicken

Ingredients

2 pounds skinless, boneless chicken breast halves - cut into strips
1 tablespoon olive oil
2 cloves garlic, minced
3/4 cup dry white wine
1 cup cherry tomatoes
1/4 cup pimento-stuffed green olives
salt to taste
ground black pepper to taste

Directions

Season chicken with salt and pepper.

In a skillet or saute pan, saute minced garlic in olive oil over medium heat. Add sliced breast meat, and brown.

Reduce heat to low. Add wine, cover, and simmer for 35 minutes.

Add olives, and let simmer for 10 minutes more. When ready to serve, add cherry tomatoes for a minute or two. They should not get mushy or split open, just get warm. Serve immediately.
**Ingredients**

- 1 (8 ounce) can pineapple chunks, drained (juice reserved)
- 2 green bell pepper, cut into 1 inch pieces
- 1/4 cup cornstarch
- 1 3/4 cups water
- 3/4 cup white sugar
- 1/2 cup distilled white vinegar
- 2 drops orange food color
- 8 skinless, boneless chicken breast halves - cut into 1 inch cubes
- 2 1/4 cups self-rising flour
- 2 tablespoons vegetable oil
- 2 tablespoons cornstarch
- 1/2 teaspoon salt
- 1/4 teaspoon ground white pepper
- 1 egg
- 2 cups water
- 1 quart vegetable oil for frying

**Directions**

In a saucepan, combine 1 1/2 cups water, sugar, vinegar, reserved pineapple juice, and orange food coloring. Heat to boiling. Turn off heat. Combine 1/4 cup cornstarch and 1/4 cup water; slowly stir into saucepan. Continue stirring until mixture thickens.

Combine flour, 2 tablespoons oil, 2 tablespoons cornstarch, salt, white pepper, and egg. Add 1 1/2 cups water gradually to make a thick batter. Stir to blend thoroughly. Add chicken pieces, and stir until chicken is well coated.

Heat oil in skillet or wok to 360 degrees F (180 degrees C). Fry chicken pieces in hot oil until golden. Remove chicken, and drain on paper towels.

When ready to serve, layer green peppers, pineapple chunks, and cooked chicken pieces on a platter. Pour hot sweet and sour sauce over top.
**Ingredients**

- 4 skinless, boneless chicken breast halves
- 4 eggs
- 1 red apple, diced
- 3 green onions, chopped
- 1/2 cup sweet pickle relish
- 1/2 cup mayonnaise
- 3 stalks celery, thinly sliced
- 1 (8 ounce) can pineapple chunks, juice reserved
- 1/4 cup chopped fresh cilantro
- 1 cup chopped pecans
- fajita seasoning to taste

**Directions**

Bring a large pot of water to a boil. Add chicken and cook until thoroughly cooked and no longer pink inside, approximately 20 minutes. Drain, cool and chop.

Meanwhile, place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and slice.

In a large bowl, mix together the chicken, sliced eggs, apple, onions, relish, mayonnaise, celery, pineapple (with just a little juice for flavor), cilantro, pecans and fajita seasoning to taste.
Famous Chicken Francaise

**Ingredients**

1 egg, beaten  
1/2 lemon, juiced  
1 cup all-purpose flour  
1 pinch garlic powder  
1 pinch paprika  
6 skinless, boneless chicken breast halves  
2 tablespoons butter  
1 (14.5 ounce) can chicken broth  
1 lemon, juiced  
6 slices lemon, for garnish  
2 sprigs fresh parsley, for garnish

**Directions**

In a shallow dish or bowl, mix together the egg and juice of 1/2 lemon. In another shallow dish or bowl mix together the flour, garlic powder and paprika. Dip chicken breasts in egg mixture, then flour mixture.

Heat butter or margarine in a large skillet over medium heat. Add chicken breasts and cook until golden on each side.

In a medium bowl, mix together broth and juice of 1 lemon, and pour mixture over chicken in skillet. Reduce heat to medium low and let simmer for about 8 minutes. Place on serving platter, and garnish with fresh lemon slices and parsley sprigs.
Easy Spicy Mexican-American Chicken

Ingredients

- 1/2 cup Mexican-style hot sauce (such as Valentina)
- 1 tablespoon paprika
- 1 tablespoon cayenne pepper
- 1 tablespoon brown sugar, or more to taste
- 4 chicken thighs

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease a small baking dish.

- Mix the hot sauce, paprika, ground cayenne pepper, and brown sugar in a bowl, and stir until the mixture is well combined. Place the chicken thighs in the baking dish, and coat them with a layer of sauce. Cover the dish with foil.

- Bake in the preheated oven for 20 minutes. Remove the foil, and bake until the chicken has cooked through, and the sauce has thickened and started to brown, about 20 more minutes.
# Granny's Vinegar Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>10 chicken thighs</td>
<td></td>
</tr>
<tr>
<td>2 cups distilled white vinegar</td>
<td></td>
</tr>
<tr>
<td>1 cup all-purpose flour for coating</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon salt and pepper to taste</td>
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<tr>
<td>1/4 cup oil for frying</td>
<td></td>
</tr>
<tr>
<td>1 (12 ounce) jar sliced jalapeno peppers, with liquid</td>
<td></td>
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</tbody>
</table>

## Directions

Place chicken thighs in a shallow baking dish. Pour vinegar over, cover and let marinate overnight.

Preheat the oven to 400 degrees F (200 degrees C). Remove the chicken from the marinade, reserving 1/4 cup of the vinegar. Coat the chicken with flour, and season with salt and pepper to taste. Heat oil in a large heavy skillet over medium-high heat.

Fry chicken in the hot oil until the outside is lightly crisp. Remove from heat, and place chicken into a 9x13 inch baking dish lined with aluminum foil. Add 1/4 cup of vinegar to the pan, and pour the entire jar of jalapenos over the chicken. Cover the pan with foil.

Bake for 45 minutes to 1 hour, or until chicken is no longer pink, and the juices run clear.
## Easy Skillet Chicken a la King

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound skinless, boneless chicken breast</td>
<td>cut into bite-size pieces</td>
</tr>
<tr>
<td>1 tablespoon olive oil</td>
<td></td>
</tr>
<tr>
<td>1 cup milk</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of</td>
<td>chicken soup</td>
</tr>
<tr>
<td>1 cup fresh sliced mushrooms</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons chopped pimento peppers</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon onion powder</td>
<td></td>
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<tr>
<td>1/2 teaspoon ground black pepper</td>
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</table>

### Directions

In a large skillet, heat oil. When hot add chicken and saute 4 to 5 minutes until about halfway cooked. Add mushrooms and continue to saute until chicken is lightly browned and cooked through (juices run clear). Stir in the milk, soup, mushrooms, pimentos, onion powder and pepper. Bring all to a boil. Cover skillet and reduce heat. Let simmer for 2 to 3 minutes. Stir together and serve.
**Chicken or Turkey Tetrazzini**

**Ingredients**
- 12 ounces spaghetti
- 1 1/2 teaspoons vegetable oil
- 1/2 teaspoon salt
- 1 1/2 tablespoons butter
- 1/4 cup chopped onion
- 1 clove garlic, minced
- 2 (10.75 ounce) cans condensed cream of mushroom soup
- 1 cup chicken broth
- 1 teaspoon seasoning salt
- 3 cups shredded American cheese
- 4 cups cooked and cubed chicken
- 2 tablespoons chopped fresh parsley
- 2 tablespoons diced red bell pepper

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Cook spaghetti according to package directions, add oil and salt to cooking water. Drain.

In large saucepan or Dutch oven over medium heat, melt butter. Add onion and garlic. Cook, stirring occasionally, 2 minutes. Add soup, broth, seasoned salt and 1 1/2 cups of the cheese. Cook and stir until cheese melts and mixture is smooth. Add spaghetti and chicken or turkey. Mix well. Transfer to 2-quart baking dish. Cover with foil.

Bake at 350 degrees F (175 degrees C) for 30 minutes or until hot and bubbly.

Remove foil. Sprinkle with remaining 1 1/2 cups cheese. Continue baking 2 minutes or until cheese melts. Sprinkle with parsley and bell pepper.
Grilled Caribbean Chicken

**Ingredients**

- 3 skinless, boneless chicken breasts
- 1/4 cup orange juice
- 2 tablespoons fresh lime juice
- 2 tablespoons mango chutney
- 2 teaspoons grated fresh ginger
- 1 tablespoon olive oil
- 1/2 teaspoon hot pepper sauce
- 1 teaspoon minced fresh oregano
- 2 cloves garlic, minced

**Directions**

In a nonporous glass dish or bowl combine the orange juice, lime juice, chutney, ginger, oil, pepper sauce, oregano and cloves. Mix all together and add chicken. Toss to coat, cover dish and place in refrigerator. Marinate overnight.

Preheat grill to medium high heat or set oven to broil

Remove chicken from dish (dispose of remaining marinade) and grill or broil the chicken 6 inches from the heat source.
Sweet Potato Chicken Casserole

Ingredients

1 tablespoon olive oil
1 large onion, finely chopped
1 clove garlic, chopped
2 pounds sweet potatoes, peeled and diced
2 carrots, diced
4 skinless, boneless chicken breast halves - diced
2 tablespoons all-purpose flour
1 cup dry white wine
2 cups chicken stock
1/4 cup half-and-half or light cream

Directions

Preheat the oven to 400 degrees F (200 degrees C).

Heat the oil in a large skillet over medium heat. Add the onion and garlic, and cook until just starting to turn golden. Mix in the sweet potatoes and carrot; cook and stir for a few minutes, until lightly browned.

Move the vegetables to the sides of the pan, leaving the center clear. Add the chicken; cook and stir until seared on all sides. Scatter the flour over the top, and stir it in. Gradually stir in the chicken stock, mixing carefully so that no flour lumps form. Scrape any bits of food from the bottom of the pan while you do this. Pour in the wine last, and mix through. Transfer to a casserole dish and cover with a lid.

Bake for 1 hour in the preheated oven. Remove from the oven, and let it cool just a little before stirring in the cream (or else it may curdle).
Pan Sauce Chicken

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon seasoned salt
- 3 tablespoons all-purpose flour
- 3 tablespoons water
- 1 cup white wine
- 1 cup chicken broth
- 2 teaspoons chopped Italian herbs

**Directions**

Season chicken breasts with salt, pepper and seasoned salt. In a small bowl, combine flour and water and mix until no lumps remain and the mixture is completely smooth.

Heat 1 tablespoon oil in a large skillet over high heat. Add chicken and brown for 3 to 4 minutes each side. Remove chicken to a plate or platter.

Deglaze skillet with wine and broth and bring to simmer over medium low heat. When simmering, add herbs; whisk in flour mixture. Return to simmer, reduce heat to low and return chicken to skillet with juices.

Cover skillet and simmer gently for 20 to 30 minutes, or until chicken is cooked through (no longer pink inside), turning frequently.
Cherry Chicken Salad

**Ingredients**
3 cooked, boneless chicken breast halves, diced
1/3 cup dried cherries
1/3 cup diced celery
1/3 cup toasted, chopped pecans
1/3 cup low-fat mayonnaise
1 tablespoon buttermilk
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/3 cup cubed apples (optional)

**Directions**
In a large bowl, combine the chicken, dried cherries, celery, nuts, mayonnaise, milk, salt and pepper and apple if desired. Toss together well and refrigerate until chilled. Serve on toasted cracked wheat bread or croissants.
Ingredients

1 (8 ounce) package linguine pasta
2 tablespoons butter
3 green onions, chopped
5 cloves garlic, diced
1/2 pound fresh mushrooms, sliced
1 small head broccoli, chopped
1 (14 ounce) can chicken broth
3 skinless, boneless chicken breast halves - cut into bite-size pieces

1/4 cup butter
1/4 cup all-purpose flour
1 cup milk
1 (8 ounce) package Colby-Jack cheese, cubed
salt and ground black pepper to taste

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the linguine, and return to a boil. Cook, uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain.

Meanwhile, melt the 2 tablespoons butter in a large pot over medium-high heat. Stir in the onions, garlic, mushrooms, and broccoli, and cook and stir for 5 minutes. Pour in the chicken broth; cover and simmer until broccoli is just tender. Stir in the chicken, and cook until chicken is no longer pink in the center, about 5 minutes.

While the chicken is cooking, melt the butter in a saucepan over medium-low heat. Whisk in the flour, and stir until the mixture becomes paste-like and light golden brown, about 5 minutes. Add the butter-flour mixture to the chicken mixture, stirring constantly with a fork to prevent lumps. Pour in the milk, stirring constantly until smooth. Reduce heat to medium; simmer for 5 minutes more.

Stir in the Colby-Jack cheese; reduce heat to low and continue stirring until cheese is melted. Stir in the linguine. Season to taste with salt and pepper.
## Better Cheddar Chicken

### Ingredients
- 1 cup crushed cornflakes cereal
- 3/4 cup grated Parmesan cheese
- 1/4 cup shredded Cheddar cheese
- 1 tablespoon garlic salt
- 1 tablespoon Creole-style seasoning
- 1/2 teaspoon cayenne pepper
- 1/2 cup butter, melted
- 8 skinless, boneless chicken breast halves

### Directions
Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

In a large bowl, mix together the cornflake crumbs, Parmesan cheese, Cheddar cheese, garlic salt, Creole seasoning, and cayenne pepper. Pour melted butter into a shallow dish. Coat each chicken breast with melted butter, and then roll in the crumb mixture. Place coated chicken into the prepared baking dish.

Bake uncovered for 40 minutes in the preheated oven, until chicken is no longer pink, and the juices run clear.
## Ingredients

- 3 cooked skinless, boneless chicken breast halves, chopped
- 3 stalks celery, chopped
- 1/2 cup low-fat mayonnaise
- 2 teaspoons curry powder

## Directions

In a medium bowl, stir together the chicken, celery, mayonnaise, and curry powder.
**Ingredients**

1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
1/2 cup milk
1 cup frozen peas
2 (4.5 ounce) cans Swanson® Premium White Chunk Chicken Breast in Water, drained
2 cups medium egg noodles, cooked and drained
2 tablespoons dry bread crumbs
1 tablespoon butter, melted

**Directions**

Stir the soup, milk, peas, chicken and noodles in a 1 1/2-quart casserole. Stir the bread crumbs and butter in a small bowl.

Bake at 400 degrees F for 20 minutes or until the chicken mixture is hot and bubbling. Stir the chicken mixture. Sprinkle with the bread crumb mixture.

Bake for 5 minutes or until the topping is golden brown.
## Summer Chicken Burgers

### Ingredients
- 1 ripe avocado, sliced
- 1 tablespoon lemon juice
- 1 tablespoon butter
- 1 large Vidalia onions, sliced into rings
- 4 boneless, skinless chicken breast halves
- Salt and pepper to taste
- 4 hamburger buns
- 4 tablespoons mayonnaise
- 4 slices provolone cheese

### Directions
In a small bowl, combine sliced avocado and lemon juice. Add water to cover; set aside. Preheat an outdoor grill for high heat and lightly oil grate.

Heat butter in a large heavy skillet over medium-high heat. Saute the onions until browned and caramelized; set aside.

Season the chicken with salt and pepper. Place on grill, and cook until no longer pink and juices run clear, about 5 minutes on each side. Place buns on grill just long enough to toast them.

Spread buns with mayonnaise to taste, then layer with chicken, caramelized onion, provolone and avocado.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon vegetable oil</td>
<td></td>
</tr>
<tr>
<td>4 skinless, boneless chicken breasts</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can Campbell’s® Condensed Chicken Broth</td>
<td></td>
</tr>
<tr>
<td>3/4 cup water</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon dried basil leaves, crushed</td>
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</tr>
<tr>
<td>1/2 teaspoon garlic powder</td>
<td></td>
</tr>
<tr>
<td>3/4 cup uncooked regular long-grain white rice</td>
<td></td>
</tr>
<tr>
<td>2 cups fresh OR frozen broccoli flowerets</td>
<td></td>
</tr>
<tr>
<td>Paprika</td>
<td></td>
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</tbody>
</table>

### Directions

Heat oil in skillet. Add chicken and cook until browned. Remove chicken.

Add broth, water, basil and garlic. Heat to a boil. Stir in rice. Cover and cook over low heat 5 minutes.

Stir in broccoli. Top with chicken. Sprinkle with paprika. Cover and cook 15 minutes or until rice is done.
Chicken Spectacular

**Ingredients**

- 3 eggs
- Salt and ground black pepper to taste
- 1 cup French fried onions
- 6 skinless, boneless chicken breast halves
- 6 slices provolone cheese

**Directions**

Preheat an oven to 350 degrees F (175 degrees C).

Beat eggs in a bowl; season with salt and pepper. Spread the French fried onions on a plate. Dip each chicken breast into the egg, then coat one side of the chicken breast with the fried onion. Place chicken with onions on top on a 9x13 inch baking pan.

Bake the chicken breasts in the preheated oven until no longer pink in the center and the juices run clear, about 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Place one slice of provolone cheese on top of each chicken breast and return the pan to the oven, baking until the cheese is melted, 3 to 5 minutes.
**Beer Butt Chicken**

**Ingredients**

- 1 cup butter
- 2 tablespoons garlic salt
- 2 tablespoons paprika
- Salt and pepper to taste
- 1 (12 fluid ounce) can beer
- 1 (4 pound) whole chicken

**Directions**

Preheat an outdoor grill for low heat.

In a small skillet, melt 1/2 cup butter. Mix in 1 tablespoon garlic salt, 1 tablespoon paprika, salt, and pepper.

Discard 1/2 the beer, leaving the remainder in the can. Add remaining butter, garlic salt, paprika, and desired amount of salt and pepper to beer can. Place can on a disposable baking sheet. Set chicken on can, inserting can into the cavity of the chicken. Baste chicken with the melted, seasoned butter.

Place baking sheet with beer and chicken on the prepared grill. Cook over low heat for about 3 hours, or until internal temperature of chicken reaches 180 degrees F (80 degrees C).
# Country Chicken Vegetable Soup

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 (14 ounce) cans Swanson® Natural Goodness® Chicken Broth</td>
<td></td>
</tr>
<tr>
<td>1/2 cup uncooked regular long-grain white rice</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon chopped fresh parsley</td>
<td></td>
</tr>
<tr>
<td>1 (16 ounce) can mixed vegetables, drained</td>
<td></td>
</tr>
<tr>
<td>2 (5 ounce) cans Swanson® Premium Chunk Chicken Breast in Water, undrained</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

In large saucepan mix broth and rice. Over medium-high heat, heat to a boil. Reduce heat to low. Cover and cook 20 minutes or until rice is done.

Stir in parsley, vegetables and chicken. Heat through.
Real Chicken Stock

**Ingredients**

- 8 pounds chicken bones
- cold water, to cover
- 1 cup sliced celery (1-inch pieces)
- 1 cup sliced carrot (1/2-inch pieces)
- 1 (8 ounce) onion, quartered
- 6 parsley stems
- 2 sprigs fresh thyme
- 1 bay leaf
- 10 whole black peppercorns
- 1 clove garlic (optional)
- cheesecloth
- kitchen twine
- salt to taste

**Directions**

Place the chicken bones in the bottom of a large stock pot and fill with enough cold water to cover the bones by about 2 inches. Bring the water to a gentle simmer over medium-low heat. The bubbles should just barely break the surface. After the stock has simmered for about 30 minutes, skim off any foam that forms on the surface or the edges of the pot and discard. Continue simmering another 90 minutes.

Add the celery, carrots, and onion to the stock pot. As the stock simmers, continue to skim off any foam. After 1 hour and 15 more minutes, wrap the parsley stems, thyme, bay leaf, peppercorns, and garlic in a small piece of cheesecloth and tie into a tidy package with kitchen twine. Add the seasoning bundle to the stock. Simmer for 45 more minutes (4 total hours simmering time); remove the seasoning bundle. Strain the stock through a fine mesh strainer lined with cheesecloth. Season to taste with salt.
Chicken and Turkey Marinade

**Ingredients**

- 1 cup olive oil
- 1/2 cup soy sauce
- 4 lemons, juiced
- 1/4 cup prepared yellow mustard
- 1/4 cup minced fresh chives
- 1/2 cup minced fresh sage
- 1/2 cup minced fresh oregano
- 1/2 cup chopped fresh parsley
- 1/4 cup minced fresh thyme
- 2 teaspoons minced garlic, or to taste
- 1 tablespoon paprika
- 3 tablespoons salt-free herb seasoning blend

**Directions**

In a small bowl, whisk together the olive oil, soy sauce, lemon juice, and mustard. Stir in chives, sage, oregano, parsley, thyme, garlic, paprika, and herb seasoning. Cover, and refrigerate for 30 minutes to allow flavors to blend before marinating your favorite meat.

Place turkey or chicken in a 30 gallon plastic kitchen bag. Pour marinade over the bird. Grasp the bag a few inches above the poultry, and press air from the bag. Seal with a twist tie. Rotate bag to coat turkey with the marinade. Marinate in the refrigerator 24 hours, repositioning the bag every 4 hours, or so. Remove poultry from bag before roasting, and transfer marinade to a saucepan. Boil marinade for a few minutes, then use to baste the turkey every 30 minutes, or so, while roasting. Discard any remaining marinade when turkey is done.
### Potato Chip Chicken Casserole

#### Ingredients

- 2 cups chopped, cooked chicken meat
- 1 cup cooked white rice
- 1 (10.75 ounce) can condensed cream of chicken soup
- 2/3 cup mayonnaise
- 2 tablespoons grated onion
- 1/2 cup chopped celery
- 1 (8 ounce) can sliced water chestnuts
- 1 tablespoon lemon juice
- 1/2 cup shredded sharp Cheddar cheese
- 2 cups crushed potato chips
- 1/4 cup water
- salt and pepper to taste

#### Directions

Preheat oven to 400 degrees F (200 degrees C).

In a large bowl combine the chicken, rice, soup, mayonnaise, onion, celery, water chestnuts, lemon juice, water, salt and pepper. Mix well. Spread this mixture into a lightly greased 9x13 inch baking dish. Cover with cheese, then potato chips. Bake in the preheated oven for 20 to 25 minutes or until the potato chips are lightly browned.
## Ingredients

- 4 skinless, boneless chicken breast halves - cut into cubes
- 1/2 cup Worcestershire sauce
- 3/4 cup honey
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

## Directions

In an electric skillet, combine the chicken cubes, Worcestershire sauce, 1/2 cup of honey, salt and pepper. Let sit for a minute to mingle the flavors, then turn the heat to 400 degrees F (200 degrees C). If using a regular skillet, turn the heat to medium-high.

Cook chicken for 20 minutes, stirring occasionally to prevent sticking. Drain off juices, and then add the remaining honey. Continue cooking until the sauce becomes thick and sticks to the chicken.
Easy Shake and Bake Chicken

**Ingredients**

- 3 pounds chicken, cut into pieces
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon paprika
- 1/4 teaspoon sage
- 1/4 teaspoon ground black pepper
- 1/2 cup butter

**Directions**

Preheat oven to 450 degrees F (230 degrees C).

Mix flour, salt, paprika, sage and pepper together in a bag. Add chicken parts in a bag and shake until well coated.

Melt butter/margarine in a 9x13 inch baking dish in the preheated oven. Place chicken in the baking dish skin side down and bake for 20 minutes. Turn pieces and bake another 20 minutes until tender and juices run clear.
**Ingredients**

1 pound skinless, boneless chicken breast halves - cubed
1 tablespoon olive oil
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1 (14.5 ounce) can chicken broth
1 (8 ounce) jar salsa
2 cups instant rice
8 ounces shredded Cheddar cheese

**Directions**

In a large skillet over medium high heat brown the cubed chicken in oil, salt and pepper until cooked through and juices run clear. Add the broth and salsa and bring to a boil.

Once the liquids are boiling, turn off the heat and stir in the instant rice. Sprinkle all of the cheese on top. Cover and let sit for 5 minutes, then serve.
Balsamic Marinated Chicken Breasts

**Ingredients**

- 3/4 cup balsamic vinegar
- 1/2 cup water
- 1 teaspoon dried minced onion
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon dried minced garlic
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon paprika
- 1/4 teaspoon crushed dried rosemary
- 1/4 teaspoon dried parsley flakes
- 1/4 teaspoon chili powder
- 1/8 teaspoon dried oregano
- 4 (6 ounce) skinless, boneless chicken breast halves

**Directions**

Whisk together the balsamic vinegar, water, onion, red pepper flakes, garlic, salt, pepper, paprika, rosemary, parsley, chili powder, and oregano in a bowl, and pour into a resealable plastic bag. Add the chicken breasts, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator 30 minutes to overnight.

Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil, or lightly grease a broiler pan. Remove the chicken breasts from the marinade, and shake off excess. Discard the remaining marinade, and place the chicken breasts onto the baking sheet.

Bake in the preheated oven until the chicken breasts are golden brown, and no longer pink in the center, about 40 minutes.
Chicken Blood Rice

Ingredients

- 1 cup uncooked white rice
- 2 1/2 cups water
- 1 cup chicken blood with a dash of vinegar mixed in
- 1 tablespoon olive oil
- 1 onion, chopped
- 1 clove garlic, minced
- 4 chicken leg quarters
- 1 cup wine
- 1 teaspoon salt
- 1 teaspoon hot pepper sauce

Directions

In small saucepan over medium heat, combine the rice and water. Bring to a boil, reduce heat to medium-low, and let simmer for 20 minutes, or until rice is tender. Remove from heat and stir in the chicken blood. Set aside.

Meanwhile, heat olive oil in a large skillet over medium-high heat. Saute onion and garlic until tender and lightly browned. Add chicken legs to the skillet and brown on both sides. Stir in the hot pepper sauce and wine. Reduce heat to medium, and simmer until chicken is no longer pink, and the juices run clear, about 30 minutes. Stir in the blood rice, and cook for a few more minutes before serving.
## Justine's Artichoke Chicken Spinach Dip

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (10 ounce) box frozen chopped spinach, thawed and drained</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>1 (13.75 ounce) can artichoke hearts, drained</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>1 (12.5 fl oz) can chunk chicken, drained</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>1 cup mayonnaise</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>2 cups shredded mozzarella cheese</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>2 cloves garlic, crushed</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon liquid smoke flavoring</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

Preheat oven to 350 degrees F (175 degrees C).

Combine the spinach, artichokes, chicken, mayonnaise, cheese, garlic, and liquid smoke in a large bowl; mix well. Spoon mixture into a glass baking dish.

Bake in preheated oven until the edges turn golden brown, about 30 minutes.
# Grilled Chicken Breast with Cucumber and Pepper

## Ingredients

1 cucumber - peeled, seeded and chopped  
1 tablespoon chopped fresh parsley  
1/8 cup chopped red onion  
1/2 cup chopped yellow bell pepper  
1/4 teaspoon crushed red pepper flakes  
1/2 teaspoon ground cumin  
1/8 teaspoon chili powder  
2 tablespoons olive oil  
4 skinless, boneless chicken breasts

## Directions

In a medium bowl, prepare the relish by mixing together the cucumber, parsley, chopped onion, bell pepper, and red pepper flakes. Set aside.

In a small bowl, mix the cumin and chili powder with the olive oil. Rub the mixture onto the chicken, and place in a shallow dish. Marinate in the refrigerator at least 1 hour.

Prepare the grill for medium heat.

Lightly oil the grill grate. Grill chicken 8 minutes per side, or until juices run clear. Serve with cucumber relish.
Vietnamese Golden Chicken Wings

**Ingredients**

- 12 chicken wings, tips removed and wings cut in half at joint
- 2 cloves cloves garlic, peeled and coarsely chopped
- 1/2 onion, cut into chunks
- 1/4 cup soy sauce
- 1/4 cup Asian fish sauce
- 2 tablespoons fresh lemon juice
- 2 tablespoons sesame oil
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 tablespoon garlic powder
- 1 tablespoon white sugar

**Directions**

Place the chicken wings, garlic, and onion into a large bowl. Pour in soy sauce, fish sauce, lemon juice, and sesame oil. Season with salt, pepper, garlic powder, and sugar; toss together until well coated. Cover and refrigerate 2 hours to overnight.

Preheat oven to 400 degrees F (200 degrees C). Line a 9x13 inch baking dish with aluminum foil.

Remove wings from marinade, reserving extra. Arrange wings in a single layer over bottom of prepared dish. Bake in preheated oven, turning once and brushing with reserved marinade, until deep, golden brown and meat juices run clear, approximately 30 minutes.
Curried Chicken Triangles

Ingredients

2 (8 ounce) packages refrigerated crescent rolls
1 (5 ounce) can chunk white chicken, undrained
1 (8 ounce) can sliced water chestnuts, drained and chopped
1 cup shredded Swiss cheese
1/2 cup chopped green onions
1/3 cup mayonnaise
1 teaspoon lemon juice
1/2 teaspoon curry powder
1/2 teaspoon garlic salt
Paprika

Directions

Separate crescent dough; cut each piece into four triangles. Place on greased baking sheets. In a bowl, break up chicken. Add the water chestnuts, cheese, onions, mayonnaise, lemon juice, curry powder and garlic salt; mix well. Drop by rounded teaspoonfuls onto triangles. Sprinkle with paprika if desired. Bake at 350 degrees F for 12-15 minutes or until edges are lightly browned. Serve warm.
### Ingredients

- 6 skinless, boneless chicken breast halves
- 2 cups teriyaki sauce, divided
- 6 pineapple rings
- 1/2 cup butter, melted
- 3/4 cup packed brown sugar
- 3/4 cup soy sauce
- 3/4 cup unsweetened pineapple juice
- 6 tablespoons Worcestershire sauce

### Directions

Place the chicken breast halves in a dish with the 1 1/2 cups of teriyaki sauce. Cover and refrigerate 8 hours or overnight.

Preheat a grill for high heat.

Lightly oil the grill grate. Place chicken breasts on grill, and discard marinade. Cook for 8 minutes per side, or until juices run clear. Brush with the remaining teriyaki sauce during the last 5 minutes. When almost done, place one pineapple ring on top of each breast, and brush with melted butter.

In a small saucepan over medium heat, mix the brown sugar, soy sauce, pineapple juice, and Worcestershire sauce. Cook, stirring occasionally, until sugar is dissolved. Serve with chicken for dipping!
Chicken Club Wrap

**Ingredients**

- 4 (10 inch) Mission® Multigrain Flour Wraps
- 4 tablespoons low fat or light mayonnaise
- 1 cup iceberg lettuce, shredded, prepared
- 1 large garden tomato, thinly sliced
- 1 small red onion, thinly sliced and separated into rings
- 1/4 cup carrots shredded, prepared
- 4 strips bacon fully cooked, microwave to crispy
- 1 cup grilled chicken strips pre-cooked, prepared from frozen (served cold)

**Directions**

Evenly spread 1 tablespoon of mayonnaise over each wrap, covering each wrap in a thin layer.

To build 1 wrap: Place 1/4 cup lettuce on the center of the wrap. Top lettuce with 2 slices of tomato, slightly overlapping each other. Top tomatoes with 2 thin onion rings. Top onions with 1 tablespoon carrots. Top carrots with 1 strip of bacon. Top bacon with 1/4 cup of chicken to complete the wrap.

Fold in the left and right sides of the wrap towards the center, leaving a gap in the center.

Using both hands, roll the bottom edge of the tortilla (facing you) from the bottom to the top into a burrito shape.

Slice the wrap in half, on a slight bias (angle) and serve.

Repeat steps 2 through 5 for each of the other 3 wraps and enjoy.

785
**Grilled Asian Chicken**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup soy sauce</td>
<td>In a small microwave-safe bowl, combine the soy sauce, oil, honey,</td>
</tr>
<tr>
<td>4 teaspoons sesame oil</td>
<td>ginger root, and garlic. Heat in microwave on medium for 1 minute,</td>
</tr>
<tr>
<td>2 tablespoons honey</td>
<td>then stir. Heat again for 30 seconds, watching closely to prevent</td>
</tr>
<tr>
<td>3 slices fresh ginger root</td>
<td>boiling.</td>
</tr>
<tr>
<td>2 cloves garlic, crushed</td>
<td>Place chicken breasts in a shallow dish. Pour soy sauce mixture</td>
</tr>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td>over, and set aside to marinate for 15 minutes.</td>
</tr>
<tr>
<td></td>
<td>Preheat a grill for medium-high heat. Drain marinade from chicken</td>
</tr>
<tr>
<td></td>
<td>into a small saucepan. Bring to a boil, and simmer over medium</td>
</tr>
<tr>
<td></td>
<td>heat for 5 minutes. Set aside for basting.</td>
</tr>
<tr>
<td></td>
<td>Lightly oil the grill grate. Cook chicken on the prepared grill 6 to 8</td>
</tr>
<tr>
<td></td>
<td>minutes per side, or until juices run clear. Baste frequently with</td>
</tr>
<tr>
<td></td>
<td>remaining marinade. Chicken will turn a beautiful golden brown.</td>
</tr>
</tbody>
</table>
# Stir-Fried Chicken With Pineapple and Peppers

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup reduced-salt soy sauce</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons white wine vinegar</td>
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</tr>
<tr>
<td>2 tablespoons mirin (sweetened Asian wine)</td>
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</tr>
<tr>
<td>1 teaspoon grated ginger root</td>
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<tr>
<td>2 crushed garlic cloves</td>
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<tr>
<td>1 tablespoon cornstarch</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons oil, preferably sesame oil</td>
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</tr>
<tr>
<td>1 pound boneless, skinless chicken breast, cut in 1-inch pieces</td>
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</tr>
<tr>
<td>6 large green onions, cut in 1-inch pieces</td>
<td></td>
</tr>
<tr>
<td>2 cups fresh or frozen pepper strips</td>
<td></td>
</tr>
<tr>
<td>1 (20 ounce) can chunk pineapple in juice</td>
<td></td>
</tr>
<tr>
<td>1/4 cup sliced almonds (optional)</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Combine first six ingredients; stir well.

Heat oil in a large skillet and stir-fry chicken until brown and done, about 5 minutes. Remove. Add green onions, peppers and pineapple to the skillet; heat through. Pour in sauce and stir until thickened. Return chicken to skillet; heat through. Serve with brown rice; top with optional almonds.
Chicken Ranch Pasta Salad

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Tyson® Grilled &amp; Ready® Fully Cooked Grilled Breast Fillets</td>
<td></td>
</tr>
<tr>
<td>2 cups penne pasta, cooked, drained and cooled</td>
<td></td>
</tr>
<tr>
<td>1 medium zucchini, chopped</td>
<td></td>
</tr>
<tr>
<td>1 medium yellow squash, chopped</td>
<td></td>
</tr>
<tr>
<td>1 green bell pepper, chopped</td>
<td></td>
</tr>
<tr>
<td>1 red bell pepper, chopped</td>
<td></td>
</tr>
<tr>
<td>1/4 cup Parmesan cheese, freshly grated</td>
<td></td>
</tr>
<tr>
<td>3/4 cup ranch-style salad dressing</td>
<td></td>
</tr>
</tbody>
</table>

**Directions**

Cook chicken according to package directions. Cut into cubes.

Toss chicken, pasta, zucchini, squash and peppers together in large bowl.

Combine cheese and dressing in small bowl. Pour over chicken and pasta mixture. Toss to coat. Chill before serving.
Super Easy Chicken Noodle Soup

Ingredients
1 pound boneless, skinless chicken meat
4 cubes chicken bouillon
8 cups water
2 cups thin egg noodles

Directions
Measure water into a large pot, and add chicken and chicken bouillon. Boil until chicken is fully cooked.

Remove chicken from the broth. Chop into small pieces, and return meat to the pot.

Add egg noodles, and cook until tender.
**Ingredients**

- 4 bone-in chicken breast halves, with skin
- 2 teaspoons seasoned salt (e.g. LAWRY’S®)
- 1 tablespoon vegetable oil
- 1 large onion, finely chopped
- 3 carrots, finely chopped
- 3 cloves garlic, minced
- 1 (2 ounce) jar pimento peppers, drained and chopped
- 2 cups chicken broth
- 1/2 cup dry red wine
- 1 (16 ounce) package steamed lentils
- 1 teaspoon chopped fresh rosemary
- 2 tablespoons white balsamic vinegar
- 1 tablespoon lemon juice

**Directions**

Season the chicken liberally with seasoned salt. Heat oil in a large skillet over medium-high heat; add chicken and cook until well browned on all sides, about 10 minutes. Remove chicken from pan and set aside.

Lower the heat, add the onion, and cook and stir until translucent, about 5 minutes. Stir in the garlic, carrot, and pimento, and cook and stir an additional 3 minutes. Pour the chicken broth into the pan, and bring to a boil while scraping the browned bits of food off the bottom of the pan with a wooden spoon.

Stir in the lentils, rosemary, wine, and vinegar. Return the chicken to the pan; simmer until chicken breasts are no longer pink at the bone and the juices run clear, about 20 minutes. Remove from heat; stir the lemon juice into the sauce and serve.
Creamy Chicken Asparagus Casserole

**Ingredients**

- 1 teaspoon unsalted butter
- 4 skinless, boneless chicken breast halves
- 1 onion, finely diced
- 1 pound fresh asparagus, trimmed and cut into 2 1/2 inch pieces
- 1 teaspoon dried tarragon
- 1 1/2 cups cream of chicken soup
- 1/4 cup sliced almonds
- 1 1/3 cups water
- 2/3 cup uncooked long grain white rice

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

Melt the butter in an ovenproof skillet over medium-high heat, and brown the chicken breasts about 3 minutes on each side. Remove chicken from the skillet, and set aside. Add the onion and asparagus to the skillet; cook for 4 to 5 minutes, or until the onions are tender. Arrange the chicken breasts over the onions and asparagus, and season with tarragon. Pour soup over chicken.

Cover the skillet, and bake for 15 minutes in the preheated oven. Remove cover, sprinkle with almonds, and bake for another 5 minutes.

Meanwhile, combine water and rice in a saucepan. Bring to a boil. Reduce heat, cover, and simmer for 20 minutes. Serve chicken and asparagus over rice.
Ingredients

1 (10.5 ounce) can condensed beef broth
1 (12 ounce) can tomato paste
1 (15.5 ounce) can kidney beans, rinsed and drained
1 (11 ounce) can Mexicorn, drained
1 1/2 cups diced cooked chicken
3 green onions, sliced
2 tablespoons chili powder
1 (4 ounce) can chopped green chilies
1 2/3 cups water

Directions

In a large saucepan, combine beef broth and tomato paste. Add remaining ingredients. Cover and simmer for 10 minutes.
**Ingredients**

- 1 skinless, boneless chicken breast half
- 2 tablespoons butter or margarine, softened
- 2 cloves garlic, minced
- 2 tablespoons chopped green onion
- 1/2 teaspoon dried basil
- 1 (10 ounce) can refrigerated pizza crust dough
- 2 roma (plum) tomatoes, diced
- 1/2 cup chopped fresh cilantro
- 1/2 cup ricotta cheese
- 1/4 cup grated Parmesan cheese

**Directions**

Place the chicken breast in a saucepan with enough water to cover. Bring to a boil, and cook until no longer pink, about 20 minutes. Drain and cool slightly, then cut into strips.

Meanwhile, in a small skillet over medium heat, melt the butter with garlic, onion and basil. Pour into a chilled dish to cool, and refrigerate until set.

Preheat the oven to 350 degrees F (175 degrees C).

Roll out the pizza dough, place onto a pizza pan or other baking sheet, and spread the herb butter over the surface using the back of a spoon. Arrange chicken on top, then dot with ricotta cheese. Top with tomato slices, cilantro and Parmesan cheese.

Bake for 15 to 20 minutes in the preheated oven, until crust is browned and center is cooked through.
New York Finger Lakes Chicken

Ingredients

10 tablespoons fat-free mayonnaise
1 tablespoon salt
1/4 teaspoon ground black pepper
1 1/2 teaspoons poultry seasoning
1 cup distilled white vinegar
4 skinless, boneless chicken breast halves

Directions

In a shallow glass bowl combine the mayonnaise, salt, pepper, poultry seasoning and vinegar. Mix together. Reserve 1/4 of the sauce for basting. Pierce chicken pieces with a fork and add to remaining sauce, tossing to coat. Cover and refrigerate for 2 to 4 hours to marinate.

Lightly oil grill and preheat to medium high.

Remove chicken pieces from sauce/marinade and grill for 6 to 8 minutes on each side or until chicken is no longer pink and juices run clear. Baste with reserved sauce while grilling.
**Orange Chicken and Vegetable Stir-Fry**

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>2 tablespoons cornstarch</td>
</tr>
<tr>
<td>1 3/4 cups Swanson® Chicken Stock</td>
</tr>
<tr>
<td>2 tablespoons soy sauce</td>
</tr>
<tr>
<td>Vegetable cooking spray</td>
</tr>
<tr>
<td>1 pound skinless, boneless chicken breast, cut into strips</td>
</tr>
<tr>
<td>2 cloves garlic, minced</td>
</tr>
<tr>
<td>3 cups cut-up fresh vegetables (see Note)</td>
</tr>
<tr>
<td>1/2 cup orange marmalade</td>
</tr>
<tr>
<td>4 cups hot cooked rice, cooked without salt</td>
</tr>
</tbody>
</table>

### Directions

Stir the cornstarch, stock and soy sauce in a small bowl until the mixture is smooth.

Spray a 12-inch nonstick skillet with the cooking spray and heat over medium-high heat for 1 minute. Add the chicken and stir-fry until it's well browned, stirring often.

Add the garlic and vegetables and stir-fry for 5 minutes or until the vegetables are tender-crisp.

Stir in the cornstarch mixture and marmalade. Cook and stir until the mixture boils and thickens. Serve over the rice.
### Ingredients

- 2 tablespoons vegetable oil
- 2 tablespoons ghee (clarified butter)
- 8 chicken legs, skin removed
- 1 teaspoon cumin seeds
- 1 onion, minced
- 5 cloves garlic, minced
- 2 tablespoons minced fresh ginger root
- 1 small tomato, coarsely chopped
- 1 tablespoon tomato paste
- 1 tablespoon garam masala
- 1 tablespoon ground turmeric
- 1 serrano chile pepper, seeded and minced
- 1 cup water
- 1/4 cup chopped fresh cilantro

### Directions

Heat the oil and ghee in a large pot over medium heat. Cook the cumin seeds in the oil until the seeds begin to change color. Add the onion; cook and stir until translucent, about 5 minutes. Stir in the garlic and ginger; cook until the onions brown, about 5 minutes. Stir in the tomato, tomato paste, garam masala, turmeric, serrano pepper, and water; cook another 5 minutes. Lay the chicken into the sauce; mix to coat the legs. Cover; reduce heat to medium-low; cook until chicken is no longer pink near the bone, about 40 minutes. Garnish with cilantro to serve.
Creamy Chicken Spread

Ingredients
1 (8 ounce) package cream cheese, softened
1/2 cup sour cream
1 teaspoon dried minced onion
1/2 teaspoon onion salt
1/2 teaspoon Worcestershire sauce
1/4 teaspoon cayenne pepper
2 (10 ounce) cans chunk white chicken, drained

Directions
Mix cream cheese, sour cream, minced onion, onion salt, Worcestershire sauce, and cayenne pepper in a bowl until well-blended. Stir in the chicken, breaking up any large pieces. Cover and refrigerate at least 1 hour before serving.
# Chicken in Tarragon Cream Sauce

## Ingredients
- Vegetable cooking spray
- 2 teaspoons lemon pepper seasoning
- 4 skinless, boneless chicken breasts
- 2 shallots, chopped
- 2 cloves garlic, minced
- 1 cup Swanson® Chicken Broth (Regular, Natural Goodness™ or Certified Organic)
- 1/4 cup light cream
- 1 tablespoon chopped fresh tarragon leaves

## Directions
Season chicken with lemon pepper seasoning. Spray nonstick skillet with cooking spray and heat 1 minute. Add chicken and cook until browned. Add shallots and garlic and cook until tender.

Add broth, cream and tarragon. Heat to a boil. Cover and cook over low heat 5 minutes or until done.
Quick Chicken Stew

**Ingredients**

- 2 tablespoons olive oil
- 1 pound skinless, boneless chicken breast halves - cut into bite-size pieces
- 2 cloves garlic, minced
- 1 medium onion, cut into 1/2-inch pieces
- 1 medium carrot, thinly sliced
- 1 medium zucchini, cut into 1/2-inch pieces
- 1 medium red bell pepper, cut into 1/2 inch pieces
- 2 (14.5 ounce) cans diced tomatoes with juice
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon dried basil
- 1 bay leaf
- 2 tablespoons butter
- salt and pepper to taste

**Directions**

Heat the olive oil in large skillet over medium-high heat. Stir in chicken and cook about 1 minute. Mix in garlic and onion; cook until tender. Stir in carrot, zucchini, and red bell pepper. Pour in tomatoes with juice. Season with red pepper flakes, basil, and bay leaf, and continue cooking 10 minutes, until vegetables are tender and chicken juices run clear. Stir in the butter until melted, and season with salt and pepper just before serving.
### Ingredients

1 (10.75 ounce) can Campbell's® Healthy Request® Condensed Cream of Chicken Soup  
1 teaspoon chili powder  
1/2 cup shredded Cheddar cheese  
2 (4.5 ounce) cans Swanson® Premium Chunk Chicken Breast in Water, drained  
8 (8 inch) flour tortillas

### Directions

Preheat oven to 425 degrees F.

Mix soup, chili powder, cheese and chicken.

Spread about 1/4 cup soup mixture on half of each tortilla to within 1/2 inch of edge. Moisten edge with water. Fold over and seal. Place on 2 baking sheets.

Bake 10 minutes or until hot. Makes 8 quesadillas.
Mushroom and Chicken with Sour Cream Soup

Ingredients

- 3 tablespoons unsalted butter
- 1/2 teaspoon dried tarragon
- 1/4 teaspoon ground nutmeg
- 1 bunch green onions, lighter half chopped thin and darker green half discarded
- 2 pinches salt
- 2 cups chopped button mushrooms
- 1 cup chopped rotisserie chicken
- 3 1/2 cups hot water
- 1 cup sour cream
- 1 1/2 teaspoons cornstarch
- 1 cup cold milk
- 1 teaspoon lemon juice
- 1/4 teaspoon cayenne pepper hot sauce
- salt and pepper to taste

Directions

Melt the butter in a large skillet over medium heat. Stir the tarragon, nutmeg, green onions, and 2 pinches of salt into the melted butter; cook and stir until the green onions are softened, about 4 minutes. Add the mushrooms, stir to coat, and continue cooking until the mushrooms are tender, about 5 minutes more. Fold the chicken into the mixture and cook together until the chicken gets hot, about 1 minute. Sprinkle the flour over the mixture; stir until completely absorbed into the mixture, 3 to 4 minutes.

Dissolve the beef bouillon cubes in the hot water; pour into the chicken mixture about 1/2 cup at a time, stirring to dissolve any clumps of flour between batches. Increase heat to bring the mixture to a boil; return heat to medium. Stir the sour cream into the mixture until well integrated.

Dissolve the cornstarch into the cold milk; stir into the soup. Increase the heat to medium-high and cook the soup until it begins to bubble on the sides, but not boiling; again return heat to medium, stirring continually. Add the lemon juice, cayenne pepper sauce, salt, and pepper; stir. Serve hot.
Chicken Breast Cutlets with Artichokes and

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup whole wheat or white flour</td>
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<tr>
<td>1/2 teaspoon salt</td>
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<tr>
<td>1/8 teaspoon white pepper, or to taste</td>
<td></td>
</tr>
<tr>
<td>1/8 teaspoon black pepper, or to taste</td>
<td></td>
</tr>
<tr>
<td>2 pounds chicken breast tenderloins or strips</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons canola oil</td>
<td></td>
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<tr>
<td>2 tablespoons extra-virgin olive oil</td>
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</tr>
<tr>
<td>2 cups chicken broth</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons fresh lemon juice</td>
<td></td>
</tr>
<tr>
<td>1 (12 ounce) jar quartered marinated artichoke hearts, with liquid</td>
<td></td>
</tr>
<tr>
<td>1/4 cup capers</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons butter</td>
<td></td>
</tr>
<tr>
<td>1/4 cup chopped flat-leaf parsley</td>
<td></td>
</tr>
</tbody>
</table>

**Directions**

Combine flour, salt, and white and black peppers. Dredge chicken in seasoned flour and shake off excess.

Heat canola oil and olive oil in a large skillet over medium-high heat. Add chicken breasts and cook until golden brown on both sides, and no longer pink on the inside; set aside.

Pour in chicken broth and lemon juice. Bring to a simmer, scraping the bottom of the pan to dissolve the caramelized bits. Add artichoke hearts and capers, return to a simmer, and cook until reduced by half.

Whisk butter into sauce until melted. Place cooked chicken back into pan, and simmer in the sauce for a few minutes to reheat. Serve on a platter sprinkled with chopped fresh parsley.
Chicken MacRanch Salad

Ingredients

- 1 pound macaroni, cooked
- 1 cup chopped cooked chicken breast
- 4 cups frozen mixed vegetables, thawed
- 1/4 cup shredded Cheddar cheese
- 1 cup Ranch-style salad dressing

Directions

In a large bowl toss together the macaroni, chicken, vegetables, cheese and dressing. Chill for 20 minutes and serve.
# Sour Cream Mushroom Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of mushroom soup</td>
<td></td>
</tr>
<tr>
<td>2 cups sour cream</td>
<td></td>
</tr>
<tr>
<td>3/4 cup dry white wine</td>
<td></td>
</tr>
<tr>
<td>1/2 onion, chopped</td>
<td></td>
</tr>
<tr>
<td>1 cup fresh sliced mushrooms</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon garlic powder</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon ground black pepper</td>
<td></td>
</tr>
<tr>
<td>6 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon chopped fresh parsley, for garnish</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a 9x13 inch baking dish, combine the cream of chicken soup, cream of mushroom soup, sour cream, wine/broth, onion, mushrooms, garlic powder, salt and pepper. Mix all together. Arrange chicken breasts on top of mixture. Bake uncovered in the preheated oven for 1 hour or until chicken is tender and juices run clear.
### Ingredients

- 6 ounces dried spinach fettuccine, linguini or spaghetti, cooked and drained
- 4 skinless, boneless chicken breast halves
- 1 (14.5 ounce) can CONTADINA® Recipe Ready Diced Tomatoes with Italian Herbs
- 1/2 cup chicken broth
- 1/2 cup roasted red sweet peppers, drained and chopped
- Fresh rosemary (optional)

### Directions

1. Cook pasta according to package directions; drain.

2. Meanwhile, season chicken with salt and pepper, if desired. Place on unheated rack of broiler pan. Broil 3 to 4 inches from heat 6 to 7 minutes per side.

3. Meanwhile, combine undrained tomatoes, broth and peppers in medium saucepan. Bring to boil; reduce heat and simmer, uncovered, 15 minutes.

Easy Cheesy Chicken Bake

**Ingredients**

1 (11 ounce) can condensed cheese soup
1/2 (10.75 ounce) can water
1 teaspoon dried parsley
3 skinless, boneless chicken breast halves
6 potatoes, sliced
1 head fresh broccoli, chopped

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl combine soup with water and parsley and mix together. Place chicken and potatoes in a 9x13 inch baking dish and pour cheese mixture over all. Cover dish with aluminum foil.

Bake, covered, in preheated oven for 60 minutes. Add broccoli to dish and bake for another 10 to 15 minutes, or until cooked through and tender.
Campbell's Kitchen Chicken and Black Bean Quesadillas

Ingredients

1 (10.75 ounce) can Campbell’s® Condensed Cheddar Cheese Soup
1/2 cup Pace® Chunky Salsa or Pace® Picante Sauce
1 cup rinsed and drained canned black beans
2 (4.5 ounce) cans Swanson® Premium Chunk Chicken Breast in Water, drained
10 (8 inch) flour tortillas
Fiesta Rice:
1 (10.5 ounce) can Campbell’s® Condensed Chicken Broth
1/2 cup water
1/2 cup Pace® Chunky Salsa
2 cups uncooked instant rice

Directions

Heat the oven to 425 degrees F.

Heat the soup, salsa, beans and chicken in a 1-quart saucepan over medium heat until the mixture is hot and bubbling.

Place the tortillas onto 2 baking sheets. Spread about 1/3 cup soup mixture onto half of each tortilla to within 1/2 inch of the edge. Brush the edges of the tortillas with water. Fold the tortillas over the filling and press the edges to seal.

Bake for 5 minutes or until the filling is hot. Cut the quesadillas in half, making 20 pieces. Serve with the Fiesta Rice.

Fiesta Rice: Heat 1 can (10 1/2 ounces) Campbell's® Condensed Chicken Broth, 1/2 cup water and 1/2 cup Pace® Chunky Salsa in a 2-quart saucepan over medium-high heat to a boil. Stir in 2 cups uncooked instant white rice. Cover the saucepan and remove from the heat. Let stand for 5 minutes.
Ingredients

1 (10.75 ounce) can condensed cream of chicken soup
3/4 cup KNUDSEN Sour Cream, divided
2 cups chopped cooked chicken
1 (16 ounce) package frozen mixed vegetables, thawed
1 cup shredded mild Cheddar cheese
1 cup all-purpose baking mix
3 tablespoons milk

Directions

Heat oven to 375 degrees F.
Mix soup and 1/2 cup sour cream in 8-inch square baking dish. Stir in chicken, vegetables and cheese.
MIX baking mix, remaining sour cream and milk just until mixture forms stiff dough.
Spoon into 6 mounds over chicken mixture. Bake 35 min. or until biscuits are golden brown and chicken mixture is hot and bubbly.
## Ingredients

- 1 (8 ounce) package PHILADELPHIA Cream Cheese, cubed
- 1/2 cup chicken broth
- 3 cups chopped cooked chicken
- 1 (16 ounce) package frozen mixed vegetables, thawed
- 1/2 teaspoon garlic salt
- 1 egg
- 1/2 cup milk
- 1 cup all-purpose baking mix

## Directions

Heat oven to 400 degrees F.

Cook cream cheese and broth in large saucepan on low heat until cream cheese is completely melted and mixture is well blended, stirring frequently with whisk. Stir in chicken, vegetables and garlic salt.

Spoon into 9-inch pie plate. Beat egg and milk in medium bowl with whisk until well blended; stir in baking mix just until moistened. Spoon over chicken mixture. Place pie plate on baking sheet.

Bake 25 to 30 min. or until golden brown.
Greek Lemon Chicken Soup

**Ingredients**

- 8 cups chicken broth
- 1/2 cup fresh lemon juice
- 1/2 cup shredded carrots
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 6 tablespoons chicken soup base
- 1/4 teaspoon ground white pepper
- 1/4 cup margarine
- 1/4 cup all-purpose flour
- 1 cup cooked white rice
- 1 cup diced, cooked chicken meat
- 16 slices lemon
- 8 egg yolks

**Directions**

In a large pot, combine the chicken broth, lemon juice, carrots, onions, celery, soup base, and white pepper. Bring to a boil on high, then simmer for 20 minutes.

Blend the butter and the flour together. Then gradually add it to the soup mixture. Simmer for 10 minutes more, stirring frequently.

Meanwhile, beat the egg yolks until light in color. Gradually add some of the hot soup to the egg yolks, stirring constantly. Return the egg mixture to the soup pot and heat through. Add the rice and chicken. Ladle hot soup into bowls and garnish with lemon slices.
Lemon Barbecued Chicken

**Ingredients**

- 2/3 cup lemon juice
- 1/3 cup cider vinegar
- 1/3 cup vegetable oil
- 1 tablespoon soy sauce
- 2 teaspoons sugar
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 1/2 teaspoon garlic salt
- 1/2 teaspoon pepper
- 1 medium onion, chopped
- 1 (3 1/2) pound broiler-fryer chicken, cut up

**Directions**

Whisk together the first 10 ingredients. Add onion; set aside 1/4 cup. Pour remaining marinade into a large resealable plastic bag; add chicken. Seal bag and turn to coat; refrigerate at least 8 hours or overnight, turning occasionally.

Drain and discard marinade. Grill the chicken, covered, over indirect medium heat for 45 minutes or until juices run clear, turning and basting with reserved marinade every 8-10 minutes.

To bake chicken: After marinating, place chicken in a greased 15-in. x 10-in. x 1-in. baking pan. Pour all of the marinade over it. Bake, uncovered, at 350 degrees F for 1-1/4 hours or until juices run clear, basting occasionally.
Honey Key Lime Grilled Chicken

Ingredients

- 5 tablespoons key lime juice
- 2 tablespoons honey
- 1 clove garlic, minced
- 1/2 teaspoon lemon pepper
- 4 skinless, boneless chicken breast halves

Directions

In a resealable plastic bag, mix the key lime juice, honey, garlic, and lemon pepper. Place the chicken in the bag, seal, and shake to coat. Marinate in the refrigerator at least 30 minutes, turning the bag occasionally.

Preheat an outdoor grill for high heat.

Grill the marinated chicken about 8 minutes on each side, until no longer pink and juices run clear. Discard remaining marinade.
Ingredients

1 onion, chopped
4 stalks celery, chopped
1 green bell pepper, chopped
1 (10.75 ounce) can condensed cream of chicken soup
1 (10.75 ounce) can condensed cream of celery soup
1 1/4 cups water
2 whole boneless, skinless chicken breast, cubed
1 cup croutons

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet over medium heat, saute the onion, celery and green pepper in butter or margarine. Add the cream of chicken soup, cream of celery soup and water and simmer all together until hot.

Place chicken in the bottom of a lightly greased 9x13 inch baking dish. Put croutons on top of chicken, then pour soup mixture over croutons. Cover baking dish with foil and bake in the preheated oven for 1 hour. Remove foil and bake for an additional 30 to 45 minutes.
## Easy Cranberry Chicken

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 skinless, boneless chicken breast halves</td>
<td>Preheat oven to 350 degrees F (175 degrees C).</td>
</tr>
<tr>
<td>1 (16 ounce) can cranberry sauce</td>
<td>Place chicken breasts in a lightly greased 9x13 inch baking dish. In a medium bowl, combine the cranberry sauce, salad dressing and dry onion soup mix. Blend together until well mixed, then pour mixture over chicken.</td>
</tr>
<tr>
<td>1 (8 ounce) bottle Ranch-style salad dressing</td>
<td>Bake at 350 degrees F (175 degrees C) for 1 hour.</td>
</tr>
<tr>
<td>1/2 packet dry onion soup mix</td>
<td></td>
</tr>
</tbody>
</table>
Captain Crunch Chicken

**Ingredients**

- 4 skinless, boneless chicken breasts
- 5 cups dry sweetened cereal, crushed

**Directions**

- Preheat oven to 350 degrees F (175 degrees C).
- Place crushed cereal crumbs in a large resealable plastic bag. Add chicken breasts to bag, one at a time. Seal bag and shake to coat. Place coated chicken in a lightly greased 9x13 inch baking dish.
- Bake at 350 degrees F (175 degrees C) for 1 hour, or until chicken is cooked through and juices run clear.
Great-Aunt Nina's Noodles and Chicken

**Ingredients**

- 2 carrots, sliced
- 2 onions, sliced
- 2 stalks celery, cut into 1 inch pieces
- 1 (4 pound) whole chicken
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup white wine
- 1/4 teaspoon dried basil
- 2 eggs, beaten
- 1/4 cup water
- 1 pinch salt
- 2 tablespoons shortening
- 1 cup all-purpose flour, or as needed
- 2 quarts low salt chicken broth

**Directions**

Place the carrots, onions and celery in the bottom of a slow cooker. Place the whole chicken on top of the vegetables and season with salt and pepper. Pour in the white wine and sprinkle basil over the top. Cover and cook on Low setting for 8 to 10 hours.

In a medium bowl, stir together the eggs, water, salt, shortening and flour to form a stiff dough. After I’ve mixed in as much flour as possible using a fork, I knead the dough with my hand in the bowl to incorporate as much flour as possible. Let the dough rest for a few minutes.

Roll the dough out on a well-greased board to 1/8 inch thickness. Use a pizza cutter or pie crust cutter to cut into strips about 1/2 inch wide and 3 inches long. Dust lightly with flour, and leave to dry for a few hours while the chicken cooks.

When the chicken is done, remove the meat and vegetables to a platter. Transfer the juices to a large pot and stir in 2 quarts of chicken broth. Bring to a boil and add the noodles. Cook for about 10 minutes, until tender. Meanwhile, remove the meat from the chicken and shred. Discard bones and skin. When the noodles are done, return the vegetables to the pot and add shredded chicken meat. Serve.
Peanut Butter Chicken

**Ingredients**
- 2 tablespoons vegetable oil
- 1 pound skinless, boneless chicken breast halves - cut into 1 inch cubes
- 1 medium onion, sliced
- 7 fresh mushrooms, sliced
- 1/8 teaspoon red pepper flakes
- 1 (14.5 ounce) can diced tomatoes with juice
- 3/4 cup chicken stock
- 3/4 cup smooth peanut butter
- salt and pepper to taste

**Directions**

Heat oil in a large skillet over medium heat. Add the chicken pieces, and cook until chicken starts to turn white. Add the onion, mushrooms, and red pepper flakes. Season with salt and pepper. Cook, stirring constantly until onions are translucent, about 5 minutes.

Pour the tomatoes and chicken stock into the skillet, and simmer for about 10 minutes, or until chicken is cooked through. Stir in peanut butter, and cook stirring constantly until the sauce thickens. This should only take a minute or two. If the sauce is not thickening, you may stir in more peanut butter.
## Quick and Easy Chicken, Broccoli and Brown Rice

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon vegetable oil</td>
<td></td>
</tr>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can Campbell’s® Condensed Cream of Chicken Soup</td>
<td></td>
</tr>
<tr>
<td>(Regular, 98% Fat Free or Healthy Request®)</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups water</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon paprika</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon ground black pepper</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups uncooked instant brown rice*</td>
<td></td>
</tr>
<tr>
<td>2 cups fresh or frozen broccoli flowerets</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook for 10 minutes or until well browned on both sides. Remove the chicken from the skillet.

Stir the soup, water, paprika and black pepper in the skillet and heat to a boil.

Stir the rice and broccoli in the skillet. Reduce the heat to low. Return the chicken to the skillet. Sprinkle the chicken with additional paprika and black pepper. Cover and cook for 5 minutes or until the chicken is cooked through and the rice is tender.
Melt In Your Mouth Chicken Pie

Ingredients
1 (3 pound) chicken - cooked, deboned and cut into bite size pieces
2 hard-cooked eggs
1 (10.75 ounce) can condensed cream of chicken soup
1 1/4 cups chicken broth
1 cup self-rising flour
1 cup buttermilk
1/2 cup butter, melted

Directions
Preheat oven to 375 degrees F (190 degrees C).

Place prepared chicken in the bottom of a 9x13 inch casserole dish. Cover the chicken with sliced eggs.

Bring soup and broth to a boil and pour over the chicken and eggs.

In a bowl, combine the flour, buttermilk and melted butter. Mix and pour over the chicken. Bake in the preheated oven for 45 minutes.
**Chicken Pepper Steak**

### Ingredients

- 1 tablespoon vegetable oil
- 4 boneless, skinless chicken breasts
- 1 teaspoon seasoning salt
- 1/2 teaspoon onion powder
- 2 teaspoons minced garlic
- 1/2 cup soy sauce, divided
- 1 large onion, cut into long slices
- 2 tablespoons cornstarch
- 2 1/2 cups water
- 1 green bell pepper, sliced
- 4 roma (plum) tomatoes, seeded and chopped

### Directions

Heat oil in a large skillet over medium heat. Season chicken with salt and onion powder, and place in skillet. Cook for about 5 to 7 minutes, then add the garlic, 4 tablespoons soy sauce, and half of the sliced onion. Cook until chicken is no longer pink, and the juices run clear.

Dissolve cornstarch in water in a small bowl, and blend into the chicken mixture. Stir in 4 tablespoons soy sauce, bell pepper, tomatoes, and remaining onion. Simmer until gravy has reached desired consistency.
### Ingredients

- 2 eggs
- 2 cups buttermilk
- 4 pounds chicken wings, split and tips discarded
- 3 cups all-purpose flour
- 1 cup crushed saltine crackers
- 1 teaspoon ground black pepper
- 1 teaspoon ground dried thyme
- 1/4 teaspoon cayenne pepper
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 4 cups peanut oil for frying
- salt to taste

### Directions

Beat the eggs and buttermilk together in a mixing bowl until smooth. Mix in the chicken wings, cover, and refrigerate 30 minutes. Combine the flour and crushed crackers with the pepper, thyme, cayenne pepper, salt, and garlic powder in a large mixing bowl.

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).

Remove the chicken wings from the buttermilk marinade, and discard the remaining marinade. Allow the excess buttermilk to drip from the wings, then press into the bread crumbs to coat.

Cook in batches in the preheated deep-fryer until the breading is golden brown on the outside, and the chicken wings are no longer pink at the bone, about 10 minutes per batch. Drain on a paper towel-lined plate, and season to taste with salt before serving.
Gluten-Free Thai Chicken Soup

**Ingredients**

1 tablespoon grapeseed oil  
3 shallots, chopped  
2 tablespoons chopped cilantro  
4 cups chicken stock  
2 (14 ounce) cans coconut milk  
1 tablespoon agave nectar  
1 (8 ounce) package crimini mushrooms, sliced  
1 head broccoli, cut into florets  
1 pound thinly sliced chicken breast meat  
2 teaspoons red curry paste  
3 tablespoons lime juice  
3 tablespoons fish sauce  
1/2 cup chopped fresh cilantro  
2 serrano chile peppers, thinly sliced  
1/4 cup chopped green onions  
8 lime wedges

**Directions**

Heat the grapeseed oil in a large saucepan over medium heat. Cook and stir the shallots and 2 tablespoons chopped cilantro in the hot pan until the shallot has softened and turned translucent, about 4 minutes. Pour in the chicken stock, coconut milk, and agave nectar; bring to a simmer over medium-high heat. Once the broth reaches a simmer, strain through a mesh strainer into a clean saucepan; discard the shallot and cilantro.

Return the broth to a simmer; stir in the mushrooms and broccoli and cook until the broccoli becomes tender, about 4 minutes. Add the chicken and cook until no longer pink, stirring constantly. Stir the curry paste, lime juice, and fish sauce in a small bowl to dissolve the curry paste; mix into the simmering soup.

Ladle the soup into bowls and sprinkle with 1/2 cup cilantro, serrano peppers, green onions, and lime wedges to serve.
**Ingredients**

- 1/2 cup uncooked long-grain white rice
- 1 cup water
- 3 tablespoons vegetable oil
- 1/4 cup butter
- 3 skinless, boneless chicken breast halves
- 3 fluid ounces dark rum
- 1 (6 ounce) can broiled-in-butter-style sliced mushrooms
- 2 1/2 tablespoons chicken bouillon granules
- 2 teaspoons garlic powder
- 2 teaspoons ground black pepper
- 1 (14 ounce) can coconut milk
- 1 small banana, sliced

**Directions**

In a pot, bring the rice and water to a boil. Reduce heat to low, cover, and simmer 20 minutes.

Heat the oil and melt the butter in a skillet over medium-high heat. Place chicken in skillet, and cook 6 to 8 minutes per side, or until juices run clear.

Pour rum over chicken. With a long match, carefully light the rum on fire. When flames subside, mix the mushrooms, bouillon granules, garlic powder, pepper, and coconut milk into the skillet. Reduce heat to low, and simmer 10 minutes, until heated through.

Serve chicken and mushroom mixture over cooked rice. Top with banana slices.
In a small microwave-safe bowl, combine the orange juice, preserves, allspice, salt, pepper and ginger. Microwave, uncovered, on high for 1 to 1-1/2 minutes or until preserves begin to melt; stir to blend.

Place the rice in a shallow 3-qt. microwave-safe dish; arrange chicken on top. Pour sauce over chicken and rice. Cover and refrigerate for 4 hours.

Cover and microwave at 80% power for 15-20 minutes or until chicken juices run clear and the rice is tender.
## Angela's Oriental Chicken Noodle Soup

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
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</thead>
<tbody>
<tr>
<td>3 cups water</td>
<td>In a large saucepan, bring water to a boil. Break up block of noodles and</td>
</tr>
<tr>
<td>1 (3 ounce) package chicken</td>
<td>stir into pot, reserving seasoning packet. Stir in chicken, bok choy and</td>
</tr>
<tr>
<td>flavored ramen noodles</td>
<td>carrot. Bring to a boil again, then reduce heat and simmer 3 minutes. Stir</td>
</tr>
<tr>
<td>2 cups chopped cooked chicken</td>
<td>in contents of seasoning packet and sesame oil.</td>
</tr>
<tr>
<td>breast</td>
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<tr>
<td>2 leaves bok choy, sliced</td>
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<tr>
<td>1 carrot, sliced</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon sesame oil</td>
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</tbody>
</table>
## Easy Chicken and Dumplings

### Ingredients

- 2 tablespoons butter
- 1 large yellow onion, chopped
- 2 cloves garlic, minced
- 1 pound boneless chicken thighs
- 1 cup low-sodium chicken broth
- 1 (10 ounce) package frozen mixed vegetables
- 1/2 teaspoon dried sage
- 1/2 teaspoon dried thyme
- 1 1/2 cups self-rising flour
- 3 tablespoons chopped fresh parsley
- 3 tablespoons shortening
- 2/3 cup buttermilk

### Directions

Melt butter in a large saucepan or pot over medium heat. Saute onion and garlic for 5 minutes, then stir in chicken and saute until browned, about 7 to 10 minutes. Stir in broth, vegetables, sage and thyme; mix all together and let simmer over medium heat while preparing the dumplings.

In a medium bowl, mix flour and parsley together. Add shortening and stir mixture into a coarse, mealy dough. Stir in buttermilk, a little bit at a time, until dough holds together and is soft but firm. (If needed, add up to 2 tablespoons more buttermilk).

Bring chicken mixture to a boil over medium high heat and drop round spoonfuls of dumpling mixture on top (do not let dumplings touch each other). Reduce heat to low, cover pot and let simmer for 10 to 12 minutes.
**Fresh Chicken Salad with Baby Greens**

### Ingredients
- 2 tablespoons extra virgin olive oil, divided
- 2 skinless, boneless chicken breast halves
- 1/4 cup pesto sauce
- 3 cups mixed baby greens
- 1 medium red bell pepper, sliced
- 1 small cucumber, sliced
- 1/4 red onion, thinly sliced
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey
- salt and pepper to taste

### Directions
Heat 1 tablespoon olive oil in a skillet over medium heat. Cook chicken breast in the skillet 10 minutes on each side, or until juices run clear. Remove chicken from skillet and shred. Return to skillet, mix in pesto sauce, and continue cooking just until sauce is heated through.

Place greens in a bowl, and top with chicken, bell pepper, cucumber, and onion. Drizzle with remaining olive oil, balsamic vinegar, and honey. Season with salt and pepper. Toss, and serve.
Beer Lime Grilled Chicken

Ingredients

1 lime, juiced
1 (12 fluid ounce) can light colored beer
1 teaspoon honey
2 cloves garlic, minced
2 tablespoons chopped fresh cilantro
Salt and pepper
4 skinless, boneless chicken breast halves

Directions

In a bowl, mix the lime juice, beer, honey, garlic, cilantro, and salt and pepper until the honey dissolves. Pour the mixture over the chicken, cover and marinate for 30 minutes.

Preheat an outdoor grill for medium heat and lightly oil grate.

Remove chicken from marinade and shake off excess; discard remaining marinade. Grill chicken until tender and juices run clear, about 7 minutes per side.
Addictive Sesame Chicken

Directions

Combine the 2 tablespoons soy sauce, the dry sherry, dash of sesame oil, flour, 2 tablespoons cornstarch, 2 tablespoons water, baking powder, baking soda, and canola oil in a large bowl. Mix well; stir in the chicken. Cover and refrigerate for 20 minutes.

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Combine the 1/2 cup water, chicken broth, vinegar, 1/4 cup cornstarch, sugar, 2 tablespoons soy sauce, 2 tablespoons sesame oil, red chili paste, and garlic in a small saucepan. Bring to a boil, stirring constantly. Turn heat to low and keep warm, stirring occasionally.

Fry the marinated chicken in batches until cooked through and golden brown, 3 to 5 minutes. Drain on paper towels.

Transfer the chicken to a large platter, top with sauce, and sprinkle with sesame seeds.

Ingredients

2 tablespoons soy sauce
1 tablespoon dry sherry
1 dash sesame oil
2 tablespoons all-purpose flour
2 tablespoons cornstarch
2 tablespoons water
1/4 teaspoon baking powder
1/4 teaspoon baking soda
1/2 cup water
1/2 cup chicken broth
1/4 cup distilled white vinegar
1/4 cup cornstarch
1 cup white sugar
2 tablespoons soy sauce
2 tablespoons sesame oil
1 teaspoon red chile paste (such as Thai Kitchen®)
1 clove garlic, minced
2 tablespoons toasted sesame seeds
Chicken and Asparagus Vol-au-vent

**Ingredients**

- 1/4 cup butter
- 1 large onion, finely diced
- 1 (16 ounce) can mushrooms, drained and thinly sliced
- 1/3 cup all-purpose flour
- 2 1/2 cups chicken stock
- 1 (15 ounce) can condensed cream of asparagus soup
- 3 tablespoons dry sherry
- 3 1/2 cups diced cooked chicken breast meat
- 36 frozen puff pastry shells, thawed

**Directions**

Preheat oven to 400 degrees F (200 degrees C).

In a large skillet, melt butter over low heat. Stir in onions and mushrooms, and saute until onions are soft. Stir in the flour and continue to cook for 4 minutes, stirring constantly.

Pour in stock gradually, and continue to stir over a medium heat until thickened. Stir in condensed asparagus soup, sherry, and chicken. Reduce heat to low, and simmer until the chicken is done and the sauce has thickened, about 10 minutes.

Meanwhile, arrange pastry shells on a 10x15-inch baking sheet. Bake in preheated oven until golden brown, about 8 to 10 minutes. Allow to cool slightly before spooning equal amounts of the chicken filling into each shell. Serve immediately.
Ground Chicken Taco Burgers

**Ingredients**

- 1 pound ground chicken
- 1/2 small onion, diced
- 1 teaspoon minced garlic
- 1/2 (1 ounce) package dry taco seasoning mix
- 1 egg
- salt and pepper, to taste
- 4 wheat hamburger buns, toasted
- 4 slices pepperjack cheese
- 1 avocado - peeled, pitted and sliced
- 1/4 cup chopped jalapeno pepper
- 1/2 cup salsa, or to taste

**Directions**

Preheat outdoor grill for medium-high heat. Lightly oil grill grate, and place about 4 inches from heat source.

Mix the ground chicken, onion, garlic, taco seasoning, and egg together in a bowl until thoroughly blended. Season with salt and pepper to taste. Divide chicken mixture evenly and form into 4 soft patties.

Cook the chicken patties on the preheated grill until meat is no longer pink and juices run clear, 5 to 8 minutes per side, depending on thickness. To serve, place each patty on one half of a hamburger bun, top with a slice of cheese, avocado slices, and desired amounts of jalapeno peppers and salsa. Cover with remaining half of bun.
Marinade for Chicken

**Ingredients**
- 1 1/2 cups vegetable oil
- 3/4 cup soy sauce
- 1/2 cup Worcestershire sauce
- 1/2 cup red wine vinegar
- 1/3 cup lemon juice
- 2 tablespoons dry mustard
- 1 teaspoon salt
- 1 tablespoon black pepper
- 1 1/2 teaspoons finely minced fresh parsley

**Directions**
In a medium bowl, mix together oil, soy sauce, Worcestershire sauce, wine vinegar, and lemon juice. Stir in mustard powder, salt, pepper, and parsley. Use to marinate chicken before cooking as desired. The longer you marinate, the more flavor it will have.
# Saucy Cajun Chicken Breasts

## Ingredients
- 2 skinless, boneless chicken breasts
- 1 cup Italian-style salad dressing
- 1 (18 ounce) bottle barbecue sauce

## Directions
Place frozen chicken breasts in a resealable plastic bag and cover with salad dressing. Seal bag and place in refrigerator and marinate until chicken is thawed (marinating frozen breasts until thawed permeates the meat with the dressing flavors).

Lightly oil grill and preheat to high heat.

Remove chicken breasts from marinade and grill 5 to 7 minutes each side, until they are barely done. Coat with barbecue sauce and cook just a few minutes more. Don't overcook, but check to make sure that the chicken is cooked through and juices run clear.
Orange Teriyaki Chicken

**Ingredients**

- 4 bone-in chicken breast halves, with skin
- 1/3 cup teriyaki sauce
- 1/3 (12 fluid ounce) can frozen orange juice concentrate, thawed

**Directions**

Rinse chicken breasts. Pat dry with paper towels. Place in a plastic bag set into a shallow dish.

TO MAKE MARINADE: Combine teriyaki sauce and orange juice concentrate. Pour marinade over the chicken and close the plastic bag. Marinate in the refrigerator for 6 to 24 hours, turning occasionally.

Remove from refrigerator and drain the chicken, reserving the marinade.

In a small saucepan, bring the reserved marinade to a boil and cook for 2 minutes.

Grill the chicken, bone side up, on an uncovered grill directly over medium coals for 20 minutes. Turn the chicken and grill for 20 to 30 minutes more or until tender, brushing often with the reserved marinade. Serve.
**Ingredients**

- 6 skinless, boneless chicken breast halves
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 cup milk
- 4 ounces sliced ham
- 4 ounces sliced Swiss cheese
- 1 (8 ounce) package herbed dry bread stuffing mix
- 1/4 cup butter, melted

**Directions**

Mix together the cream of chicken soup and milk in a small bowl. Pour enough of the soup into a slow cooker to cover the bottom. Layer chicken breasts over the sauce. Cover with slices of ham and then Swiss cheese. Pour the remaining soup over the layers, stirring a little to distribute between layers. Sprinkle the stuffing on top, and drizzle butter over stuffing. Cover, and cook on Low for 4 to 6 hours, or 2 to 3 hours on High.
### Ingredients

- 2 large boneless, skinless chicken breasts, cubed
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinaigrette salad dressing
- 1 bunch fresh spinach, rinsed and dried
- 1 pint strawberries, sliced
- 4 ounces crumbled goat cheese
- 1 (5 ounce) package candied pecans (such as Emerald® Pecan Pie Glazed Pecans)
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinaigrette salad dressing

### Directions

Place the chicken breast meat into a skillet with 2 tablespoons of olive oil and 2 tablespoons of balsamic vinaigrette over medium heat; cook and stir until the chicken is browned, no longer pink in the center, and the juice has nearly evaporated, about 10 minutes. Remove the chicken to a bowl and let cool.

Place the spinach into a salad bowl; scatter the strawberries, goat cheese, and candied pecans over the spinach. Drizzle 2 tablespoons of olive oil and 2 tablespoons of balsamic vinaigrette over the salad and top with the chicken. Serve slightly warm or chilled.
Easy Chicken Casserole

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 cup sour cream
- 32 buttery round crackers
- 1/4 cup chopped onion (optional)
- 1/4 cup chopped mushrooms (optional)

**Directions**

- Preheat oven to 350 degrees F (175 degrees C).
- Boil chicken until cooked through (no longer pink inside), about 20-30 minutes. Chop into bite size pieces and place in a 9x13 inch baking dish.
- Combine soup, sour cream, onion (optional) and mushrooms (optional). Pour mixture over chicken and top with crumbled crackers. Cover and bake at 350 degrees F (175 degrees C) for 30 minutes (or freeze for baking at another time).
Ingredients

1/2 cup butter
1 whole chicken, cut into pieces
1 teaspoon salt
1/2 teaspoon ground black pepper
3/4 cup all-purpose flour
3 cups chopped yellow onions
1 cup chopped celery
3 cloves garlic, chopped
2 cups chopped carrots
3 cups chicken broth
3 tablespoons all-purpose flour
1/4 teaspoon cayenne pepper
2 teaspoons salt
1/4 teaspoon ground black pepper

Directions

Melt the butter in a large skillet over medium-high heat. Season chicken pieces with 1 teaspoon salt and 1/2 teaspoon pepper. Dredge in 3/4 cup flour, place in the skillet, and brown on all sides. Set chicken aside, and drain skillet, reserving about 1 tablespoon butter.

Reduce skillet heat to medium-low, and stir in onions, celery, garlic, and carrots. Cook 5 minutes, until tender. Stir in the flour, and cook 5 minutes more. Pour in the chicken broth, season with cayenne pepper, and remaining salt and pepper. Bring to a boil, and reduce heat to low.

Return chicken to the skillet, cover, and continue cooking 30 minutes, until chicken juices run clear and gravy has thickened.
Chicken with Curry Dill Sauce

**Ingredients**

2 tablespoons butter or margarine  
2 tablespoons all-purpose flour  
1/8 teaspoon salt  
Dash pepper  
1 cup milk  
1/4 cup mayonnaise  
1/2 teaspoon dill weed  
1/4 teaspoon curry powder  
6 bone-in chicken breast halves  
1 tablespoon vegetable oil

**Directions**

In a saucepan over medium heat, melt butter. Add the flour, salt and pepper; stir until smooth. Gradually add milk and bring to a boil. Boil and stir for 2 minutes. Remove from the heat. Add the mayonnaise, dill and curry; stir until smooth. Set aside. In a skillet over medium heat, brown chicken in oil. Place in a greased shallow 3-qt. baking dish. Pour sauce over chicken. Bake, uncovered, at 350 degrees F for 50-60 minutes or until meat juices run clear.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
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<tbody>
<tr>
<td>1 tablespoon olive oil</td>
<td>Preheat oven to 350 degrees F (175 degrees C).</td>
</tr>
<tr>
<td>1 clove garlic, minced</td>
<td>In a large skillet, heat the oil over medium heat. Add the garlic,</td>
</tr>
<tr>
<td>1 onion, thinly sliced</td>
<td>onion, celery, and bell pepper. Cook, stirring occasionally, until</td>
</tr>
<tr>
<td>1 stalk celery, sliced thin</td>
<td>tender (about 4 minutes). Add the tomatoes, bay leaf, salt and</td>
</tr>
<tr>
<td>1 green bell pepper, minced</td>
<td>cayenne pepper. Cook this Creole sauce 3 minutes longer, stirring</td>
</tr>
<tr>
<td>2 (16 ounce) cans diced tomatoes</td>
<td>often.</td>
</tr>
<tr>
<td>1 bay leaf</td>
<td>Arrange the chicken breasts in an 8 x 11 inch baking dish. Pour the</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td>Creole sauce over the chicken.</td>
</tr>
<tr>
<td>1/8 teaspoon cayenne pepper</td>
<td>Bake 15 to 20 minutes, until the chicken is tender and white</td>
</tr>
<tr>
<td>4 skinless, boneless chicken breasts</td>
<td>throughout.</td>
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</table>
Mustard Chicken

**Ingredients**

- 4 skinless, boneless chicken breasts
- 1 cup prepared mustard
- 1 (6 ounce) can French-fried onions

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

Place mustard in a shallow dish or bowl; place onions in a second shallow dish or bowl. Dredge chicken in mustard to coat both sides, then dredge in onions. Place coated chicken in a lightly greased 9x13 inch baking dish.

Bake at 375 degrees F (190 degrees C) for 50 to 60 minutes or until chicken is cooked through and juices run clear.
Chicken Pasta Salad

**Ingredients**

1/2 pound uncooked pasta of your choice
1 cup frozen corn kernels, thawed
1 cup sliced mushrooms
1/2 cup diced celery
1/4 cup minced onion
1/2 cup sliced green olives
1/2 cup diced green bell pepper
1 cup shredded Cheddar cheese
3/4 cup Italian-style salad dressing
1/2 cup mayonnaise
2 (10 ounce) cans chunk chicken, drained
salt and pepper to taste

**Directions**

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and pour pasta into a large dish.

Stir in the corn, mushrooms, celery, onions, olives, bell pepper and cheese.

In a separate bowl, whisk together the salad dressing and mayonnaise, then pour this mixture over the salad and toss again, to coat. Add flaked chicken and toss gently a final time.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4 pound skinless, boneless chicken breasts</td>
<td>Flatten chicken to 1/2-in. thickness; cut into 1-in. strips. In a shallow bowl, combine the potato flakes and bread crumbs. Dip chicken in egg substitute, then in potato mixture. In a skillet, cook chicken in oil for 4-5 minutes or until golden.</td>
</tr>
<tr>
<td>1/2 cup mashed potato flakes</td>
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<tr>
<td>1/2 cup seasoned bread crumbs</td>
<td></td>
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<tr>
<td>1/4 cup egg substitute</td>
<td></td>
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<tr>
<td>2 tablespoons olive or vegetable oil</td>
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</tbody>
</table>
Mozzarella Parmesan Chicken

Ingredients

8 skinless, boneless chicken breast halves
1 (10.75 ounce) can low-fat cream of celery soup
1 (10.75 ounce) can condensed cream of mushroom soup
1/4 cup water
1/4 cup chopped onion
1 clove garlic, minced
1/8 teaspoon dried oregano
6 ounces low fat mozzarella cheese, sliced
3 tablespoons grated Parmesan cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken breasts in a 9x13 inch baking dish, in a single layer. Cover with the celery soup and bake uncovered in the preheated oven for 40 minutes. Turn chicken pieces over and bake for another 30 minutes, until browned. Remove from oven.

Combine the mushroom soup, water, onion, garlic and oregano and mix all together. Pour mixture over chicken. Top with mozzarella cheese slices, pushing the cheese down into the sauce. Sprinkle grated Parmesan cheese on top and bake in the preheated oven for 20 minutes more until bubbly and golden brown.
Cumin Chicken With Apples

**Ingredients**

- 4 chicken leg quarters
- 2 tablespoons butter
- 2 medium apples, chopped
- 2 small onions, halved and sliced
- 1 (4.5 ounce) can mushroom stems and pieces, drained
- 1 tablespoon all-purpose flour
- 1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
- 1/2 cup water
- 1 tablespoon ground cumin
- 1 teaspoon Worcestershire sauce
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon chili powder
- Hot cooked rice

**Directions**

In a large skillet, brown chicken in butter. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. In the drippings, saute apples, onions and mushrooms until apples are crisp-tender. Add flour, soup, water, cumin, Worcestershire sauce, salt and pepper; mix well. Pour over chicken.

Cover and bake at 350 degrees F for 1 hour or until the chicken juices run clear. Sprinkle with chili powder. Serve over rice.
Creamy Chicken Stir-Fry

Ingredients

1 pound skinless, boneless chicken breast, cut into strips
3 cups cut-up vegetables (broccoli, carrots, green beans and red pepper)
1 (10.75 ounce) can Campbell's® Healthy Request® Condensed Cream of Celery Soup
1/2 cup milk
1 tablespoon low-sodium soy sauce
1/4 teaspoon garlic powder
4 cups hot cooked rice, cooked without salt

Directions

Spray skillet with vegetable cooking spray and heat 1 minute. Add chicken and stir-fry until browned and juices evaporate. Push chicken to one side of skillet.

Add vegetables and stir-fry until tender-crisp.

Add soup, milk, soy and garlic powder and heat through. Serve over rice.
Broccoli Chicken Braid

In a bowl, combine the first eight ingredients. Stir in mayonnaise. Unroll both tubes of crescent roll dough into one long rectangle on an ungreased baking sheet. Roll into a 15-in. x 12-in. rectangle, sealing seams and perforations. Spoon chicken mixture down center third of dough.

On each long side, cut eight strips about 3-1/2 in. into the center. Bring one strip from each side over filling and pinch ends to seal; repeat. Brush with egg white. Sprinkle with almonds. Bake at 375 degrees F for 15-20 minutes or until filling is heated through and top is golden brown.
## Ingredients

- oil, for greasing pan
- 8 boneless, skinless chicken breast halves
- 1 (8 ounce) package cream cheese, cut into 1/2 inch slices
- 1 (8 ounce) package Cheddar cheese, cut into 1/2 inch slices
- 1 cup milk
- 1 1/2 cups Italian seasoned bread crumbs
- 1/2 cup grated Romano cheese
- 1 tablespoon minced garlic
- 3/4 cup butter, melted
- 2 tablespoons lemon juice
- 1/2 teaspoon garlic salt, or to taste
- 1/2 teaspoon paprika (optional)

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly coat a large, shallow baking dish with oil.

Butterfly each breast by slicing in half horizontally through the center, cutting almost but not completely through. Place one slice each of Cheddar and cream cheese in the center of each breast. Close again as if placing between the pages of a book. Set aside.

Pour milk into a shallow bowl. In a separate bowl, combine bread crumbs and Romano cheese. Carefully dip each breast first in milk, then in breadcrumb mixture, patting lightly to firmly coat. Place breasts side by side in a single layer in pre-oiled baking dish, tucking edges under to seal.

Melt butter in a small saucepan over medium heat. Stir in lemon juice and garlic, and drizzle evenly over chicken. Season breasts with garlic salt and paprika, if using.

Bake in preheated oven for 30 minutes, or until no longer pink in center and juices run clear.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon vegetable oil</td>
<td>Heat oil in a large pot over medium heat. Brown chicken breasts for</td>
</tr>
<tr>
<td>1 pound boneless, skinless chicken breast halves</td>
<td>4 to 5 minutes on each side. Shred and set aside.</td>
</tr>
<tr>
<td>1/2 cup diced onion</td>
<td>To the pot add onions and garlic; saute for 2 minutes, or until onions</td>
</tr>
<tr>
<td>1 clove garlic, minced</td>
<td>are translucent. Pour in chicken broth.</td>
</tr>
<tr>
<td>4 cups chicken broth</td>
<td>In a medium bowl combine masa harina with 2 cups of water and whisk</td>
</tr>
<tr>
<td>1 cup masa harina</td>
<td>until well blended.</td>
</tr>
<tr>
<td>3 cups water, divided</td>
<td>To the onions and garlic add the masa harina mixture, remaining water,</td>
</tr>
<tr>
<td>1 cup enchilada sauce</td>
<td>enchilada sauce, cheese, salt, chili powder and cumin. Bring to a boil;</td>
</tr>
<tr>
<td>1 pound processed cheese, cubed</td>
<td>add shredded chicken. Reduce heat to low and simmer 30 to 40 minutes, or</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td>until thickened.</td>
</tr>
<tr>
<td>1 teaspoon chili powder</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon ground cumin</td>
<td></td>
</tr>
</tbody>
</table>
**King Ranch Chicken Casserole I**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (3 pound) chicken, boiled and deboned</td>
<td>Preheat oven to 300 degrees F (150 degrees C.)</td>
</tr>
<tr>
<td>1 (14.5 ounce) package tortilla chips</td>
<td>Layer the chips in a 9x13 inch casserole dish.</td>
</tr>
<tr>
<td>1 (10 ounce) can diced tomatoes with green chile peppers</td>
<td>Combine the tomatoes, chicken soup, mushroom soup and onion. Pour half of mixture over chips. Layer the chicken pieces, half of the cheese and the remaining soup mixture.</td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup</td>
<td>Bake at 300 degrees F (150 degrees C) for 20 minutes. Top with the remaining cheese and return to the oven until the cheese is melted.</td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of mushroom soup</td>
<td></td>
</tr>
<tr>
<td>1 onion, chopped</td>
<td></td>
</tr>
<tr>
<td>3 cups shredded Cheddar cheese</td>
<td></td>
</tr>
</tbody>
</table>
# Lime-Garlic Chicken and Spinach Salad

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>- cut into thin strips</td>
<td></td>
</tr>
<tr>
<td>1/2 onion, chopped</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons minced garlic</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon fresh ground black pepper</td>
<td></td>
</tr>
<tr>
<td>1 pinch salt</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon flour</td>
<td></td>
</tr>
<tr>
<td>1/4 cup fresh lime juice, or to taste</td>
<td></td>
</tr>
<tr>
<td>4 1/2 cups baby spinach leaves</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Place chicken, onions, garlic, salt, pepper, and flour in a resealable bag. Stir in the lime juice. Allow to sit for a few minutes to marinate.

Spray a non-stick frying pan with olive oil cooking spray and place over medium heat. Pour in the entire contents of the bag and cook until the onion has softened (there is no need to brown). Add additional lime juice to taste. Serve over spinach.
# Chicken, Feta Cheese, and Sun-Dried Tomato Wraps

**Ingredients**

- 2 (4 ounce) skinless, boneless chicken breast halves
- 1/4 cup sun-dried tomato dressing
- 8 sun-dried tomatoes (not oil packed)
- 1 cup boiling water
- 1/3 cup crumbled feta cheese
- 4 cups loosely packed torn fresh spinach
- 4 (10 inch) whole wheat tortillas
- 1/4 cup sun-dried tomato dressing

**Directions**

1. In a large resealable plastic bag, combine chicken breasts and 1/4 cup dressing. Seal, and refrigerate for several hours.


3. Lightly oil grill grate. Discard marinade, and place chicken on grill. Cook for 12 to 15 minutes, turning once, or until done.

4. Cut chicken into strips, and place in a medium bowl with sliced tomatoes, feta, and spinach. Toss with remaining 1/4 cup dressing. Distribute mixture between the four tortillas, and wrap. Either cut in half and enjoy cold, or place briefly back on grill until the tortilla turns warm and crispy.
Easy Garlic Ginger Chicken

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 3 cloves crushed garlic
- 3 tablespoons ground ginger
- 1 tablespoon olive oil
- 4 limes, juiced

**Directions**

Pound the chicken to 1/2 inch thickness. In a large resealable plastic bag combine the garlic, ginger, oil and lime juice. Seal bag and shake until blended. Open bag and add chicken. Seal bag and marinate in refrigerator for no more than 20 minutes.

Remove chicken from bag and grill or broil, basting with marinade, until cooked through and juices run clear. Dispose of any remaining marinade.
Cornmeal-Coated Chicken

Ingredients

1 cup all-purpose flour
1 cup cornmeal
4 teaspoons ground cumin
2 teaspoons onion powder
2 teaspoons garlic powder
2 teaspoons dried oregano
1 teaspoon salt
1 teaspoon pepper
1/2 teaspoon cayenne pepper

ADDITIONAL INGREDIENTS:
1 (3 pound) broiler-fryer chicken, cut up and skin removed
3 tablespoons butter or margarine, melted

Directions

In a large resealable plastic bag, combine the first nine ingredients. Store in a cool dry place for up to 6 months.
### Ingredients

- 1/4 cup all-purpose flour
- 1/2 teaspoon garlic salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon dried oregano
- 4 boneless, skinless chicken breast halves
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 cup sliced fresh mushrooms
- 1/2 cup Marsala wine

### Directions

In a medium bowl, stir together the flour, garlic salt, pepper, and oregano. Dredge chicken in the mixture to lightly coat.

Heat olive oil and butter in a large skillet over medium heat. Fry the chicken in the skillet for 2 minutes, or until lightly browned on one side. Turn chicken over, and add mushrooms. Cook about 2 minutes, until other side of chicken is lightly browned. Stir mushrooms so that they cook evenly.

Pour Marsala wine over the chicken. Cover skillet, and reduce heat to low; simmer for 10 minutes, or until chicken is no longer pink and juices run clear.
## Chicken Salad Oriental

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 cups cubed cooked chicken</td>
</tr>
<tr>
<td>1 1/2 cups cooked rice</td>
</tr>
<tr>
<td>1 (10 ounce) package frozen green beans, thawed</td>
</tr>
<tr>
<td>1 cup fresh bean sprouts</td>
</tr>
<tr>
<td>1 medium green pepper, chopped</td>
</tr>
<tr>
<td>1 small onion, chopped</td>
</tr>
<tr>
<td>2 tablespoons minced fresh parsley</td>
</tr>
<tr>
<td>DRESSING:</td>
</tr>
<tr>
<td>1/3 cup sour cream</td>
</tr>
<tr>
<td>2 tablespoons water</td>
</tr>
<tr>
<td>2 tablespoons soy sauce</td>
</tr>
<tr>
<td>1/2 teaspoon garlic powder</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
</tr>
<tr>
<td>1/4 teaspoon ground ginger</td>
</tr>
<tr>
<td>1/8 teaspoon pepper</td>
</tr>
</tbody>
</table>

### Directions

In a large bowl, combine the first seven ingredients. Whisk dressing ingredients together in a small bowl. Pour over salad; toss to coat. Refrigerate 8 hour or overnight.
Chicken Tortellini Alfredo

**Ingredients**

1 medium onion, chopped
2 tablespoons butter
3 skinned and boned chicken breast halves, cut into 2-inch pieces
salt and pepper
1 tablespoon dried or fresh tarragon or thyme (optional)
flour for dredging
2 1/2 cups Newman's Own All-Natural Alfredo Sauce
10 ounces cheese tortellini, prepared according to package directions
chopped parsley for garnish

**Directions**

Saute onion in butter until limp and set aside.

Season chicken with salt and pepper to taste. Add tarragon or thyme, if desired. Dredge in flour and saute in pan used to saute onion for about 5 to 7 minutes.

Add onions, Alfredo sauce, and tortellini. Stir together, heating thoroughly for 5 to 10 minutes. Garnish with parsley and diced peppers as desired.
Swanson® Chicken Primavera

Ingredients
2 tablespoons cornstarch
1 3/4 cups Swanson® Chicken Broth (Regular, Natural Goodness™, or Certified Organic)
1/4 teaspoon garlic powder
2 cups broccoli flowerets
2 medium carrots, sliced
1/2 cup green or red pepper, cut into 2-inch-long strips
1 small onion, chopped
2 (4.5 ounce) cans Swanson® Premium Chunk Chicken Breast in Water, drained
4 cups hot cooked spaghetti
1/4 cup grated Parmesan cheese

Directions
Stir the cornstarch and 1/4 cup broth in a small bowl until the mixture is smooth.

Heat the remaining broth, garlic powder, broccoli, carrots, pepper and onion in a 3-quart saucepan over medium-high heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the vegetables are tender-crisp.

Stir the cornstarch mixture in the saucepan. Cook and stir until the mixture boils and thickens. Stir in the chicken and cook until the mixture is hot and bubbling. Toss the chicken mixture with the spaghetti and cheese.
Chicken Fajita Salad

**Ingredients**
- 2 tablespoons cooking oil, divided
- 1/4 cup lime juice
- 1 garlic clove, minced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon oregano
- 1 pound boneless, skinless chicken breasts cut into thin strips
- 1 onion, cut into thin wedges
- 1 red bell pepper, cut into thin strips
- 1 (7 ounce) can chopped green chilies, drained
- 1 cup whole almonds, toasted
- Shredded lettuce
- 3 tomatoes, cut into wedges
- 1 avocado, sliced

**Directions**
Combine 1 tablespoon oil, lime juice, garlic, cumin and oregano. Toss with chicken; marinate at least 30 minutes. Meanwhile, in a skillet, heat remaining oil on medium-high. Saute onion 2 minutes. Drain chicken, reserving marinade. Add chicken to skillet; stir-fry until it begins to brown. Add red pepper, chilies and marinade; cook 2 minutes. Stir in almonds. Serve immediately over shredded lettuce and top with tomatoes and avocado.
Slow Cooker Parsley Chicken

Ingredients

1/2 cup butter, softened
4 bone-in chicken breast halves
12 small red potatoes, halved
1 small onion, coarsely chopped
12 whole mushrooms
1 (8 ounce) package cream cheese, cubed
1 bunch fresh parsley, coarsely chopped
1 lemon, juiced
1/2 cup soy sauce
1 teaspoon salt
1 teaspoon ground black pepper

Directions

Divide butter into 4 equal portions and spread between the skin and meat of each chicken breast. Place chicken breasts, potatoes, onion, mushrooms, cream cheese, parsley, lemon juice, soy sauce, salt, and pepper in a slow cooker. Cook on Low for 8 to 10 hours.
**Confetti Chicken**

**Ingredients**
- 1 cup diced carrots
- 3/4 cup chopped onion
- 1/2 cup diced celery
- 1/4 cup chicken broth
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 cup sour cream
- 3 cups cubed, cooked chicken meat
- 1/2 cup fresh sliced mushrooms
- 1 teaspoon Worcestershire sauce
- 1 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 eggs, beaten
- 1/2 cup milk
- 1 tablespoon thinly sliced green onion
- 1 tablespoon chopped pimento peppers
- 1 1/4 cups shredded Cheddar cheese, divided

**Directions**

In a large saucepan, combine the carrots, onion, celery, and chicken broth. Stir all together, and let simmer for 20 minutes. In a 3-quart casserole dish, mix soup, sour cream, chicken cubes, mushrooms, Worcestershire sauce, salt and pepper. Add simmered vegetables and liquid; mix well.

In a mixing bowl, mix the flour, baking powder and salt. Mix in eggs, milk, green pepper, pimentos and 1 cup of the cheese until well blended. Drop by spoonfuls on top of casserole.

Preheat oven to 350 degrees F (175 degrees C).

Bake in the preheated oven for 40 to 45 minutes, or until golden brown. Sprinkle with the remaining 1/4 cup of cheese, and continue baking another 5 to 10 minutes, or until cheese is melted and bubbly.
Uncle Josh's Famous Chicken and Rice

**Ingredients**

- 2 cups instant rice
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 1/4 cups water
- Lemon pepper to taste
- Lemon and herb seasoning to taste
- Ground cumin to taste
- Dried thyme to taste
- 6 skinless, boneless chicken breast halves

**Directions**

1. Preheat oven to 350 degrees F (175 degrees C). Prepare instant rice according to package directions. (Note: 2 cups of uncooked rice will yield about 4 cups of cooked rice.)

2. In a 9x13 inch baking dish, thoroughly mix the cooked rice, soup, water, lemon pepper, lemon and herb seasoning, cumin and thyme. Press chicken breasts into mixture until only the tops show.

3. Cover and cook 30 minutes in the preheated oven. Pierce chicken breasts with a fork. Continue cooking 30 minutes. Enjoy!
# One-Dish Chicken, Vegetable and Rice Bake

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup</td>
<td></td>
</tr>
<tr>
<td>1 (6 ounce) package seasoned long-grain and wild rice mix</td>
<td></td>
</tr>
<tr>
<td>1 (16 ounce) package frozen vegetable combination (broccoli, carrots, water chestnuts)</td>
<td></td>
</tr>
<tr>
<td>1 cup shredded Cheddar cheese</td>
<td></td>
</tr>
<tr>
<td>6 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>Paprika</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Mix soup, water, rice, seasoning mix, vegetables and half the cheese in 3-quart shallow baking dish. Top with chicken. Sprinkle with paprika. Cover.

Bake at 375 degrees F for 1 hour or until done.

Top with remaining cheese.
Gourmet Raspberry Chicken

Ingredients

- 2 (10.5 ounce) cans chicken broth
- 1/2 teaspoon minced garlic
- 1/2 cup frozen cranberry raspberry juice concentrate
- 1/2 cup white wine
- 1 (12 ounce) package frozen raspberries, divided
- 1 tablespoon cornstarch
- 2 tablespoons cold water
- 1 cup all-purpose flour
- 1 teaspoon dried tarragon (optional)
- 2 skinless, boneless chicken breast halves - pounded to 1/2 inch thickness
- 1/4 cup olive oil

Directions

Combine the chicken broth and garlic in a saucepan over medium-high heat. Bring to a boil, and cook until reduced by 1/2, at least 15 minutes. Stir in the cranberry raspberry concentrate, white wine, and 2/3 of the package of raspberries. Return to a boil, and boil until there is about 1/2 cup of sauce remaining, about 30 minutes. Strain the sauce, and return it to the pan. Mix together the cornstarch and cold water; stir into the sauce. Cook over medium heat until glossy and slightly thickened.

Place the flour and tarragon in a small paper sack. Shake to mix. Place chicken breasts in the bag, and coat completely.

Heat the olive oil in a skillet over medium heat. Add chicken, and cook until no longer pink, and the juices run clear. Drain off excess oil, and pour the raspberry sauce into the pan. It will boil up, and then settle. Turn the chicken to coat evenly with the sauce. Sprinkle the remaining raspberries into the pan and cook until thawed.
Cheezy Chicken Spaghetti Bake

**Ingredients**
- 8 ounces spaghetti
- 4 skinless, boneless chicken breasts
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 1 (5 ounce) jar processed cheese spread
- 1 (5 ounce) bottle processed cheese spread with jalapenos

**Directions**
- Boil spaghetti as directed on package. Drain.
- Meanwhile, brown chicken breast until tender and done all the way through. Shred chicken into bite-size pieces.
- Melt processed cheese spread in a microwave oven as directed on jar.
- Pour drained spaghetti in a large baking dish. Add melted cheese spread and soup; mix well. Stir in chicken, and mix well. Cover with foil.
- Bake at 425 degrees F (220 degrees C) for 25 minutes.
# Baked Chicken and Zucchini

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 egg</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon water</td>
<td></td>
</tr>
<tr>
<td>3/4 teaspoon salt, divided</td>
<td></td>
</tr>
<tr>
<td>1/8 teaspoon pepper</td>
<td></td>
</tr>
<tr>
<td>1 cup dry bread crumbs</td>
<td></td>
</tr>
<tr>
<td>4 boneless, skinless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>4 tablespoons olive oil, divided</td>
<td></td>
</tr>
<tr>
<td>5 medium zucchini, sliced</td>
<td></td>
</tr>
<tr>
<td>4 medium tomatoes, sliced</td>
<td></td>
</tr>
<tr>
<td>1 cup shredded mozzarella cheese, divided</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons minced fresh basil</td>
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</tr>
</tbody>
</table>

## Directions

In a shallow bowl, beat egg, water, 1/2 teaspoon salt and pepper. Set aside 2 tablespoons bread crumbs. Place the remaining crumbs in a large resealable plastic bag. Dip chicken in egg mixture, then place in bag and shake to coat.

In a skillet, cook chicken in 2 tablespoons oil for 2-3 minutes on each side or until golden brown; remove and set aside. In the same skillet, sauté zucchini in remaining oil until crisp-tender; drain. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish.

Sprinkle the reserved bread crumbs over the zucchini. Top with tomato slices; sprinkle with 2/3 cup mozzarella cheese, basil and remaining salt. Top with chicken. Cover and bake at 400 degrees F for 25 minutes. Uncover; sprinkle with remaining cheese. Bake 10 minutes longer or until cheese is melted.
# Better Slow Cooker Robust Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 pounds skinless, boneless chicken breast halves - cut into 1 inch strips</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons bacon bits</td>
<td></td>
</tr>
<tr>
<td>1/4 cup chopped green olives</td>
<td></td>
</tr>
<tr>
<td>1 (14.5 ounce) can diced tomatoes, drained</td>
<td></td>
</tr>
<tr>
<td>1 (4.5 ounce) can sliced mushrooms, drained</td>
<td></td>
</tr>
<tr>
<td>1 (1.25 ounce) envelope dry chicken gravy mix</td>
<td></td>
</tr>
<tr>
<td>1/2 cup red wine</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons Dijon mustard</td>
<td></td>
</tr>
<tr>
<td>1/4 cup balsamic vinegar</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

In a slow cooker, combine the chicken, bacon bits, olives, tomatoes, mushrooms, gravy mix, wine, mustard, and vinegar. Mix together.

Cover slow cooker, and cook on Low setting for 6 to 8 hours.
# Ultimate Chicken Sandwiches

## Ingredients

- 6 (4 ounce) skinless, boneless chicken breast halves
- 1 cup 1% buttermilk
- 1/2 cup reduced-fat biscuit/baking mix
- 1/2 cup cornmeal
- 1 1/2 teaspoons paprika
- 3/4 teaspoon salt
- 3/4 teaspoon poultry seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper
- 1/4 teaspoon cayenne pepper
- 6 onion or Kaiser rolls, split
- 6 lettuce leaves
- 12 slices tomato

## Directions

Pound chicken to 1/2-in. thickness. Pour buttermilk into a large resealable plastic bag; add chicken. Seal bag and turn to coat; refrigerate for 8 hours or overnight.

In a shall bowl, combine the biscuit mix, cornmeal, paprika, salt, poultry seasoning, garlic powder, pepper and cayenne. Remove chicken one piece at a time, allowing excess buttermilk to drain off. Discard buttermilk. Coat chicken with cornmeal mixture; place in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray.

Bake, uncovered, at 400 degrees F for 12 minutes. Turn chicken. Bake 8-12 minutes longer or until juices run clear and coating is lightly browned. Serve on rolls with lettuce and tomato.
**Ingredients**

- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breast halves
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular, 98% Fat Free or Healthy Request®)
- 1 1/2 cups water
- 1/4 teaspoon paprika
- 1/4 teaspoon ground black pepper
- 1 1/2 cups uncooked instant brown rice*
- 2 cups fresh or frozen broccoli flowerets

**Directions**

Heat oil in 10-inch skillet over medium-high heat. Add chicken and cook until well browned on both sides. Remove chicken from skillet.

Stir soup, water, paprika and black pepper in skillet. Heat to a boil.

Stir rice and broccoli in skillet. Reduce heat to low. Return chicken to skillet. Sprinkle additional paprika and black pepper over chicken. Cover and cook 5 minutes or until chicken is cooked through and rice is tender.
Oven Fried Chicken II

**Ingredients**
- 12 chicken thighs
- 3 eggs
- 1 cup all-purpose flour
- 1 cup Italian seasoned bread crumbs
- salt and pepper to taste
- 1 teaspoon paprika
- 1/2 cup vegetable oil

**Directions**
- Preheat oven to 350 degrees F (175 degrees C).
- Place flour in a shallow plate or bowl and season with salt and pepper to taste. Put the bread crumbs in another shallow plate or bowl and beat the eggs in another bowl.
- Dredge the chicken piece by piece in the flour, then the egg, then the bread crumbs, until all pieces are coated. Pour the oil into a 9x13 inch baking dish. Add the chicken to the dish and sprinkle with paprika to taste. Bake in the preheated oven for 30 minutes, then turn pieces over and bake for another 30 minutes. Remove from oven and drain on paper towels. Enjoy!
**Crazy Chicken**

### Ingredients

- 1 1/2 pounds skinless, boneless chicken breast halves - cubed
- 1 teaspoon oil for frying
- 2 tablespoons minced garlic
- 1 (11 fluid ounce) bottle classic-style stir-fry sauce

### Directions

- Preheat oven to Grill/Broil.

- Heat oil in a skillet over medium high heat. Add chicken and garlic and saute until chicken juices run clear, about 7 to 10 minutes. Drain fat from skillet and stir in sauce.

- Place chicken mixture on a cookie sheet and broil in the preheated oven for about 10 minutes, or until browned. Let sit about 5 minutes to allow sauce to thicken.
Leftover Chicken Croquettes

**Ingredients**
- 3 cups cooked, finely chopped chicken meat
- 1 1/2 cups seasoned dry bread crumbs
- 2 to 3 lightly beaten eggs
- 2 cups sauteed chopped onion
- 1 tablespoon chopped fresh parsley
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

**Directions**
In a large bowl combine the chicken, bread crumbs, 2 eggs and onion and mix well; if mixture is too dry to form patties, mix in another lightly beaten egg. Then add parsley, salt and pepper to taste, mix well and form into small patties.

Heat oil in a large skillet over medium heat and fry patties in oil until golden brown.
Chili Jack Chicken

**Ingredients**

- 2 skinless, boneless chicken breast halves
- 1 tablespoon butter or margarine
- 1 tablespoon vegetable oil
- 1/2 cup chicken broth
- 1 (4 ounce) can chopped green chilies
- 1 teaspoon prepared mustard
- 1 garlic clove, minced
- salt to taste
- 1/2 cup whipping cream
- 1/2 cup shredded Monterey Jack cheese
- Hot cooked rice

**Directions**

In a large skillet, brown chicken in butter and oil for 10 minutes; drain. Add the broth, chilies, mustard, garlic and salt. Simmer, uncovered, for 10 minutes or until chicken juices run clear. Stir in the cream; simmer until thickened. Sprinkle with cheese. Cover and cook until the cheese is melted. Serve over rice.
## Campbell's Kitchen Chicken Noodle Casserole

### Ingredients
1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken and Mushroom Soup  
1/2 cup milk  
1/8 teaspoon ground black pepper  
1/3 cup grated Parmesan cheese  
2 cups cubed cooked chicken or turkey  
3 cups cooked medium egg noodles  
Chopped fresh parsley for garnish

### Directions
In large saucepan mix soup, milk, pepper, cheese, chicken and noodles. Over medium heat, heat through, stirring occasionally. Garnish with parsley.
Marinated Chicken Breasts

**Ingredients**
- 2 cups lemon-lime soda
- 1 cup soy sauce
- 1/2 cup olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon prepared horseradish
- 6 (6 ounce) boneless, skinless chicken breasts

**Directions**
In a large resealable plastic bag, combine the soda, soy sauce, oil, garlic powder and horseradish; add chicken. Seal the bag and turn to coat. Refrigerate overnight.

Drain and discard marinade. Grill chicken, uncovered, over medium heat for 6-7 minutes on each side or until juices run clear.
**Ingredients**

- 2 cups water
- 2 cups uncooked instant rice
- 2 (10 ounce) cans chunk chicken, drained
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/4 cup butter
- 1 cup milk
- 1 (16 ounce) package frozen chopped broccoli
- 1 small white onion, chopped
- 1 pound processed cheese food

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a medium saucepan, bring the water to a boil. Mix in the instant rice, cover, and remove from heat. Let stand 5 minutes.

In a 9x13 inch baking dish, mix the prepared rice, chicken, cream of mushroom soup, cream of chicken soup, butter, milk, broccoli, onion, and processed cheese.

Bake in the preheated oven for 30 to 35 minutes, or until cheese is melted. Stir halfway through cooking to help cheese melt evenly.
### Ingredients

- 3 1/4 cups low-sodium chicken broth
- 1 cup quick-cooking couscous
- 2 tablespoons olive oil
- 4 skinless, boneless chicken breast halves - cut into cubes
- 1 pinch ground black pepper
- 1/2 cup finely chopped jalapeno chile peppers
- 1 carrot, thinly sliced
- 1 zucchini, diced
- 3 green onions, thinly sliced
- 1 1/2 teaspoons grated fresh ginger root
- 1 1/2 teaspoons curry powder
- 1/2 teaspoon ground coriander seed
- 1 teaspoon cornstarch

### Directions

In a medium saucepan, bring 2 cups of the chicken broth to a boil. Stir in couscous and 1 1/2 teaspoons of the olive oil. Turn off heat, cover, and let stand 10 minutes.

Heat 1 tablespoon olive oil in a medium skillet over medium heat. Stir in the chicken, season with pepper, and cook until no longer pink and juices run clear. Remove chicken from the skillet, and set aside.

Heat the remaining olive oil in the skillet over medium heat. Stir in the jalapeno peppers and carrot, and saute about 2 minutes. Mix in the zucchini, green onions, ginger, and 1/4 cup chicken broth. Continue to cook and stir until tender, about 5 minutes.

In a small bowl, blend the remaining 1 cup chicken broth with curry powder, coriander, and cornstarch. Pour over the vegetables. Return chicken to the skillet. Continue cooking about 2 minutes until chicken is coated and the broth mixture begins to thicken. Serve over the couscous.
**Luau Chicken**

**Ingredients**

- 1 cup unsweetened pineapple juice
- 2 tablespoons brown sugar
- 2 tablespoons ketchup
- 1/4 teaspoon ground ginger
- 1/4 teaspoon garlic salt
- 1 tablespoon cornstarch
- 1 tablespoon soy sauce
- 6 cooked boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 green bell pepper, cut into 1 inch pieces
- 1 onion, cut into 1 inch pieces
- 1 (8 ounce) can sliced water chestnuts

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet combine the pineapple juice, brown sugar, ketchup, ginger, garlic salt, cornstarch and soy sauce. Simmer all together for 5 minutes over low heat.

Place cooked chicken, bell pepper, onion, and water chestnuts in a 9x13 inch baking dish. Pour skillet mixture/sauce over the top. Cover dish with aluminum foil and bake in the preheated oven for 1 hour.
## Simple Chicken Slop

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves - cooked and shredded</td>
<td>Preheat oven to 400 degrees F (200 degrees C).</td>
</tr>
<tr>
<td>2 (10.75 ounce) cans condensed cream of chicken soup</td>
<td>In a large mixing bowl, combine the chicken, soup, cheese, milk, salt, pepper and butter. Mix together and pour mixture into a 9x13 inch baking dish.</td>
</tr>
<tr>
<td>2 cups shredded Cheddar cheese</td>
<td>Bake at 400 degrees F (200 degrees C) for 5 to 10 minutes or until cheese is melted and bubbly, and casserole is hot in the center.</td>
</tr>
<tr>
<td>1/2 cup milk</td>
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<tr>
<td>1 teaspoon salt</td>
<td></td>
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<tr>
<td>1 teaspoon ground black pepper</td>
<td></td>
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<tr>
<td>1 tablespoon melted butter</td>
<td></td>
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</tbody>
</table>
Chili Chicken Pasta Topper

Ingredients

1 tablespoon vegetable oil
1 pound skinless, boneless chicken breast, cubed
1 (10.75 ounce) can Campbell’s® Condensed Cream of Chicken with Herbs Soup
1/2 cup milk
2 tablespoons grated Parmesan cheese
1 teaspoon chili powder
1/2 teaspoon garlic powder
4 cups hot cooked corkscrew-shaped pasta

Directions

Heat oil in skillet. Add chicken and cook until browned, stirring often.

Add soup, milk, cheese, chili powder and garlic and heat through. Serve over pasta.
Aunt Jewel's Chicken Dressing Casserole

**Ingredients**

- 3 pounds skinless, boneless chicken breast meat
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of celery soup
- 1 (10.75 ounce) can milk
- 1 1/2 cups chicken broth
- 1 (6 ounce) package seasoned cornbread stuffing mix

**Directions**

Place chicken in a large saucepan full of lightly salted water. Bring to a boil; boil for about 30 minutes, or until chicken is cooked through (juices run clear). Remove chicken from pan, reserving broth. Cut chicken into bite size pieces and place in bottom of a 9x13 inch baking dish.

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl mix together cream of chicken soup and cream of celery soup. Fill one empty soup can with milk, and mix milk with soups. Pour mixture over chicken. In a small bowl combine stuffing and broth; mix together and spoon mixture over casserole.

Bake in the preheated oven for 45 minutes.
## Creamy Chorizo and Chicken Soup

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 tablespoons olive oil</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons butter</td>
<td></td>
</tr>
<tr>
<td>4 skinless boneless chicken breasts, cut into 2-inch cubes</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons Worcestershire sauce</td>
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</tr>
<tr>
<td>1 teaspoon garlic salt</td>
<td></td>
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<tr>
<td>black pepper to taste</td>
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<tr>
<td>2 cloves garlic, minced</td>
<td></td>
</tr>
<tr>
<td>1/2 pound chorizo sausage, casings removed</td>
<td></td>
</tr>
<tr>
<td>4 cups chicken stock</td>
<td></td>
</tr>
<tr>
<td>1 (14.5 ounce) can Mexican-style stewed tomatoes</td>
<td></td>
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<tr>
<td>1 cup heavy cream</td>
<td></td>
</tr>
<tr>
<td>salt to taste</td>
<td></td>
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<tr>
<td>1 cup shredded Monterey Jack cheese</td>
<td></td>
</tr>
<tr>
<td>1/4 cup grated Parmesan cheese</td>
<td></td>
</tr>
<tr>
<td>1/4 cup sour cream, for topping</td>
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</tbody>
</table>

### Directions

Heat the olive oil in a large pot over high heat, then add the butter. Stir in chicken and season with Worcestershire sauce, garlic salt, and pepper. Cook the chicken breasts until no longer pink in the center, then stir in the garlic. Place chicken onto a plate and set aside.

Cook the chorizo until it becomes a dark golden brown, breaking up the large pieces, using the same pot over medium-high heat. Stir in the chicken stock, tomatoes, and reserved chicken with juices. Reduce heat to medium-low and simmer for 20 minutes. Stir in heavy cream and simmer for another 5 minutes. Season with salt. Serve soup garnished with Monterey Jack cheese, Parmesan cheese, and a dollop of sour cream.
Trini Style Chicken

**Ingredients**

- 2 1/2 pounds bone-in chicken pieces
- 2 tablespoons garlic powder
- 1 tablespoon sea salt
- 1 tablespoon cayenne pepper
- 1 (.18 ounce) packet sazon seasoning
- 2 tablespoons white sugar
- 3 bok choy stalks, chopped

**Directions**

Stir together the garlic powder, salt, cayenne pepper, and sazon seasoning in a shallow dish. Coat chicken pieces with this mixture.

Heat a Dutch oven or heavy skillet with a lid over medium heat for at least 3 minutes. Sprinkle the sugar over the bottom of the pan, and stir gently until it becomes liquid and caramelizes. Add the chicken, cover, and cook for about 25 minutes.

Remove cover, and cook for another 15 to 20 minutes, letting the juices cook down until they are almost gone. Add the bok choy, and cook just until wilted.
Greek Avgolemono Chicken Soup

Ingredients

- 1 (3 pound) whole chicken
- 1/2 cup uncooked white rice
- salt and freshly ground black pepper to taste
- 3 egg, beaten
- 2 lemons, juiced

Directions

Rinse the chicken and remove any organs that may be inside. Place in a pot large enough for the chicken to move around, but not too much room or the broth will be watery. Add the chicken neck if that is included with your chicken. Fill with enough water to cover by about 1 inch. Cover and bring to a boil. When boiling, reduce heat to low and simmer for 45 minutes to 1 hour, skimming the fat from the top as it collects.

When the chicken is done, the meat should pull from the bones easily. Transfer the bird to a large bowl and set aside to cool. Add the rice, and season the broth with salt and pepper. Simmer over low heat for 20 more minutes, or until rice is tender.

Whisk the eggs with the lemon juice in a bowl. When the rice is done, turn off the heat. Whisk one ladle full of hot broth into the eggs slowly so the eggs do not curdle. Gradually whisk in more broth until the egg mixture is heated. Then pour the egg mixture back into the pot, whisking briskly. The result should be a creamy, cloudy looking soup. You may season with additional salt, pepper or lemon juice at this point.

You may add pieces of chicken to the soup before serving or serve soup with salted chicken on the side.
Grilled Chicken Breasts with Fresh Strawberry Salsa

**Ingredients**

- 4 (6 ounce) skinless, boneless chicken breast halves
- salt and pepper to taste
- 1 serrano chile, seeded and minced
- 1 clove garlic, minced
- 1 teaspoon chili powder
- 2 tablespoons raspberry vinegar
- 1/4 cup olive oil
- 2 cups sliced fresh strawberries
- 2 tablespoons chopped fresh mint
- 2 tablespoons white sugar
- 1 serrano chile, seeded and minced
- 1/3 cup minced red onion
- 2 tablespoons raspberry vinegar
- salt and pepper to taste
- 1/4 cup sour cream

**Directions**

Pound the chicken breast halves with a meat mallet until 1/2 inch thick. Season with salt and pepper and place into a resealable plastic bag or small baking dish. Whisk together 1 serrano chile, garlic, chili powder, and 2 tablespoons raspberry vinegar in a small bowl. Whisk in the olive oil until incorporated, then pour the marinade over the chicken breasts, squeeze out excess air, and seal. Place into the refrigerator, and marinate for 2 to 3 hours.

While the chicken marinates, toss the strawberries with the mint and sugar in a bowl. Cover, and refrigerate 1 hour, then fold in the remaining serrano chile, red onion, and 2 tablespoons raspberry vinegar. Season to taste with salt and pepper. Let the salsa stand at room temperature for 20 minutes before serving.

Preheat an outdoor grill for medium-high heat, and lightly oil grate.

Remove the chicken breasts from the marinade, and shake off excess. Discard the remaining marinade. Cook the chicken on the grill until no longer pink in the center and the juices run clear, 3 to 5 minutes per side. Serve with the strawberry salsa and a dollop of sour cream.
Healthier Chicken a la King

Ingredients
3 tablespoons chopped onion
2 tablespoons all-purpose flour
1 teaspoon salt
1 cup milk
1/2 pound cooked, cubed chicken meat
1 hard-boiled egg, sliced
1 1/3 cups cooked spinach
3 tablespoons chopped onions

Directions
Place onion in a medium saucepan over low heat and sprinkle with flour and salt. Stir together and add milk. Bring to a boil and cook until thickened.

Mix in chicken, egg and spinach. Heat through and serve.
**Ingredients**

2 tablespoons vegetable oil  
1 onion, grated  
2 cloves garlic, chopped  
1 1/2 pounds boneless skinless chicken thighs, cut in half  
3 teaspoons ground turmeric  
1 teaspoon chili powder  
1 1/2 teaspoons salt  
1 (14.5 ounce) can peeled and diced tomatoes  
2 tablespoons ghee (clarified butter)  
3 teaspoons ground cumin  
3 teaspoons ground coriander  
2 tablespoons grated fresh ginger root  
1/2 cup chopped cilantro leaves

**Directions**

Heat the oil in a large deep skillet over medium-high heat. Add onions and garlic, and cook for about 2 minutes. Add the chicken, and season with turmeric, chili powder and salt. Fry gently, scraping the bottom of the pan frequently and turning the chicken.

Pour in the tomatoes with their juice, cover the pan, and simmer over medium heat for 20 minutes. Uncover, and simmer for another 10 minutes to let the excess liquid evaporate.

Add the ghee, cumin, ground coriander, ginger and cilantro, and simmer for another 5 to 7 minutes. Serve the chicken pieces with sauce spooned over the top.
Chipotle-Lime Chicken Skewers

**Ingredients**

1 cup Hellmann's® or Best Foods® Real Mayonnaise
2 tablespoons lime juice
2 tablespoons chopped fresh cilantro (optional)
2 cloves garlic, finely chopped
1 teaspoon ground chipotle chile pepper
2 pounds boneless, skinless chicken thighs, cubed OR boneless, skinless chicken breasts, cut into thin strips

**Directions**

In medium bowl, combine all ingredients except chicken; reserve 1/2 cup mayonnaise mixture.

On skewers*, thread chicken, then brush with remaining mayonnaise mixture.

Grill or broil chicken, turning once, 8 minutes or until chicken is thoroughly cooked. Serve chicken skewers with reserved mayonnaise mixture.
Baked Chicken with Ham Gravy

**Ingredients**
- 4 (8 ounce) bone-in chicken breast halves
- 4 ounces sliced cooked ham or prosciutto
- 1 cup Campbell's® Condensed Cream of Mushroom Soup (Regular or 98% Fat Free)
- 1 (8 ounce) container sour cream
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/4 teaspoon ground black pepper
- 4 medium hot baked potatoes, split

**Directions**

Place the chicken into a 3-quart shallow baking dish.

Bake at 375 degrees F for 30 minutes. Pour off any fat.

Arrange the ham around the chicken in the baking dish. Stir the soup, sour cream, onion powder, garlic powder, paprika and black pepper in a small bowl. Spoon the soup mixture over all.

Bake for 30 minutes or until the chicken is cooked through. Remove the chicken to a serving platter. Stir the sauce and serve with the chicken and potatoes.
Cashew Crusted Chicken

Ingredients

1 (12 ounce) jar apricot preserves
1/4 cup prepared Dijon-style mustard
1 teaspoon curry powder
4 skinless, boneless chicken breast halves
1 cup coarsely chopped cashews

Directions

Preheat oven to 375 degrees F (190 degrees C).

Combine the preserves, mustard and curry powder in a large skillet and heat over low heat, stirring constantly, until preserves are completely melted and smooth.

Place cashews in a shallow dish or bowl. Dip chicken breasts in skillet sauce, then roll in nuts to coat and place in a lightly greased 9x13 inch baking dish.

Bake at 375 degrees F (190 degrees C) for 20 to 30 minutes. Boil any remaining sauce and serve on the side with the baked chicken.
**Lime Grilled Chicken Caesar Salad**

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
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</tr>
<tr>
<td>1/2 cup mesquite-lime marinade</td>
<td></td>
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<tr>
<td>1/2 head lettuce, torn into small pieces</td>
<td></td>
</tr>
<tr>
<td>1 large tomato, cut into wedges</td>
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<tr>
<td>1/2 sweet onion, sliced</td>
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<tr>
<td>1 green bell pepper, seeded and thinly sliced</td>
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</tr>
<tr>
<td>2 tablespoons grated Parmesan cheese</td>
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<tr>
<td>1 cup large cheese and garlic croutons</td>
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</tr>
<tr>
<td>1/2 cup creamy Caesar-style salad dressing</td>
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</tbody>
</table>

### Directions

1. In a shallow baking pan, arrange chicken and pour mesquite-lime marinade over all. Cover and place in the refrigerator to marinate for 1/2 hour before grilling.

2. Preheat a charcoal or gas grill to medium high heat.

3. Grill chicken breasts for approximately 15 minutes on each side, or until meat is cooked through and is no longer pink inside. Remove from heat, cool and slice into strips.

4. In a large bowl, toss together the lettuce, tomato, onion, pepper, cheese, croutons, dressing and chicken until evenly coated. Serve immediately.
# Tex-Mex Chicken Salad

## Ingredients
- 2 pounds skinless, boneless chicken breasts
- 1/2 cup chopped jalapeno pepper
- 1 green onion, sliced
- 2 tablespoons butter
- 2 (8 ounce) cartons Lucerne Whipped Cream Cheese Spread
- 1 (14.5 ounce) can diced tomatoes
- 1/2 cup salsa
- 1/2 teaspoon salt
- Shredded lettuce
- 1 cup shredded Monterey Jack cheese
- 1 (4 ounce) can sliced ripe olives, drained
- 3 cups crushed tortilla chips

## Directions
In a large skillet, saute the chicken, jalapenos and onion in butter until chicken is no longer pink.

Add the cream cheese, tomatoes, salsa and salt; stir until blended. Serve over lettuce; sprinkle with cheese, olives and tortilla chips.
# Speedy Chicken Enchiladas

## Ingredients

- 1 pound skinless, boneless chicken breast, cubed
- 1 (10.75 ounce) can Campbell’s® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 1 cup Pace® Thick & Chunky Salsa
- 8 6-inch flour tortillas
- 1 (10.75 ounce) can Campbell’s® Condensed Cheddar Cheese Soup

## Directions

1. Cook chicken in nonstick skillet until browned and done, stirring often. Add chicken soup and 1/2 cup salsa. Heat through.

2. Spoon about 1/3 cup chicken mixture down center of each tortilla. Roll up tortilla around filling and place seam-side down in 2-quart microwave-safe baking dish.

3. Mix cheese soup and remaining salsa and pour over enchiladas. Cover.

4. Microwave on HIGH 5 minutes or until hot.
# Hot 'n' Spicy Buffalo Chicken Salad

## Ingredients

- 1/4 cup crumbled blue cheese
- 1/2 cup Ranch-style salad dressing
- 3 large skinless, boneless chicken breast halves - cut into 1 inch cubes
- salt and pepper
- 1 tablespoon vegetable oil
- 2 tablespoons butter
- 1/4 cup Louisiana-style hot sauce
- 1 tablespoon salad seasoning mix (such as McCormick® Salad Supreme Seasoning)
- 2 heads romaine lettuce, chopped

## Directions

In a small bowl, combine crumbled blue cheese and Ranch-style dressing; set aside. Season cubed chicken with salt and pepper.

Heat a large skillet over high heat, and pour in the vegetable oil. Just before the oil starts to smoke, add the chicken. Cook to brown evenly, about 3 minutes. Reduce heat to low, and add butter, hot sauce, and salad seasoning mix. Simmer until chicken is cooked through, about 5 minutes.

Toss together the lettuce and Ranch-style dressing mixture in a large bowl. Top salad with chicken, and serve.
Chicken-Fried Steak Strips

**Ingredients**

- 1 egg, lightly beaten
- 1/4 cup milk
- 1 cup all-purpose flour
- 1 tablespoon onion powder
- 1 1/2 teaspoons garlic powder
- 1 teaspoon seasoned salt
- 1 teaspoon paprika
- 1/2 teaspoon dried parsley flakes
- 1/2 pound boneless beef round steak, cut into thin strips
- oil for frying

**Directions**

In a shallow bowl, combine egg and milk. In another shallow bowl, combine flour and seasonings. Dip beef in egg mixture, then in flour mixture. Dip again in egg mixture and coat with flour mixture. Let stand for 5 minutes.

In a skillet, heat 1/4 in. of oil over medium heat. Place a few pieces of meat in the skillet at a time. Fry until golden brown, about 4 minutes. Drain on paper towels.
**Ingredients**

6 tablespoons butter, divided  
6 skinless, boneless chicken breasts  
2 fresh poblano peppers, seeded and sliced into strips  
4 fresh jalapeno peppers, seeded and diced  
2 cloves garlic, chopped  
1 lime, halved  
1/4 cup all-purpose flour  
1 pint half-and-half  
1 bunch fresh cilantro, chopped  
1 (8 ounce) package fresh mushrooms, sliced  
2 ounces sour cream  
12 (6 inch) corn tortillas  
4 cups shredded mozzarella cheese  

**Directions**

Melt 2 tablespoons butter in a large skillet over medium heat. Place the chicken breasts in the skillet. Mix in the poblano peppers, jalapeno peppers, and garlic. Squeeze the juice from one lime half over the chicken, and place the lime peel and pulp into the skillet. Cover, and simmer 25 minutes, stirring occasionally, until chicken juices run clear. Remove from heat, cool, and cut chicken into cubes.

Preheat oven to 350 degrees F (175 degrees C).

Melt 1/4 cup butter in a medium saucepan over low heat. Gradually stir in the flour and half-and-half. Mix in the cilantro, mushrooms, sour cream, and juice of remaining lime half. Cook and stir 10 minutes, until mushrooms are tender.

Line the bottom of a 9x13 inch baking dish with 6 tortillas. Arrange 1/2 the chicken and pepper mixture over the tortillas. Sprinkle with 1 cup cheese, and cover with remaining tortillas. Layer with remaining chicken and pepper mixture, and pour the cilantro sauce evenly over the casserole. Top with remaining cheese.

Bake 25 minutes in the preheated oven, until cheese is melted and lightly browned.
Chicken Fried Steak II

**Ingredients**

- 1 (5 ounce) can evaporated milk
- 2 1/2 tablespoons hot pepper sauce
- 3/4 teaspoon salt
- 2 cups all-purpose flour
- 2 1/2 teaspoons paprika
- 1/2 teaspoon garlic powder
- salt to taste
- 3/4 teaspoon ground black pepper
- 3 pounds round steak, pounded to about 1/2 inch thickness
- 4 cups vegetable oil

**Directions**

Combine the milk, hot pepper sauce and salt in a medium bowl. Measure one cup of flour into a second medium bowl. In a third medium bowl, combine the remaining flour, paprika, garlic powder, salt and ground black pepper.

First coat the steak in the unseasoned flour, then dip in the milk mixture, and finally coat meat in the seasoned flour. Repeat as necessary if there’s more than one piece of meat.

Heat the oil in a medium skillet over medium high heat. Fry the coated meat in the oil for 3 minutes per side, or until golden brown. Drain meat on paper towels. (Note: Make sure the oil is fully heated before deep frying.)
Herbed Chicken in Pastry

**Ingredients**

- 4 skinless, boneless chicken breasts
- 2 tablespoons butter or margarine
- 1 sheet Pepperidge Farm® Puff Pastry
- 1 egg
- 1 tablespoon water
- 1 (4 ounce) container garlic and herb spreadable cheese
- 1/4 cup chopped fresh parsley

**Directions**

Season chicken with salt and pepper if desired. Melt butter in skillet. Add chicken and cook until browned. Remove chicken. Cover and refrigerate 15 minutes or up to 24 hours.

Thaw pastry sheet at room temperature 30 minutes. Mix egg and water. Preheat oven to 400 degrees F.

Unfold pastry on lightly floured surface. Roll into 14-inch square and cut into 4 (7-inch) squares. Spread about 2 tablespoons of the cheese spread in center of each square. Sprinkle with 1 tablespoon parsley and top with cooled chicken. Brush edges of squares with egg mixture. Fold each corner to center on top of chicken and seal edges. Place seam-side down on baking sheet. Brush with egg mixture.

Bake 25 minutes or until golden.
Cashew Chicken II

**Ingredients**

- 1/4 cup vegetable oil
- 2 cups diced chicken meat
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3 cups chicken broth
- 2 tablespoons soy sauce
- 1 cup chopped celery
- 1 (8 ounce) can bamboo shoots, drained and diced
- 1 (8 ounce) can water chestnuts, drained and diced
- 1/3 cup cornstarch
- 1/2 cup cold water
- 1 cup cashews

**Directions**

Heat oil in a large skillet over medium high heat. Saute chicken until it turns white, then season with salt and pepper and add broth, soy sauce, celery, bamboo shoots and water chestnuts. Cover skillet, reduce heat to low and simmer for 5 minutes.

Beat cornstarch and water together in a small bowl, then blend into skillet mixture and heat through until thick and bubbly. Sprinkle with cashews and serve.
**Anise Wine Chicken**

**Ingredients**

- 1 small onion, chopped
- 2 inch piece fresh ginger root, minced
- 2 cloves garlic, minced
- 2 whole star anise pods
- 1/2 cup dry white wine
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons vegetable oil
- 1 cup cherry tomatoes
- 1 tablespoon cornstarch
- 2 tablespoons water
- 1/4 cup minced fresh Thai basil leaves

**Directions**

Stir the onion, ginger, garlic, star anise, white wine, salt, pepper, 2 tablespoons vegetable oil, rice vinegar, and chicken together in a mixing bowl. Cover, and marinate in the refrigerator 4 to 6 hours. Meanwhile, place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 15 minutes. Drain and allow to cool before cutting in half.

Heat 1 tablespoon of vegetable oil in a large skillet over high heat. Remove the chicken from the marinade, and squeeze the excess marinade from the chicken; reserve the marinade. Cook and stir the chicken in the hot oil until browned on all sides and no longer pink in the center, about 5 minutes. Remove and discard the star anise from the marinade, and stir the marinade into the chicken. Bring to a boil, then add the cherry tomatoes and halved potatoes. Cook until the potatoes are hot and the cherry tomatoes begin to burst, about 3 minutes. Dissolve the cornstarch in the water, and stir into the chicken mixture along with Thai basil. Cook and stir until thick, about 1 minute more.
Tomato Basil Chicken

Ingredients
2 cups olive oil for frying
2 eggs, beaten
1/2 cup bread crumbs
6 skinless, boneless chicken breast halves
1 pint grape tomatoes, sliced
1 medium onion, diced
1 cup chopped fresh basil
salt and pepper to taste
1/4 cup balsamic vinegar, or to taste
1/4 cup olive oil, or to taste

Directions
Heat 2 cups olive oil in a skillet over medium heat. Place the eggs and bread crumbs in 2 separate bowls. Dip chicken in the eggs then in the bread crumbs to coat. Place chicken in the skillet, and fry until golden brown and juices run clear. Drain on paper towels.

In a bowl, mix the tomatoes, onion, and basil. Season with salt and pepper, and drizzle with balsamic vinegar and olive oil. Spoon over the fried chicken to serve.
**Bunjal Chicken**

**Ingredients**
- 1 (2 to 3 pound) whole chicken
- 1/2 teaspoon salt
- 2 tablespoons olive oil
- 1 onion, thinly sliced
- 1/4 teaspoon ground black pepper
- 1 tablespoon crushed garlic
- 1/2 tablespoon tomato paste
- 1/2 teaspoon garam masala
- 1 teaspoon curry powder
- 1/4 teaspoon celery salt
- 1/4 teaspoon salt
- 1/4 cup water

**Directions**
Preheat oven to 350 degrees F (175 degrees C). Place the chicken into a 2 quart covered baking dish or dutch oven with 1/2 teaspoon of salt and olive oil.

Bake in the preheated oven for 40 minutes or until chicken is cooked through and appears brown. Add the onion, pepper, garlic, tomato paste, garam masala, curry powder, seasoning to taste and 1/4 teaspoon salt. Mix all together, then add 1/4 cup water for the ingredients to steam.

Return to the oven for 5 more minutes to blend all the flavors. Serve over rice or eat plain.
Asian-Inspired Honey-Vanilla Chicken

**Ingredients**

- 3 tablespoons soy sauce
- 1 tablespoon orange juice
- 1 teaspoon hot pepper sauce, or to taste
- 1 teaspoon vanilla extract
- 1 tablespoon light brown sugar
- 1 tablespoon honey
- 1/2 teaspoon minced garlic
- 1/2 tablespoon garlic powder
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon sesame oil
- 1/2 cup vegetable oil
- 2 pounds skinless, boneless chicken breast meat - cut into strips

**Directions**

Stir together soy sauce, orange juice, hot pepper sauce, vanilla, brown sugar, and honey until dissolved. Season with minced garlic, garlic powder, and Italian seasoning. Whisk in sesame oil and vegetable oil until combined.

Toss chicken with marinade, cover, and refrigerate for at least 20 minutes.

Adjust oven rack to its top position, and turn oven on to Broil.

Place chicken into a baking dish or baking sheet. Broil until golden brown, 5 to 8 minutes. Turn chicken over, and continue broiling until no longer pink, about 5 minutes more.
Ingredients

2 pounds boneless skinless chicken breasts, cut into 1/2-inch chunks
1 teaspoon salt and pepper, or to taste
1 1/2 tablespoons vegetable oil
2 tablespoons curry powder
1/2 onion, thinly sliced
2 cloves garlic, crushed
1 (14 ounce) can coconut milk
1 (14.5 ounce) can stewed, diced tomatoes
1 (8 ounce) can tomato sauce
3 tablespoons sugar

Directions

Season chicken pieces with salt and pepper.

Heat oil and curry powder in a large skillet over medium-high heat for two minutes. Stir in onions and garlic, and cook 1 minute more. Add chicken, tossing lightly to coat with curry oil. Reduce heat to medium, and cook for 7 to 10 minutes, or until chicken is no longer pink in center and juices run clear.

Pour coconut milk, tomatoes, tomato sauce, and sugar into the pan, and stir to combine. Cover and simmer, stirring occasionally, approximately 30 to 40 minutes.
## Chicken Noodle Casserole II

### Ingredients

- 1 large onion, diced
- 1/4 cup butter
- 3 (10 ounce) cans chicken chunks
- 1 pint sour cream
- 2 (10.75 ounce) cans condensed cream of chicken and mushroom soup
- 3 cups shredded Cheddar cheese
- 1 (8 ounce) package uncooked egg noodles
- 4 ounces buttery round crackers, crushed

### Directions

Preheat oven to 350 degrees F (175 degrees C). In medium skillet, fry onion in butter until softened. Pour into 9x13 baking dish.

In large bowl, combine chicken chunks, sour cream and soup. Stir in 2 cups of shredded cheddar. Stir in uncooked egg noodles. Pour mixture over onions in baking dish. Top with crumbled crackers and remaining cheddar.

Bake 30 minutes, or until top is golden and noodles are soft.
Poppy Seed Chicken II

Ingredients
5 cups chopped cooked chicken
1 (10.5 ounce) can condensed cream of chicken soup
1 cup sour cream
1 1/2 cups crushed buttery round crackers
1 teaspoon poppy seeds
1/2 cup butter, melted

Directions
Preheat the oven to 350 degrees F (175 degrees C).

Place the chicken into a 9x13 inch baking dish. In a medium bowl, stir together the condensed soup and sour cream. Pour over the chicken. In a separate bowl, stir together the crushed crackers, poppy seeds and melted butter. Sprinkle over the chicken and sauce.

Bake for 30 minutes in the preheated oven, until the top of the casserole is browned and the sauce is bubbly.
Chicken and Lentils

Ingredients

- 1 tablespoon olive oil
- 2 pounds bone-in chicken pieces
- 1 large onion, finely chopped
- 1 small carrot, finely chopped
- 2 cloves garlic, finely chopped
- 3/4 cup dried lentils
- 1 (14 ounce) can chicken broth
- 1/2 teaspoon salt
- 1 (10 ounce) can tomato sauce
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried basil
- 1 tablespoon lemon juice

Directions

Heat the oil in a skillet over medium heat, and cook the chicken pieces 5 minutes on each side, or until juices run clear. Remove chicken from skillet, and set aside.

Place onion in the skillet, and cook 5 minutes, until tender. Mix in the carrot and garlic. Stir in the lentils and broth, and season with salt. Bring to a boil, cover, reduce heat to low, and simmer 20 minutes.

Return chicken to skillet. Cover, and continue cooking 20 minutes. If the mixture becomes too dry, add a little water to just moisten.

Stir tomato sauce into the skillet. Season with rosemary and basil. Continue cooking 10 minutes, or until lentils are tender. Stir in lemon juice, and serve warm.
Ingredients

1 (3 pound) broiler-fryer chicken, cut up
1 teaspoon salt, divided
1/4 teaspoon pepper
2 tablespoons cooking oil
1 medium onion, chopped
1 garlic clove, minced
2 (14.5 ounce) cans diced tomatoes, undrained
1 (8 ounce) can tomato sauce
1 (6 ounce) can tomato paste
1 1/2 teaspoons dried basil
1 (7 ounce) package spaghetti, cooked and drained

Directions

Sprinkle chicken with 1/2 teaspoon salt and pepper. In a large skillet over medium heat, brown chicken in oil. Remove chicken and set aside. Reserve 1 tablespoon drippings in skillet; add onion and garlic. Saute until tender. Add tomatoes, sauce, paste, basil and remaining salt; bring to a boil. Return chicken to skillet. Reduce heat; cover and simmer for 60-70 minutes or until meat is tender. Serve over spaghetti.
Spicy Hot Chicken Legs

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
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</thead>
<tbody>
<tr>
<td>12 chicken drumsticks</td>
<td>Place the drumsticks in a slow cooker, and sprinkle evenly with pieces</td>
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<tr>
<td>1 (5 ounce) bottle</td>
<td>of butter. Pour the hot sauce over the chicken, then season with garlic</td>
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<tr>
<td>hot red pepper</td>
<td>powder, onion powder, salt and pepper. Cover, and cook on High for 3</td>
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<tr>
<td>sauce</td>
<td>hours, or until tender. Serve chicken legs with blue cheese dressing on</td>
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<tr>
<td>1/4 cup butter,</td>
<td>the side.</td>
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<tr>
<td>cubed</td>
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<tr>
<td>1/2 teaspoon garlic</td>
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</tr>
<tr>
<td>powder</td>
<td></td>
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<tr>
<td>1/2 teaspoon onion</td>
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<tr>
<td>powder</td>
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<tr>
<td>salt and pepper to</td>
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<tr>
<td>taste</td>
<td></td>
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<tr>
<td>1 1/2 cups blue</td>
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</tr>
<tr>
<td>cheese salad dressing</td>
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</tbody>
</table>
Honey Baked Chicken II

**Ingredients**

- 1 (3 pound) whole chicken, cut into pieces
- 1/2 cup butter, melted
- 1/2 cup honey
- 1/4 cup prepared mustard
- 1 teaspoon salt
- 1 teaspoon curry powder

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Place chicken pieces in a shallow baking pan, skin side up. Combine the melted butter or margarine, honey, mustard, salt and curry powder and pour the mixture over the chicken. Bake in the preheated oven for 1 1/4 hours (75 minutes), basting every 15 minutes with pan drippings, until the chicken is nicely browned and tender and the juices run clear.
## Warm Chicken Ranch Wraps

### Ingredients
- 8 skinless, boneless chicken breasts
- 1 cup water
- 1 cup cooked rice
- 1/2 cup ranch-style salad dressing
- 1 cup buttermilk
- 1 cup all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup vegetable oil
- 8 (10 inch) flour tortillas
- 2 cups shredded lettuce
- 2 tomatoes, chopped

### Directions

Cut chicken breast into strips.

**Grilled chicken method:** Spray a large skillet with nonstick cooking spray. Add chicken, cook over medium-high heat 12 to 15 minutes, or until light brown and juices run clear. Add the water and bring to a boil. Add the rice, cover and remove form the heat and let stand for 5 minutes. Stir in the salad dressing.

**Fried Chicken Method:** Dip chicken into buttermilk then roll them in the flour mixture. Fry for 3 minutes each side in a 350 degrees F (175 degrees C) skillet with 1 cup of oil in it. Combine the fried chicken strips and the cooked rice pilaf. Stir in the salad dressing.

Fill each warm tortilla with lettuce, chicken and rice mixture, and tomatoes. Fold in both sides of the wrap. Holding in the folded sides roll the wrap tightly from the bottom to the top, keeping the ingredients firmly packed as you go. Slice each wrap in half diagonally and serve.
Chicken, Rice and Vegetable Soup

**Ingredients**

- 5 cups water
- 1 (14.5 ounce) can chicken broth
- 1 skinless, boneless chicken breast halves - cut into cubes
- 3 carrots, chopped
- 1 onion, chopped
- 3 stalks celery, chopped
- 2 cubes chicken bouillon
- 1/3 cup uncooked white rice
- Salt and pepper to taste

**Directions**

In a large saucepan over high heat, combine 4 cups water and the chicken broth and bring to a boil. Add the chicken, carrots, onion, celery and bouillon and reduce heat to low. Cover and simmer for about 15 minutes or until the vegetables are soft.

Add more water as necessary. Add the rice and allow to simmer for another 15 minutes, or until the rice is tender. Add salt and pepper to taste.
**Ingredients**

- 3 pounds skinless, boneless chicken breast halves - cut into strips
- 3 eggs
- 1 cup water
- 1/2 cup milk
- 2 tablespoons salt
- 2 tablespoons black pepper
- 6 cups all-purpose flour
- 1/4 cup salt
- 5 teaspoons black pepper
- 2 tablespoons minced garlic
- 2 tablespoons dry mesquite flavored seasoning mix
- 4 cups oil for frying, or as needed
- 1 teaspoon butter
- 1 (12 ounce) bottle barbecue sauce

**Directions**

In a large bowl, whisk together the eggs, water, milk, 2 tablespoons salt, and 2 tablespoons pepper with a fork until smooth. In another large bowl, stir together the flour, 1/4 cup salt, 5 teaspoons pepper, garlic, and mesquite seasoning.

Fill a large heavy skillet or wok halfway full with oil. Heat to 365 degrees F (180 degrees C). Use a fork to pick up one chicken strip at a time, and dip it into the egg mixture, then into the flour mixture, back into the egg mixture, and into the flour mixture again. Place coated strips into the hot oil to fry. Do not overcrowd, just cook in batches. Once chicken is browned on one side, flip over, and brown on the other side.

Preheat the oven to 300 degrees F (150 degrees C). Butter one 12x20 inch glass baking dish, or two 9x13 inch baking dishes. Pour enough barbeque sauce into the dish to coat the bottom. Arrange fried chicken strips in rows in the prepared dish. Pour remaining sauce over the top.

Bake for 10 to 15 minutes in the preheated oven, until the sauce is caramelized onto the chicken.
Quick Chicken Divan

**Ingredients**

- 2 (10 ounce) packages frozen chopped broccoli
- 2 cooked boneless chicken breast halves, chopped
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1/2 cup mayonnaise
- 1 teaspoon lemon juice
- 1 1/2 cups shredded Cheddar cheese

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Place broccoli in the bottom of a 9x13 inch baking dish. Top with the chicken.

In a small bowl, blend the cream of chicken soup, cream of mushroom soup, mayonnaise, and lemon juice. Pour the mixture over the chicken. Top with Cheddar cheese.

Bake 35 to 40 minutes in the preheated oven, until bubbly and lightly browned.
Campbell's Kitchen Easy Chicken Pot Pie

**Ingredients**

- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (regular, 98% Fat Free, or 25% Less Sodium)*
- 1 (10 ounce) package frozen mixed vegetables, thawed
- 1 cup cubed cooked chicken or turkey
- 1/2 cup milk
- 1 egg
- 1 cup all-purpose baking mix

**Directions**

- Preheat oven to 400 degrees F.
- Mix soup, vegetables and chicken in 9-inch pie plate.
- Mix milk, egg and baking mix. Pour over chicken mixture. Bake 30 minutes or until golden.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
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</thead>
<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td>Place the chicken into a 2-quart shallow baking</td>
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<tr>
<td>1 (10.75 ounce) can Campbell’s® Condensed</td>
<td>dish. Spread the soup over the chicken. Cover</td>
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<tr>
<td></td>
<td>Cream of Mushroom Soup (Regular or 98%</td>
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<td>Fat Free)</td>
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<td></td>
<td>Bake at 400 degrees F for 25 minutes or until</td>
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<td>the chicken is cooked through.</td>
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**Ingredients**

10 chicken wings
1 teaspoon salt
1 teaspoon soy sauce
1/2 teaspoon chili powder
1 drop red food coloring
1 teaspoon distilled white vinegar
1 teaspoon chopped garlic
1 teaspoon finely chopped green chile peppers
4 tablespoons cornstarch

**Directions**

TO MAKE MARINADE: Combine the soy sauce, red chili powder, red food coloring, vinegar, garlic and green chiles. Mix well.

On each chicken wing, push the meat down to one end. Marinate the wings for AT LEAST 1/2 hour.

Remove the wings from the marinade and add the cornstarch to the marinade to make a batter. Dip the wings in the batter and deep fry. Ready to serve!
# Pistachio Crusted Chicken

## Ingredients

- 1 cup chopped pistachios
- 1/2 cup bread crumbs
- 2 tablespoons Dijon mustard
- 2 tablespoons olive oil
- 2 tablespoons honey
- salt and pepper to taste
- 2 large skinless, boneless chicken breast halves, cut into 1-inch strips

## Directions

Preheat oven to 500 degrees F (260 degrees C). Lightly coat a baking sheet with cooking spray.

Mix together pistachios and bread crumbs in a shallow bowl. In a separate bowl, stir together Dijon mustard, olive oil, honey, salt and pepper until smooth. Dip chicken into Dijon mixture to coat, then coat with bread crumbs. Place onto prepared baking sheet.

Place into preheated oven and turn the oven down to 375 degrees F (190 degrees C). Bake until the chicken is no longer pink and the pistachio coating is golden brown, about 20 minutes.
Ingredients

1/2 (3 pound) whole chicken, deboned and cut into bite size pieces
1/2 teaspoon ground black pepper
salt to taste
1 teaspoon garlic powder
1 cup rolled oats
1/4 cup toasted sesame seeds
1 tablespoon chicken bouillon powder
1/4 teaspoon monosodium glutamate (MSG)
1/4 teaspoon curry powder
3/4 cup white rice flour
1/4 cup cake flour
1/2 teaspoon salt
3/4 cup chicken stock
1 teaspoon onion powder
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
2 quarts vegetable oil for frying

Directions

Coat chicken with 1/2 teaspoon black pepper, salt, and garlic powder. Chill for 4 hours.

In a medium bowl, mix together oats, sesame seeds, 1/2 teaspoon salt, chicken granules, and monosodium glutamate. Set aside.

In another bowl, combine rice flour, cake flour, 1/2 teaspoon salt, onion powder, basil, oregano, and chicken stock.

Dip the bite size chicken into the chicken stock mixture, and roll in sesame seed mixture.

Heat oil to 365 degrees F (185 degrees C). Fry the chicken till golden.
Ingredients
1 tablespoon cooking oil
1 onion, chopped
2 cloves garlic, minced
1 (1 1/2 inch) piece fresh ginger, peeled and thinly sliced
1 tablespoon fish sauce
3 pounds chicken legs and thighs, rinsed and patted dry
2 (14 ounce) cans chicken broth
1 chayote squash, peeled and cut into bite-sized pieces
salt and pepper to taste
1 head bok choy, chopped
1/2 pound spinach

Directions
Heat the oil in a large pot over medium heat; cook and stir the onion and garlic in the hot oil until fragrant. Quickly stir the ginger and fish sauce into the onion and garlic mixture before adding the chicken; cook together for 5 minutes. Pour the chicken broth over the mixture and cook another 5 minutes. Add the chayote to the mixture and simmer until the chicken is no longer pink in the center, about 10 minutes more. Season with salt and pepper. Add the bok choy and spinach; cook until the spinach is just wilted, 1 to 2 minutes. Serve hot.
Montego Bay Chicken

Ingredients

- 1/4 cup reduced-sodium soy sauce
- 1/4 cup orange juice
- 2 tablespoons brown sugar
- 2 garlic cloves, minced
- 1 teaspoon hot pepper sauce
- 1 teaspoon rum extract
- 1/4 teaspoon ground ginger
- 4 (4 ounce) boneless, skinless chicken breast halves

Directions

In a large resealable plastic bag, combine the soy sauce, juice, sugar, garlic, hot pepper sauce, extract and ginger; add the chicken. Seal bag and turn to coat; refrigerate for at least 2 hours.

Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade. Grill chicken, uncovered, over medium heat for 5-8 minutes on each side or until juices run clear.
Chicken Crescent Braid

**Ingredients**

- 2 (10 ounce) cans refrigerated crescent rolls
- 4 small white potatoes with skin
- 1/2 pound fresh green beans, cut into 1 inch pieces
- 3 medium carrots, peeled and chopped
- 3 tablespoons vegetable oil
- 2 skinless, boneless chicken breast halves - cut into 2 inch pieces
- 2 eggs, beaten
- 1 cup dry bread crumbs
- 1 (16 ounce) container sour cream
- 2 tablespoons country Dijon-style mustard
- 1 teaspoon adobo seasoning
- 1 pinch salt and black pepper to taste

**Directions**

Cook potatoes in a microwave on high heat until soft, about 15 minutes.

Place carrots and green beans into a medium saucepan of boiling water, and cook to soften, about 5 minutes.

In a large skillet, heat oil over medium heat. Dip chicken strips into beaten egg, coat in bread crumbs, and cook in hot oil until golden brown on both sides. Remove to paper towels to cool. Then cut chicken strips into cubes.

Cut softened potatoes into cubes. Place potato cubes, carrots, green beans, and chicken cubes into a large bowl. Gently stir in sour cream and mustard; season with adobo, and salt and pepper to taste.

Lightly sprinkle a baking sheet with flour. Unroll crescent roll dough from one can onto a baking sheet; pinch the perforations together to form a single sheet of dough. Repeat with the remaining roll; lay it out beside the first sheet of dough and pinch to connect the two together. The dough should now be about 12 inches long and 7 inches wide. Roll out the dough until it is about 20 inches long and 12 inches wide.

Preheat oven to 350 degrees F (175 degrees C). Spoon the filling directly down the center of the dough, leaving 1-inch margins at the top and bottom and 3-inch margins at the sides. With scissors, cut 1-inch strips from the margins of the two long sides (6 strips in all). At the top and bottom, fold the dough in about 1 inch. Then take one strip and lay it across the filling from corner to corner. Pinch to seal. Lay across another strip from the opposite corners. Repeat until all of the strips are braided across the dough. Brush the top with egg wash.

Bake in a preheated oven until golden brown, about 20 minutes.
Skillet Chicken and Artichokes

Ingredients

- 4 large boneless skinless chicken breast halves
- 3/4 teaspoon salt-free herb seasoning
- 1 (6 ounce) jar marinated artichoke hearts, drained, liquid reserved
- 1 tablespoon all-purpose flour
- 1/2 cup water
- 1/4 cup dry white wine or water
- 1 teaspoon chicken bouillon granules
- 12 small mushrooms, halved
- 1 tablespoon chopped fresh parsley
- cooked rice or noodles

Directions

Sprinkle chicken with herb seasoning. In a medium skillet, heat 3 tablespoons of the reserved marinade. Add chicken and brown 3-4 minutes per side. Drain all but 1 tablespoon of marinade in skillet. Push chicken to one side and stir in flour. Add water, wine and bouillon. Stir until mixture boils and sauce is lightly thickened. Stir in the artichokes and mushrooms. Cover and simmer on very low heat 20 minutes or until the chicken is tender. Sprinkle with parsley. Serve on a bed of rice or noodles.
Ingredients

- 1 tablespoon butter
- 1 onion, sliced into thin rings
- 1 teaspoon garlic powder
- 4 skinless, boneless chicken breasts
- 1/2 cup red wine
- 1 teaspoon dried rosemary
- 1/4 teaspoon dried thyme
- 4 slices Swiss cheese
- 4 English muffins, split and toasted

Directions

Preheat the grill for high heat.

Melt the butter in a skillet over medium heat. Place the onion slices in the skillet, sprinkle with garlic powder, and saute until onions are translucent. Remove from heat, and set aside.

Lightly oil the grill grate. Place the chicken breast halves on the grill, and sprinkle with wine, rosemary, and thyme. Cook for about 8 minutes. Turn, and continue cooking 8 minutes, or until juices run clear. Place a slice of cheese on each breast half, and top with onions. Cook until cheese starts to melt. Serve on toasted English muffins.
### Ingredients

- 1 cup all-purpose flour
- 1 broiler/fryer chicken (3 to 4 pounds), cut up
- 2 tablespoons vegetable oil
- 1 cup chopped onion
- 1 cup chopped green pepper
- 1 cup thinly sliced celery
- 1 cup ketchup
- 1/2 cup water
- 3 tablespoons brown sugar
- 3 tablespoons Worcestershire sauce
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 (16 ounce) package frozen corn, thawed

### Directions

Place flour in a large resealable plastic bag. Add chicken, a few pieces at a time, and shake to coat. In a large skillet, brown the chicken in oil; transfer to an ungreased 13-in. x 9-in. x 2-in. baking dish.

Drain skillet, reserving 2 tablespoons drippings. In the drippings, saute onion, green pepper and celery until tender. In a bowl, combine the ketchup, water, brown sugar, Worcestershire sauce, salt and pepper; add to vegetables. Bring to a boil. Pour over the chicken.

Cover and bake at 350 degrees F for 30 minutes. Sprinkle with corn. Bake 18-20 minutes longer or until chicken juices run clear and corn is tender.
Grandma Kay's Chicken Enchiladas

**Ingredients**

- 8 skinless, boneless chicken breast halves
- 1 (8 ounce) package shredded Colby-Monterey Jack cheese
- 1/2 (4 ounce) can chopped green chile peppers, drained (optional)
- 24 flour tortillas
- 2 (10.75 ounce) cans cream of chicken soup
- 2 cups half and half
- 1 cup chicken broth
- 1 (8 ounce) package shredded Colby-Monterey Jack cheese, divided

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Grease an 11x15-inch baking dish.

Place the chicken breasts in a saucepan with enough water to barely cover; bring to a boil over medium heat. Reduce heat to medium-low and simmer until the chicken is no longer pink in the center, about 15 minutes. Remove from the pan, drain, and shred with two forks. Place the shredded chicken into a bowl and mix with 8 ounces of Colby-Monterey Jack cheese and canned green chilies.

Spoon about 3 tablespoons of chicken mixture in a line down the center of each tortilla and fold the tortilla in half, enclosing the filling. Starting at the filled side, roll the folded tortilla into a cylinder. Place the rolls into the prepared baking dish with the seam sides down.

In a bowl, whisk together the soup, half-and-half, chicken broth, and about 1/3 of the 2nd package of shredded Colby-Monterey Jack cheese. Pour the sauce over the enchiladas, sprinkle remaining Colby-Monterey Jack cheese over the casserole, and let stand for 10 to 15 minutes.

Bake in the preheated oven until bubbling and the cheese topping is melted and beginning to brown, about 25 minutes.
**Ingredients**

- 4 tablespoons butter
- 4 boneless, skinless chicken breast halves
- 1/2 cup dry vermouth
- 2 tablespoons butter
- 1/2 onion, chopped
- 1/4 cup dry vermouth
- 1 cup sour cream
- salt and pepper to taste

**Directions**

Heat 4 tablespoons butter in a large heavy skillet over medium heat. Cook chicken breasts until golden brown, turning once. Pour in 1/2 cup vermouth. Cover, and simmer until no longer pink, and juices run clear, about 15 minutes.

In a saucepan, heat 2 tablespoons butter over medium heat. Saute onion until soft and translucent, but not brown. Stir in 1/4 cup vermouth and sour cream; remove from heat. When chicken is done, pour sauce over. Season with salt and pepper. Heat only long enough to warm the sauce, but do not boil.
## Ingredients

- 4 boneless, skinless chicken breast halves
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons butter or margarine, divided
- 2 tablespoons olive or vegetable oil, divided
- 1/2 cup chicken broth
- 2 tablespoons minced chives
- 2 tablespoons minced fresh parsley
- 2 teaspoons lime juice
- 1 teaspoon minced fresh basil
- 1 teaspoon Dijon mustard

## Directions

Place the chicken breasts between two sheets of waxed paper; flatten evenly with a mallet. Sprinkle both sides with salt and pepper. In a large skillet, heat 1 tablespoon each of butter and oil; brown chicken over medium-high heat for about 6 minutes on each side or until juices run clear. Remove and keep warm.

Stir broth, chives, parsley, lime juice, basil, mustard and remaining butter and oil into drippings; cook and stir until butter is melted. Serve over chicken.
Ingredients

1 (3 pound) whole chicken, quartered
1 dash garlic powder
1 pinch salt
1 pinch ground black pepper
1 onion, thinly sliced
1 green bell pepper, sliced
1 lemon, juiced
1/2 cup white wine
1 pinch dried parsley

Directions

Preheat oven to 375 degrees F (190 degrees C).

Season chicken with garlic powder, salt and pepper. Place in 9 x 13 inch baking dish. Add onion and bell pepper slices by placing on top of chicken. Pour lemon juice and wine over entire chicken. Cover with foil.

Bake for 1 hour. Remove foil, and brown for about 15 minutes longer. Garnish with parsley flakes, and serve.
Ingredients

- 2 skinless, boneless chicken breast halves
- 4 stalks celery, chopped
- 1 large red bell pepper, diced
- 1/2 red onion, diced
- 1 (8.75 ounce) can sweet corn, drained
- 1/4 cup barbeque sauce
- 2 tablespoons fat-free mayonnaise

Directions

Preheat grill for high heat.

Lightly oil grate. Grill chicken 10 minutes on each side, or until juices run clear. Remove from heat, cool, and cube.

In a large bowl, toss together the chicken, celery, red bell pepper, onion, and corn.

In a small bowl, mix together the barbeque sauce and mayonnaise. Pour over the chicken and veggies. Stir, and chill until ready to serve.
**Ingredients**

3 cups self-rising flour
1 cup cornstarch
3 tablespoons seasoning salt
2 tablespoons paprika
1 teaspoon baking soda
1 (.7 ounce) package dry Italian-style salad dressing mix
1 (1 ounce) package dry onion soup mix
1 packet dry spaghetti sauce mix
3 tablespoons white sugar
3 cups crushed cornflakes cereal
2 eggs, beaten
1/4 cup cold water
2 cups oil for frying
1 (4 pound) whole chicken, cut into pieces

**Directions**

In a shallow dish or bowl mix together the flour, cornstarch, seasoning salt, paprika, baking soda, dressing mix, soup mix, spaghetti sauce mix and sugar. Place cereal crumbs in another shallow dish or bowl, and mix together eggs and water in a third shallow dish or bowl.

Heat oil (1 inch deep) in a large skillet over medium high heat. Preheat oven to 350 degrees F (175 degrees C).

Dip chicken pieces into dry coating mix, egg/water mixture, cereal crumbs, briefly into dry mix once more, then drop into hot oil skin side down. Brown for 3 to 4 minutes, then brown other side of each piece.

Place browned chicken pieces in a 9x13 inch baking dish, skin side up, and cover dish with aluminum foil leaving one side open for escaping steam.

Bake at 350 degrees F (175 degrees C) for 35 to 45 minutes, or until chicken is cooked through and tender and juices run clear. Remove cover and bake another 5 minutes to let coating become crisp; serve.
Chicken and Artichoke Minestrone

**Ingredients**

- 1 cup uncooked orzo pasta
- 2 tablespoons olive oil
- 1 onion, chopped
- 4 cloves garlic, chopped
- 2 quarts chicken broth
- 1/2 cup dry sherry
- 1 (11 ounce) can whole kernel corn, undrained
- 1 (15 ounce) can artichoke hearts, drained
- 4 cups cooked chicken meat
- 10 large fresh mushrooms, quartered
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 3/4 teaspoon crushed red pepper flakes
- 1 (10 ounce) package frozen spinach
- 1 (14.5 ounce) can diced tomatoes, drained

**Directions**

Bring a large pot of lightly salted water to a boil. Add orzo pasta and cook for 10 minutes or until al dente; drain.

In a large saucepan over medium heat, heat the olive oil and saute the onion and garlic until tender. Pour in the chicken broth and sherry, and mix in corn with liquid, artichokes, cooked chicken, and mushrooms. Season with salt, pepper, and red pepper. Cook and stir until heated through, about 10 minutes.

Mix the spinach, tomatoes, and cooked orzo into the saucepan. Continue to cook and stir about 10 minutes, until blended and heated through.
Chicken Vegetable Barley Soup

Ingredients

1 cup slivered almonds
2 tablespoons olive oil
1 medium onion, chopped
1 cup chopped celery
4 cups sliced fresh mushrooms
4 cloves garlic, minced
1 cup chopped carrots
5 cups diced red potatoes
3 cups chopped cooked chicken
2 1/2 quarts chicken broth
1 cup quick-cooking barley
2 tablespoons butter
1/2 cup chopped fresh parsley
salt and black pepper to taste

Directions

Preheat oven to 400 degrees F (200 degrees C). Spread slivered almonds evenly over a baking sheet. Toast in preheated oven until golden brown and fragrant.

Heat the oil in a large stock pot over medium heat. Cook onions, celery, mushrooms, and garlic in oil until onions are tender.

Stir in carrots, potatoes, chicken, and broth. Bring to a boil, then stir in barley. Reduce heat, cover, and simmer 20 minutes.

Remove from heat, and stir in butter, parsley, and toasted almonds. Season with salt and pepper to taste.
Grilled Chicken and Sun-Dried Tomato Subs

**Ingredients**

- 6 boneless, skinless chicken breast halves
- 2 tablespoons olive oil
- salt and ground black pepper to taste
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon dried oregano
- 1/4 teaspoon crushed red pepper flakes
- 1 (8 ounce) jar sun-dried tomatoes, packed in oil - drained, oil reserved
- 1 (4 ounce) can sliced black olives, drained
- 6 hoagie rolls, split lengthwise

**Directions**

Preheat an outdoor grill for medium high heat, and lightly oil grate. Lightly pound chicken to flatten. Trim excess fat from edges. Brush lightly with olive oil, then season both sides of chicken with salt, pepper, garlic powder, onion powder, oregano and red pepper to taste; set aside

In a medium bowl, combine the sun-dried tomatoes, olives, and about 2 1/2 tablespoons oil from the tomatoes. Season with salt and pepper to taste; set aside

Place chicken on preheated grill, and cook for 10 to 12 minutes, turning in different directions while cooking to get cross-hatch grill marks. Place cooked chicken on rolls, and top each with a heaping tablespoon of tomato mixture.
**Ingredients**

4 cups cooked pasta, shape of your choice  
2 cups cubed, cooked chicken meat  
5 stalks celery, diced  
2 large apples - peeled, cored and chopped  
1 cup seedless grapes, halved  
1 (20 ounce) can pineapple tidbits, drained  
1 (11 ounce) can mandarin oranges, drained  
3/4 cup mayonnaise  
2 tablespoons milk  
1 tablespoon white sugar  
1/2 teaspoon salt  
1 pinch ground black pepper  
1 pinch ground nutmeg

**Directions**

Chill pasta and chicken thoroughly.

Mix chicken, celery, apples, grapes, pineapple, mandarin oranges and pasta in large bowl.

Mix the mayonnaise, milk, sugar, salt, dash of pepper and a dash of nutmeg.

Combine mayonnaise and chicken mixtures and toss. Store in the refrigerator.
Paprika Chicken with Sour Cream Gravy

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons paprika</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon garlic powder</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon ground black pepper</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon ground red pepper</td>
<td></td>
</tr>
<tr>
<td>4 skinless, boneless chicken breasts</td>
<td></td>
</tr>
<tr>
<td>1/4 cup butter or margarine</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can Campbell’s® Condensed Cream of Chicken Soup</td>
<td>(Regular or 98% Fat Free)</td>
</tr>
<tr>
<td>1/4 cup sliced green onion</td>
<td></td>
</tr>
<tr>
<td>1 (8 ounce) container sour cream</td>
<td></td>
</tr>
</tbody>
</table>

**Directions**

1. Mix flour, paprika, garlic powder, black pepper and red pepper on plate. Coat chicken.
2. Heat butter in skillet over medium heat. Cook chicken 10 minutes or until browned. Set chicken aside.
3. Add soup and green onions. Heat to a boil. Return chicken to pan. Cover and cook over low heat 10 minutes or until chicken is done. Stir in sour cream.
Chicken Asparagus Roll-Ups

**Ingredients**

- 1/2 cup mayonnaise
- 3 tablespoons Dijon mustard
- 1 lemon, juiced and zested
- 2 teaspoons dried tarragon
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt
- 16 spears fresh asparagus, trimmed
- 4 skinless, boneless chicken breast halves
- 4 slices provolone cheese
- 1 cup panko bread crumbs

**Directions**

Preheat oven to 475 degrees F (245 degrees C). Grease a baking dish. In a bowl, mix together the mayonnaise, Dijon mustard, lemon juice, lemon zest, tarragon, salt, and pepper until the mixture is well combined. Set aside.

Cook asparagus in the microwave on High until bright green and just tender, 1 to 1 1/2 minutes. Set the asparagus spears aside. Place a chicken breast between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken breast with the smooth side of a meat mallet to a thickness of about 1/4 inch. Repeat with the rest of the chicken breasts.

Place 1 slice of provolone on each chicken breast, and top the cheese with 4 asparagus spears per breast. Roll the chicken breasts around the asparagus and cheese, making a tidy package, and place, seam sides down, in the prepared baking dish. With a pastry brush, apply a coating of the mayonnaise mixture to each chicken breast, and sprinkle each with panko crumbs, pressing the crumbs into the chicken to make a coating.

Bake in the preheated oven until the crumbs are browned and the chicken juices run clear, about 25 minutes.
**Skillet Chicken**

**Ingredients**
- 2 skinless, boneless chicken breast halves
- 1 tablespoon butter or margarine
- 1/2 cup chopped onion
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon ground mustard
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- Hot cooked rice

**Directions**

In a skillet, brown chicken in butter. Add onion; saute until tender. Stir in the tomatoes, Worcestershire sauce, mustard, salt and pepper. Bring to a boil over medium heat. Reduce heat; cover and simmer for 15 minutes or until chicken juices run clear. Serve over rice.
## Bacon-Roasted Chicken with Potatoes

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 chicken thighs</td>
<td></td>
</tr>
<tr>
<td>6 chicken drumsticks</td>
<td></td>
</tr>
<tr>
<td>12 slices center-cut bacon</td>
<td></td>
</tr>
<tr>
<td>salt and black pepper to taste</td>
<td></td>
</tr>
<tr>
<td>1 onion, coarsely chopped</td>
<td></td>
</tr>
<tr>
<td>1 1/2 pounds baby Dutch yellow potatoes</td>
<td></td>
</tr>
<tr>
<td><strong>Seasoning Mix:</strong></td>
<td></td>
</tr>
<tr>
<td>2 tablespoons dried chives</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons dried basil</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon garlic powder</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon adobo seasoning</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon ground black pepper</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt, or to taste</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

Preheat oven to 400 degrees F (200 degrees C).

Wrap each chicken piece in a slice of bacon, trying to cover as much of the chicken as possible. Place the wrapped chicken pieces in a 9x13 inch baking dish, season with salt and pepper, and sprinkle the onion over the chicken. Push potatoes down into the spaces between the chicken pieces and around the edge of the dish.

Combine the chives, basil, garlic powder, adobo seasoning, and black pepper in a small bowl, and sprinkle the seasoning to taste over the chicken and potatoes.

Bake in the preheated oven for 1 hour, until the bacon is crisp and brown and the potatoes are tender. Sprinkle with salt, if desired, and serve hot.
# Peach Chicken Salad

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 medium fresh peaches, peeled and cubed</td>
<td></td>
</tr>
<tr>
<td>2 cups cubed cooked chicken breast</td>
<td></td>
</tr>
<tr>
<td>1 medium cucumber, seeded and chopped</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons finely chopped red onion</td>
<td></td>
</tr>
</tbody>
</table>

**MINT VINAIGRETTE:**
- 1/4 cup white wine vinegar
- 1 tablespoon lemon juice
- 1/3 cup sugar
- 1/4 cup minced fresh mint
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 4 lettuce leaves

## Directions

In a large bowl, combine the peaches, chicken, cucumber and onion; set aside. In a blender, combine the vinegar, lemon juice, sugar, mint, salt and pepper; cover and process until smooth. Drizzle over chicken mixture; toss to coat. Cover and refrigerate until chilled. Use a slotted spoon to serve on lettuce-lined plates.
Quick Chicken Parmesan

**Ingredients**

- 4 skinless, boneless chicken breasts
- 2 cups Prego® Traditional Italian Sauce*
- 1/2 cup shredded mozzarella cheese
- 2 tablespoons grated Parmesan cheese
- 4 cups hot, cooked spaghetti

**Directions**

Place chicken in 2-quart shallow baking dish. Top with pasta sauce. Sprinkle with mozzarella cheese and Parmesan cheese.

Bake at 400 degrees F for 25 minutes or until done. Serve with spaghetti.
**Walter's Chicken and Mac**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups macaroni</td>
<td>Bring a large pot of lightly salted water to a boil. Add macaroni and</td>
</tr>
<tr>
<td>2 cups diced, cooked chicken</td>
<td>cook for 8 minutes or until al dente; drain.</td>
</tr>
<tr>
<td>meat</td>
<td>Preheat oven to 350 degrees F (175 degrees C).</td>
</tr>
<tr>
<td>2 cups shredded Cheddar cheese</td>
<td>In a large bowl combine cooked macaroni, chicken, cheddar</td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed</td>
<td>cheese, soup, milk and mushrooms. Place mixture in a 9x13 inch</td>
</tr>
<tr>
<td>cream of chicken soup</td>
<td>baking dish.</td>
</tr>
<tr>
<td>1 cup milk</td>
<td>Bake uncovered in preheated oven for 50 to 60 minutes; serve.</td>
</tr>
<tr>
<td>1 (4.5 ounce) can sliced</td>
<td></td>
</tr>
<tr>
<td>mushrooms</td>
<td></td>
</tr>
</tbody>
</table>
## Harvest Corn Chicken Chowder

### Ingredients

- 1/2 cup chopped onion
- 1/2 cup chopped sweet red pepper
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- 1 cup cubed fully cooked ham
- 2 cups water
- 2 cups cubed red potatoes
- 1 1/2 cups fresh or frozen corn
- 1 teaspoon reduced-sodium chicken bouillon granules
- 3/4 teaspoon dried thyme
- 1/2 teaspoon poultry seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup cubed cooked chicken breast
- 1 (12 fluid ounce) can fat-free evaporated milk
- 3/4 cup 1% low-fat milk, divided
- 1/4 cup all-purpose flour

### Directions

In a large saucepan, saute the onion, red pepper and garlic in oil until onion is tender. Add ham; cook and stir for 2 minutes. Stir in the water, potatoes, corn, bouillon, thyme, poultry seasoning, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until potatoes are tender.

Add chicken; heat through. Stir in the evaporated milk and 1/2 cup milk; bring to a boil. Combine flour and remaining milk until smooth; gradually stir into soup. Cook and stir for 2 minutes or until thickened.
Sweet and Spicy Chicken Wings

Ingredients

- 1 cup Pace® Picante Sauce
- 1/4 cup honey
- 1/2 teaspoon ground ginger
- 12 chicken wings (tips removed)

Directions

Stir the picante sauce, honey and ginger in a large bowl.

Cut the wings in half at the joints to make 24 pieces. Toss the wings with the picante sauce mixture. Place them in a foil-lined shallow baking pan.

Bake at 400 degrees F for 55 minutes or until they're glazed and cooked through, turning and brushing often with the sauce during the last 30 minutes of baking time. Discard any remaining sauce.
## Chicken and Artichoke Pizza with Fresh Tomatoes

### Ingredients
- 3 Tyson® Fresh Boneless, Skinless Chicken Breasts
- 1 (6 ounce) jar marinated artichoke hearts, undrained
- 1 large clove garlic, minced
- 1 (10 ounce) package prebaked pizza crust
- 4 Roma tomatoes, sliced
- 1/2 teaspoon dried basil leaves
- 1 1/2 cups shredded mozzarella cheese

### Directions

Place artichoke liquid in large nonstick skillet and bring to boil over medium-high heat. Cook until most of liquid has evaporated, about 1 minute. Add chicken and garlic to skillet. Cook chicken 3 to 5 minutes or until done (internal temp 170 degrees F). Stir in artichoke hearts. Remove from heat.

Place pizza crust on baking sheet; top evenly with tomato slices. Top with chicken mixture; sprinkle with basil. Top with cheese. Bake 12 to 17 minutes or until hot and cheese is melted.

SERVING SUGGESTION: Cut pizza into wedges and serve with tossed salad. Refrigerate leftovers.
Grilled Wonton Chicken Salad

**Ingredients**
- 4 (6 ounce) skinless, boneless chicken breast halves
- teriyaki marinade
- 8 green onions, chopped
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/2 cup sugar
- 3/4 cup rice vinegar
- 1 cup olive oil
- 1/2 (14 ounce) package wonton wrappers
- oil for frying
- 1 head iceberg lettuce, chilled, and torn into bite-size pieces
- 1 (4 ounce) can sliced water chestnuts, drained
- 1/4 cup toasted sesame seeds
- 1/2 cup toasted sliced almonds
- 1 (10 ounce) can mandarin orange segments, drained

**Directions**

Place chicken breasts in a bowl, pour teriyaki sauce over them, and coat well. Cover, and refrigerate for 1 hour.

Preheat an outdoor grill for direct heat.

For the dressing, place green onions, salt, pepper, and sugar in a blender. Pour in olive oil and rice vinegar. Blend until smooth. Remove to a bowl, cover, and refrigerate until ready to serve.

Grill chicken, turning, until done. Remove to a cutting board, and cut into strips.

In a large skillet or wok, warm oil over medium-high heat. Cut wonton wrappers into strips. Fry wonton strips until crisp. Remove to paper towels.

In a large bowl, toss together lettuce, water chestnuts, sesame seeds, sliced almonds, and mandarin oranges. Pour dressing over salad, and toss gently. Top with fried wontons and grilled chicken strips.
### Cool Chicken 'n' Pasta Salad

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 cups cooked elbow macaroni or corkscrew-shaped pasta</td>
<td>In large bowl toss macaroni, chicken, cucumber, tomatoes, onion, parsley and dressing until evenly coated. Refrigerate at least 30 minutes.</td>
</tr>
<tr>
<td>2 (5 ounce) cans Swanson® Premium Chunk Chicken Breast in Water, drained</td>
<td></td>
</tr>
<tr>
<td>1 small cucumber, cut in half lengthwise and sliced</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups cherry tomatoes, cut in half</td>
<td></td>
</tr>
<tr>
<td>1 small onion, chopped</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons chopped fresh parsley</td>
<td></td>
</tr>
<tr>
<td>3/4 cup prepared fat-free Italian salad dressing</td>
<td></td>
</tr>
</tbody>
</table>
Herbed Chicken, Vegetable and Rice Skillet

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1/4 teaspoon garlic powder
- 1 tablespoon vegetable oil
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken with Herbs Soup*
- 1 1/2 cups water**
- 1/4 teaspoon ground black pepper
- 1 1/2 cups uncooked instant white rice
- 2 cups frozen vegetable combination (broccoli, cauliflower, carrots), thawed

**Directions**

Sprinkle the chicken with the garlic powder.

Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook until it’s well browned on both sides. Remove the chicken from the skillet.

Stir the soup, water and pepper in the skillet. Heat to a boil.

Stir in the rice and vegetables. Top with the chicken. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through.
Ingredients

1 (16 ounce) package spaghetti
2 tablespoons butter
4 skinless, boneless chicken breast halves
1 (14.5 ounce) can chicken broth
1 (10.75 ounce) can condensed cream of mushroom soup
1/2 cup milk
1 (16 ounce) container sour cream
1 1/2 cups thinly sliced celery
1 1/2 cups sliced fresh mushrooms
2 teaspoons garlic powder
1 teaspoon onion powder
salt and pepper to taste
1/2 cup dry bread crumbs

Directions

Bring a large pot of salted water to a boil. Stir in the spaghetti; boil until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Drain well.

Preheat oven to 350 degrees F (150 degrees C). Use the butter to generously grease a 9x13 inch baking dish.

Layer baking dish with the cooked spaghetti. Cut chicken breasts in half, and layer on top of spaghetti. Combine the chicken broth, mushroom soup, milk, sour cream, celery, and mushrooms in a large bowl. Season with garlic powder, onion powder, and salt and pepper. Pour the mixture evenly over the chicken and pasta. Top casserole with 1/2 cup bread crumbs.

Bake in preheated oven for 45 minutes, turning dish after 25 minutes to brown evenly.
## Ingredients

- 2 cups shortening, or as needed
- 1/3 cup honey
- 3 tablespoons white vinegar
- 3/4 cup all-purpose flour
- 2 teaspoons poultry seasoning
- 1/4 teaspoon cayenne pepper (optional)
- 8 cut up chicken pieces
- Salt and pepper to taste

## Directions

Melt shortening to a depth of 1/2 inch in a large heavy skillet to 350 degrees F (175 degrees C). Whisk together the honey and white vinegar; set aside. Whisk together the flour, poultry seasoning, and cayenne pepper in a bowl.

Season the chicken pieces with salt and black pepper. Roll chicken in the flour mixture to coat evenly; shake off excess. Place the chicken in the preheated skillet, and cook until a light brown crust forms, about 3 minutes per side. Turn the chicken pieces over and brown on the other side.

Reduce heat to low. Cover the skillet; cook until the meat is no longer pink at the bone and the juices run clear, about 20 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Remove the cover, turn up the heat, and continue to cook, turning as needed, until the chicken is evenly browned and crisp, about 5 minutes. Pour off most of the shortening. Pour the honey mixture over the chicken and cook over medium-low heat, turning chicken pieces to coat, until liquid thickens, about 5 minutes.
**Creamy Chicken Casserole**

**Ingredients**
- 1 (16 ounce) bag bow tie pasta (or shells), cooked
- 2 (10.75 ounce) cans Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 2 (10.75 ounce) cans milk
- 1 (12 ounce) can white broiler-fryer chicken (flaked)
- 1 (16 ounce) bag frozen broccoli cuts
- 15 butter flavored crackers, crumbled but not fine (optional)

**Directions**
Place cooked pasta into large baking dish. Pour Campbell's Cream of Chicken Soup over noodles. Pour in cans of milk. Add frozen broccoli pieces. Stir. Add flaked can chicken. Stir. Top with crumbled crackers.

Bake at 350 degrees F for about 45 minutes or until crackers are brown.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>1 1/4 cups chicken broth</td>
</tr>
<tr>
<td>10 (6 inch) corn tortillas, cut into 1/2 inch strips</td>
</tr>
<tr>
<td>1 cup green enchilada sauce</td>
</tr>
<tr>
<td>1 (10 ounce) can red enchilada sauce</td>
</tr>
<tr>
<td>1 teaspoon ground cumin</td>
</tr>
<tr>
<td>4 cooked, boneless and skinless chicken breast halve</td>
</tr>
<tr>
<td>1 cup half-and-half</td>
</tr>
<tr>
<td>1 tomato, chopped</td>
</tr>
<tr>
<td>1 jalapeno pepper, seeded and minced</td>
</tr>
<tr>
<td>1 cup shredded Cheddar cheese</td>
</tr>
</tbody>
</table>

## Directions

Combine chicken stock and tortilla strips in a large pot. Cook over medium heat until strips soften and broth thickens somewhat.

Stir in enchilada sauces and cumin. Stir in chicken and half-and-half; heat through.

Divide among four bowls and garnish with diced tomato, jalapeno pepper, and cheese. Serve with tortilla chips.
**Peachy Chicken Picante**

**Ingredients**
- 1 (15 ounce) can sliced peaches
- 4 skinless, boneless chicken breast halves
- 1 tablespoon olive oil
- 1/2 cup red bell pepper, diced
- 1/2 cup chunky salsa
- 1 tablespoon frozen orange juice concentrate, thawed
- Salt and pepper to taste

**Directions**

Drain peaches, reserving liquid, and set aside.

Season chicken with salt and pepper to taste. In a large skillet, heat oil over medium heat. Add chicken and saute for 9 to 10 minutes, turning once, until chicken is no longer pink in center. Remove chicken from skillet.

Add bell pepper to skillet, reduce heat and saute for 2 minutes, stirring, until pepper is crisp and tender. Add the reserved peach liquid, salsa and orange juice to the skillet and bring all to a boil, scraping up browned bits from the bottom of the skillet. Add the peaches and stir until hot. Add the chicken. Spoon sauce and peaches over chicken until it is coated/glazed, then serve.
Campbell's Baked Chicken and Broccoli

Ingredients

- 1 pound broccoli, trimmed, cut into 1-inch pieces, cooked and drained
- 8 skinless, boneless chicken breasts
- 1 (26 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
- 2/3 cup milk
- 1/4 teaspoon ground black pepper
- 8 cups hot cooked rice

Directions

Place broccoli and chicken in 3-qt. shallow baking dish. Mix soup, milk and pepper and pour over all.

Bake at 400 degrees F. for 30 min. or until done. Stir sauce before serving. Serve with rice.
## Ingredients

- 4 skinless, boneless chicken breast halves
- 1/4 cup prepared Dijon mustard mayonnaise blend
- 1/4 cup olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon lemon pepper
- 1 teaspoon salt
- 1 teaspoon chicken bouillon granules

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a 9x13 inch baking dish. In a medium bowl, mix the mustard-mayonnaise blend, olive oil, lemon juice, lemon pepper, salt, and bouillon. Pour the mixture over the chicken.

Bake 30 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.
Ingredients

- 4 skinless, boneless chicken breast halves - cooked and shredded
- 1 (8 ounce) jar picante sauce
- 1/4 teaspoon ground cumin
- 8 ounces shredded Monterey Jack cheese
- 8 ounces shredded Cheddar cheese
- 36 (6 inch) corn tortillas
- 1 tablespoon vegetable oil

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl combine the shredded chicken, picante sauce and ground cumin. Mix together.

In a small skillet heat vegetable oil over medium high heat. Place a corn tortilla in the oil for 1 to 2 seconds on either side to soften. Repeat with all of the tortillas (if possible, have someone help you do this). Place tortillas on paper towel to soak up some of the oil.

Put 1 tablespoon of the chicken mixture in the center of a tortilla and sprinkle some cheese on top. Roll up tortilla and place on a lightly greased cookie sheet, seam side down. Repeat with all of the tortillas until chicken mixture is gone. If there is any cheese left over, sprinkle it over the rolled tortillas.

Bake tortillas in the preheated oven for 15 to 25 minutes or until tortillas are a little crispy and golden brown.
Delectable Marinated Chicken

**Ingredients**
- 2 tablespoons Worcestershire sauce
- 2 tablespoons low sodium soy sauce
- 2 tablespoons teriyaki sauce
- 1 teaspoon liquid smoke flavoring
- 1 tablespoon molasses
- 1 tablespoon sesame seeds
- 1 tablespoon brown sugar
- 1 teaspoon paprika
- 1/2 teaspoon garlic salt
- 1/4 teaspoon garlic pepper
- 2 teaspoons minced garlic
- 1/4 cup canola oil
- 8 skinless, boneless chicken thighs

**Directions**
Mix together Worcestershire sauce, soy sauce, teriyaki sauce, liquid smoke, and molasses in a resealable plastic bag until the molasses has dissolved. Add sesame seeds, brown sugar, paprika, garlic salt, garlic pepper, minced garlic, and canola oil; mix well. Coat chicken thighs with the marinade, seal, and marinate for 4 hours in the refrigerator, redistributing the chicken in the marinade occasionally.

Preheat an outdoor grill for medium heat.

Remove chicken from marinade and shake off excess. Grill on preheated grill until the chicken has reached an internal temperature of 165 degrees F (75 degrees C), and is firm and opaque, about 12 minutes per side. Discard any remaining marinade.
Chicken Rice Soup Mix

Ingredients

- 2 cups uncooked long grain brown rice
- 1/2 cup chicken bouillon granules
- 4 teaspoons dried tarragon
- 4 teaspoons dried parsley flakes
- 1 teaspoon white pepper

ADDITIONAL INGREDIENTS:
- 3 cups water
- 1 tablespoon butter or margarine

Directions

In a bowl, combine the first five ingredients. Cover and store in a cool dry place for up to 6 months.

To prepare soup: In a saucepan, bring water, butter and 2/3 cup soup mix to a boil. Reduce heat; cover and simmer for 30-35 minutes or until the rice is tender.
Super Orange Chicken

**Ingredients**

1 (6 ounce) can frozen orange juice concentrate, thawed
1 packet dry onion soup mix
1 teaspoon poultry seasoning
1 tablespoon cornstarch
4 chicken legs

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

In a medium bowl, combine the orange juice, onion soup mix, poultry seasoning and cornstarch. Mix together well and set aside. Place chicken in a 9x13 inch baking dish. Pour sauce over chicken and cover with foil.

Bake at 375 degrees F (190 degrees C) for 45 minutes, remove foil, and bake for 15 more minutes.
BBQ Chicken Wings

Ingredients

- 1/2 cup teriyaki sauce
- 1 cup oyster sauce
- 1/4 cup soy sauce
- 1/4 cup ketchup
- 2 tablespoons garlic powder
- 1/4 cup gin
- 2 dashes liquid smoke flavoring
- 1/2 cup white sugar
- 1 1/2 pounds chicken wings, separated at joints, tips discarded
- 1/4 cup honey

Directions

In a large bowl, mix the teriyaki sauce, oyster sauce, soy sauce, ketchup, garlic powder, gin, liquid smoke, and sugar. Place the chicken wings in the bowl, cover, and marinate in the refrigerator 8 hours or overnight.

Preheat the grill for low heat.

Lightly oil the grill grate. Arrange chicken on the grill, and discard the marinade. Grill the chicken wings on one side for 20 minutes, then turn and brush with honey. Continue grilling 25 minutes, or until juices run clear.
**Mochiko Chicken Wings**

### Ingredients

- 3 eggs, beaten
- 1/2 cup soy sauce
- 2 tablespoons white sugar
- 2 teaspoons Hawaiian sea salt
- 6 green onions, finely chopped
- 5 cloves garlic, minced
- 2 tablespoons all-purpose flour
- 3/4 cup cornstarch
- 3/4 cup mochiko (glutinous rice flour)
- 5 pounds chicken wings or thighs
- Oil for deep frying

### Directions

Stir together eggs, soy sauce, sugar, sea salt, green onions, and garlic in a large bowl. Sift together the flour, cornstarch, and mochiko; fold into the egg mixture until smooth. Add chicken and mix until well coated. Cover bowl with plastic wrap and refrigerate overnight.

Remove the chicken from the refrigerator, and mix again to redistribute. Heat a large pot of oil to 350 degrees F (175 degrees C). Deep fry chicken wings until golden brown and cooked through; drain on paper towels.
Ukrainian Chicken Kiev

**Ingredients**

- 8 skinless, boneless chicken breast halves
- 1/3 cup butter, softened
- 1/2 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 2 eggs
- 3 tablespoons water
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon garlic powder
- 1 teaspoon dried dill weed
- 1/2 cup all-purpose flour
- 1/2 cup dry bread crumbs
- 2 cups vegetable oil
- 1/2 lemon, sliced
- 1/4 cup chopped fresh parsley

**Directions**

Place each chicken breast between a sheet of wax paper and pound, using a mallet or rolling pin, to about 1/8 inch thickness; be careful not to 'break' the chicken. Wrap and refrigerate until seasoned butter is frozen.

To Make Seasoned Butter: In a small bowl combine the softened butter, 1/2 teaspoon pepper and 1 teaspoon garlic powder and mix well. Spread mixture into a 2x4 inch rectangle on a piece of aluminum foil; freeze until firm.

When butter is firm, cut into 6 equal size pieces and place one piece on each chicken breast. Fold in edges of chicken and roll to encase butter completely. Secure with toothpicks.

In a small bowl, beat eggs with water. In a shallow dish or bowl, mix together the 1/4 teaspoon pepper, 1/4 teaspoon garlic powder, dill weed and flour. Place bread crumbs in a separate shallow dish or bowl. Dip chicken rolls in seasoned flour, then egg mixture, then crumbs. Place coated chicken in a shallow dish, cover and refrigerate for about 30 minutes.

Heat oil in a large skillet over medium high heat. When oil is hot, deep fry chicken rolls for about 5 minutes, then turn over and deep fry for another 5 minutes until golden and cooked through, with no pink showing inside. Drain on paper towels, garnish with lemon slices and parsley and serve.
### Ingredients
- 8 skinless, boneless chicken breast halves
- 4 slices provolone cheese, halved
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 10 3/4 fluid ounces white wine
- 1/4 cup melted butter
- 1 (16 ounce) package herb seasoned stuffing mix

### Directions
- Preheat oven to 350 degrees F (175 degrees C).
- Arrange chicken breast halves in a single layer in a 9x13 inch baking dish. Top each breast half with a half slice of Provolone cheese.
- In a medium bowl, blend cream of chicken soup and white wine. Pour over the chicken.
- In a separate medium bowl, mix the butter and stuffing mix. Top the chicken with the stuffing mixture.
- Bake 30 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.
Chicken a la Creme

**Ingredients**

- 1/4 cup butter
- 1 1/2 pounds chicken breast tenderloins or strips
- salt and pepper to taste
- 1 pint heavy cream

**Directions**

Melt half of the butter in a large skillet over medium-high heat. Season chicken tenders with salt and pepper, and saute them in butter until golden on all sides, about 10 minutes. Add the remaining butter, reduce heat to medium, and cook for 5 more minutes.

Pour the heavy cream into the skillet, and simmer gently for 5 minutes, stirring occasionally, until the sauce has thickened and chicken is cooked through. Best when served with fresh French bread for dipping.
### Ingredients

- 1 1/2 pounds skinless, boneless chicken breast halves - cut into 1/2 inch strips
- 1 medium onion, sliced and separated into rings
- 1 medium green pepper, julienned
- 2 tablespoons vegetable oil
- 1 (15 ounce) can tomato sauce
- 1 (14.5 ounce) can stewed tomatoes
- 2 teaspoons garlic powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- Hot cooked rice

### Directions

In a skillet, cook the chicken, onion and green pepper in oil until chicken is lightly browned and vegetables are tender. Add tomato sauce, stewed tomatoes and seasonings; bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes or until heated through. Serve over rice.
Savory Chicken and Apple Pot Pie

**Ingredients**

- 3/4 cup chopped onion
- 2 tablespoons butter
- 1 tablespoon olive oil
- 1/4 cup all-purpose flour
- 1 teaspoon dried sage, crushed
- 1/2 teaspoon dried thyme, crushed
- 2 cups chicken broth
- 5 cups cubed cooked chicken
- 1 (21 ounce) can LUCKY LEAF® Premium Apple Pie Filling
- salt and ground black pepper
- 1/2 (15 ounce) package rolled refrigerated unbaked pie crust

**Directions**

In a large saucepan cook onion in hot butter and oil over medium heat for 15 minutes or until golden brown and very tender. Stir in flour, sage, and thyme. Reduce heat to medium-low and cook and stir for 10 minutes or until the mixture is a light caramel color. Whisk in chicken broth. Whisking continuously, bring mixture to boiling. Reduce heat and simmer 2 minutes. Remove from heat. Stir in chicken and LUCKY LEAF Apple Pie Filling and season with salt and black pepper; transfer to a 3-quart round casserole and set aside.

Unroll pie crust onto a floured surface. Roll to 10-inch circle. Fold edges under and crimp edges to rim of casserole to seal. Cut small vents in the top crust.

Bake in a 400 degrees F oven for 30 to 35 minutes or until crust is golden brown. Let stand 10 minutes before serving.
Ingredients

1 (14 ounce) can Swanson® Chicken Broth (Regular or Natural Goodness™)
1/2 cup reduced-calorie mayonnaise
1/4 cup grated Parmesan cheese
1 teaspoon dried dill weed or dried basil leaves
3 cups cooked corkscrew-shaped pasta
1 cup cherry tomatoes, cut in half
1 cup cooked peas
1/2 cup sliced mushrooms
1 small red onion, chopped
2 cups cubed cooked chicken
Lettuce leaves

Directions

Mix broth, mayonnaise, cheese and dill weed.

Toss pasta, tomatoes, peas, mushrooms, onion, chicken and broth mixture until evenly coated. Cover and refrigerate at least 2 hours. Serve on lettuce.
Chicken Breasts Pierre

**Ingredients**

- 6 skinless, boneless chicken breast halves
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1 pinch ground black pepper
- 3 tablespoons butter
- 1 (14.5 ounce) can stewed tomatoes, with liquid
- 1/2 cup water
- 2 tablespoons brown sugar
- 2 tablespoons distilled white vinegar
- 2 tablespoons Worcestershire sauce
- 1 teaspoon salt
- 2 teaspoons chili powder
- 1 teaspoon mustard powder
- 1/2 teaspoon celery seed
- 1 clove garlic, minced
- 1/8 teaspoon hot pepper sauce

**Directions**

In a shallow dish or bowl, combine flour, 1/2 teaspoon salt and ground black pepper. Coat chicken breasts with flour mixture. Melt butter in a large skillet over medium heat, and brown chicken on all sides. Remove from skillet, and drain on paper towels.

In the same skillet, combine the tomatoes, water, brown sugar, vinegar and Worcestershire sauce. Season with salt, chili powder, mustard, celery seed, garlic and hot pepper sauce. Bring to a boil; reduce heat, and return chicken to skillet. Cover, and simmer for 35 to 40 minutes, or until chicken is tender, no longer pink and juices run clear.
Florentine Chicken Ring

**Ingredients**

- 1 (10 ounce) can chunk white chicken, drained and flaked
- 1/2 cup chopped red bell pepper
- 1 (10 ounce) package frozen chopped spinach, thawed and well drained
- 1 cup shredded Cheddar cheese
- 1/3 cup mayonnaise
- 1 teaspoon lemon zest
- 1/2 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 2 (8 ounce) packages refrigerated crescent rolls

**Directions**

Preheat an oven to 375 degrees F (190 degrees C).

Mix chicken, red bell pepper, spinach, Cheddar cheese, mayonnaise, lemon zest, salt, and nutmeg together in a large bowl. Set aside. Unroll crescent roll dough, and separate into 16 triangles. Arrange triangles in a circle on a 13-inch baking stone or pizza pan with the wide ends of the triangles overlapping in the center and points facing out. The center diameter should be about 5-inches. Scoop chicken mixture evenly onto the widest end of each triangle. Bring the outer point of each triangle towards the center of the circle and tuck the point under the wide end of the dough. The filling will not be completely covered.

Bake in the preheated oven until golden brown, 20 to 25 minutes. Slice and serve.
Spicy Peach Chicken

Ingredients

- 1/3 cup peach preserves
- 1/4 cup honey
- 1 tablespoon spicy brown mustard
- hot pepper sauce to taste
- 1 (2 pound) whole chicken, cut into pieces, skin removed
- 2 tablespoons Creole seasoning

Directions

Preheat the oven broiler.

In a small bowl, mix peach preserves, honey, spicy brown mustard, and hot pepper sauce.

Arrange chicken pieces on a medium baking sheet. Season with Creole seasoning. Brush with the peach preserves mixture, reserving some of the mixture for basting.

Turning occasionally and basting often with reserved peach preserves mixture, broil 25 minutes in the preheated oven, until chicken is no longer pink and juices run clear.
### Ingredients
- 6 skinless, boneless chicken breast halves
- 2 cups fresh lemon juice
- 1 cup all-purpose flour
- 1 1/2 teaspoons salt
- 2 teaspoons paprika
- 1 teaspoon ground black pepper
- 1/2 cup vegetable oil
- 1/3 cup light brown sugar
- 1/4 cup chicken broth
- 6 slices lemon
- 1/2 cup finely minced fresh parsley

### Directions
To Marinate: Combine chicken and lemon juice in a large resealable plastic bag. Squeeze out air and seal bag. Refrigerate to marinate overnight, turning once.

Remove chicken from marinade, reserving 2 tablespoons marinade and disposing of the remainder. Mix together flour, salt, paprika and pepper in a large resealable plastic bag. Add chicken breasts one at a time, seal bag and shake to coat evenly.

Preheat oven to 350 degrees F (175 degrees C).

Heat oil in a large skillet over medium high heat. Fry coated chicken until well browned, about 10 to 15 minutes. Arrange browned chicken in a 9x13 inch baking dish and sprinkle with brown sugar. Mix broth with reserved marinade and pour mixture over chicken. Top each breast with a lemon slice and sprinkle all with parsley.

Bake in the preheated oven for about 20 to 30 minutes, or until cooked through (juices run clear) and tender.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 pound skinless boneless chicken breasts</td>
<td></td>
</tr>
<tr>
<td>1 (8 ounce) bottle ranch dressing</td>
<td></td>
</tr>
<tr>
<td>2 (8 ounce) packages cream cheese, softened</td>
<td></td>
</tr>
<tr>
<td>1 (12 ounce) bottle hot pepper sauce</td>
<td></td>
</tr>
<tr>
<td>1 (16 ounce) package shredded Cheddar cheese</td>
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</tbody>
</table>

### Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat a non-stick skillet over medium heat. Add chicken breasts and cook until juices run clear, about 4 minutes per side. Remove to a cutting board to cool completely. Use a fork to shred the meat into strands.

Pour the ranch dressing, cream cheese, and wing sauce into a bowl and mix until combined. Add the shredded chicken and mix well. Spread the mixture into a 9x13 inch baking dish. Sprinkle the Cheddar cheese over top of the chicken mixture.

Bake in the preheated oven until the cheese is bubbling, about 10 minutes.
**Ingredients**

- 2 lemons
- 1/2 cup chopped fresh parsley
- 2 tablespoons Dijon mustard
- 4 cloves garlic, minced
- 2 teaspoons olive oil
- 1 teaspoon rosemary
- 3/4 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1 1/2 pounds small red potatoes, halved
- 1 (3 1/2) pound whole chicken

**Directions**

Preheat an oven to 350 degrees F (175 degrees C).

Squeeze 3 tablespoons juice from lemons; reserve squeezed lemon halves. Combine the lemon juice, parsley, mustard, garlic, oil, rosemary, pepper, and salt in a small bowl; blend well.

Toss the potatoes with 2 tablespoons of the parsley mixture in a large bowl. Reserve. Gently slide fingers between the skin and meat of the chicken to loosen skin. Spoon parsley mixture between skin and meat. Secure breast skin with toothpicks, if necessary. Place lemon halves in the cavity of chicken. Place chicken on a rack in a roasting pan.

Bake chicken in preheated oven for 30 minutes. Arrange potatoes around the chicken; bake until chicken juices run clear, about 1 additional hour. Allow chicken to rest for 10 minutes before serving.
Soothing Chicken Soup

Ingredients

2 cups sliced celery
3 quarts chicken broth
4 cups cubed cooked chicken
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 cup uncooked instant rice
1 envelope onion soup mix
1 teaspoon poultry seasoning
1/2 teaspoon seasoned salt
1/2 teaspoon dried thyme
1/2 teaspoon pepper

Directions

In a Dutch oven or soup kettle, simmer celery in broth until tender. Stir in the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 6-8 minutes or until the rice is tender.
**Ingredients**

- 1 pound skinless, boneless chicken breast halves
- 1/2 pound bacon
- 1 (20 ounce) can pineapple chunks
- 18 fluid ounces teriyaki sauce

**Directions**

Cut chicken into bite-size pieces. Wrap with about 1/3 slice of bacon, thread onto toothpick, and top with pineapple chunk. Marinate for 4 hours or longer in teriyaki sauce.

Preheat oven to 375 degrees F (190 degrees C).

Place marinated appetizers onto parchment lined baking sheets. Bake for 20 minutes, or until chicken is done and bacon golden brown. Drain on paper towels. Serve hot.
**Sunday Company Chicken**

### Ingredients

- 2 tablespoons butter
- 3 teaspoons curry powder
- 1 apple - peeled, cored and finely chopped
- 1 large onion, diced
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 cup heavy whipping cream
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon paprika
- 1 (3 pound) whole chicken, cut into pieces

### Directions

Preheat oven to 350 degrees F (175 degrees C).

In a small saucepan, melt butter or margarine. Add the curry powder, apple and onion and saute until onion is translucent. Add soup and cream and stir together.

Place chicken pieces in a lightly greased 9x13 inch baking dish. Season with salt, pepper and paprika. Pour apple/cream sauce mixture over chicken and bake uncovered in the preheated oven for 1 1/2 hours. Let cool 10 minutes and serve.
Easy Grilled Lemon Chicken

**Ingredients**

- 1/2 cup fresh lemon juice
- 1/2 cup soy sauce
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground black pepper
- 4 (6 ounce) skinless, boneless chicken breast halves

**Directions**

Rinse chicken breasts and pat dry with paper towels. Stir together the lemon juice, soy sauce, ginger, and black pepper in a bowl; pour into a large, resealable plastic bag. Add the chicken breasts, seal the bag, and massage to evenly coat chicken with lemon juice mixture. Place in refrigerator to marinate at least 20 minutes, or up to 24 hours.

Preheat an outdoor grill for medium-high heat. Lightly oil grill grate, and place about 4 inches from heat source.

Drain and discard marinade from the bag, and place chicken on preheated grill. Cook until chicken is no longer pink and juices run clear, 6 to 8 minutes on each side.
Cream Of Chicken Soup

**Ingredients**
- 4 cups milk
- 2 tablespoons all-purpose flour
- 2 tablespoons vegetable oil
- 2 tablespoons white sugar
- 2 cups finely chopped, cooked chicken meat
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon garlic powder

**Directions**

In a 3 quart saucepan, heat oil. Gradually stir in flour. Let this form a paste, or roux. Then, gradually stir in the milk and continue stirring until thickened.

Add chicken to white sauce mixture. Add sugar, salt, pepper, and garlic powder. Mix well and simmer for 20 minutes over low heat.

If soup is not as thick as desired, mix a small amount of corn starch with a small amount of water and add to soup. Simmer for 10 minutes.
Skillet Chicken Cordon Bleu

**Ingredients**

- 1 tablespoon butter
- 4 whole boneless, skinless chicken breasts, cubed
- 1/4 cup white wine
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/2 cup shredded Swiss cheese
- 1/2 cup diced ham

**Directions**

In a 10 inch skillet over medium high heat cook the chicken breasts in the butter for 10 minutes or until browned. Remove chicken and set aside.

In the same skillet add the wine and stir to deglaze the pan. Add the soup, cheese and ham. Heat to boiling, stirring often.

Return chicken to skillet. Reduce heat to low. Cover and cook for 5 to 7 minutes or until chicken is completely cooked, stirring occasionally. Serve over hot cooked egg noodles if desired.
Almond Chicken and Rice

**Ingredients**

- 1 cup uncooked long grain rice
- 1 (3 1/2) pound broiler-fryer chicken, cut up
- 1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
- 1 cup milk
- 1 celery rib, chopped
- 1/2 cup chopped onion
- 2 tablespoons minced fresh parsley
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup slivered almonds, divided

**Directions**

Place the rice in a greased 13-in. x 9-in. x 2-in. baking dish; top with chicken. In a bowl, combine soup, milk, celery, onion, parsley, salt, pepper and 1/4 cup of almonds. Pour over chicken. Cover and bake at 350 degrees F for 45 minutes. Sprinkle with remaining almonds. Bake, uncovered, 15 minutes longer or until meat juices run clear.
The Best Chicken Salad Ever

Ingredients

- 2 boneless chicken breast halves, cooked
- 1/4 cup creamy salad dressing
- 4 tablespoons cole slaw dressing
- 1 stalk celery, chopped
- 1/4 onion, chopped
- Salt and pepper to taste

Directions

In a food processor, combine the chicken, creamy salad dressing, cole slaw dressing, celery, onion, and salt and pepper. Mix until well chopped.
**Slow Cooker Chicken Tetrazzini**

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>6 skinless, boneless chicken breast halves</td>
<td>2</td>
</tr>
<tr>
<td>2 tablespoons melted butter</td>
<td>1 (.7 ounce) package dry Italian-style salad dressing mix</td>
</tr>
<tr>
<td>2 tablespoons butter</td>
<td>1 small onion, sliced and separated into rings</td>
</tr>
<tr>
<td>3 cloves garlic, minced</td>
<td>1 (10.75 ounce) can condensed cream of chicken soup</td>
</tr>
<tr>
<td>1/2 cup chicken broth</td>
<td>1 (8 ounce) package cream cheese, softened</td>
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</table>

**Directions**

Place chicken in the slow cooker crock. Top with 2 tablespoons melted butter; sprinkle with Italian dressing mix.

Cover, and cook on High for 3 hours.

Heat the remaining 2 tablespoons of butter in a large skillet over medium heat. Stir in onion and garlic; cook and stir until onion is soft, about 5 minutes. Mix in the cream of chicken soup, chicken broth, and cream cheese. Pour mixture over the cooked chicken in the slow cooker.

Cover, and continue to cook on Low until chicken is fork tender and the sauce has thickened, about 1 additional hour.
Orange Chicken Delight

**Ingredients**
- 2 pounds skinless, boneless chicken breast meat
- 2 pounds skinless, boneless chicken thighs
- 2 tablespoons adobo seasoning
- 1 tablespoon ground black pepper
- 3 cups water, divided
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 1 cup chopped celery
- 2 cups orange marmalade

**Directions**

Season chicken breasts and thighs with adobo seasoning and pepper.

Place the seasoned chicken and 1 cup water in a large saucepan over medium heat. Turning frequently, cook until water has been reduced. Mix in remaining water, onion, green bell pepper, and celery. Cover, reduce heat to low, and continue cooking about 20 minutes, until vegetables are tender and chicken is no longer pink and juices run clear.

Stir orange marmalade into the saucepan, coating each piece of chicken. Cover, and continue cooking about 10 minutes.
Chicken Pesto Pizza with Roasted Red Peppers

Ingredients

1 (10 ounce) can premium white-meat chicken, packed in water, drained
1/3 cup diced onion
2 cloves garlic, minced
2 tablespoons olive oil
4 tablespoons basil pesto sauce, divided
Vegetable oil spray
1 (10 ounce) package refrigerated pizza dough
1 cup fresh asparagus cut in 1-inch pieces, or canned, cut asparagus, drained
1 cup chopped, fresh red bell peppers (roasted*) or canned, roasted red bell peppers, drained
1/2 cup shredded part-skim mozzarella cheese
1 ounce feta cheese, crumbled

Directions

Heat oven to 400 degrees F. Brown chicken with onion and garlic in olive oil in a medium, non-stick skillet. Remove from heat; blend with 2 tablespoons pesto sauce; set aside.

Lightly coat a 9x12-inch baking sheet or a 14-inch pizza stone with vegetable oil spray. Press or roll dough onto baking sheet or pizza stone to desired thickness. Spread remaining 2 tablespoons pesto sauce over dough, leaving a 1-inch edge. Arrange chicken mixture, asparagus and roasted red peppers on top. Sprinkle with cheeses. Bake for 12 to 15 minutes until cheeses melt and crust is lightly browned.
# Slow Cooker Buffalo Chicken Sandwiches

## Ingredients

<table>
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<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1 (17.5 fluid ounce) bottle buffalo wing sauce, divided</td>
<td></td>
</tr>
<tr>
<td>1/2 (1 ounce) package dry ranch salad dressing mix</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons butter</td>
<td></td>
</tr>
<tr>
<td>6 hoagie rolls, split lengthwise</td>
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</table>

## Directions

Place the chicken breasts into a slow cooker, and pour in 3/4 of the wing sauce and the ranch dressing mix. Cover, and cook on Low for 6 to 7 hours.

Once the chicken has cooked, add the butter, and shred the meat finely with two forks. Pile the meat onto the hoagie rolls, and splash with the remaining buffalo wing sauce to serve.
# Chili Chicken Stew

## Ingredients

2 tablespoons vegetable oil  
1 green bell pepper, chopped  
1 onion, chopped  
1 (10.75 ounce) can condensed cream of chicken soup  
2 (14.5 ounce) cans chicken broth  
1 teaspoon chili powder  
2 cups cubed, cooked chicken meat  
1 (14.5 ounce) can diced tomatoes  
1 (16 ounce) package frozen mixed vegetables

## Directions

In a saucepan over medium heat, heat oil. Cook green bell pepper and onion until tender, stirring often.

Add cream of chicken soup, broth, chili powder and cooked chicken. Bring to a boil and then simmer for 10 minutes.

Add tomatoes and mixed vegetables. Cook for 30 minutes and then serve.
# Chicken and Stuffing Casserole

## Ingredients

<table>
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<tr>
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<th>Quantity/Type</th>
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<tbody>
<tr>
<td>1 (3 pound) whole chicken</td>
<td></td>
</tr>
<tr>
<td>8 ounces dry bread stuffing mix</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of celery soup</td>
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<tr>
<td>1 1/4 cups chicken broth (from boiling the chicken)</td>
<td></td>
</tr>
<tr>
<td>1 cup evaporated milk</td>
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</table>

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Layer the deboned chicken meat in a lightly greased 9x13 inch baking dish. Sprinkle stuffing mix over the chicken layer.

In a large bowl mix together the soups, broth and evaporated milk. Stir well. Pour this mixture over the stuffing mix, making sure it gets to the bottom of the baking dish (poke around with a fork to let it saturate into the bottom layer). Bake in the preheated oven for 35 to 45 minutes, until it starts to bubble in the center.
Mixed Grill of Sausage, Chicken and Lamb With Tandoori Flavorings

**Ingredients**

- 2 pounds spicy or mild Italian pork sausage
- 1/4 cup olive oil
- 3 tablespoons ground cumin
- 1 tablespoon curry powder
- 1 1/2 teaspoons garlic powder
- 3/4 teaspoon ground ginger
- 1/2 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 8 lamb loin chops
- 1/2 cup plain yogurt
- 3 tablespoons red wine vinegar
- 12 chicken drumsticks, skin removed

**Directions**

Place sausage and 1/2 cup water in a large (12-inch) skillet. Cover and bring to a simmer. Steam until sausage loses its raw color throughout, about 8 minutes. Drain and set aside.

In a medium bowl, mix oil, cumin, curry powder, garlic powder, ginger, salt and cayenne. Scrape half the spice mixture into another medium bowl. Add lamb chops to one bowl; toss to coat well. Stir yogurt and vinegar into other bowl; add chicken legs and toss to coat well. Set both aside to marinate.

About 30 minutes before serving, fully preheat gas grill (10 to 15 minutes with all burners on high). Use a wire brush to clean grill rack, then use tongs to wipe an oil-soaked rag over rack. Close lid and return grill to temperature. Make sure to have water close by to extinguish any flare-ups.

Staggering meat additions so they all get done about the same time, place chicken on grill; close lid and grill-roast for a total of 20 minutes - 8 minutes on the first side, 8 minutes on the second side and 4 minutes longer, turning as needed toward the end to ensure doneness. Add lamb; grill-roast for a total of 8 minutes - 4 minutes on the first side and 4 minutes on the second side. Add sausage and grill-roast for a total of 4 minutes - 2 minutes on the first side and 2 minutes on the second side.

Arrange on a large platter and serve warm with couscous.
Garlic Lover's Chicken

**Ingredients**

- 1/2 cup dry bread crumbs
- 1/3 cup grated Parmesan cheese
- 2 tablespoons minced fresh parsley
- 1/2 teaspoon salt (optional)
- 1/8 teaspoon pepper
- 1/4 cup milk
- 6 boneless, skinless chicken breast halves
- 1/4 cup butter or margarine, melted
- 1 garlic clove, minced
- 2 tablespoons lemon juice
- Paprika

**Directions**

In a large resealable plastic bag, combine the first five ingredients. Place milk in a shallow bowl. Dip chicken in milk, then shake in the crumb mixture. Place in a greased 13-in. x 9-in. x 2-in. baking dish.

Combine the butter, garlic and lemon juice; drizzle over the chicken. Sprinkle with paprika.

Bake, uncovered, at 350 degrees for 25-30 minutes or until the juices run clear.
Easy Raspberry Chicken with Coconut Rice

**Ingredients**
- 2 cups water
- 1 (14 ounce) can reduced-fat coconut milk
- 2 teaspoons minced fresh ginger root
- 1 cup Basmati rice
- 1/3 cup all-purpose flour
- 1 tablespoon lemon pepper
- 4 (6 ounce) skinless, boneless chicken breast half - cut into bite-size pieces
- 2 tablespoons vegetable oil
- 2 teaspoons dried rosemary
- 1/2 cup raspberry vinegar

**Directions**

In a large pot, bring to a boil the water, coconut milk, ginger, and rice; cover, and simmer, stirring occasionally, until all liquid is absorbed.

Meanwhile, in a resealable plastic bag, combine the flour, lemon pepper, and chicken; shake to coat.

Heat oil in a large skillet over medium heat. Fry chicken strips and rosemary, turning occasionally, until golden brown. Remove chicken pieces from pan, and set aside. Pour raspberry vinegar into skillet, and simmer until reduced by half. Return chicken to skillet, and cook until all liquid is absorbed. Serve with coconut rice.
Crunchy Chicken and Gravy

**Ingredients**

- 1 cup Pepperidge Farm® Herb Seasoned Stuffing, crushed
- 2 tablespoons grated Parmesan cheese
- 4 skinless, boneless chicken breast halves
- 1 egg
- 2 tablespoons butter, melted
- 1 (12 ounce) jar Campbell’s® Slow Roast Chicken Gravy

**Directions**

Stir the stuffing and cheese on a plate. Beat the egg in a shallow dish with a fork or whisk. Dip the chicken into the egg. Coat the chicken with the stuffing mixture. Place the chicken onto a baking sheet. Drizzle with the butter.

Bake at 400 degrees F for 20 minutes or until the chicken is cooked through.

Heat the gravy in a 1-quart saucepan over medium heat until hot and bubbling. Serve the gravy with the chicken.
Chicken Chip Bake

**Ingredients**

- 10 skinless, boneless chicken breast halves - cooked and cut into bite size pieces
- 2 stalks celery, thinly sliced
- 2 cups sliced toasted almonds
- 2 bunches green onion, chopped
- 8 cups mayonnaise
- 1 cup lemon juice
- salt and pepper to taste
- 2 cups crushed potato chips
- 2 cups shredded Cheddar cheese

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Combine the chicken, celery, almonds and green onion in a large bowl and mix well. In a separate bowl combine mayonnaise, lemon juice, salt and pepper and mix until creamy. Combine this mixture with the chicken mixture and stir all together.

Place mixture in a 9x13 inch baking dish and bake at 350 degrees F (175 degrees C) for 30 minutes, or until bubbly.

Remove from oven, cover with potato chip crumbs and cheese, and return to oven. Heat until cheese completely melts.
### Ingredients

- 4 large skinless, boneless chicken breast halves
- 1 cup ketchup
- 2 tablespoons mustard
- 2 teaspoons lemon juice
- 1/4 teaspoon garlic powder
- 1/2 cup maple syrup
- 2 tablespoons Worcestershire sauce
- 1/2 teaspoon chili powder
- 1/8 teaspoon cayenne pepper
- 2 dashes hot pepper sauce, or to taste (optional)
- 8 sandwich rolls, split

### Directions

Place the chicken breasts into the bottom of a slow cooker. In a bowl, stir together the ketchup, mustard, lemon juice, garlic powder, maple syrup, Worcestershire sauce, chili powder, cayenne pepper, and hot sauce until the mixture is well blended.

Pour the sauce over the chicken, set the cooker to Low, and cook for 6 hours. Shred the chicken with two forks, and cook for 30 more minutes. Serve the chicken and sauce spooned into the sandwich rolls.
# Carole's Sesame Chicken Salad

## Ingredients

- 2 boneless chicken breast halves, cooked and chopped
- 1 cup mayonnaise
- 1 tablespoon sesame oil
- 1 tablespoon white sugar
- 1/8 teaspoon ground ginger
- 1/2 small head napa cabbage
- 2 green onions, chopped
- 1 tablespoon sesame seeds, toasted
- 1 carrot, shredded
- 1/2 cup crispy fried rice noodles, for garnish

## Directions

Several hours before serving make the dressing. Combine mayonnaise, sesame oil, sugar and ginger. Cover and refrigerate.

Thinly slice the cabbage and place in large bowl along with the cubed chicken. Add the green onions, toasted sesame seeds and shredded carrot. Toss then mix in the dressing. Divide salad onto serving plates and top with additional green onion and crispy rice noodles.
### Ingredients

- 2 tablespoons olive oil
- 2 large skinless, boneless chicken breast halves, cut into cubes
- 2 chayote squashes, diced
- 2 large potatoes, diced
- 1 small onion, diced
- 2 cloves garlic, minced
- Salt and ground black pepper to taste

### Directions

Heat the olive oil in a large skillet over medium heat; add the chicken, squash, potato, and onion; cook and stir 10 minutes. Stir in the garlic and cook until the potatoes are tender and the chicken is no longer pink in the center, 4 to 5 minutes more. Season with salt and pepper to serve.
Homemade Chicken Parmigiana

Ingredients

- 1 tablespoon butter
- 1 teaspoon minced garlic
- 1/3 cup minced onion
- 1 (14.5 ounce) can diced tomatoes with juice
- 1/2 teaspoon sugar
- 1/4 cup heavy cream
- salt and pepper to taste
- 1/3 cup fine dry bread crumbs
- 2 tablespoons freshly grated Parmesan cheese
- 1/2 teaspoon dried oregano
- 1 egg, beaten
- 2 tablespoons milk
- 3 (5 ounce) skinless, boneless chicken breast halves
- 3 tablespoons olive oil
- 3/4 cup shredded Mozzarella cheese
- 1 tablespoon freshly grated Parmesan cheese

Directions

Melt butter in a saucepan over medium heat. Stir in garlic and onion, and cook until the onion has softened and turned translucent, about 2 minutes. Pour in diced tomatoes and sugar. Increase heat to medium-high, and bring to a simmer, then reduce heat to medium-low, and continue simmering for 10 minutes, stirring occasionally. Once the sauce has simmered, stir in the cream and season to taste with salt and pepper. Simmer for an additional 3 minutes. Lower heat and keep sauce warm.

Stir together bread crumbs, 2 tablespoons Parmesan cheese, and dried oregano; set aside. In a small bowl, whisk together egg and 2 tablespoons milk until blended. Dip chicken breasts into the egg, then press into breadcrumb mixture to coat both sides, shaking off excess.

Heat olive oil in a large skillet over medium heat. Add chicken breasts and cook on both sides until they reach an internal temperature of 160 degrees F (70 degrees C), and the bread crumb crust is golden brown, about 10 minutes.

To serve, spoon sauce over chicken and top with Mozzarella and Parmesan cheeses. Let stand a few minutes until the cheese has melted from the heat of the sauce.
Festive Chicken

**Ingredients**

- 1/2 cup all-purpose flour
- 1/4 teaspoon salt
- Dash pepper
- 2 skinless, boneless chicken breast halves
- 2 teaspoons olive or vegetable oil
- CRANBERRY ORANGE SAUCE:
  - 1 cup fresh or frozen cranberries
  - 1/2 cup orange juice
  - 2 tablespoons brown sugar
  - 1 teaspoon grated orange peel
  - 2 tablespoons chopped pecans
  - 1 garlic clove, minced
  - 1 tablespoon butter or margarine
  - 2 cups fresh spinach

**Directions**

In a resealable plastic bag, combine the flour, salt and pepper. Flatten chicken to 3/8-in. thickness; place in the bag and shake to coat. In a skillet, cook chicken in oil for 3 minutes on each side or until juices run clear. Remove and keep warm.

Add cranberries and orange juice to the skillet. Cover and cook over medium heat for 5 minutes or until the berries begin to pop. Add brown sugar and orange peel; cook 1 minute longer. Stir in pecans; remove from the heat.

In another skillet, sauté garlic in butter until tender. Add the spinach; sauté for 1 minute or until spinach begins to wilt. Place spinach on serving plates; top with the chicken and cranberry sauce.
# Memorial Day Best BBQ Chicken Ever!

## Ingredients
- 1/2 cup Worcestershire sauce
- 1 teaspoon Cajun seasoning
- 1 teaspoon garlic powder
- 2 1/2 tablespoons brown sugar
- 1 1/2 tablespoons ketchup
- 6 skinless, boneless chicken breast halves

## Directions
In a large bowl, blend the Worcestershire sauce, Cajun seasoning, garlic powder, brown sugar, and ketchup. Place the chicken in the bowl, and coat thoroughly with the sauce mixture. Cover, and refrigerate 8 hours or overnight.

Heat an outdoor grill for medium heat, and lightly oil grate. Discard the marinade, and grill chicken 6 to 8 minutes per side on the prepared grill, or until no longer pink and juices run clear.
Chicken Stew with Pepper and Pineapple

Ingredients

1 pound skinless, boneless chicken breast halves - cut into cubes
4 cups carrots, cut into 1 inch pieces
1/2 cup chicken broth
1 tablespoon minced fresh ginger root
1 tablespoon packed brown sugar
2 tablespoons soy sauce
1/2 teaspoon ground allspice
1/2 teaspoon hot pepper sauce
1 tablespoon cornstarch
1 (8 ounce) can pineapple chunks, juice reserved
1 red bell pepper, diced

Directions

Mix chicken, carrots, broth, ginger root, brown sugar, soy sauce, allspice and pepper sauce in 1 1/2- to 4-quart crock pot slow cooker. Cover and cook on low heat setting 7 to 8 hours or until vegetables are tender and chicken is no longer pink in center.

Mix cornstarch and reserved pineapple juice; gradually stir into chicken mixture. Stir in pineapple and bell pepper. Cover and cook on high heat setting about 15 minutes longer or until slightly thickened and bubbly.
**Ingredients**

1 skinless, boneless chicken breast half
1/2 teaspoon garlic powder
1/2 teaspoon ground black pepper
1/2 teaspoon dried rosemary, crushed
1/2 teaspoon seasoning salt
1/2 tablespoon vegetable oil
1/2 cup fresh sliced mushrooms
1 cup heavy whipping cream
1/2 cup brandy

**Directions**

Cut chicken breast into 1 inch strips. Season with garlic powder, black pepper, rosemary and seasoned salt. In a small skillet brown chicken strips in hot oil. Remove from skillet and set aside.

Add mushrooms to skillet and saute for 3 to 4 minutes over medium high heat. When mushrooms appear slightly browned, add heavy cream and cognac, STIRRING CONSTANTLY so that cream does not curdle.

Reduce sauce until desired consistency is reached. Add chicken strips to skillet, stirring so that they are coated with sauce. Cover and simmer for 3 to 4 minutes or until chicken is cooked through and no longer pink inside.
**Ingredients**

1/2 cup Marzetti® Slaw Dressing  
1 (10.75 ounce) can cream of mushroom soup  
1 (15 ounce) jar chunky salsa  
1 (8 ounce) package cream cheese, softened  
1 1/2 pounds chicken, cooked and cubed  
2 cups Monterey Jack cheese, shredded  
1 bunch green onions, chopped  
1 (4.5 ounce) can chopped green chilies, undrained  
8 flour tortillas

**Directions**

Stir together mushroom soup and salsa, spoon 1/2 cup mixture in bottom of 13x9 baking dish, coated with cooking spray. Beat cream cheese and Marzetti® Slaw Dressing until smooth.

Stir in chicken, 1 cup cheese, green onions and chiles. Spoon 1/3 cup mixture down center of each tortilla. Roll up tortillas, and place seam side down in baking dish. Pour remaining soup mixture over enchiladas and top with remaining 1 cup of cheese.

Bake at 350 degrees for 25 minutes. If desired, sprinkle parsley or cilantro.
### Ingredients

- 1 (8 ounce) package linguine pasta
- 2 tablespoons butter
- 2 tablespoons extra-virgin olive oil
- 1 onion, cut into large dice
- 4 green onions, cut into 1/4-inch pieces, white and green parts separated
- 2 skinless, boneless chicken breast halves, cut into 1/4-inch pieces
- 3 sprigs fresh thyme
- 1 clove garlic, minced
- Salt and ground black pepper to taste
- 1 cup grated Parmesan cheese

### Directions

Bring a large pot of lightly-salted water to a boil. Cook the linguine in the boiling water until tender but still firm to the bite, about 11 minutes. Drain, reserving about 3/4 cup of the pasta water. Place the drained pasta in a large bowl.

Melt the butter with the olive oil in a large skillet over low heat. Cook the diced onion and white parts of the green onion in the butter and oil for about 10 minutes.

Stir the green parts of the green onions, the chicken, thyme, and garlic into the onions and continue cooking until the onions are translucent and the chicken is no longer pink in the center, about 10 minutes more.

Stir the reserved pasta water into the mixture and remove from the heat. Season with salt and pepper. Pour the mixture over the drained pasta and toss to coat. Sprinkle the Parmesan cheese over the pasta and stir.
Breaded Ranch Chicken

**Ingredients**

- 3/4 cup crushed cornflakes
- 3/4 cup grated Parmesan cheese
- 1 (1 ounce) package ranch salad dressing mix
- 8 (4 ounce) skinless, boneless chicken breast halves
- 1/2 cup butter or margarine, melted

**Directions**

In a shallow bowl, combine the cornflakes, Parmesan cheese and salad dressing mix. Dip chicken in butter, then roll in cornflake mixture to coat. Place in a greased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 350 degrees F for 45 minutes or until chicken juices run clear.
Easy Indian Butter Chicken

**Ingredients**

- 1 cup butter, divided
- 1 onion, minced
- 1 tablespoon minced garlic
- 1 (15 ounce) can tomato sauce
- 3 cups heavy cream
- 2 teaspoons salt
- 1 teaspoon cayenne pepper
- 1 teaspoon garam masala
- 1 1/2 pounds skinless, boneless chicken breast, cut into bite-sized chunks
- 2 tablespoons vegetable oil
- 2 tablespoons tandoori masala

**Directions**

1. Preheat oven to 375 degrees F (190 degrees C).
2. Melt a few tablespoons of butter in a skillet over medium heat. Stir in onion and garlic, and cook slowly until the onion caramelizes to a dark brown, about 15 minutes.
3. Meanwhile, melt the remaining butter in a saucepan over medium-high heat along with the tomato sauce, heavy cream, salt, cayenne pepper, and garam masala. Bring to a simmer, then reduce heat to medium-low; cover, and simmer for 30 minutes, stirring occasionally. Then stir in caramelized onions.
4. While the sauce is simmering, toss cubed chicken breast with vegetable oil until coated, then season with tandoori masala and spread out onto a baking sheet.
5. Bake chicken in preheated oven until no longer pink in the center, about 12 minutes. Once done, add the chicken to the sauce and simmer for 5 minutes before serving.
Chicken with Rice (Arroz con Pollo)

**Ingredients**
- 8 boneless chicken thighs, with skin
- 1/2 cup olive oil
- 2 cups chopped onion
- 1 clove garlic, crushed
- 1/2 teaspoon crushed red pepper flakes
- 2 cups converted long-grain white rice
- 2 1/2 teaspoons salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon saffron threads
- 1 (28 ounce) can diced tomatoes
- 1 (4 ounce) can chopped green chiles
- 1 1/4 cups chicken broth
- 3/4 cup fresh peas
- 1 (4 ounce) jar pimentos, drained
- 1/2 (8 ounce) jar pimiento-stuffed green olives, drained and sliced
- 1/2 cup water

**Directions**

Preheat oven to 325 degrees F (165 degrees C).

Heat the olive oil in a Dutch oven over medium heat. Sear the chicken until golden, then set aside. Stir in the onion, garlic, and red pepper flakes; cook until the onions have softened, about 4 minutes. Add the rice, and season with salt, pepper, and saffron. Cook rice until golden, stirring constantly, about 10 minutes. Stir in the tomatoes, green chiles, and chicken broth. Place chicken thighs on top, then bring to a boil, cover, and place in the preheated oven.

Bake for 1 hour in the preheated oven, then sprinkle the peas, pimentos, and olives on top. Pour in the water, but do not stir. Recover and continue baking until the chicken is fully cooked, about 20 minutes.
## Chicken Artichoke Casserole

### Ingredients

- 3 bone-in chicken breasts
- 1 cup mayonnaise
- 2 (10.5 ounce) cans cream of chicken soup
- 2 teaspoons lemon juice
- 1 teaspoon curry powder
- salt and ground black pepper to taste
- 1 (6.5 ounce) jar marinated artichoke hearts, liquid reserved
- 4 cups cubed bread
- 1 cup shredded extra-sharp Cheddar cheese
- 4 tablespoons butter

### Directions

Bring a large pot of water to a boil; cook the chicken breasts in the boiling water until no longer pink at the bone and the juices run clear, about 30 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

While the chicken boils, stir the mayonnaise, cream of chicken soup, lemon juice, curry powder, salt, and pepper together in a bowl; set aside.

Cut the cooked chicken meat into bite-size pieces and arrange in the bottom of a 9x13-inch casserole dish. Cut the artichoke hearts into bite-size pieces and scatter over the chicken. Sprinkle 1 tablespoon of the reserved liquid from the artichoke jars over the chicken and artichoke mixture. Pour the soup mixture over the chicken and artichokes. Scatter the Cheddar cheese atop the soup.

Preheat an oven to 350 degrees F (175 degrees C).

Melt the butter in a skillet over medium heat; cook and stir the bread cubes in the melted butter until browned. Sprinkle the croutons over the entire casserole.

Bake the casserole in the preheated oven until the top is bubbling, about 30 minutes.
Ingredients

- 6 boneless skinless chicken breast halves (1-1/2 pounds)
- 1 (16 ounce) can whole berry cranberry sauce
- 1 large tart apple - peeled and chopped
- 1/2 cup raisins
- 1/4 cup chopped walnuts
- 1 teaspoon curry powder

Directions

Place chicken in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Bake, uncovered, at 350 degrees F for 20 minutes.

Meanwhile, combine the remaining ingredients. Spoon over chicken. Bake, uncovered, 20-25 minutes longer or until chicken juices run clear.
## Lemon Mustard Chicken

### Ingredients

- 5 tablespoons lemon juice
- 5 tablespoons fresh lime juice
- 4 tablespoons prepared mustard
- 6 chicken thighs
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon curry powder
- 1/4 teaspoon dried oregano
- 1 lemon zest
- 1 cup dried bread crumbs
- 6 tablespoons butter
- 1 lemon - sliced, for garnish
- 1 tablespoon chopped fresh parsley, for garnish

### Directions

Combine lemon and lime juices with the prepared mustard. Brush over chicken. Set aside.

Combine bread crumbs, salt, pepper, curry powder, oregano, and grated lemon peel. Roll chicken in crumb mix, coating well.

In a heavy baking pan or iron skillet, melt butter or margarine over medium heat. Place chicken in pan, skin side down.

Place in a preheated 350 degree F (175 degree C) oven. Bake, uncovered, for 20 minutes. Turn chicken and bake until tender, about 30 more minutes. Serve on a warm platter with sliced lemons and chopped parsley, if desired.
Firecracker Fried Chicken Drumsticks

### Ingredients
- 8 chicken drumsticks
- 1/4 cup hot pepper sauce
- 1/3 cup all-purpose flour
- 2 tablespoons yellow cornmeal
- 1/2 teaspoon salt
- 3 cups vegetable oil for frying

### Directions
To Marinate: Remove skin from chicken and place in a resealable plastic bag. Pour sauce over chicken, seal bag and refrigerate to marinate for at least 1 hour, up to 24 hours. The longer the chicken marinates, the spicier it will be.

In another resealable plastic bag combine the flour, cornmeal and salt. Add chicken, seal bag and shake to coat.

Heat oil in a large, deep skillet to medium high heat. Add chicken and fry, uncovered, for 25 to 30 minutes or until juices run clear. Turn occasionally to brown evenly.
## Mom's Old Fashioned Fried Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken</td>
<td>1 (4 pound)</td>
<td>cut into pieces</td>
</tr>
<tr>
<td>Flour</td>
<td>2/3 cup</td>
<td>all-purpose</td>
</tr>
<tr>
<td>Salt</td>
<td>to taste</td>
<td></td>
</tr>
<tr>
<td>Garlic powder</td>
<td>2 tsp</td>
<td></td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>1 tbsp</td>
<td></td>
</tr>
<tr>
<td>Sherry</td>
<td>1 cup</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

1. Put the flour, salt, pepper and garlic powder in a brown paper bag. One by one, coat the chicken parts with mixture.

2. In a large skillet, fry the chicken in 1 inch of hot oil until golden brown. Remove the chicken from the pan and drain the oil.

3. Put the chicken back into the pan and cover the pieces with cooking sherry. Cover the pan and reduce to simmer. Let simmer for 20 minutes. Serve.
Ingredients

- 3/4 cup VH® Pad Thai Sauce
- 1/4 cup vegetable oil
- 1/4 cup lime juice
- 2 cups cooked, diced chicken breast
- 1/2 cup red onion, finely diced
- 2 cups red pepper, finely diced
- 3 cups cooked broccoli, coarsely chopped
- 2 cups cucumber, peeled and diced
- 1/2 cup fresh cilantro, coarsely chopped (optional)
- 1/2 (12 ounce) package Pad Thai noodles (prepared as directed on package)

Directions

In a large bowl whisk together VH® Pad Thai Sauce, oil and lime juice until combined.

Toss remaining ingredients with dressing and noodles.
## Ingredients

- 4 skinless, boneless chicken breast halves
- 2/3 cup diced onion
- 1 1/3 cups ketchup
- 2/3 cup apple cider vinegar
- 1/3 cup packed brown sugar
- 1 tablespoon ground dry mustard
- 1 teaspoon ground ginger
- Salt and black pepper to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C). Spray an 8x8-inch baking dish with cooking spray. Place the chicken breasts into the prepared baking dish.

Stir together the onion, ketchup, cider vinegar, brown sugar, ground mustard, ginger, and salt and pepper in a saucepan until the mixture is well combined. Bring to a boil over medium heat, and simmer until slightly thickened, about 15 minutes, stirring frequently.

Pour the sauce over the chicken, cover the dish with foil, and bake for 20 minutes. Remove the foil, and bake the chicken breasts until no longer pink in the center and the juices run clear, and the sauce is slightly browned and bubbling, about 10 more minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
**Sundried Tomato Chicken Sausage Grecian**

### Ingredients
- 4 sheets phyllo dough, thawed (keep sheets covered with waxed paper)
- 1 teaspoon dried oregano leaves, divided
- Non-stick cooking spray
- 1 (12 ounce) package al fresco® All Natural Sun Dried Tomato Chicken Sausage
- 1/2 cup prepared marinara sauce

### Directions
Preheat oven to 425 degrees F. Line large shallow baking sheet with parchment paper.

On a cutting board, place 1 sheet of phyllo dough. Fold in thirds to measure 5 inches by 8-3/4 inches. Spray lightly from edge to edge with non-stick vegetable spray. Sprinkle with 1/8 tsp oregano. Place one sausage link at the top of the dough and roll up tightly, pressing ends of dough together to seal. Repeat using remaining three sausage links and phyllo sheets. Cut each roll into 4 sections.

Place, 1/2 inch apart, seam side down, on baking sheet. Lightly spray tops of each section with non-stick vegetable spray. Sprinkle with remaining 1/2 tsp oregano.

Bake in preheated oven for about 10 minutes or until appetizers are golden brown. Immediately remove from baking sheet and cool slightly. Serve with prepared marinara sauce.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 boneless, skinless chicken thighs</td>
<td>Preheat oven at 350 degrees F (175 degrees C).</td>
</tr>
<tr>
<td>5 hot Italian sausage links, casings removed</td>
<td>Find the places where the thigh bones have been removed from the chicken, and stuff the spaces with sausage. Place on a 10x13-inch ungreased baking pan. Place bell pepper and onion around the chicken. Pour tomatoes and their juices over the chicken, and season with Italian seasoning and crushed red pepper flakes.</td>
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<tr>
<td>1 green bell pepper, diced</td>
<td>Bake in preheated oven until chicken is thoroughly cooked, about 45 minutes.</td>
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<tr>
<td>1 onion, diced (optional)</td>
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<tr>
<td>8 ounces canned diced tomatoes, with juices</td>
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<tr>
<td>1 tablespoon Italian seasoning</td>
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<tr>
<td>1 teaspoon crushed red pepper flakes</td>
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</tbody>
</table>
**Grilled Shrimp and Chicken Pasta**

**Ingredients**

- 1/4 teaspoon poultry seasoning
- 1/4 teaspoon cayenne pepper, or to taste
- 1/8 teaspoon ground white pepper
- 1/8 teaspoon onion powder
- 1 tablespoon garlic powder
- 2 tablespoons butter
- 1 cup heavy cream
- 1/2 cup milk
- 1 pound linguine pasta
- 1 tablespoon olive oil
- 1/2 cup white wine
- 4 skinless, boneless chicken breasts
- 8 ounces shrimp
- Grated Romano cheese (optional)

**Directions**

In a small bowl, mix together the poultry seasoning, cayenne pepper, white pepper, onion powder, and garlic powder. Divide spice mixture in half.

In a small skillet, melt butter over low heat. Slowly stir in cream and milk, and 1/2 of spice mixture. Continue cooking over low heat, stirring frequently, until slightly reduced and thickened to desired sauce consistency. Remove from heat, and set aside.

Preheat grill to high heat. Meanwhile, bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente. Drain, and set aside.

In a large skillet, heat olive oil over medium-high heat. Carefully stir in wine and remaining spice mixture. Place chicken breasts in the skillet, and cook for 16 to 20 minutes, or until no longer pink in center and juices run clear. Remove from heat and set aside.

Lightly oil grill grate. Cook shrimp on preheated grill for 3 to 4 minutes, or until slightly opaque. Serve each chicken breast on a bed of linguine topped with grilled shrimp. Ladle generously with cream sauce. Garnish with Romano cheese, if desired. Enjoy!
Pulique (Chicken in Guatemalan Pulique Sauce)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound chicken thighs</td>
<td>Place the chicken thighs, zucchini, potatoes, carrots, chicken broth, and 1 teaspoon of salt into a large pot.</td>
</tr>
<tr>
<td>3 zucchini, thickly sliced</td>
<td>Bring to a boil, reduce the heat, and simmer until the chicken is no longer pink and the vegetables are tender,</td>
</tr>
<tr>
<td>4 potatoes, cut into chunks</td>
<td>about 20 minutes. Remove the chicken and vegetables from the pot, reserving the broth, and set aside.</td>
</tr>
<tr>
<td>2 carrots, sliced</td>
<td>Mix the masa harina with water in a small bowl, and let stand until the corn flour has absorbed the water and</td>
</tr>
<tr>
<td>5 cups chicken broth</td>
<td>made a pliable dough, about 10 minutes. Form the masa dough into a 2 inch ball. Place the dough ball, tomatoes,</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td>tomatillos, garlic, onion, guajillo peppers, cinnamon stick, cumin seeds, cloves, peppercorns, epazote, and</td>
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<tr>
<td></td>
<td>achiote seed into the broth, bring to a boil, reduce the heat, and simmer until the vegetables are tender, about</td>
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<tr>
<td></td>
<td>20 minutes. Discard the cinnamon stick, and remove the vegetables and dough ball from the broth with a strainer.</td>
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<tr>
<td></td>
<td>Place them into a blender, and working in batches if necessary, blend the ingredients until mostly smooth. Strain</td>
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<td></td>
<td>the sauce, and set it aside. Retain about 1/2 cup of broth.</td>
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<td></td>
<td>Heat the olive oil in a large pot over medium heat, and slowly pour the sauce into the hot oil, letting it fry</td>
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<td></td>
<td>and bubble until it starts to change color, about 3 minutes. Add the chicken, zucchini, potatoes, and carrots to</td>
</tr>
<tr>
<td></td>
<td>the sauce, pour in about 1/2 cup of reserved chicken broth, and stir. Season with salt to taste, and simmer over</td>
</tr>
<tr>
<td>1/4 cup masa harina flour</td>
<td>low heat for about 10 minutes to blend the flavors.</td>
</tr>
<tr>
<td>2 tablespoons water</td>
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<tr>
<td>1 onion, cut into chunks</td>
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<tr>
<td>3 large fresh tomatillos, husks</td>
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<tr>
<td>removed</td>
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<tr>
<td>2 cloves garlic, cut in half</td>
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</tr>
<tr>
<td>3 dried guajillo chile peppers,</td>
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<tr>
<td>stems and seeds removed</td>
<td></td>
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<tr>
<td>1 (1 inch) piece cinnamon stick</td>
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<tr>
<td>6 whole cumin seeds</td>
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</tr>
<tr>
<td>2 black peppercorns</td>
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<tr>
<td>3 tablespoons dried epazote</td>
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</tr>
<tr>
<td>2 teaspoons achiote seed</td>
<td></td>
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<tr>
<td>1/4 cup olive oil</td>
<td></td>
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<tr>
<td>salt to taste</td>
<td></td>
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<tr>
<td>Ingredients</td>
<td>Directions</td>
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<td>-------------</td>
<td>------------</td>
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<tr>
<td>3 tablespoons all-purpose flour</td>
<td>Flour chicken breast, then dip in egg, then in Parmesan cheese to coat. In a small skillet, saute chicken over low heat, seasoning with salt and pepper to taste.</td>
</tr>
<tr>
<td>1 skinless, boneless chicken breast half</td>
<td>When the chicken is half done (after about 4 to 5 minutes), stir in the cream and green onions. Bring to a boil, then remove from heat, sprinkle with a handful of Parmesan cheese, and serve.</td>
</tr>
<tr>
<td>1 egg, beaten</td>
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</tr>
<tr>
<td>1/2 cup grated Parmesan cheese</td>
<td></td>
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<tr>
<td>salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups heavy whipping cream</td>
<td></td>
</tr>
<tr>
<td>1/2 cup chopped green onions</td>
<td></td>
</tr>
<tr>
<td>1 pinch grated Parmesan cheese</td>
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</tbody>
</table>
## Chicken Breasts Supreme

### Ingredients
- 6 skinless, boneless chicken breast halves
- Salt and pepper to taste
- 1 pinch paprika, or to taste
- 3 tablespoons butter
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1/3 cup milk
- 2 tablespoons minced onion
- 1/2 cup processed cheese (such as Velveeta®), diced
- 2 tablespoons Worcestershire sauce
- 1 (4.5 ounce) can sliced mushrooms, drained and chopped
- 2/3 cup sour cream

### Directions
Preheat oven to 350 degrees F (175 degrees C). Grease a 2-quart casserole dish.

Sprinkle the chicken breasts with salt, pepper, and paprika. Melt butter in a large skillet and brown the chicken breasts well on both sides, about 5 minutes per side. Lay the chicken breasts into the bottom of the prepared casserole dish.

In a saucepan over medium-low heat, mix together the mushroom soup, milk, onion, processed cheese, Worcestershire sauce, and mushrooms. Allow the mixture to heat until the cheese melts, but do not boil. Stir to thoroughly combine; mix in the sour cream until smooth. Pour the sauce over the chicken breasts in the dish and cover with foil.

Bake in the preheated oven until the chicken is tender and the juices run clear, about 45 minutes. Uncover, baste with sauce, and bake 30 more minutes, basting occasionally.
### Ingredients

- 4 skinless, boneless chicken breasts
- 1/2 cup mayonnaise
- 1/2 cup crumbled feta cheese
- 2 cloves garlic, chopped
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 4 slices bacon

### Directions

In a medium bowl, mix mayonnaise, spinach, feta cheese, and garlic until well blended. Set aside.

Carefully butterfly chicken breasts, making sure not to cut all the way through. Spoon spinach mixture into chicken breasts. Wrap each with a piece of bacon, and secure with a toothpick. Place in shallow baking dish. Cover.

Bake at 375 degrees F (190 degrees C) for 1 hour, or until chicken is no longer pink.
Chicken with Vegetables

Ingredients

- 1 cup sliced fresh mushrooms
- 4 chicken drumsticks, skin removed
- 4 chicken thighs, skin removed
- 4 celery ribs, sliced
- 1 cup sliced zucchini
- 1 cup sliced carrots
- 1 medium onion, sliced
- 1 cup tomato juice
- 1/2 cup chicken broth
- 1 garlic clove, minced
- 1/4 teaspoon paprika
- pepper to taste
- 3 tablespoons cornstarch
- 3 tablespoons cold water
- Hot cooked rice

Directions

Place mushrooms and chicken in a slow cooker. Add the celery, zucchini, carrots, onion, tomato juice, broth, garlic, paprika and pepper. Cover and cook on low for 5 hours or until meat juices run clear.

Remove chicken and vegetables and keep warm. Transfer cooking juices to a saucepan; skim fat. Combine the cornstarch and water until smooth; add to the juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Pour over chicken and vegetables; serve over rice.
Hearty Chicken Tortilla Soup

Ingredients

- Vegetable cooking spray
- 1 pound skinless, boneless chicken breast, cut into 1-inch pieces
- 3 1/2 cups Swanson® Chicken Broth or Natural Goodness® or Certified Organic Chicken Broth
- 1 teaspoon ground cumin
- 1/2 cup uncooked regular long-grain white rice
- 1 (11 ounce) can whole kernel corn with red and green bell peppers, drained
- 1 cup Pace® Thick & Chunky Salsa
- 1 tablespoon chopped fresh cilantro leaves
- 2 tablespoons fresh lime juice
- Crisp Tortilla Strips
- 4 corn tortillas
- Cooking spray

Directions

Spray a 6-quart sauce pot with cooking spray. Heat over medium-high heat for 1 minute. Add the chicken to the sauce pot. Cook until it’s browned, stirring often.

Stir in the broth, cumin and rice. Heat to a boil. Reduce the heat to low. Cover and cook for 20 minutes.

Stir in the corn, salsa, cilantro and lime juice. Cook until the rice is tender. Top each serving of soup with Crisp Tortilla Strips.

Crisp Tortilla Strips: Heat the oven to 425 degrees F. Cut 4 corn tortillas into thin strips and place them on a baking sheet. Spray with cooking spray. Bake for 10 minutes or until golden.
## Southwest Chicken

### Ingredients

- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breast halves
- 1 (10 ounce) can diced tomatoes with green chile peppers
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (8.75 ounce) can whole kernel corn, drained
- 1 pinch ground cumin

### Directions

In a large skillet, heat oil over medium high heat. Brown chicken breasts on both sides. Add tomatoes with green chile peppers, beans and corn. Reduce heat and let simmer for 25 to 30 minutes or until chicken is cooked through and juices run clear. Add a dash of cumin and serve.
Ingredients

1/4 cup butter, melted
1/4 cup all-purpose flour
1 (3 1/2) pound broiler-fryer chicken, cut up
2 cups sliced onions
4 ounces fresh mushrooms, sliced
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 (5 ounce) can evaporated milk
1 cup shredded Cheddar cheese
1/2 teaspoon salt
1/8 teaspoon pepper
1 dash paprika
Hot cooked rice

Directions

Pour melted butter into an ungreased 13-in.x 9-in.x 2-in. baking dish; set aside. Place flour in a large resealable plastic bag. Add chicken, a few pieces at a time; shake to coat. Place chicken, skin side down, in baking dish. Bake, uncovered, at 425 degrees F for 30 minutes. Turn chicken pieces; bake and additional 20 minutes.

Meanwhile, saute onions and mushrooms in a nonstick skillet until tender. In a bowl, combine next five ingredients. Drain and discard chicken drippings. Cover chicken with onions, mushrooms and the soup mixture. Sprinkle with paprika. Reduce heat to 325 degrees F. Cover and bake 20 minute or until juices run clear. Serve over rice if desired.
**Ingredients**

- 2 cups uncooked white rice
- 1 (3 pound) whole chicken, cut into pieces
- 2 (28 ounce) cans whole peeled tomatoes, chopped, juice reserved
- 2 cups small fresh okra
- 2 bay leaves
- 5 cups chicken broth
- salt and black pepper to taste

**Directions**

Preheat an oven to 350 degrees F (175 degrees C).

Spread the rice over the bottom of a 10x15 inch baking dish. Layer the chicken pieces, tomatoes, okra, and bay leaves on top of the rice. Pour the broth and reserved tomato juice over the ingredients and season with salt and pepper.

Cover and bake for 2 hours, until the chicken is tender and falling off the bone. Remove the bay leaves. Serve in large bowls with plenty of rice and sauce.
Portuguese Chicken Soup II

**Ingredients**

- 1 whole bone-in chicken breast, with skin
- 1 onion, cut into thin wedges
- 4 sprigs fresh parsley
- 1/2 teaspoon lemon zest
- 1 sprig fresh mint
- 6 cups chicken stock
- 1/3 cup thin egg noodles
- 2 tablespoons chopped fresh mint leaves
- salt to taste
- 1/4 teaspoon freshly ground white pepper

**Directions**

In a large saucepan, simmer chicken breast in stock with the onion, parsley, lemon zest, and mint sprig until done, about 35 minutes.

Remove the breast, cool, then strip off the meat and cut into a julienne.

Strain the broth, return to the pot, and bring to a boil. Add pasta and chopped mint. Season to taste with salt and white pepper. Heat until the pasta is cooked al dente.

Remove from heat, stir in lemon juice and chicken julienne. Ladle into soup plates and top with lemon slice and mint leaf.
Ingredients

1 broiler/fryer chicken (3 to 4 pounds), cut up
2 quarts water
1 1/2 teaspoons salt, divided
1 1/2 teaspoons pepper, divided
2 (10 ounce) packages puff pastry shells
1 cup sliced fresh mushrooms
1 medium green pepper, chopped
1/2 cup small fresh broccoli florets
5 tablespoons butter or margarine
6 tablespoons all-purpose flour
2 cups milk
1 (2 ounce) jar diced pimientos, drained
1/4 teaspoon paprika

Directions

In a large kettle, bring the chicken, water, 1 teaspoon salt and 1 teaspoon pepper to a boil. Reduce heat; cover and simmer for 1-1/2 to 2 hours or until chicken is tender. Remove chicken from broth; cool. Remove meat from bones; cut into cubes and set aside. Discard skin and bones. Drain broth and skim fat; set aside 1 cup broth (refrigerate remaining broth for another use).

Bake pastry shells according to package directions. Meanwhile, in a large saucepan, saute the mushrooms, green pepper and broccoli in butter until tender; sprinkle with flour. Gradually stir in milk and reserved broth until blended. Bring to a boil; cook and stir for 2 minutes or until thickened. Add the pimientos, paprika, reserved chicken and remaining salt and pepper. Cook and stir until heated through. Spoon into pastry shells.
Sesame Oil Chicken Wings

**Ingredients**
- 2 pounds chicken wings
- 1 1/4 cups water
- 10 tablespoons dark soy sauce
- 5 tablespoons light soy sauce
- 1 clove crushed garlic
- 1 green onion, chopped
- 1/4 cup sesame oil
- 1 dash sesame oil

**Directions**

Cut the chicken wings into 3 separate portions. In a large skillet, combine the chicken, water, dark soy sauce, light soy sauce, garlic and green onion. Stir together and cook for 15 minutes over medium heat.

Add the 1/4 cup sesame oil and simmer for another 15 minutes over low heat. Bring mixture to a boil and add dash of sesame oil. Remove from heat, let cool and serve.
## Walnut-Tarragon Chicken Tenders

### Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
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</thead>
<tbody>
<tr>
<td>1 egg</td>
</tr>
<tr>
<td>1/2 cup milk</td>
</tr>
<tr>
<td>1/2 cup finely chopped walnuts</td>
</tr>
<tr>
<td>3/4 cup all-purpose flour</td>
</tr>
<tr>
<td>1 tablespoon dried tarragon</td>
</tr>
<tr>
<td>salt, to taste</td>
</tr>
<tr>
<td>1 pound boneless, skinless</td>
</tr>
<tr>
<td>chicken breast, cut into thin strips</td>
</tr>
<tr>
<td>1/4 cup unsalted butter</td>
</tr>
<tr>
<td>1/2 cup vegetable oil</td>
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</tbody>
</table>

### Directions

Beat the egg together with the milk in a shallow bowl. Combine the walnuts, flour, tarragon, and salt in a second shallow bowl. Dip the chicken strips first into the egg mixture, then into the flour mixture, coating evenly, and place on a plate.

Melt the butter with the oil in a large skillet over medium-high heat. Fry the chicken in small batches in the butter mixture until the coating is browned and crispy, about 5 minutes. Test one to be sure it is cooked through. Chicken should be no longer pink and juices run clear. Drain on paper towels.
Campbell's Italian Marinated Chicken

**Ingredients**

1 3/4 cups Swanson® Chicken Broth (regular, Natural Goodness™ or Certified Organic)
1 tablespoon canned diced tomatoes, drained
1 teaspoon grated Parmesan cheese
1/2 teaspoon Italian seasoning, crushed
1/4 teaspoon garlic powder
6 skinless, boneless chicken breasts

**Directions**

Mix broth, tomatoes, cheese, Italian seasoning and garlic powder in a shallow nonmetallic dish. Add chicken and turn to coat. Cover and refrigerate for 30 min. Remove chicken from broth mixture.

Grill or broil chicken for 15 min. or until done, turning and brushing often with broth mixture. Discard remaining broth mixture.
## Ingredients

- 1 (8 ounce) package DOLE® Field Greens or Chopped Romaine or any variety
- 1 (15 ounce) can DOLE® Mandarin Oranges, drained
- 2 cooked boneless, skinless chicken breasts, sliced
- 1/2 cup snow peas or fresh pea pods, cut in half (optional)
- 1/3 cup crispy noodles
- 1/3 cup sliced almonds, toasted
- 1/2 cup bottled Asian sesame dressing

## Directions

Toss together salad, mandarin oranges, chicken slices, snow peas, crispy noodles and almonds, in large serving bowl. Pour dressing over salad; toss to evenly coat. Serve.
## Savory Stuffed Chicken Breast with Plum Glaze

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon olive oil</td>
<td></td>
</tr>
<tr>
<td>2 (6 ounce) skinless, boneless chicken</td>
<td></td>
</tr>
<tr>
<td>breast halves</td>
<td></td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>2 pieces cornbread, crumbled</td>
<td></td>
</tr>
<tr>
<td>2 slices cooked bacon, crumbled</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons minced celery</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons minced onion</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons butter, melted</td>
<td></td>
</tr>
<tr>
<td>1/4 cup chicken stock</td>
<td></td>
</tr>
<tr>
<td>1/3 cup chicken stock</td>
<td></td>
</tr>
<tr>
<td>1/3 cup plum jam</td>
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</tr>
</tbody>
</table>

### Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Heat olive oil in a skillet over high heat. Using a paring knife, cut a pocket into the side of each breast. Place into skillet and sear until lightly browned on both sides, but not cooked through. Set aside.
3. Combine cornbread, bacon, celery, onion, butter, and 1/4 cup chicken stock; mix until well combined. Stuff each breast with cornbread mixture.
4. Bake in preheated oven for 25 minutes.
5. While the chicken is baking, bring 1/3 cup chicken stock to a simmer. Whisk in plum jam, and simmer over medium-low heat until most of the chicken stock has evaporated.
6. Pour plum glaze over chicken breasts, and cook for an additional 10 minutes and the center of the stuffed breast reaches 160 degrees F (70 degrees C).
Country-Italian Chicken and Potatoes

Ingredients

- 2 tablespoons olive oil
- 1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
- 2 cloves garlic, finely chopped
- 2 medium potatoes, cut into 1-inch cubes
- 1 medium green or red bell pepper, cut into large pieces
- 1 (26 ounce) jar Ragu® Old World Style® Pasta Sauce
- 1 teaspoon dried basil leaves, crushed

Directions

Heat olive oil in 12-inch skillet over medium-high heat and cook chicken with garlic until chicken is thoroughly cooked. Remove chicken and set aside.

Add potatoes and bell pepper in same skillet. Cook over medium heat, stirring occasionally, 5 minutes. Stir in remaining ingredients. Bring to a boil over high heat. Reduce heat to low and simmer covered, stirring occasionally, 35 minutes or until potatoes are tender. Return chicken to skillet and heat through.
# Pan Sauteed Chicken with Vegetables and Herbs

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/8 teaspoon ground black pepper</td>
<td></td>
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<tr>
<td>1/8 teaspoon paprika</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>4 bone-in chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons olive oil</td>
<td></td>
</tr>
<tr>
<td>2 small red onions, cut into quarters</td>
<td></td>
</tr>
<tr>
<td>1 pound new potatoes, cut into quarters</td>
<td></td>
</tr>
<tr>
<td>8 ounces fresh whole baby carrots</td>
<td></td>
</tr>
<tr>
<td>carrots, green tops trimmed to 1-inch</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups Swanson® Chicken Stock</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons lemon juice</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon chopped fresh oregano leaves</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon chopped fresh thyme leaves</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Heat the oven to 350 degrees F. Combine the black pepper, paprika and flour in a small bowl. Coat the chicken with the flour mixture.

Heat the oil in a 12-inch oven-safe skillet over medium-high heat. Add the chicken and cook until it’s well browned on all sides. Remove the chicken from the skillet.

Add the onions and potatoes to the skillet and cook for 5 minutes. Add the carrots, stock, lemon juice and oregano and heat to a boil. Return the chicken to the skillet. Cover the skillet.

Bake at 350 degrees F for 20 minutes. Uncover the skillet and bake for 15 minutes or until the chicken is cooked through and the vegetables are tender. Sprinkle with the thyme.
Ingredients

- 2 skinless, boneless chicken breast halves - cubed
- 3 tablespoons chopped onion
- 3 cloves garlic, peeled and minced
- 3/4 (8 ounce) package cream cheese
- 6 tablespoons butter
- 3 (10 ounce) cans refrigerated crescent roll dough

Directions

In a medium saucepan over medium heat, slowly cook and stir skinless, boneless chicken breast halves, onion and garlic. Cook until onions are tender and chicken is lightly browned.

In a medium bowl, blend chicken mixture, cream cheese and butter until creamy.

Preheat oven to 325 degrees F (165 degrees C).

Unroll croissants and divide in half to create 12 rectangles. Place approximately one tablespoon of the chicken mixture on each rectangle. Fold into balls.

Arrange balls on a large baking sheet. Bake in the preheated oven 12 minutes, or until golden brown.
## Chicken Frittata

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 cups diced peeled potatoes</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon butter</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons crushed garlic</td>
<td></td>
</tr>
<tr>
<td>2 onions, diced</td>
<td></td>
</tr>
<tr>
<td>1 cup self-rising flour</td>
<td></td>
</tr>
<tr>
<td>2 cups milk</td>
<td></td>
</tr>
<tr>
<td>6 eggs</td>
<td></td>
</tr>
<tr>
<td>1 cup chopped fresh broccoli</td>
<td></td>
</tr>
<tr>
<td>1 cup sliced fresh mushrooms</td>
<td></td>
</tr>
<tr>
<td>2 cups shredded sharp Cheddar cheese</td>
<td></td>
</tr>
<tr>
<td>1 cup cooked, diced boneless chicken breast half</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

Preheat oven to 350 degrees F (175 degrees C).

Place potatoes in a medium saucepan with enough water to cover. Bring to a boil, and cook 10 minutes, or until tender but firm; drain.

Melt butter in a medium skillet over medium heat, and saute garlic and onions until tender.

In a small bowl, mix the flour, milk, and eggs.

In a medium bowl, mix potatoes, garlic and onions, flour mixture, broccoli, mushrooms, Cheddar cheese, and chicken. Transfer to a medium baking dish.

Bake 25 minutes in the preheated oven, or until eggs are no longer runny and top is lightly browned.
**Ingredients**

1 pound dry ziti pasta  
3 cloves garlic, chopped  
2 tablespoons butter  
1 pint heavy cream  
1 (10.75 ounce) can chicken broth  
1 cube chicken bouillon  
1/4 cup grated Parmesan cheese  
salt and pepper to taste  
3 tablespoons cornstarch  
2 large heads broccoli, steamed  
1 (14 ounce) can artichoke hearts in water  
6 breaded and fried skinless, boneless chicken breast halves, chopped

**Directions**

In a large pot of salted boiling water, place pasta and cook for 8 to 10 minutes, until pasta is al dente. Drain.

In a large skillet, saute garlic in butter over medium heat. Stir in the heavy cream, chicken broth, and bouillon. Add Parmesan cheese, salt, and pepper. Add cornstarch (adjust amount to thicken sauce to your liking). Simmer all together for about 20 minutes.

Once sauce is cooked and thickens, add broccoli and artichoke hearts, stir all together and cook for another 2 to 3 minutes. Once sauce is done, put cooked ziti pasta in a large bowl, pour sauce over pasta and toss to coat and mix. Then add the chicken pieces and mix all together. Serve. Delicious!
Thai Chicken

**Ingredients**
- 1 (8 ounce) package rice noodles
- boiling water to cover
- 1 tablespoon peanut oil
- 1 onion, chopped
- 1 zucchini, diced
- 1/2 cup sliced mushrooms
- 1 pound skinless, boneless chicken breast meat - cubed
- 3 tablespoons fish sauce
- 1 teaspoon green curry paste
- 2 tablespoons white sugar
- 1/2 (10 ounce) can coconut milk
- 2 tablespoons chopped cilantro

**Directions**

Place the rice noodles in a bowl. Pour the boiling water over the noodles; set aside.

Heat the oil in a large wok or skillet over medium-high heat. Cook and stir the onion, zucchini, and mushrooms until softened; remove from skillet, reserving the oil, and set aside.

Reheat the remaining oil in the skillet. Cook and stir the chicken in the hot oil until no longer pink, about 5 minutes. Return the vegetable mixture to the skillet and add the fish sauce, curry paste, and sugar; stir to coat the chicken and vegetables with sauce.

Drain the rice noodles and add to the mixture. Pour the coconut milk into the skillet and stir to combine. Sprinkle with cilantro to serve.
Garlic-Roasted Chicken and Vegetables

**Ingredients**

1 (6 pound) roasting chicken
4 tablespoons butter, softened and divided
15 cloves garlic, halved
1 (14.5 ounce) can chicken broth, divided
1/4 cup olive oil
1/4 cup lemon juice
1 tablespoon dried oregano
1 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon garlic powder
1 1/2 pounds red potatoes, cut into large chunks
2 cups baby carrots
1 medium red onion, thinly sliced

**Directions**

Rub inside of chicken with 2 tablespoons butter. With a sharp knife, cut 16 small slits in chicken breast, drumsticks and thighs. Place a halved garlic clove in each slit. Place chicken on a rack in a shallow roasting pan; tie drumsticks together.

Place remaining garlic in pan. Pour half of the broth over chicken. Combine oil and lemon juice; pour half over chicken. Rub remaining butter over chicken. Combine the oregano, salt, pepper and garlic powder; sprinkle half over chicken. Cover and bake at 350 degrees F for 45 minutes.

Place the potatoes, carrots and onion in pan. Drizzle remaining oil mixture and broth over chicken and vegetables. Sprinkle remaining oregano mixture over chicken. Cover and bake 30 minutes longer; baste. Bake, uncovered, for 45-50 minutes or until a meat thermometer reads 180 degrees F, basting several times. Thicken pan juices if desired. Cover and let stand for 10 minutes before serving.
Key West Chicken

**Ingredients**

3 tablespoons soy sauce
1 tablespoon honey
1 tablespoon vegetable oil
1 teaspoon lime juice
1 teaspoon chopped garlic
4 skinless, boneless chicken breast halves

**Directions**

In a shallow container, blend soy sauce, honey, vegetable oil, lime juice, and garlic. Place chicken breast halves into the mixture, and turn to coat. Cover, and marinate in the refrigerator at least 30 minutes.

Preheat an outdoor grill for high heat.

Lightly oil the grill grate. Discard marinade, and grill chicken 6 to 8 minutes on each side, until juices run clear.
Asian Chicken and Rice

Ingredients

1 tablespoon vegetable oil
4 skinless, boneless chicken breasts
1 (10.75 ounce) can Campbell's® Condensed Golden Mushroom Soup
1 1/2 cups water
1 (1.25 ounce) package teriyaki seasoning mix
1 (16 ounce) package frozen stir-fry vegetables
1 1/2 cups uncooked instant white rice

Directions

Heat oil in skillet. Add chicken and cook until browned. Remove chicken.

Add soup, water, seasoning mix and vegetables. Heat to a boil. Stir in rice. Top with chicken. Cover and cook over low heat 5 min. or until done.
**Ingredients**

- 2 skinless, boneless chicken breast halves, cut into bite size pieces
- 1 (10 ounce) can diced tomatoes with green chile peppers
- 4 large potatoes, diced
- 1 (16 ounce) package smoked sausage
- Salt and pepper to taste
- 1 tablespoon garlic powder
- Water to cover

**Directions**

In a large pot combine the chicken, tomatoes with green chile peppers, potatoes, sausage, salt, pepper, garlic powder and water to cover. Put heat on medium low, stir all together and let simmer 1 1/2 to 2 hours or until potatoes are cooked through and tender.
### Ingredients

- 2 quarts chicken broth
- 1/2 pound fresh mushrooms, chopped
- 1 cup finely chopped celery
- 1 cup shredded carrots
- 1/2 cup finely chopped onion
- 1 teaspoon chicken bouillon granules
- 1 teaspoon dried parsley flakes
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried thyme
- 1/4 cup butter or margarine
- 1/4 cup all-purpose flour
- 1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
- 1/2 cup dry white wine or additional chicken broth
- 3 cups cooked wild rice
- 2 cups cubed, cooked chicken

### Directions

In a large saucepan, combine the first nine ingredients. Bring to a boil. Reduce heat; cover and simmer for 30 minutes.

In a soup kettle or Dutch oven, melt butter. Stir in flour until smooth. Gradually whisk in broth mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Whisk in soup and wine or broth. Add rice and chicken; heat through.
### Ingredients

1 pound boneless, skinless chicken breasts, cut into 1/2 inch pieces  
2 teaspoons canola oil  
1/2 pound fresh mushrooms, sliced  
1 medium green pepper, chopped  
3/4 cup chopped onion  
1/2 cup chopped celery  
1/2 cup frozen corn, thawed  
1 garlic clove, minced  
2 cups salsa  
2 cups hot cooked rice  
1/4 cup shredded reduced-fat Cheddar cheese  
1/2 cup reduced-fat sour cream

### Directions

In a large skillet, saute chicken in oil until no longer pink; drain and set aside. Coat skillet with nonstick cooking spray. Saute mushrooms, green pepper, onion, celery, corn and garlic for 6-8 minutes or until vegetables are tender. Add salsa and reserved chicken; heat through. Serve over rice. Top with cheese and sour cream.
### Quick Chicken Marsala

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon butter</td>
<td>In a large skillet, saute the chicken breasts in butter. Once chicken</td>
</tr>
<tr>
<td>6 skinless, boneless chicken breasts</td>
<td>is lightly browned on all sides, add the soup (undiluted) and Marsala</td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed</td>
<td>wine. Cover and simmer until chicken is no longer pink inside, about</td>
</tr>
<tr>
<td>golden mushroom soup</td>
<td>20 minutes. Ready to serve!</td>
</tr>
<tr>
<td>1 1/4 cups Marsala wine</td>
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</tr>
</tbody>
</table>
Andouille and Chicken Creole Pasta

**Ingredients**

- 1/2 pound andouille sausage, diced
- 2 skinless, boneless chicken breast halves - cut into strips
- 3 tablespoons Creole seasoning
- 2 tablespoons margarine
- 1 green bell pepper, seeded and sliced into strips
- 1 red bell pepper, seeded and sliced into strips
- 8 ounces fresh mushrooms, sliced
- 4 green onions, chopped
- 1 (14.5 ounce) can fat-free chicken broth
- 1 cup 2% milk
- 2 teaspoons lemon pepper
- 2 teaspoons garlic powder
- 1/4 cup cornstarch
- 1/2 cup cold water
- 1 (16 ounce) package linguine pasta

**Directions**

Heat a large skillet over medium-high heat. Cook sausage and chicken with the Creole seasoning until the meat is about halfway done. Add the mushrooms, green onion, green pepper and red pepper. Sautee over medium heat until the mushrooms begin to shrink, about 10 minutes.

Stir in the chicken broth and milk, season with lemon pepper and garlic powder, and reduce the heat to medium-low. (Now is a good time to start boiling water for the pasta.) Mix together the cornstarch and cold water until dissolved - I like to use a coffee mug. Stir into the skillet. Cook, stirring gently, until the sauce returns to a boil. Boil for one minute, then remove from heat and set aside. Serve hot over cooked pasta.

Place pasta in a large pot of lightly salted water. Boil for 8 to 10 minutes, or until pasta is al dente. Drain.
**Aloha Chicken Burgers**

**Ingredients**
- 2 skinless, boneless chicken breast halves
- 1/4 cup soy sauce
- 3 slices thick cut bacon
- 2 large hamburger buns, split
- 1 tablespoon softened butter
- 1/4 cup teriyaki sauce
- 2 slices Swiss cheese
- 2 tablespoons mayonnaise
- 2 slices pineapple
- 2 slices tomato
- 2 slices of iceberg lettuce

**Directions**

Place chicken breasts into a plastic zipper bag with soy sauce, seal the bag, and marinate in refrigerator for 30 minutes. While chicken is marinating, place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate, and set aside. Spread cut sides of hamburger buns with butter.

Preheat an outdoor grill for medium heat, and lightly oil the grate.

Remove the chicken from the soy sauce, and discard the excess soy sauce. Place the chicken breasts onto the preheated grill, and grill until chicken shows good grill marks, is no longer pink inside, and the juices run clear, 4 to 5 minutes per side. When chicken is almost done, brush each piece generously on both sides with teriyaki sauce to finish grilling. Place a slice of Swiss cheese on each chicken breast, and cover with a lid to help the cheese melt onto the chicken.

While chicken is grilling, spread the buns open on the grill and cook until toasted and showing grill lines, about 2 minutes. Set the buns aside.

To assemble, spread the grilled sides of each bun with mayonnaise, and top each bottom bun with a cooked chicken breast, 1 1/2 slices of bacon, a slice of pineapple, a slice from a head of lettuce, a slice of tomato, and the top bun.
## Chicken Salad Supreme

### Ingredients
- 5 cups cubed cooked chicken
- 2 tablespoons vegetable oil
- 2 tablespoons orange juice
- 2 tablespoons vinegar
- 1 teaspoon salt
- 3 cups cooked rice
- 1 1/2 cups mayonnaise
- 1 1/2 cups sliced celery
- 1 1/2 cups small seedless grapes
- 1 (20 ounce) can pineapple chunks, drained
- 1 (11 ounce) can mandarin oranges, drained
- 1 cup slivered almonds, toasted

### Directions
In a large bowl, combine chicken, oil, orange juice, vinegar and salt. Fold in rice, mayonnaise, celery, grapes, pineapple and oranges. Cover and dill until ready to serve; stir in almonds.
### Ingredients

- 3 1/2 pounds skinless, boneless chicken breast halves - cut into chunks
- Salt and pepper to taste
- 2 tablespoons olive oil
- 2 tablespoons butter
- 1 pound fresh mushrooms, coarsely chopped
- 3 cloves garlic, crushed
- 1/4 cup chopped green onion
- 5 tablespoons all-purpose flour
- 2 cups cola-flavored carbonated beverage
- 3/4 cup chicken broth
- 4 sprigs fresh parsley, chopped
- 1 bay leaf
- 1/2 teaspoon chopped fresh rosemary

### Directions

Season chicken with salt and pepper to taste. Heat oil and butter in a very large skillet over medium high heat. Add chicken and sauté until golden on one side, 3 to 5 minutes. Turn and repeat on other side. Repeat in batches until all chicken is browned; place on plate or platter and set aside.

In same skillet, sauté mushrooms until golden. Stir in garlic and green onion and sauté until soft. Sprinkle flour onto mixture and cook, stirring, until mixture is a light color (1 to 2 minutes). Stir in cola beverage, broth, parsley, bay leaf and rosemary and simmer for about 5 minutes, stirring.

Return chicken to skillet, bring to a boil, cover and simmer gently for 25 to 30 minutes or until tender and cooked through (no longer pink inside).
Creamy Chicken 'n' Rice

**Ingredients**

1 cup instant rice  
1 cup water  
1 (15 ounce) can mixed vegetables, drained  
1 (10.75 ounce) can condensed cream of chicken soup, undiluted  
1 (5 ounce) can chunk white chicken, drained  
1/4 teaspoon dried basil  
1 pinch pepper

**Directions**

In a saucepan, cook rice in water according to package directions. Add the remaining ingredients; heat through.
Traditional Chicken Curry

**Ingredients**

- 1 pound skinless, boneless chicken breast halves - cut into bite-size pieces
- 1 tablespoon fresh lemon juice
- salt and pepper to taste
- 3 tablespoons olive oil
- 1 teaspoon cumin seed
- 1 large onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon minced fresh ginger
- 1 (8 ounce) can peeled, chopped tomatoes
- 1 teaspoon chili powder
- 1/2 teaspoon ground turmeric
- 1 teaspoon garam masala
- 1/2 teaspoon ground cumin
- 1 pinch ground coriander
- 1/2 teaspoon paprika
- 3 tablespoons plain yogurt
- 2 medium potatoes, peeled and cut into 1 inch cubes
- 1 1/2 cups water
- 1 (5.5 ounce) can tomato juice
- fresh chopped cilantro, for garnish

**Directions**

In a large bowl, toss the chicken pieces with lemon juice, salt, and pepper to coat. Set aside.

Heat oil in a large, heavy saucepan over medium heat. Stir in cumin seed and cook 1 minute, until lightly toasted. Mix in onion, garlic, and ginger. Cook until onion is tender. Add tomatoes, and season with chili powder, turmeric, garam masala, ground cumin, coriander, and paprika. Continue to cook and stir 2 minutes.

Mix yogurt into the saucepan until well blended. Add chicken pieces, and potatoes. Mix in water and tomato juice. Reduce heat to medium-low. Cover and simmer about 40 minutes. Adjust seasonings to taste and garnish with fresh cilantro before serving.
Orange Sauce Chicken

Ingredients

- 12 skinless, boneless chicken breast halves
- 2 eggs
- 1 cup milk
- 2 cups all-purpose flour
- salt and pepper to taste
- 1 cup bread crumbs
- 1 cup sliced almonds (optional)
- 1 tablespoon butter
- 1 cup white sugar
- 1/4 teaspoon salt
- 2 tablespoons cornstarch
- 1 tablespoon all-purpose flour
- 1 1/4 cups orange juice
- 1/4 cup lemon juice
- 1/2 cup water
- 1 tablespoon butter
- 1 tablespoon grated orange zest
- 1 tablespoon grated lemon zest

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a small bowl beat together eggs and milk. Add 2 cups flour, salt and pepper. Beat all together until smooth. In a shallow dish or plate mix together the bread crumbs and almonds. Dip chicken in egg batter, then in breadcrumb mixture.

In a large skillet melt 1 tablespoon butter/margarine and sauté coated chicken in skillet 8 to 10 minutes. Place chicken in a lightly greased 9x13 inch baking dish and bake uncovered in the preheated oven for 20 minutes.

To Make Sauce: Meanwhile, in a medium saucepan mix together the sugar, 1/4 teaspoon salt, cornstarch, and 1 tablespoon flour. Then stir in the orange juice, lemon juice, and 1/2 cup water. Mix all together and cook over low heat, stirring constantly, until the mixture boils. Let boil for 3 minutes, then remove from heat.

Add 1 tablespoon of butter/margarine, the orange rind and the lemon rind to the orange sauce and stir together. Remove chicken from oven and pour orange sauce over warm chicken or put in a gravy boat for people to pour themselves. Enjoy!
Chinese Clay Pot Rice with Chicken

**Ingredients**

1 tablespoon vegetable oil
2 thick slices back bacon or Canadian bacon, cut into bite-size pieces
5 cloves garlic, peeled and smashed
3 large chicken legs -- boned, skinned, and cut into large chunks
1/2 cup dark soy sauce, or to taste
2 tablespoons oyster sauce
1 1/2 tablespoons light-colored soy sauce
2 cups uncooked white rice
1/2 cup water

**Directions**

Heat the vegetable oil in a large saucepan with a lid over medium heat. Cook and stir the bacon pieces until lightly browned and the oil has a bacon flavor, about 1 minute. Remove the bacon from the pan, turn the heat to high, stir in the garlic, and cook until the garlic cloves are beginning to turn golden brown, about 1 more minute. Add the chicken pieces, stirring to seal the surfaces of the meat. Turn the heat down, and cook until golden brown on the outside but still pink on the inside, about 3 minutes.

Return the bacon pieces to the pan, and stir in the dark soy sauce, oyster sauce, light soy sauce, and rice, and mix everything together until well-combined. Pour in the water (should not reach to the top of the rice mixture), cover the pan, and turn the heat to low. Simmer until the rice is cooked and grains of roasted rice are stuck on the bottom of the pan, about 30 minutes. Serve each portion topped with some of the browned rice kernels scraped from the bottom.
## Ingredients

- 1/2 cup sake
- 1/2 cup soy sauce
- 1 tablespoon sugar
- 1 clove garlic, crushed
- 1 (2 inch) piece fresh ginger root, grated
- 1 pound skinless, boneless chicken breast meat - cubed
- 3 leeks, white part only, cut into 1/2 inch pieces

## Directions

In a medium dish, mix together the sake, soy sauce, sugar, garlic and ginger. Add chicken, and allow to marinate for 15 minutes.

Preheat your oven's broiler. Grease six metal skewers, and thread alternately with 3 pieces of chicken and 2 pieces of leek. Place on a baking sheet or broiling pan, and brush with the marinade.

Broil for about 5 minutes, baste again, then broil for another 5 minutes, or until chicken is cooked through. Discard remaining marinade.
Chipotle-Citrus Marinated Chicken

**Ingredients**
- 1/4 cup orange juice
- 1/4 cup lime juice
- 2 tablespoons olive oil
- 1/4 cup chopped fresh cilantro
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground chipotle powder
- Salt and freshly ground pepper
- 2 skinless, boneless chicken breast halves

**Directions**

Whisk together the orange juice, lime juice, olive oil, cilantro, garlic powder, chipotle powder, and salt and pepper in a bowl. Pour marinade into a resealable plastic bag; add the chicken, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for at least 4 hours.

Preheat an outdoor grill for high heat.

Lightly oil the grill grate, and then arrange chicken on grill. Cook the chicken breasts until no longer pink in the center and the juices run clear, about 8 minutes per side.
Spiced Chicken Loaf

## Ingredients

- 1 pound ground chicken
- 2/3 cup herb stuffing mix, crushed into fine crumbs
- 1/4 cup grated Parmesan cheese
- 1 egg
- 1 cup diced onion
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 pinch garlic pepper seasoning
- 2 teaspoons ketchup
- 2 teaspoons barbeque sauce

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl combine the chicken, stuffing mix crumbs, cheese, egg, onion, salt, pepper and garlic pepper seasoning. Mix together, then stir in ketchup and barbeque sauce. Mix well and pour mixture into a bread loaf pan.

Bake in preheated oven for 50 minutes. Turn oven off and let sit in hot oven for an additional 15 minutes.
# Chinese Chicken Soup

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>3 (14.5 ounce) cans chicken broth</td>
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<tr>
<td>1 (14 ounce) package frozen stir</td>
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<tr>
<td>fry vegetable blend</td>
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<tr>
<td>2 cups cubed, cooked chicken</td>
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<tr>
<td>1 teaspoon minced fresh gingerroot</td>
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<tr>
<td>1 teaspoon soy sauce</td>
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<tr>
<td>1/4 teaspoon sesame oil</td>
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</tbody>
</table>

## Directions

In a large saucepan, combine all ingredients. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until heated through.
Easy Grilled Chicken Teriyaki

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1 cup teriyaki sauce
- 1/4 cup lemon juice
- 2 teaspoons minced fresh garlic
- 2 teaspoons sesame oil

**Directions**

Place chicken, teriyaki sauce, lemon juice, garlic, and sesame oil in a large resealable plastic bag. Seal bag, and shake to coat. Place in refrigerator for 24 hours, turning every so often.

Preheat grill for high heat.

Lightly oil the grill grate. Remove chicken from bag, discarding any remaining marinade. Grill for 6 to 8 minutes each side, or until juices run clear when chicken is pierced with a fork.
### Ingredients

- 6 skinless, boneless chicken breast halves
- 6 slices Swiss cheese
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/4 cup milk
- 1 (8 ounce) package dry bread stuffing mix
- 1/2 cup melted butter

### Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

Arrange chicken breasts in the baking dish. Place one slice of Swiss cheese on top of each chicken breast. Combine cream of chicken soup and milk in a medium bowl, and pour over chicken breasts. Sprinkle with stuffing mix. Pour melted butter over top, and cover with foil.

Bake 50 minutes, or until chicken is no longer pink and juices run clear.
Chicken Breasts With Herb Basting Sauce

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>3 tablespoons olive oil</td>
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</tr>
<tr>
<td>1 tablespoon minced onion</td>
<td></td>
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<tr>
<td>1 clove crushed garlic</td>
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<tr>
<td>1 teaspoon dried thyme</td>
<td></td>
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<tr>
<td>1/2 teaspoon dried rosemary, crushed</td>
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<tr>
<td>1/4 teaspoon ground sage</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon dried marjoram</td>
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<tr>
<td>1/2 teaspoon salt</td>
<td></td>
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<tr>
<td>1/2 teaspoon ground black pepper</td>
<td></td>
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<tr>
<td>1/8 teaspoon hot pepper sauce</td>
<td></td>
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<tr>
<td>4 bone-in chicken breast halves, with skin</td>
<td></td>
</tr>
<tr>
<td>1 1/2 tablespoons chopped fresh parsley</td>
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</tbody>
</table>

**Directions**

Preheat oven to 425 degrees F (220 degrees C).

In a bowl, prepare the basting sauce by combining olive oil, onion, garlic, thyme, rosemary, sage, marjoram, salt, pepper, and hot pepper sauce.

Turn chicken breasts in sauce to coat thoroughly. Place skin side up in a shallow baking dish. Cover.

Roast at 425 degrees F (220 degrees C), basting occasionally with pan drippings, for about 35 to 45 minutes. Remove to warm platter, spoon pan juices over, and sprinkle with fresh parsley.
Curry Chicken Salad

Ingredients

- 3 eggs
- 2 cups chopped, cooked chicken meat
- 4 stalks celery, chopped
- 1/4 cup chopped green onions
- 2 tablespoons dill pickle relish
- 1 1/2 teaspoons curry powder
- 2 tablespoons mayonnaise

Directions

Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large bowl, combine the chicken, celery, eggs, green onions, dill relish, curry and mayonnaise. Stir together until mixed well. Refrigerate until chilled.
## Grilled Chicken and Pasta Salad

### Ingredients
- 4 skinless, boneless chicken breast halves
- Steak seasoning to taste
- 8 ounces rotini pasta
- 8 ounces mozzarella cheese, cubed
- 1 red onion, chopped
- 1 head romaine lettuce, chopped
- 6 cherry tomatoes, chopped

### Directions
- Preheat the grill for high heat. Season both sides of chicken breast halves with steak seasoning.
- Lightly oil the grill grate. Grill chicken 6 to 8 minutes per side, or until juices run clear. Remove from heat, cool, and cut into strips.
- Meanwhile, place the rotini pasta in a large pot of lightly salted boiling water. Cook 8 to 10 minutes, until al dente. Drain, and rinse with cold water to cool.
- In a large bowl, mix together the cheese, onion, lettuce, and tomatoes. Toss with the cooled chicken and pasta to serve.
## Chicken Diablo

### Ingredients

- 1/2 cup hot pepper sauce
- 1 cup reduced fat sour cream
- 1/2 cup ketchup
- 1/4 cup honey
- 1/4 teaspoon paprika
- 1/4 teaspoon cumin
- 8 skinless, boneless chicken breast halves
- 1/4 cup vegetable oil
- 2 cloves garlic, minced

### Directions

In a medium bowl, mix together the hot pepper sauce, sour cream, ketchup and honey until smooth. Season with paprika and cumin. Set aside half of the sauce for serving later, then place chicken breasts in the remaining sauce to marinate. Cover and refrigerate for at least 2 hours.

Heat vegetable oil in a large skillet over medium heat. Add garlic and cook until fragrant. Place chicken breasts coated with marinade into the skillet, and cook until nicely browned on each side, and meat is cooked through, about 20 minutes.

Meanwhile, heat reserved marinade in a small saucepan or in the microwave. Serve chicken breasts over white rice, or over salad greens with sauce spooned over the top.
### Ingredients

- 1/2 cup butter or margarine, melted
- 3 tablespoons Dijon mustard
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon minced fresh thyme
- 1/2 teaspoon crushed red pepper flakes
- 4 boneless, skinless chicken breast halves
- 1 cup dry bread crumbs

### Directions

In a bowl, combine the butter, mustard, onion, garlic, thyme and pepper flakes. Dip chicken in butter mixture, then coat with bread crumbs. Place in a greased 11-in. x 7-in. x 2-in. baking dish. Bake, uncovered, at 350 degrees F for 30-35 minutes or until chicken juices run clear.
### Ingredients

- 1 pound boneless, skinless chicken breasts
- 2 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- 3/4 cup chicken broth
- 1/4 cup white wine, or additional chicken broth
- 1/8 teaspoon pepper
- 2 cups sliced fresh mushrooms
- 1 cup frozen peas
- 1/2 cup shredded mozzarella cheese
- Hot cooked linguine

### Directions

Cut chicken into 1/2-in. strips; place in a 2-qt. microwave-safe dish. Cover and microwave on high for 3 minutes. Turn chicken and move center pieces to the out-side of the dish. Cover and microwave on high 3 minutes longer. Drain; set aside and keep warm.

In another microwave-safe bowl, cover and microwave butter on high for 45 seconds or until melted. Stir in the flour until smooth. Gradually stir in the broth, wine and pepper; mix well. Add mushrooms and peas. Microwave, uncovered, on high for 5-7 minutes or until the vegetables are tender, stirring once. Stir in chicken; sprinkle with cheese. Microwave, uncovered, on high for 1-2 minutes or until the cheese is melted. Serve over linguine.
Quick Chicken Soup

### Ingredients

- 2 (14.5 ounce) cans chicken broth
- 2 cups baby carrots
- 1 onion, chopped
- 1 clove garlic, minced
- 1/8 teaspoon celery salt
- 2 skinless, boneless chicken breast halves
- 1 tablespoon chopped fresh cilantro (optional)

### Directions

Bring the chicken broth to a boil in a medium saucepan over medium high heat. Add the carrots, onion, garlic and celery salt.

Reduce heat to low and add the chicken breast. Cover and simmer for 20 minutes.

Carefully remove the chicken breast, cut it into chunks and return it to the pot. Stir in the cilantro OR dill to taste.
Amaretto Roasted Chicken

**Ingredients**
- 1 (4 pound) whole chicken
- 1/4 cup butter
- 1 large lemon, halved
- 1 head garlic, halved
- 1/2 cup amaretto liqueur

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Place the chicken in a baking pan, and rub with 2 tablespoons butter. Place remaining butter and 1/2 the lemon in the chicken cavity. Squeeze juice from remaining lemon half over chicken. Distribute squeezed lemon half and both halves of the garlic head in the pan around the chicken. Pour 1/4 cup amaretto over chicken.

Bake chicken 1 hour and 25 minutes in the preheated oven, or until juices run clear.

Remove chicken from pan, and set aside. Squeeze juice from the lemon half inside chicken into the pan juices. Mash the garlic. Discard lemon rinds and garlic pulp. Pour remaining amaretto into the pan, and mix to make a gravy. Serve chicken with the gravy.
Sesame Chicken Over Greens

**Ingredients**

- 1/4 cup reduced sodium teriyaki sauce
- 2 tablespoons red wine vinegar or cider vinegar
- 2 tablespoons canola oil
- 2 tablespoons honey
- 2 teaspoons crushed red pepper flakes
- 1 garlic clove, minced
- 4 (4 ounce) boneless skinless chicken breast halves
- 5 cups torn mixed salad greens
- 1/2 cup sliced red bell pepper
- 1/2 cup shredded carrot
- 4 green onions, sliced
- 1 (2.25 ounce) can sliced ripe olives, drained
- 1/2 cup reduced-fat ranch salad dressing
- 1 tablespoon sesame seeds, toasted

**Directions**

In a large resealable plastic bag, combine the first six ingredients; mix well. Add chicken; seal bag and turn to coat. Refrigerate for several hours or overnight. Drain and discard marinade. Grill chicken, uncovered, over medium heat for 5-7 minutes on each side or until juices run clear.

On four serving plates, divide the greens, red pepper, carrot, onions and olives. Thinly slice chicken and arrange over salad. Drizzle with ranch dressing; sprinkle with sesame seeds.
**Lemon Marinated Chicken**

**Ingredients**

- 1/2 cup lemon juice
- 2 tablespoons distilled white vinegar
- 3 tablespoons dried oregano
- 1 teaspoon paprika
- 1/4 teaspoon ground black pepper
- 1/2 medium onion, chopped
- 1/2 cup long strip of lemon zest
- 4 skinless, boneless chicken breast halves

**Directions**

In a bowl, mix the lemon juice, vinegar, oregano, paprika, pepper, onion, and lemon zest. Place chicken in a medium baking dish. Pour the sauce over the chicken. Cover dish with aluminum foil, and refrigerate at least 4 hours.

Preheat oven to 375 degrees F (190 degrees C).

Place covered baking dish in the preheated oven. Do not drain marinade. Bake chicken 30 minutes. Uncover dish, and continue baking 15 minutes, until marinade is boiling and chicken juices run clear. Let chicken rest 5 minutes before serving.
Bacon Mushroom Chicken

**Ingredients**

- 2 tablespoons butter, melted
- 2 bone-in chicken breast halves, with skin
- 1 teaspoon seasoning salt
- 1 clove garlic, crushed
- 2 thick slices bacon
- 1/2 cup mushrooms, halved
- 1/4 cup heavy cream

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Pour melted butter into a 9x13 inch baking dish. Add chicken, skin side down; sprinkle with seasoning salt and garlic. Turn chicken over, season, and lay bacon strips on top. Sprinkle with mushrooms.

Bake in preheated oven for 45 minutes to 60 minutes, or until chicken is no longer pink and juices run clear.

Remove chicken, bacon and mushrooms to a platter and keep warm. Pour juices from baking dish into a small saucepan and whisk together with cream over low heat until thickened. Pour sauce over chicken and serve warm.
# Grill Master Chicken Wings

## Ingredients

**Wings:**
- 1/2 cup soy sauce
- 1/2 cup Italian-style salad dressing
- 3 pounds chicken wings, cut apart at joints, wing tips discarded

**Sauce:**
- 1/4 cup butter
- 1 teaspoon soy sauce
- 1/4 cup hot pepper sauce (such as Frank's RedHot®), or to taste

## Directions

Combine 1/2 cup soy sauce, Italian dressing, and chicken wings in a large, zip-top bag. Close bag and refrigerate 4 hours to overnight.

Preheat an outdoor grill for medium heat. In a small saucepan, melt the butter. Stir in the 1 teaspoon soy sauce and the hot pepper sauce. Turn off heat and reserve.

Remove the chicken wings from the marinade and pat dry. Cook the wings on the preheated grill, turning occasionally, until the chicken is well browned and no longer pink, 25 to 30 minutes.

Place grilled wings in a large bowl. Pour butter sauce over wings; toss to mix well.
Chicken-Prosciutto Bundles

**Ingredients**

- 4 Tyson® Grilled & Ready® Fully Cooked Grilled Breast Fillets, thawed
- 8 leaves fresh basil
- 4 slices mozzarella cheese, 1/4 inch thick
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 8 slices prosciutto
- 1 tablespoon olive oil

**Directions**

Preheat oven to 375 degrees F. Place chicken on cutting board. Holding sharp knife horizontal to board, cut a 3-inch deep pocket lengthwise in the thick side of each breast.

Place 2 basil leaves on each slice of mozzarella, then sprinkle with salt and pepper. Stuff each breast pocket with a cheese bundle. Wrap 2 slices prosciutto around each breast, anchoring with toothpicks.

Heat oil in large oven-proof nonstick skillet over medium-high. Add chicken and cook about 3 minutes on each side or until browned. Transfer chicken in skillet to oven; bake 12 minutes or until done (internal temp 170 degrees F).
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>4 (4 ounce) boneless, skinless chicken breast halves</td>
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<tr>
<td>1/4 teaspoon salt</td>
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<tr>
<td>1/4 teaspoon pepper</td>
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</tr>
<tr>
<td>2 tablespoons butter</td>
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<tr>
<td>1 (15 ounce) can apricot halves</td>
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</tr>
<tr>
<td>3 teaspoons cornstarch</td>
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</tr>
<tr>
<td>1/4 cup apricot preserves</td>
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<tr>
<td>2 tablespoons white wine vinegar</td>
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<tr>
<td>4 green onions, chopped</td>
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<tr>
<td>Hot cooked rice</td>
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</table>

### Directions

Sprinkle chicken with salt and pepper. In a large skillet, cook chicken in butter over medium heat for 5 minutes, turning occasionally. Cover and cook 5 minutes longer or until juices run clear. Remove and keep warm.

Drain apricots, reserving juice. Cut apricots into 1/2-in. slices; set aside. In a small bowl, combine cornstarch and reserved juice until smooth. Stir in preserves and vinegar until combined; pour into skillet. Bring to a boil over medium heat; cook and stir for 1-2 minutes or until thickened. Add apricots and chicken; heat through. Sprinkle with onions. Serve with rice if desired.
Chicken and Black Bean Chili

**Ingredients**

- 2 tablespoons cooking oil
- 3 large skinless, boneless chicken breast halves - cut into 1 inch pieces
- sea salt to taste
- 1 tablespoon chili powder, or to taste
- 1/2 tablespoon ground cumin, or to taste
- 1 dried chipotle chili pepper, ground into powder
- ground black pepper to taste
- 1/2 teaspoon ground cayenne pepper
- 1 small yellow onion, diced
- 1 medium green bell pepper, diced
- 1 medium yellow bell pepper, diced
- 5 cups water
- 1 (15 ounce) can kidney beans, undrained
- 1 (15 ounce) can black beans, undrained
- 1 (11 ounce) can whole kernel corn, drained
- 1 teaspoon green pepper sauce (e.g., Tabasco®)
- 1 (6 ounce) can roasted garlic tomato paste
- 1 bunch fresh cilantro, chopped

**Directions**

Heat the oil in a large pot over medium heat. Place chicken in the pot; brown on all sides. Season with sea salt, chili powder, cumin, ground chipotle, black pepper, and cayenne pepper. Mix in onion, green bell pepper, and yellow bell pepper. Pour in about 3 cups water, and continue cooking 10 minutes, until about 1/2 the water has evaporated.

Mix the kidney beans, black beans, and corn into the pot. Season with green pepper sauce. Reduce heat to low, and mix in remaining 2 cups water and tomato paste. Simmer, stirring occasionally 30 minutes, or until thickened. Top with cilantro to serve.
Teriyaki Chicken Wings

## Ingredients

- 1 cup water
- 1 cup soy sauce
- 1 cup white sugar
- 1/4 cup pineapple juice
- 1/4 cup vegetable oil
- 1 tablespoon minced fresh garlic
- 1 tablespoon minced fresh ginger
- 3 pounds chicken wings or drumettes

## Directions

Whisk together the water, soy sauce, sugar, pineapple juice, vegetable oil, garlic, and ginger in a large glass or ceramic bowl until the sugar has dissolved. Add the chicken wings, coat with the marinade, cover the bowl with plastic wrap, and marinate in the refrigerator for at least 1 hour.

Preheat oven to 350 degrees F (175 degrees C). Grease baking dishes, and set aside.

Remove the chicken from the marinade, and shake off excess and place the chicken wings into the prepared baking dishes. Discard the remaining marinade. Bake the wings in the preheated oven until the chicken is cooked through and the glaze is evenly browned, about 1 hour.
Romano Chicken

**Ingredients**

- 4 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
- 1/4 pound Swiss cheese, sliced
- 1/4 pound ham, sliced thin
- 2 tablespoons grated Parmesan cheese
- 1 1/2 teaspoons paprika
- 1/2 teaspoon garlic salt
- 1/2 teaspoon dried tarragon
- 1/2 teaspoon dried basil leaves
- 1 tablespoon butter, melted
- 1/3 cup dry bread crumbs

**Directions**

Place chicken breasts on a pan. Place Swiss cheese and ham slices on top and roll up, securing with toothpicks if necessary. In a small bowl combine the Parmesan cheese, paprika, garlic salt, tarragon, basil and bread crumbs. Mix together and dip rollups in mixture to coat.

Drizzle with melted butter and cook on High in microwave for 4 minutes, or until chicken is cooked through and juices run clear.
Chicken in Mushroom Sauce

Ingredients

1 tablespoon vegetable oil
4 skinless, boneless chicken breasts
1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
1/2 cup milk
1/8 teaspoon ground black pepper
4 cups hot cooked rice
Chopped fresh parsley for garnish

Directions

Heat oil in skillet over medium-high heat. Cook chicken 10 minutes or until browned.

Add soup, milk and black pepper. Heat to a boil. Cover and cook over low heat 5 minutes or until chicken is done. Serve with rice. Garnish with parsley.
Ingredients

1/2 loaf white bread, cubed
1 1/2 cups cracker crumbs, divided
2 cups chicken broth
3 eggs, lightly beaten
1 teaspoon salt
3/4 cup diced celery
2 tablespoons chopped onion
3 cups cubed cooked chicken
1 (8 ounce) can sliced mushrooms, drained
1 tablespoon butter or margarine

Directions

In a mixing bowl, combine bread cubes and 1 cup cracker crumbs. Stir in broth, eggs, salt, celery, onion, chicken and mushrooms. Spoon into a greased 2-qt. casserole. In a saucepan, melt butter; brown remaining cracker crumbs. Sprinkle over casserole. Bake at 350 degrees F for 1 hour.
**Ingredients**

- 1 pound sliced bacon
- 1 (8 ounce) package dry bread stuffing mix
- 6 skinless, boneless chicken breast halves - pounded to 1/2 inch thickness
- ground black pepper to taste
- garlic powder to taste

**Directions**

Preheat the oven to 375 degrees F (190 degrees C). Cook bacon in the microwave, or in a large skillet until about halfway done. Set aside.

Prepare the stuffing mix according to package directions. Do not bake. Place the bacon on a clean flat surface. Arrange sets of three slices with two going across, and one up and down.

Place a piece of chicken on top. Separate the stuffing into 6 portions, and shape each one into a log. Place one in the center of each piece of chicken. Pull chicken around the stuffing to cover, bringing the bacon around with it. Secure with string or toothpicks. Season with pepper and garlic powder. Place the chicken bundles in a roasting pan, and cover loosely with aluminum foil.

Bake for 30 minutes in the preheated oven. Remove the foil, and cook until bacon is crisp and chicken is no longer pink, about 10 more minutes. Serve as is or with gravy.
Ingredients

1/2 cup sugar
1/2 cup vinegar
1/3 cup ketchup
1 tablespoon Worcestershire sauce
1/2 teaspoon ground mustard
1/2 teaspoon paprika
1/2 teaspoon curry powder
1/2 teaspoon garlic salt
1/2 teaspoon salt
1/8 teaspoon pepper
4 (4 ounce) boneless, skinless chicken breast halves

Directions

In a blender, combine the first 10 ingredients; cover and process until blended. Pour into a large resealable plastic bag or shallow glass container; add the chicken. Seal or cover and refrigerate for 1 -2 hours. Drain and discard marinade. Grill the chicken, covered, over medium heat for 6 minutes on each side or until juices run clear.
Oven-Fried Chicken

Ingredients

1/2 cup cornmeal
1/2 cup dry bread crumbs
1 teaspoon dried tarragon
1 teaspoon ground ginger
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
1/4 teaspoon pepper
3 egg whites
2 tablespoons fat-free milk
1/2 cup all-purpose flour
6 bone-in chicken breast halves
Refrigerated butter-flavored spray*

Directions

In a shallow bowl, combine the first seven ingredients. In another shallow bowl, combine egg whites and milk. Place flour in a third shallow bowl. Coat chicken with flour; dip in the egg white mixture, then roll in cornmeal mixture. Place in a 15-in. x 10-in. x 2-in. baking pan coated with nonstick cooking spray. Bake, uncovered, at 350 degrees F for 40 minutes. Spritz with butter-flavored spray. Bake 10 -15 minutes longer or until juices run clear.
Spicy Chicken Rice Soup

**Ingredients**
4 cups chicken broth  
2 cups cubed, cooked chicken  
2 celery ribs, chopped  
2 medium carrots, chopped  
1 medium green pepper, chopped  
1 medium onion, chopped  
1/3 cup uncooked long grain rice  
1/4 cup minced fresh cilantro or parsley  
1/2 teaspoon dried oregano  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon ground cumin  
1/8 teaspoon crushed red pepper flakes

**Directions**
In a large saucepan, combine all ingredients. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until rice and vegetables are tender.
Ingredients

- 2 tablespoons cornstarch
- 2/3 cup chicken broth
- 3 tablespoons soy sauce
- 1/2 teaspoon ground ginger
- 1/2 teaspoon hot pepper sauce
- 2 tablespoons vegetable oil
- 1 pound skinless, boneless chicken breast meat - cut into strips
- 1 small onion, chopped
- 1 green bell pepper, chopped
- 1 (8 ounce) can sliced water chestnuts, drained
- 2/3 cup cashews

Directions

Dissolve the cornstarch in the chicken broth, and stir in the soy sauce, ginger, and hot sauce; set aside. Heat half of the oil in a wok or large skillet over high heat. Stir in the chicken; cook and stir until the chicken is no longer pink, about 5 minutes. Remove the chicken from the wok, and set aside.

Pour the remaining tablespoon of oil into the wok, and stir in the onion, green bell pepper, and water chestnuts. Cook and stir until the chestnuts are hot, and the onion has softened, about 5 minutes more. Stir up the sauce to redistribute the cornstarch, then pour into the wok, and bring to a boil. Add the reserved chicken, and stir until the sauce thickens, and the chicken is hot. Sprinkle with cashews to serve.
# Just Peachy Chicken Salad

## Ingredients

- 1 cup mayonnaise
- 1/4 cup peach juice
- 2/3 cup whipped heavy cream
- salt and pepper to taste
- 4 cups cubed, cooked chicken
- 3 cups pitted and diced fresh peaches

## Directions

In a large bowl, whisk together the mayonnaise, peach juice and whipped cream. Add salt and pepper to taste. Stir in chicken and peaches and chill until ready to serve.
### Ingredients

- 1 (3 1/2) pound broiler-fryer chicken, cut up
- 1 teaspoon dried basil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 medium onion, thinly sliced
- 1 cup seedless raspberry jam

### Directions

Place chicken in a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with basil, salt and pepper. Top with onion. Cover and bake at 375 degrees F for 30 minutes. Drain pan juices and reserve 1/2 cup (add water to make 1/2 cup if necessary). Add jam; pour over chicken. Bake, uncovered, basting occasionally, for 25 minutes or until chicken juices run clear.
**Chicken Cashew Salad**

### Ingredients
- 2 cups seashell pasta
- 1/4 cup brown sugar
- 1 cup creamy salad dressing (e.g. Miracle Whip)
- 2 teaspoons lemon juice
- 1 tablespoon distilled white vinegar
- 1 pinch salt
- 2 cups chopped celery
- 1/2 cup chopped green bell pepper
- 1 onion, chopped
- 3 boneless chicken breast halves, cooked and cut into bite-sized pieces
- 1 cup cashew halves

### Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and rinse with cold water.

In large bowl, combine brown sugar, salad dressing, lemon juice, vinegar and salt. Toss dressing mixture with cooked pasta, celery, green pepper, onion and chicken. Chill until ready to serve. Mix in cashews just before serving.
Savory Chicken Sandwiches

Ingredients

- 4 bone-in chicken breast halves
- 4 chicken thighs
- 1 envelope onion soup mix
- 1/4 teaspoon garlic salt
- 1/4 cup prepared Italian salad dressing
- 1/4 cup water
- 14 hamburger buns, split

Directions

Remove skin from chicken if desired. Place chicken in a 5-qt. slow cooker. Sprinkle with soup mix and garlic salt. Pour dressing and water over chicken. Cover and cook on low for 8-9 hours. Remove chicken; cool slightly. Skim fat from cooking juices. Remove chicken from bones; cut into bite-size pieces and return to slow cooker. Serve with a slotted spoon on buns.
## Northern Thai Curry with Chicken and Peanuts

### Ingredients
- 3 large, dried red chile peppers
- 1/2 teaspoon cumin
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon coriander seed
- 1/2 teaspoon ground mace
- 2 tablespoons peeled and chopped galangal
- 2 tablespoons thinly sliced lemon grass
- 1/2 teaspoon salt
- 1 shallot, chopped
- 2 cloves garlic, chopped
- 2 teaspoons fermented shrimp paste
- 1 tablespoon peeled and chopped fresh turmeric root
- 2 tablespoons fish sauce
- 3 tablespoons palm sugar
- 2/3 pound skinless, boneless chicken breast, cut into cubes
- 2 tablespoons vegetable oil
- 2 cups water
- 1/2 cup roasted peanuts
- 1 (2 inch) piece fresh ginger, peeled and julienned
- 2 tablespoons tamarind juice
- 2 tablespoons roasted peanuts

### Directions
Place the chili peppers in a bowl; pour enough water over the chili peppers to cover. Allow the peppers to soak until softened, about 10 minutes; drain. Chop the peppers and set aside.

Grind the cumin, turmeric, coriander, and mace using a mortar and pestle into a fine powder. Add the galangal, lemon grass, salt, shallot, garlic, shrimp paste, fresh turmeric, and reconstituted chile peppers and grind into a paste. Stir the fish sauce and palm sugar into the paste. Transfer to a large bowl.

Add the chicken to the paste and toss to coat the chicken evenly; allow to marinate for at least 20 minutes, or up to 24 hours in the refrigerator.

Heat the oil in a large skillet over medium heat; cook the chicken until no longer pink in the center and the juices run clear, 5 to 7 minutes. Stir the water, 1/2 cup peanuts, ginger, and tamarind juice into the chicken, bring to a simmer, and cook until thickened, 20 to 30 minutes. You can also cook this at a lower temperature for up to 2 hours. Garnish with 2 tablespoons peanuts to serve.
Fiesta Chicken Soup

**Ingredients**

- Vegetable cooking spray
- 1 pound skinless, boneless chicken breast, cut into cubes
- 1 large green or red pepper, coarsely chopped
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 3 1/2 cups Swanson® Chicken Broth or Natural Goodness™ or Certified Organic Chicken Broth
- 1 (10 ounce) package frozen whole kernel corn
- 1 cup cooked rice
- 1 teaspoon chopped fresh cilantro leaves or parsley
- 5 lime wedges

**Directions**

Spray a 3-quart saucepan with cooking spray and heat over medium heat for 1 minute. Add the chicken, pepper, chili powder and garlic powder. Cook for 5 minutes stirring often.

Stir the broth, corn and rice into the saucepan. Heat to a boil. Reduce the heat to low. Cook for 10 minutes or until the chicken is cooked through. Stir in the cilantro. Serve each serving of soup with 1 lime wedge.
### Ingredients

- 5 skinless, boneless chicken breasts
- 1 (16 ounce) can whole cranberry sauce
- 2 (1 ounce) packages dry onion soup mix
- 1 cup French dressing

### Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in 9x13 inch baking dish. Mix cranberry sauce, soup mix and salad dressing and pour mixture over chicken. Bake in preheated oven for 1 hour.
## Chicken with Lime Butter

### Ingredients

- 4 tablespoons vegetable oil
- 6 boneless, skinless chicken breasts
- salt and pepper to taste
- 1 lime, juiced
- 1/2 cup butter
- 1/2 teaspoon dried dill weed

### Directions

Heat oil in a large heavy skillet over medium high heat. Season chicken breasts with salt and pepper. Cook until lightly browned, about 3 minutes on each side. Cover, and reduce heat to low. Cook until no longer pink, and juices run clear, about 10 minutes. Remove chicken from pan, and keep warm.

Drain excess oil from pan. Stir in lime juice, and cook over low heat until it begins to bubble. Stir in butter, 1 tablespoon at a time. Continue stirring until butter becomes opaque, and sauce thickens. Remove from heat, and stir in dill weed. Spoon sauce over chicken, and serve.
**Slow Cooker Cashew Chicken**

**Ingredients**
- 1 1/2 pounds chicken thighs
- 6 cloves garlic, minced
- 3 tablespoons fish sauce
- 3 tablespoons oyster sauce
- 2 tablespoons white sugar
- 1/4 teaspoon white pepper
- 1 bunch scallions, chopped
- 1/2 white onion, chopped
- Water to cover
- 1 pound raw cashews

**Directions**
Place the chicken thighs in a slow cooker. Add the garlic, fish sauce, oyster sauce, sugar, pepper, scallions, and white onion to the slow cooker. Pour enough water over the mixture to cover everything. Cook on High for 5 hours. Sprinkle the cashews over the mixture and cook another 30 minutes. Serve hot.
Cottage Cheese Chicken Enchiladas

**Ingredients**

- 1 tablespoon vegetable oil
- 2 skinless, boneless chicken breast halves - boiled and shredded
- 1/2 cup chopped onion
- 1 (7 ounce) can chopped green chile peppers
- 1 (1 ounce) package taco seasoning mix
- 1/2 cup sour cream
- 2 cups cottage cheese
- 1 teaspoon salt
- 1 pinch ground black pepper
- 12 (6 inch) corn tortillas
- 2 cups shredded Monterey Jack cheese
- 1 (10 ounce) can red enchilada sauce

**Directions**

To Make Meat Mixture: Heat oil in medium skillet over medium high heat. Add chicken, onion and green chile peppers and saute until browned, then add taco seasoning and prepare meat mixture according to package directions.

To Make Cheese Mixture: In a medium bowl mix sour cream with cottage cheese and season with salt and pepper; stir until well blended.

Preheat oven to 350 degrees F (175 degrees C).

To Assemble Enchiladas: Heat tortillas until soft. In each tortilla place a spoonful of meat mixture, a spoonful of cheese mixture and a bit of shredded cheese. Roll tortillas and place in a lightly greased 9x13 inch baking dish. Top with any remaining meat and cheese mixture, enchilada sauce and remaining shredded cheese.

Bake at 350 degrees F (175 degrees C) for 30 minutes or until cheese is melted and bubbly.
**Ingredients**

- 3 tablespoons soy sauce
- 3/4 teaspoon salt
- 1 teaspoon cornstarch
- 2 teaspoons sherry
- 3 pounds chicken, skin removed, meat removed from bones and cut into bite sized pieces
- 1 1/2 cups peanut oil for frying
- 1 cup blanched almonds
- 1/3 cup sliced mushrooms
- 1/2 cup diagonally sliced bamboo shoots
- 1/2 cup diagonally sliced celery
- 1/4 cup thinly sliced onion
- 10 whole water chestnuts, thinly sliced
- 1/4 cup peanut oil
- 1/3 cup chicken stock

**Directions**

Mix the soy sauce, salt, cornstarch, and sherry in a large bowl. Stir in chicken; cover and refrigerate.

Heat 1 1/2 cups of the peanut oil in a large, deep skillet. Fry almonds in the oil until golden, about 1 minute. Drain fried almonds on a paper towel.

Drain all but 3 tablespoons of oil from the skillet. Stir in the mushrooms, bamboo shoots, celery, onion, and water chestnuts. Cook and stir vegetables for 1 minute. Remove from skillet.

Heat 1/4 cup oil in the skillet. Cook and stir the marinated chicken in hot oil until no longer pink in the center, and the juices run clear, 3 to 5 minutes. Stir in cooked vegetables, chicken stock, and reserved soy sauce mixture; simmer until thickened, 1 to 2 minutes. Stir in fried almonds before serving.
# My Favorite Chicken and Wild Rice Soup

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon vegetable oil</td>
<td></td>
</tr>
<tr>
<td>3 pounds chicken pieces</td>
<td></td>
</tr>
<tr>
<td>2 whole carrots</td>
<td></td>
</tr>
<tr>
<td>2 stalks celery, cut in half</td>
<td></td>
</tr>
<tr>
<td>1 large whole onion, peeled</td>
<td></td>
</tr>
<tr>
<td>salt and pepper, to taste</td>
<td></td>
</tr>
<tr>
<td>5 cloves garlic, crushed</td>
<td></td>
</tr>
<tr>
<td>1 (6 ounce) package long grain and wild rice mix</td>
<td>Uncle Ben's ® Original</td>
</tr>
<tr>
<td>3 carrots, chopped</td>
<td></td>
</tr>
<tr>
<td>1 1/2 tablespoons lemon juice</td>
<td></td>
</tr>
<tr>
<td>chopped fresh parsley</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Heat oil in a large pot over medium heat; add the chicken, whole carrots, celery, and whole onion. Cook until the chicken is browned, about 10 minutes. Season with salt and pepper. Stir in the crushed garlic cloves, and cook until soft, about 1 to 2 minutes. Pour enough water into the pot to cover the chicken and vegetables. Simmer for 2 to 3 hours. Add water as necessary.

While the soup is simmering, cook the rice according to package instructions. Refrigerate when done.

Removed cooked chicken from the pot to cool. Strain the broth, discarding cooked vegetables. Shred chicken and return to the pot along with the broth; stir in chopped carrots and lemon juice. Bring soup to a simmer, and cook until the carrots are soft, about 10 minutes. Stir in the cooked rice and chopped parsley. Heat until hot, about 5 minutes. Season with additional salt and pepper, if needed.
Swanson® Rosemary Chicken and Roasted Vegetables

**Ingredients**
1 (3 pound) whole broiler-fryer chicken
1 tablespoon butter, melted
4 medium red potatoes, quartered
2 cups fresh or frozen whole baby carrots
2 stalks celery, cut into 2-inch pieces
12 small white onions, peeled
1 1/2 teaspoons chopped fresh rosemary leaves
1 cup Swanson® Chicken Stock
1/2 cup orange juice

**Directions**
Brush the chicken with the butter. Place the chicken and vegetables into a roasting pan. Season with the rosemary. Mix the stock and orange juice in a small bowl and pour half the stock mixture over the chicken and vegetables.

Roast at 375 degrees F for 45 minutes.

Stir the vegetables. Add the remaining stock mixture to the pan. Roast for 30 minutes or until the chicken is cooked through.
### Don't Want to Cook Monday Chicken

#### Ingredients
- 4 skinless, boneless chicken breast halves
- 1 (14 ounce) bag frozen broccoli florets
- 1 (10.75 ounce) can condensed golden mushroom soup
- 1/3 cup sour cream
- 1 tablespoon prepared horseradish

#### Directions
Preheat the oven to 350 degrees F (175 degrees C). Spray a 9x13 inch baking dish with cooking spray.

Spread the broccoli evenly in the bottom of the baking dish. Place chicken breasts over the broccoli. In a medium bowl, stir together the condensed soup, sour cream and horseradish. Pour or spread evenly over the chicken and broccoli.

Bake uncovered for 1 hour in the preheated oven. Let stand for a few minutes before serving for the sauce to thicken.
Nutty Chicken Fingers

**Ingredients**

- 1/2 cup finely chopped pecans
- 1/3 cup crushed cornflakes
- 1 tablespoon dried parsley flakes
- 1/8 teaspoon garlic powder
- 1/8 teaspoon salt
- 2 tablespoons milk
- 3/4 pound boneless skinless chicken breasts, cut into 1-inch strips

**Directions**

In a shallow bowl, combine the first five ingredients. Place milk in another shallow bowl. Dip chicken in milk, then roll in pecan mixture. Place in a single layer in an ungreased 15-in. x 10-in. x 1-in. baking pan. Bake, uncovered, at 400 degrees F for 12-15 minutes or until juices run clear.
### Jenn's Chicken Parmesano Supreme

#### Ingredients
- 4 skinless, boneless chicken breast halves - lightly pounded to an even thickness
- salt and ground black pepper to taste
- 3 tablespoons all-purpose flour
- 1 egg, beaten
- 1 cup bread crumbs
- 1/4 cup vegetable oil
- 1 1/2 cups pasta sauce
- 4 tablespoons Caesar salad dressing
- 1 cup shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese

#### Directions
1. Season the chicken with salt and pepper. Dredge each piece of chicken in the flour, dip in the beaten egg, and then coat with the bread crumbs, assuring each piece is evenly coated.

2. Heat the oil in a skillet over medium-high heat. Cook the chicken in the hot oil until no longer pink inside, 3 to 5 minutes per side.

3. Preheat oven to 350 degrees F (175 degrees C).

4. Pour half of the pasta sauce into a glass baking dish. Lay the chicken into the sauce; pour the remaining pasta sauce on top of the chicken pieces. Spread one tablespoon of Caesar dressing on each piece of chicken. Sprinkle the mozzarella and Parmesan cheeses over the chicken.

5. Bake in the preheated oven until heated through and the cheese is melted, about 15 minutes.
Mediterranean-Style Chicken

Ingredients

- 2 bone-in chicken thighs, skinned
- 1 teaspoon olive oil
- 2 garlic cloves, minced
- 1 (14.5 ounce) can stewed tomatoes, cut up
- 1 bay leaf
- 3/4 teaspoon sugar
- 3/4 teaspoon dried basil
- 1/4 teaspoon salt
- Dash pepper
- Hot cooked spaghetti
- 2 tablespoons sliced stuffed olives (optional)

Directions

In a skillet, brown chicken in oil over medium-high heat for about 3 minutes on each side. Add garlic; cook and stir about 45 seconds. Stir in the tomatoes, bay leaf, sugar, basil, salt and pepper.

Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until chicken juices run clear and chicken is tender. Simmer, uncovered, until sauce reaches desired thickness. Discard bay leaf. Serve over spaghetti. Garnish with olives if desired.
### Sweet And Sour Chicken Meatballs

#### Ingredients
- 2 tablespoons olive oil
- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 large carrot, chopped
- 1 (14.5 ounce) can chicken broth
- 1 (15 ounce) can tomato sauce
- 1/4 cup packed brown sugar
- 1/4 cup distilled white vinegar
- 1 (8 ounce) can crushed pineapple with juice
- 1/4 cup ketchup
- 1 slice white bread
- 2 tablespoons milk
- 3/4 pound ground chicken
- 1/2 zucchini, shredded
- 1 egg, beaten
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- 2 cups instant rice

#### Directions
Heat oil in a large skillet. Add onion, green pepper, and carrot. Cook for 5 minutes, until onion is softened. Stir in broth, tomato sauce, brown sugar, white vinegar, pineapple with juice, and ketchup. Simmer for 10 minutes, or until vegetables are tender.

Meanwhile, soak bread in milk in a large bowl until milk is absorbed. Mix together with ground chicken, shredded zucchini, egg, salt, black pepper, and garlic powder. Shape into 12 meatballs, about 2 tablespoons each.

Drop meatballs into simmering sauce. Cook 15 minutes, or until cooked through, turn over once during cooking.

Remove skillet from heat. Stir in rice. Cover, and let stand 5 minutes. Fluff rice with fork before serving.
Peachy Chicken

Directions

Combine the flour, salt, pepper, and paprika in a shallow dish. Dredge chicken pieces. Set flour mixture aside.

In a skillet, heat oil over medium heat, and brown chicken pieces. Transfer browned chicken pieces to an oiled baking dish. Set aside.

Add the almonds to the skillet, and stir over medium heat until golden. Stir in the remaining flour mixture, and add the water, beef consomme and ketchup. Cook until thick and bubbly. Remove from heat, and stir in the sour cream. Pour sauce over chicken. Cover.

Bake at 350 degrees F (175 degrees C) for 40 minutes. Remove from oven, and top with drained peach slices. Sprinkle with Parmesan cheese. Return to oven. Bake uncovered for 20 minutes more, until cheese is brown and chicken is done.

Ingredients

6 pounds skinless, boneless chicken breast halves
3/4 cup all-purpose flour
2 teaspoons salt
1/2 teaspoon ground black pepper
1 1/2 teaspoons paprika
2 tablespoons vegetable oil
1 cup blanched slivered almonds
1 1/4 cups water
1 (10.75 ounce) can beef consomme
2 tablespoons ketchup
1 cup reduced fat sour cream
1 (15 ounce) can sliced peaches
1/2 cup grated Parmesan cheese
Chicken Wild Rice Soup I

Ingredients

1/2 cup butter
1 finely chopped onion
1/2 cup chopped celery
1/2 cup sliced carrots
1/2 pound fresh sliced mushrooms
3/4 cup all-purpose flour
6 cups chicken broth
2 cups cooked wild rice
1 pound boneless skinless chicken breasts, cooked and cubed
1/2 teaspoon salt
1/2 teaspoon curry powder
1/2 teaspoon mustard powder
1/2 teaspoon dried parsley
1/2 teaspoon ground black pepper
1 cup slivered almonds
3 tablespoons dry sherry
2 cups half-and-half

Directions

Melt butter in a large saucepan over medium heat. Stir in the onion, celery and carrots and sauté for 5 minutes. Add the mushrooms and sauté for 2 more minutes. Then add the flour and stir well. Gradually pour in the chicken broth, stirring constantly, until all has been added. Bring just to a boil, reduce heat to low and let simmer.

Next, add the rice, chicken, salt, curry powder, mustard powder, parsley, ground black pepper, almonds and sherry. Allow to heat through, then pour in the half-and-half. Let simmer for 1 to 2 hours. (Note: Do not boil or your roux will break.)
Ingredients
1 (8 ounce) package farfalle (bow tie) pasta
1 (16 ounce) package chicken tenderloins, sliced into thirds
1 (16 ounce) package frozen mixed vegetables, thawed
2 tablespoons butter
1/2 teaspoon crushed garlic
1 tablespoon dried thyme
1 1/2 cups Chablis wine
1/2 teaspoon dried red pepper flakes
1/2 tablespoon fresh lemon juice
1 cup water
2 tablespoons dry white sauce mix
1/2 cup heavy cream, divided
salt and pepper to taste

Directions
In a large pot of salted boiling water, cook pasta 8 to 10 minutes or until al dente; rinse under cold water, drain and set aside.

Saute chicken pieces in a large skillet over medium high heat until cooked through (juices run clear and meat is no longer pink inside); set aside. Add vegetables to same skillet and saute until cooked and crisp but not soggy; set aside.

To Make Giardino Sauce: Heat butter in a small saucepan over low heat. Add garlic, thyme, wine, pepper flakes and lemon juice. Saute for a few minutes over medium heat, making sure that you cook to reduce the acidity of the lemon juice (otherwise, when you add the cream, it will curdle). Stir in the water, then combine the sauce mix with a little cream and stir together until mixture is not lumpy; add mixture to skillet, then add the remaining cream and stir all together until slightly thickened. Set aside.

Combine cooked pasta, chicken and vegetables in a large skillet over medium heat and heat through. Add sauce, stir all together and cook until heated through and thickened. Serve hot.
Chicken in Every Pot Pie

Ingredients

- 4 cups cubed, cooked chicken meat
- 1 1/2 cups chicken broth
- 1 1/2 cups frozen green peas
- 4 carrots, sliced
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 cups baking mix
- 1 1/4 cups milk
- 1 teaspoon garlic powder
- 1/2 teaspoon celery seed
- 1/4 teaspoon paprika

Directions

In a saucepan combine chicken, broth, peas, carrots, soup, salt and pepper. Bring to a boil, stirring occasionally.

Meanwhile, combine biscuit mix, milk, garlic powder and celery seed (mixture will be thin).

Pour hot chicken mixture into 9x13 greased oven proof dish. Immediately spoon biscuit mixture evenly over the top of chicken mixture. Sprinkle with paprika.

Bake, uncovered at 350 degrees F (175 degrees C) for 30-35 minutes or until topping is golden brown.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 tablespoons butter or margarine, melted</td>
<td>Place 1 tablespoon of butter in an 11-in. x 7-in. x 2-in. microwave-safe dish; set aside. Combine cracker crumbs and pepper. Dip chicken in remaining butter, then spread with sour cream. Roll in the crumb mixture. Place in prepared dish. Cover loosely and microwave on high for 6-7 minutes or until chicken juices run clear. Let stand for 5-10 minutes before serving.</td>
</tr>
<tr>
<td>1 cup crushed cheese flavored snack crackers</td>
<td></td>
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<tr>
<td>1/4 teaspoon pepper</td>
<td></td>
</tr>
<tr>
<td>4 boneless, skinless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1/2 cup sour cream</td>
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</tbody>
</table>
### Ingredients

- 6 skinless, boneless chicken breast halves
- Salt and pepper to taste
- 1 teaspoon garlic powder
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (11 ounce) can condensed cream of Cheddar cheese soup
- 1 (8 ounce) container sour cream

### Directions

Rinse chicken, and pat dry. Sprinkle with salt, pepper and garlic powder. Place in slow cooker.

In a medium bowl, mix together cream of chicken soup, cream of mushroom soup and cream of Cheddar cheese soup.

Cook on Low for 6 to 8 hours. Stir in sour cream just before serving.
<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (12 ounce) can CONTADINAB® Tomato Paste</td>
</tr>
<tr>
<td>1 (14.5 ounce) can CONTADINAB® Diced Tomatoes</td>
</tr>
<tr>
<td>1 pound chicken tenders cut into 2-inch pieces</td>
</tr>
<tr>
<td>2 tablespoons olive oil</td>
</tr>
<tr>
<td>2 green bell peppers, sliced</td>
</tr>
<tr>
<td>1 red bell pepper, sliced</td>
</tr>
<tr>
<td>1 onion, sliced</td>
</tr>
<tr>
<td>8 ounces white mushrooms, sliced</td>
</tr>
<tr>
<td>1 garlic clove, minced</td>
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<tr>
<td>1 teaspoon oregano</td>
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<tr>
<td>1 pound shrimp, raw, shelled and deveined</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cook chicken in oil in large skillet, 5 minutes; remove and set aside. Add peppers, onion, mushrooms and garlic; cook 5 minutes or until tender. Add chicken.</td>
</tr>
<tr>
<td>Mix tomato paste with 1 can water; add to skillet with diced tomatoes and oregano. Season to taste with salt and pepper. Simmer 15 minutes.</td>
</tr>
<tr>
<td>Add shrimp; cook 5 minutes or until shrimp are just pink. Serve over rice, if desired.</td>
</tr>
</tbody>
</table>
Ingredients

1/2 cup olive oil
1/2 cup distilled white vinegar
1/2 cup fresh lime juice
2 (.7 ounce) packages dry Italian-style salad dressing mix
3 whole boneless, skinless chicken breast, cubed
1 onion, sliced
1 green bell pepper, sliced

Directions

In a large glass bowl combine the oil, vinegar, lime juice, and dry salad dressing mix. Mix together. Add chicken strips, onion and bell pepper. Cover dish and refrigerate. Marinate for 3 to 6 hours.

In a large skillet, heat oil. Remove chicken, onion and bell pepper from marinade and saute in oil until chicken is cooked through (juices run clear) and onion is translucent.
## Ingredients

- 1/2 cup soy sauce
- 1/2 cup sherry or white cooking wine
- 1/2 cup chicken broth
- 1/4 teaspoon ground ginger
- 1 pinch garlic powder
- 1 bunch green onions, chopped
- 1 pound skinless, boneless chicken breast halves - cut into 2 inch pieces

## Directions

In a small saucepan, combine the soy sauce, sherry, chicken broth, ginger, garlic powder and green onions. Bring to a boil, and immediately remove from heat. Set aside.

Preheat your oven’s broiler. Thread chicken pieces onto metal or bamboo skewers. Arrange on a broiler pan that has been coated with cooking spray. Spoon 1 or 2 tablespoons of the sauce over each chicken skewer.

Place the pan under the broiler, and broil for about 3 minutes, until browned. Remove from the oven, turn over, and spoon more sauce onto each one. Return to the oven until chicken is cooked through and nicely browned.
Jennie's Heavenly Slow Cooker Chicken

**Ingredients**

- 2 tablespoons butter
- 1 (.7 ounce) package dry Italian-style salad dressing mix
- 1 (10.75 ounce) can condensed golden mushroom soup
- 1 (8 ounce) container chive and onion cream cheese
- 1/2 cup dry white wine
- 4 skinless, boneless chicken breast halves

**Directions**

Melt the butter in a saucepan over medium heat, and stir in the salad dressing mix, mushroom soup, cream cheese, and wine until the sauce mixture is hot, smooth and well combined. Place the chicken breasts into the bottom of a slow cooker, and pour the sauce mixture over the chicken. Cover and cook on Low setting until chicken is tender, about 4 hours.
Curry-Style Chicken and Spinach

Ingredients

- 3 tablespoons butter
- 2 pounds skinless, boneless chicken breast halves - cut into 1 inch strips
- 1/2 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground ginger
- 1/4 teaspoon onion powder
- 1/8 teaspoon crushed red pepper flakes
- 2 teaspoons garlic, finely chopped
- 1/2 cup chicken broth
- 1 (10 ounce) package frozen chopped spinach
- 1/3 cup heavy cream
- salt to taste

Directions

- Melt the butter in a large skillet over medium-high heat. Cook and stir the chicken in the butter about 5 minutes, until browned.

- Season the chicken with the cumin, coriander, ginger, onion powder, and red pepper flakes. Mix in the garlic. Pour the chicken broth into the skillet, and bring the mixture to a boil.

- Stir in the spinach and cook about 5 minutes. Mix in the heavy cream, and cook until heated through. Continue cooking until the chicken is no longer pink and juices run clear. Salt to taste.
Katie's Chicken and Broccoli Pasta

Ingredients

1 pound penne pasta
1/4 cup olive oil
1 large skinless, boneless chicken breast half - cut into cubes
2 tablespoons lemon juice
2 tablespoons capers
1 bunch asparagus, trimmed and cut into 1 inch pieces
2 cups broccoli florets
1 (3 ounce) can sliced mushrooms, drained
1/4 cup water

Directions

Fill a large pot with lightly salted water, and bring to a rolling boil over high heat. Cook pasta in boiling water until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well.

Meanwhile, heat the olive oil in a large skillet over medium-high heat. Add the chicken breast, and cook until browned on all sides, 3 to 5 minutes. Stir in lemon juice and capers, and continue cooking until chicken is no longer pink in the center, about 5 minutes longer. Remove chicken from pan.

Using the same pan, add asparagus, broccoli, mushrooms, and water to the juices remaining in the pan. Cover, and simmer until the broccoli and asparagus are tender. Layer pasta, chicken, and vegetables in a large platter or bowl to serve.
### Ingredients

- 2 cups diced, cooked chicken meat
- 1 cup fresh broccoli, chopped
- 1/2 cup red bell pepper, chopped
- 1 clove crushed garlic
- 1 cup shredded Cheddar cheese
- 1/2 cup mayonnaise
- 2 teaspoons dried dill weed
- 1/4 teaspoon salt
- 2 tablespoons slivered almonds
- 1/4 cup diced onion
- 2 (8 ounce) packages refrigerated crescent rolls
- 1 egg white, beaten

### Directions

Preheat oven to 375 degrees F (190 degrees F).

In a large bowl, toss together chicken, broccoli, red bell pepper, garlic, Cheddar cheese, mayonnaise, dill weed, salt, almonds and onion.

Unroll crescent roll dough, and arrange flat on a medium baking sheet. Pinch together perforations to form a single sheet of dough. Using a knife or scissors, cut 1 inch wide strips in towards the center, starting on the long sides. There should be a solid strip about 3 inches wide down the center, with the cut strips forming a fringe down each side. Spread the chicken mixture along the center strip. Fold the side strips over chicken mixture, alternating strips from each side. Pinch or twist to seal.

Brush braided dough with the egg white. Bake in the preheated oven 25 to 28 minutes, or until golden brown.
### Ingredients

- 4 tablespoons olive oil
- 2 limes, juiced
- 4 skinless, boneless chicken breast halves - cut into 1 inch cubes
- 1 pound fresh mushrooms, quartered
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 1 cup chopped fresh cilantro
- 1 (16 ounce) package linguini pasta

### Directions

Cook pasta in a large pot of boiling salted water until al dente.

Heat a large, non-stick skillet over medium high heat. Add olive oil and chicken, and saute slightly. Add mushrooms and peppers; saute until peppers are soft but crisp. Stir in lime juice and cilantro.

Drain pasta, and transfer to a large serving bowl. Top with chicken mixture, and toss slightly. Garnish with lime slices.
Sweet and Sour Chicken Nuggets

**Ingredients**

- 1/2 cup fine dry bread crumbs
- 2 teaspoons lemon-pepper seasoning
- 4 skinless, boneless chicken breast halves, cubed
- 3 tablespoons cooking oil

**SAUCE:**

- 2 tablespoons sugar
- 2 tablespoons ketchup
- 2 tablespoons soy sauce
- 2 tablespoons vinegar

**Directions**

In a bowl or plastic bag, combine bread crumbs and lemon-pepper seasoning. Add chicken pieces, a few at a time, and toss to coat. Heat oil in a skillet over medium heat. Cook and stir chicken for about 5 minutes or until juices run clear. In a small saucepan, combine sauce ingredients; stir until heated through. Serve with chicken.
Grilled Chicken Salad with Seasonal Fruit

**Ingredients**

- 1 pound skinless, boneless chicken breast halves
- 1/2 cup pecans
- 1/3 cup red wine vinegar
- 1/2 cup white sugar
- 1 cup vegetable oil
- 1/2 onion, minced
- 1 teaspoon ground mustard
- 1 teaspoon salt
- 1/4 teaspoon ground white pepper
- 2 heads Bibb lettuce - rinsed, dried and torn
- 1 cup sliced fresh strawberries

**Directions**

- Preheat the grill for high heat.

- Lightly oil the grill grate. Grill chicken 8 minutes on each side, or until juices run clear. Remove from heat, cool, and slice.

- Meanwhile, place pecans in a dry skillet over medium-high heat. Cook pecans until fragrant, stirring frequently, about 8 minutes. Remove from heat, and set aside.

- In a blender, combine the red wine vinegar, sugar, vegetable oil, onion, mustard, salt, and pepper. Process until smooth.

- Arrange lettuce on serving plates. Top with grilled chicken slices, strawberries, and pecans. Drizzle with the dressing to serve.
Chicken Fajita Marinade

**Ingredients**

- 1/4 cup beer
- 1/3 cup fresh lime juice
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 tablespoon brown sugar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon chopped cilantro
- 1/2 teaspoon ground cumin
- Salt to taste

**Directions**

To prepare the marinade, stir together beer, lime juice, olive oil, garlic, brown sugar, Worcestershire sauce, cilantro, cumin, and salt; mix well.

To use marinade, pour into a resealable plastic bag, add up to 1 1/2 pounds of chicken breast, and mix until chicken is well coated. Marinate for 1 to 3 hours in the refrigerator.
## Easy Garlic Chicken

### Ingredients

- 1 1/2 pounds skinless, boneless chicken breast halves
- 1/4 cup butter
- 6 cloves crushed garlic
- 2 cups seasoned dry bread crumbs

### Directions

Preheat oven to 375 degrees F (190 degrees C).

In a small saucepan melt butter/margarine with garlic. Dip chicken pieces in butter/garlic sauce, letting extra drip off, then coat completely with bread crumbs.

Place coated chicken in a lightly greased 9x13 inch baking dish. Combine any leftover butter/garlic sauce with bread crumbs and spoon mixture over chicken pieces. Bake in the preheated oven for 45 minutes to 1 hour.
Ingredients

- 1 teaspoon Chinese cooking wine
- 1/2 teaspoon salt
- 1/2 pound boneless chicken, cut into 1/2 inch cubes
- 1/4 cup cornstarch, or as needed
- 3 cups peanut oil for frying
- 4 cloves garlic, minced
- 1 tablespoon minced fresh ginger root
- 2 green onions, julienned
- 2 long, green chilies - cut into 1/2-inch pieces
- 2 cups dried chilies, chopped
- 2 tablespoons Szechuan peppercorns
- 2 teaspoons soy sauce
- 2 teaspoons Chinese cooking wine
- 1/2 teaspoon white sugar
- 1/2 teaspoon salt

Directions

Stir together 1 teaspoon cooking wine and 1/2 teaspoon salt in a bowl; add the chicken and stir to coat. Allow to marinate 2 to 3 minutes. Place the marinated chicken in a large, sealable plastic bag with the cornstarch and shake to coat.

Heat the peanut oil in a wok or large skillet over high heat. Fry the chicken in the oil until it begins to crisp around the edges, 7 to 10 minutes. Remove the chicken to a paper towel-lined plate to drain. Reserve 2 tablespoons of the oil, discarding the rest.

Reheat the reserved oil in the wok over medium-high heat; cook and stir the garlic, ginger, and green onions in the oil until fragrant, about 1 minute. Add the green chilies, crushed dried chilies, and Szechuan peppercorns; continue frying about 20 seconds more. Return the chicken to the wok; stir in the soy sauce, 2 teaspoons cooking wine, sugar, and 1/2 teaspoon salt until thoroughly combined. Remove from heat and serve immediately.
Ingredients

- 1 clove garlic, minced
- 1/2 cup mayonnaise
- 2 tablespoons unsalted butter
- 2 large skinless, boneless chicken breast halves - cut into bite-size pieces
- 1 1/2 teaspoons garam masala
- 4 pita bread rounds
- 4 dill pickle spears

Directions

Stir together the garlic and mayonnaise in a small bowl; set aside. Heat the butter in a skillet over medium-high heat. Cook and stir the chicken in the hot butter until white on the outside. Sprinkle with garam masala, and continue cooking until lightly browned on the outside and no longer pink in the center, about 4 minutes.

Spread the pita rounds with the garlic mayonnaise. Divide the chicken among the pitas, and place a pickle spear into each. Fold and serve.
# Cranberry Chicken I

## Ingredients

- 6 skinless, boneless chicken breasts
- 1 1/2 (1 ounce) packages dry onion soup mix
- 1 (16 ounce) can jellied cranberry sauce
- 1 cup French dressing

## Directions

1. Place the chicken breasts in a glass or non-reactive baking dish.
2. Stir the onion soup mix, cranberry sauce, and French dressing together in a bowl until well blended. Pour over the chicken breasts. Cover the baking dish with plastic wrap, and refrigerate at least 8 hours.
3. Preheat oven to 350 degrees F (175 degrees C).
4. Remove plastic wrap from the baking dish, and cover loosely with aluminum foil.
5. Bake chicken in preheated oven until top is bubbly and slightly browned, about 1 hour and 15 minutes.
**Ingredients**

- 1 (8 ounce) package seasoned chicken-style vegetarian strips (such as Morningstar Farms® Chik’n Strips), diced
- 2 (8 ounce) packages reduced fat cream cheese, softened
- 1 (16 ounce) bottle reduced-fat ranch salad dressing
- 1 (12 fluid ounce) bottle hot buffalo wing sauce (such as Frank's® REDHOT Buffalo Wing Sauce)
- 1 cup Colby-Monterey Jack cheese blend

**Directions**

Place the diced vegetarian chicken strips, cream cheese, ranch dressing, and buffalo wing sauce into a slow cooker. Cook on Low, stirring occasionally, until the cheese has melted and the dip is hot, 1 to 2 hours. Stir in the shredded cheese and serve.
Ingredients

1/4 cup butter
1/4 cup flour
3 chicken bouillon cubes, crumbled
2 cups milk
3 cups cooked, cubed chicken
1/2 pound fresh mushrooms, sliced
3 cups cooked Texmati® White or Brown Rice
1 cup Cheddar cheese, grated

Directions

Melt butter in medium saucepan. Blend in flour and chicken bouillon cubes. Gradually stir in milk. Cook over medium heat, stirring constantly, until mixture comes to a boil. Remove from heat. Stir in chicken and mushrooms. Spread cooked Texmati Rice in buttered 9 x 13 inch baking dish; spoon chicken mixture over rice. Sprinkle with cheese. Bake, covered at 350 degrees F. for 30 minutes or until casserole is hot and bubbly.
### Ingredients

- 2 tablespoons vegetable oil, divided
- 1 onion, sliced into rings
- 1 tablespoon honey
- 2 skinless, boneless chicken breast halves - cut into strips
- 1/2 cup barbecue sauce
- 1/2 cup shredded sharp Cheddar cheese
- 1/2 cup shredded Monterey Jack cheese
- 8 (10 inch) flour tortillas

### Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large, deep skillet, heat 1 tablespoon oil over medium high heat. Slowly cook and stir onion until translucent. Mix in honey. Stir until onion is golden brown, about 5 minutes. Remove from skillet and set aside.

Place remaining oil and chicken in the skillet over medium high heat. Cook until chicken is no longer pink. Stir in barbecue sauce and evenly coat chicken.

Layer 4 tortillas individually with chicken, onions, Cheddar cheese and Monterey Jack cheese. Top with remaining tortillas.

One or two at a time, place layered tortillas on a large baking sheet. Bake uncovered in the preheated oven 20 minutes, or until cheese is melted. Do not let tortillas become too crisp. Remove from heat. Cut into quarters to serve.
Ingredients

- 2 pounds skinless, boneless chicken breast halves - cut into chunks
- 1 pound smoked beef sausage, cut into chunks
- 1 pound pork sausage
- 2 large onions, quartered
- 4 cups instant white rice
- salt and pepper to taste

Directions

Place the chicken, smoked sausage, pork sausage and onions into a large pot. Fill with enough water to cover them all by 3 inches. Season with a little salt and pepper. Bring to a boil, cover and cook for 1 hour. Stir in the rice, and turn off heat. Let stand covered for 5 minutes to cook the rice.
Apple Stuffed Chicken Breast

Ingredients

- 2 skinless, boneless chicken breasts
- 1/2 cup chopped apple
- 2 tablespoons shredded Cheddar cheese
- 1 tablespoon Italian-style dried bread crumbs
- 1 tablespoon butter
- 1/4 cup dry white wine
- 1/4 cup water
- 1 tablespoon water
- 1 1/2 teaspoons cornstarch
- 1 tablespoon chopped fresh parsley, for garnish

Directions

Combine apple, cheese, and bread crumbs. Set aside.

Flatten chicken breasts between sheets of waxed paper to 1/4 inch thickness. Divide apple mixture between chicken breasts, and roll up each breast. Secure with toothpicks.

Melt butter or margarine in a 7 inch skillet over medium heat. Brown stuffed chicken breasts. Add wine and 1/4 cup water. Cover. Simmer for 15 to 20 minutes, or until chicken is no longer pink.

Transfer chicken to a serving platter. Combine 1 tablespoon water and cornstarch; stir into juices in pan. Cook and stir until thickened. Pour gravy over chicken, and garnish with parsley. Serve.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 (16 ounce) package penne pasta</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups cubed cooked chicken</td>
<td></td>
</tr>
<tr>
<td>2 stalks celery, chopped</td>
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<tr>
<td>1 cup dried cranberries</td>
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<tr>
<td>4 green onions, chopped</td>
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<tr>
<td>1 1/2 cups creamy poppy seed salad dressing</td>
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<tr>
<td>2 teaspoons lemon juice</td>
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</tbody>
</table>

### Directions

Bring a large pot of lightly salted water to a boil over high heat. Add the penne pasta, and cook until al dente, 8 to 10 minutes. Drain, and rinse under cold water until the pasta is cold; drain well.

Place the drained penne pasta into a large mixing bowl, and stir in the chicken, celery, cranberries, and green onions. Pour in the salad dressing and lemon juice; stir until evenly mixed.
## Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
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<tbody>
<tr>
<td>1</td>
<td>tablespoon olive oil</td>
</tr>
<tr>
<td>2</td>
<td>pounds boneless, skinless chicken thighs or breasts</td>
</tr>
<tr>
<td>1</td>
<td>medium onion, sliced</td>
</tr>
<tr>
<td>1</td>
<td>(4.5 ounce) jar sliced mushrooms, drained</td>
</tr>
<tr>
<td>1</td>
<td>(26 ounce) jar Ragu® Chunky Pasta Sauce</td>
</tr>
</tbody>
</table>

## Directions

Heat olive oil in 12-inch skillet over medium-high heat and cook chicken, onion and mushrooms 10 minutes or until onion is tender and chicken is lightly browned.

Stir in Pasta Sauce. Bring to a boil over high heat. Reduce heat to low and simmer covered 15 minutes or until chicken is thoroughly cooked. Serve, if desired, with hot cooked pasta.
**Ingredients**

- 1 (16 ounce) package foglie d’autumn (autumn leaves) pasta
- 1 tablespoon olive oil
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1 whole boneless, skinless chicken breast, cubed
- 2 portobello mushrooms, cut into 1/2 inch pieces
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 1/2 teaspoon rubbed sage
- 1/2 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 1/4 cup Chardonnay wine
- 1/2 cup Burgundy wine
- 1 (32 ounce) jar spaghetti sauce

**Directions**

In a large pot bring 6 quarts of unsalted water to boil. Cook pasta until al dente. Drain well. Place pasta back in the pot, add one Tablespoon of olive oil and mix to prevent the leaves from sticking together. Cover and keep warm while the sauce finishes simmering.

Warm oven-safe dinner plates in a 150 degree F(65 degree C) oven.

Meanwhile, in a 12 inch saute pan, heat 2 tablespoons of extra virgin olive oil over medium high heat. Add the minced garlic and saute until the aromatic oils are released - about 1 minute. Add the chopped onion and bell pepper and saute 3 minutes. Add the cubed chicken breast, dried thyme, dried basil, rubbed sage, salt, and black pepper. Cook until the chicken is no longer pink. Add the Chardonnay and Burgundy wines, and pasta sauce and heat until bubbling. Add the Portobella mushroom pieces and cook until the mixture has reduced and is thick and hot.

To serve, place two large serving spoonfuls of Autumn Leaves on each warmed plate and top with a large ladle of the chicken and Portobella sauce.
# Quick Polynesian Chicken

## Ingredients
- 6 chicken thighs
- 1 (15.25 ounce) can fruit cocktail

## Directions
- Preheat oven to 350 degrees F (175 degrees C).
- Rinse and pat dry the chicken pieces. If you wish, remove the skins (not mandatory). Place chicken in a 9x13 inch baking dish.
- Pour the fruit cocktail and juices evenly over the chicken and bake in the preheated oven for 1 hour (no turning or basting needed). Let cool and serve.
Balsamic Chicken

Ingredients

- 1/3 cup balsamic vinegar
- 1/2 cup chicken broth
- 2 tablespoons white sugar
- 1 clove garlic, minced
- 1 teaspoon dried Italian herb seasoning
- 4 skinless, boneless chicken breast halves
- 1 tablespoon olive oil

Directions

Whisk together the balsamic vinegar, chicken broth, sugar, garlic, and Italian seasoning in a bowl, place the chicken breasts in the marinade, and marinate for 10 minutes on each side.

Heat the olive oil in a large skillet over medium-high heat. Remove the chicken from the marinade and reserve the marinade. Place the chicken in the heated pan and cook until they start to brown and are no longer pink inside, about 7 minutes per side. Pour the marinade into the skillet, and cook until it thickens slightly, turning the chicken breasts over once or twice, about 5 minutes.
Spicy Cuban Mojo Chicken with Mango-Avocado

**Ingredients**

- 1 teaspoon cumin seed
- 3 cloves garlic, chopped
- 1 fresh red chile pepper, chopped
- 1/4 teaspoon salt
- 2 tablespoons olive oil
- 5 teaspoons orange juice
- 5 teaspoons lemon juice
- 2 (8 ounce) boneless, skinless chicken breast halves
- 2 tablespoons olive oil
- 1/2 cup orange juice
- 1 teaspoon lime zest
- 1 teaspoon honey
- 1 teaspoon sweet soy sauce
- 1/4 cup cold, unsalted butter, cut into pieces
- 1/2 cup diced mango
- 1/2 avocado
- chopped fresh cilantro to taste
- chopped fresh parsley to taste

**Directions**

Toast the cumin seeds in a dry skillet over medium-high heat until fragrant, about 2 minutes. Place the cumin seeds, garlic, chile pepper, salt, olive oil, orange juice, and lemon juice into the bowl of a blender; grind to a coarse paste. Toss the chicken with the marinade, then place into the refrigerator, and allow to marinate for about 2 1/2 hours.

Preheat oven to 350 degrees F (175 degrees C).

Heat a skillet over medium-high heat. Cook the chicken for 2 to 3 minutes on each side until browned. Place into the oven, and cook until the juices run clear, about 8 minutes. When the chicken is done, remove, cover with foil, and allow to rest for 3 to 5 minutes.

While the chicken is in the oven, whisk together the olive oil, orange juice, lime zest, honey, and soy sauce in a skillet over medium-high heat. Simmer until the orange juice has reduced to 1/3 of original volume and is beginning to get thick and syrupy. Once thick, remove from heat, and whisk in the butter pieces one at a time until melted; set aside.

To serve, place chicken on the plate and sprinkle with mango and avocado. Drizzle with the sauce, and garnish with cilantro and parsley.
Buttermilk Fried Chicken with Gravy

Ingredients

1 (3 1/2) pound broiler-fryer chicken, cut up
1 cup buttermilk
1 cup all-purpose flour
1 1/2 teaspoons salt
1/2 teaspoon pepper
oil for frying
GRAVY:
3 tablespoons all-purpose flour
1 cup milk
1 1/2 cups water
salt and pepper to taste

Directions

Place chicken in a large shallow dish. Pour buttermilk over; cover and refrigerate for 1 hour.

Combine the flour, salt and pepper in a large resealable plastic bag. Drain chicken pieces; add to flour mixture, one at a time, and shake to coat. Shake off excess; let stand on waxed paper for 15 minutes before frying.

Heat 1/8 to 1/4 in. of oil in a large skillet; fry chicken until browned on all sides. Cover and simmer, turning occasionally, for 40-45 minutes, or until juices run clear and chicken is tender. Uncover and cook 5 minutes longer. Remove chicken; drain on paper towels and keep warm.

Drain all but 1/4 cup drippings from skillet; stir in flour until blended. Gradually add milk, then 1-1/2 cups water. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Add remaining water if needed. Season with salt and pepper. Serve with chicken.
## Artichoke Chicken

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
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<tbody>
<tr>
<td>1 (15 ounce) can artichoke hearts, drained and chopped</td>
<td>Preheat oven to 375 degrees F (190 degrees C).</td>
</tr>
<tr>
<td>3/4 cup grated Parmesan cheese</td>
<td>In a medium bowl, mix together the artichoke hearts, Parmesan cheese, mayonnaise, and garlic pepper. Place chicken in a greased baking dish, and cover evenly with artichoke mixture.</td>
</tr>
<tr>
<td>3/4 cup mayonnaise</td>
<td>Bake, uncovered, for 30 minutes in the preheated oven, or until chicken is no longer pink in the center and juices run clear.</td>
</tr>
<tr>
<td>1 pinch garlic pepper</td>
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<tr>
<td>4 skinless, boneless chicken</td>
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<tr>
<td>breast halves</td>
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</tbody>
</table>
Country Chicken Soup

Ingredients

3 (14 ounce) cans Swanson® Chicken Broth
1/8 teaspoon poultry seasoning
1/8 teaspoon dried thyme leaves, crushed
1 medium carrot, sliced
1 stalk celery, sliced
1 small onion, finely chopped
1/2 cup uncooked regular long-grain white rice
2 (5 ounce) cans Swanson® Premium Chunk Chicken Breast in Water, drained

Directions

Mix broth, poultry seasoning, thyme, carrot, celery and onion in saucepan. Heat to a boil. Stir in rice. Cover.

Cook over low heat 20 minutes or until rice is done.

Add chicken and heat through.
Ingredients

1/2 cup all-purpose flour
1/2 teaspoon seasoned salt
4 skinless, boneless chicken breast halves
1/4 cup butter
1/2 cup chopped green onions
3 cups sliced fresh mushrooms
3 Granny Smith apples, peeled and sliced
1 cup apple brandy
1 teaspoon dried thyme leaves
1 teaspoon salt
1/2 teaspoon pepper
1 cup heavy cream

Directions

Combine flour and seasoned salt in a wide, shallow dish. Coat the chicken breasts in the seasoned flour. Heat the butter in a large skillet over medium-high heat. Brown chicken in the butter, about 3 minutes on each side. Transfer chicken to a plate and tent with foil.

Combine the onions, mushrooms, and apples in the skillet. Cook and stir until the apples are just tender, about 5 minutes. Stir in the brandy, thyme, salt, and pepper; bring to a simmer. Return chicken to the pan; cook, uncovered, about 10 minutes. Stir in cream, and simmer until thickened, about 5 minutes.
Farmhouse Chicken Dinner

Ingredients

- 1/4 cup flour
- 1/2 teaspoon pepper
- 4 small bone-in chicken breast halves, skin removed
- 1/4 cup KRAFT Light Zesty Italian Dressing
- 2 cups baby carrots
- 1 onion, cut into wedges
- 1 (14.5 ounce) can fat-free reduced-sodium chicken broth, divided
- 2 cups instant brown rice, uncooked
- 1/2 (8 ounce) container PHILADELPHIA Neufchatel Cheese, cubed
- 2 tablespoons chopped fresh parsley

Directions

Mix flour and pepper in shallow dish. Add chicken; turn to coat both sides of each piece. Gently shake off excess flour. Heat dressing in large nonstick skillet on medium heat. Add chicken, meat-sides down; cook 5 to 6 min. or until golden brown. Turn chicken. Add carrots, onions and 1 cup broth; cover. Simmer on medium-low 20 min. or until chicken is done (165 degrees F).

Meanwhile, cook rice as directed on package; spoon onto serving platter. Use slotted spoon to remove chicken and vegetables from skillet; place over rice. Cover to keep warm.

Add Neufchatel and remaining broth to skillet; cook on high heat until Neufchatel is melted and sauce is well blended, stirring constantly. Simmer on medium-low heat 3 to 5 min. or until slightly thickened, stirring occasionally. Spoon over chicken and vegetables; top with parsley.
**Chicken Jerusalem I**

**Ingredients**
- 6 skinless, boneless chicken breast halves
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (8 ounce) package cream cheese
- 1 (1 ounce) package dry Ranch-style dressing mix
- 1 1/4 cups white wine

**Directions**
- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken breasts in a 9x13 inch baking dish. In a blender, combine the soup, cream cheese, dressing mix and wine. Blend until smooth, then pour over chicken.
- Bake at 350 degrees F (175 degrees C) for 1 hour, or until chicken is cooked through and no longer pink inside.
## Apricot Chicken III

### Ingredients

- 8 chicken thighs
- 1 packet dry onion soup mix
- 1 (14 ounce) can apricot nectar
- 1 (14 ounce) can apricot halves, drained

### Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place chicken in a 9x13 inch baking dish.
3. In a small bowl mix together soup mix and apricot nectar. Pour over chicken.
4. Bake in preheated oven for 55 minutes.
5. Sprinkle apricot halves over chicken and cook another 5 minutes.
**Shir-Will Chicken Delight**

**Ingredients**
- 1 (3 pound) whole chicken
- 1/4 cup water
- 1/4 cup butter
- 2 onions, thinly sliced
- 2 green bell pepper, thinly sliced
- 2 large red bell peppers, seeded and diced
- 1 (14.5 ounce) can whole peeled tomatoes
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 8 slices Swiss cheese

**Directions**

In a large microwave proof dish with a cover, place chicken and add water. Microwave on HIGH (full power) for 10 minutes. Turn chicken over and continue to microwave on HIGH for an additional 10 minutes. Let chicken cool slightly. Remove skin and discard. Remove all meat from bones. Chop chicken meat into bite size pieces and set aside.

In a heavy cooking pot heat butter/margarine. Saute onions until translucent. Add green and red bell peppers and saute for 3 minutes. Mash tomatoes and add to cooking pot with can liquids, salt and pepper. Cover and let simmer over low heat for 10 minutes. Add chopped chicken and let simmer for another 10 minutes.

To Prepare Mixture For Serving: Fill 8 microwave proof soup bowls to within 1/2 inch of top with cooked chicken mixture. Place 1 slice Swiss cheese on top of each bowl. Cook each bowl uncovered on HIGH (full power) for 3 minutes or until cheese melts. Serve immediately.
**Ingredients**

- 1/2 cup butter, divided
- 1/2 cup chopped onion
- 8 large mushrooms, chopped
- 1 clove garlic, minced
- 2 tablespoons all-purpose flour
- 1/2 cup chicken stock
- 1 teaspoon celery salt
- 1/2 teaspoon white pepper
- 1 1/2 cups shredded Monterey Jack cheese
- 1 cup all-purpose flour
- salt and pepper to taste
- 8 skinless, boneless chicken breast halves - pounded thin

**Directions**

Preheat oven to 300 degrees F (150 degrees C). Lightly grease a medium baking dish.

Melt 1/4 cup butter in a medium skillet over medium heat. Stir in onion, mushrooms and garlic. Cook until tender, about 10 minutes. Stir in 2 tablespoons flour, chicken stock, celery salt, white pepper and white wine. Reduce heat to low, and cook, stirring frequently, until thickened and well blended, about 10 minutes. Mix 1/2 cup Monterey Jack cheese into the thickened sauce mixture, and stir until melted.

In a shallow medium bowl, mix 1 cup flour with salt and pepper. Dredge chicken breast halves in the flour mixture to coat. Melt remaining 1/4 cup butter in a large skillet over medium high heat. Cook chicken until lightly browned on all sides. Arrange breast halves in the prepared baking dish, and cover with the sauce.

Top chicken breast halves with remaining Monterey Jack cheese. Bake in the preheated oven 25 minutes, or until chicken is no longer pink and juices run clear.
Stuffed Chicken Breasts with Artichoke Hearts,

**Ingredients**

- 1 pound skinless, boneless chicken breast halves
- 1 (8 ounce) bottle Italian-style salad dressing
- 1/2 (14 ounce) can artichoke hearts, drained and chopped
- 1/2 (6 ounce) can sliced olives, drained
- 1/4 (4 ounce) jar capers, drained
- 1 (4 ounce) container crumbled feta cheese

**Directions**

Place the chicken breast halves into a plastic zipper bag. Shake the bottle of Italian dressing and pour into the bag. Seal the bag and shake to thoroughly coat the chicken with the dressing; refrigerate at least 8 hours or overnight.

Preheat oven to 350 degrees F (175 degrees C). Grease a baking dish with olive oil.

Remove the chicken breast halves and shake off excess marinade. Discard the leftover marinade. Place the chicken between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to a thickness of 1/2 inch.

Mix together the artichoke hearts, olives, capers, and feta cheese in a bowl; spoon about 2 tablespoons of the feta mixture into the middle of each flattened chicken breast. Roll each chicken breast around the filling and secure with toothpicks. Place the rolled chicken breasts into the prepared baking dish.

Bake in the preheated oven until the chicken has browned and the juices run clear, about 30 minutes.
# Jean's Homemade Chicken Noodle Soup

## Ingredients

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<tbody>
<tr>
<td>2 (14 ounce) cans chicken broth</td>
</tr>
<tr>
<td>2 cups water</td>
</tr>
<tr>
<td>3 carrots, chopped</td>
</tr>
<tr>
<td>3 stalks celery, chopped</td>
</tr>
<tr>
<td>1 pinch ground black pepper</td>
</tr>
<tr>
<td>3 slices fresh ginger root</td>
</tr>
<tr>
<td>1 tablespoon vegetable oil</td>
</tr>
<tr>
<td>1/2 cup chopped cooked chicken breast meat</td>
</tr>
<tr>
<td>1/2 cup egg noodles</td>
</tr>
</tbody>
</table>

## Directions

In a large pot over medium heat combine the broth, water, carrots, celery and ground black pepper and allow to cook. In a medium skillet over medium high heat, combine the ginger, oil and chicken. Saute for about 5 minutes and remove the sliced ginger.

Add the chicken to the broth mixture, bring to a boil and then add the egg noodles. Continue to cook over medium heat for about 15 minutes until noodles and vegetables are tender.
Chicken Lasagna IV

**Ingredients**

- 9 uncooked lasagna noodles
- 1 (10.5 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 cup chopped onion
- 1/2 cup grated Parmesan cheese
- 1/2 cup sour cream
- 1/4 cup mayonnaise
- 1/2 teaspoon garlic salt
- 4 cups chopped cooked chicken breast
- 4 cups shredded Cheddar cheese

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of lightly salted water to a boil. Add noodles and cook for 8 to 10 minutes or until al dente; drain.

In a medium bowl, combine chicken soup, mushroom soup, onion, Parmesan cheese, sour cream, mayonnaise and garlic salt.

In a 9x13 inch baking dish, layer 1/3 of the noodles, soup mixture, chicken and cheese; repeat 3 times, ending with cheese.

Bake in preheated oven for 1 hour.
Ham and Chicken Casserole

### Ingredients

- 1/2 cup uncooked egg noodles
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 cup milk
- 1/2 cup cooked, cubed chicken breast meat
- 1/2 cup cooked, diced ham
- 1/4 cup chopped celery
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 ounces shredded Cheddar cheese
- 1 teaspoon paprika

### Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a medium baking dish.

Bring a saucepan of lightly salted water to a boil. Cook egg noodles in boiling water for 6 to 8 minutes, or until al dente. Drain.

Melt butter in a saucepan over medium-low heat. Mix in flour, heating until bubbly. Slowly whisk in milk. Cook for 5 minutes, stirring constantly, or until thick and smooth. Remove the saucepan from heat. Mix in the noodles, chicken, ham, celery, salt, and pepper. Spoon the mixture into the prepared baking dish.

Bake for 15 minutes in the preheated oven. Sprinkle with cheese and paprika, and continue baking for another 5 minutes. Serve hot!
Party Chicken Wings

Ingredients

- 12 whole chicken wings*
- 3/4 cup soy sauce
- 1/4 cup water
- 1/2 cup packed brown sugar
- 1 tablespoon Dijon mustard
- 1 teaspoon garlic powder

Directions

Cut chicken wings into three sections; discard wing tips. In a bowl, combine the remaining ingredients. Set aside 1/4 cup for basting; cover and refrigerate. Place the wings in a large resealable plastic bag or shallow glass bowl. Pour the remaining marinade over wings; turn to coat. Seal or cover and refrigerate overnight. Drain and discard marinade. Place the wings in a shallow baking pan. Bake, uncovered, at 375 degrees F for 1 hour, brushing several times with reserved soy sauce mixture during the last 30 minutes of baking. Refrigerate any leftovers.
Chicken Julienne

**Ingredients**

- 1/2 cup butter, melted
- 1/2 cup all-purpose flour
- 1 pound skinless, boneless chicken breasts, cut into strips
- 2 tablespoons fresh lemon juice
- salt and pepper to taste
- 1 cup heavy cream
- 1/2 cup grated Parmesan cheese
- 1 dash paprika, for garnish

**Directions**

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a baking dish.

Place the butter and flour in separate shallow dishes. Dredge the chicken strips first in the flour, coating evenly, and then in the butter. Place chicken in prepared baking dish. Sprinkle with lemon juice. Add salt, and pepper, to taste. Pour the heavy cream over the chicken. Sprinkle evenly with Parmesan cheese, and paprika.

Bake in preheated oven until cheese melts and cream bubbles, about 20 minutes.
**Ingredients**

**SAUCE**
- 4 tablespoons butter
- 1/4 teaspoon salt
- 1 dash ground black pepper
- 4 tablespoons all-purpose flour
- 1 cup milk
- 3/4 cup grated Romano cheese

**GARLIC BUTTER**
- 2 tablespoons butter
- 1 clove garlic, minced
- 1 pinch dried rosemary
- 1 pinch salt

**DOUGH**
- 1 cup warm water
- 1 (.25 ounce) package instant yeast
- 2 tablespoons vegetable oil
- 1 tablespoon white sugar
- 1/2 teaspoon salt
- 1/4 teaspoon dried rosemary
- 1/4 teaspoon garlic powder
- 3 cups all-purpose flour
- 2 boneless chicken breast halves, roasted
- 1/4 teaspoon dried rosemary
- 1/4 teaspoon dried thyme
- 1/4 teaspoon poultry seasoning
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt

**Directions**

To Make Sauce: Melt butter in a small saucepan over medium heat. Blend in salt, pepper and flour, then stir in the milk and Romano cheese. Simmer, stirring constantly, until thickened. Remove from heat, cover and set aside.

To Make the Garlic Butter: Melt the butter in a small saucepan over medium heat. Blend in the garlic, rosemary, and salt. Cook, stirring constantly, until garlic is tender but not browned. Remove from heat, cover and set aside.

To Make the Dough: Pour the warm water into a small bowl and stir in the yeast until dissolved. Allow to rest until yeast foams, about 5 minutes. Mix the vegetable oil, sugar, salt, rosemary, and garlic powder together in a mixing bowl. Stir in the yeast mixture, and gradually stir in the flour. Gather into a loose ball and knead until a smooth ball forms. Cover, and let rest 1/2 hour.

Preheat oven to 400 degrees F (200 degrees C). Season the roasted chicken with rosemary, thyme, poultry seasoning, garlic powder and salt. Chop or shred and reserve.

To Assemble the Pizza: Spread dough out on prepared pizza stone. Top with cooled garlic butter, covering entire crust. Next spread with Alfredo Sauce (if necessary, warm to spreading consistency), leaving crust edges. Top with chicken, turning to coat with sauce.

Bake in preheated oven for 20 minutes, or until bottom crust is lightly browned. Remove from oven and let set for 2 to 3 minutes before cutting.
### Ingredients

- 4 tablespoons water
- 3 tablespoons ketchup
- 3 tablespoons brown sugar
- 2 tablespoons vinegar
- 1 tablespoon lemon juice
- 2 tablespoons Worcestershire sauce
- 1 teaspoon salt
- 1 teaspoon dry mustard
- 1 teaspoon chili powder
- 12 chicken thighs, skin removed

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### Directions

Preheat the oven to 500 degrees F (260 degrees C). In a small saucepan over medium heat, stir together the water, ketchup, brown sugar, vinegar, lemon juice, and Worcestershire sauce. Season with salt, mustard powder, and chili powder. Simmer the sauce for 15 minutes.

Place the chicken thighs into an oblong baking dish, and pour the sauce over them. Cover tightly.

Bake for 15 minutes in the preheated oven, then reduce the temperature to 300 degrees F (150 degrees C), and bake for one hour. Remove cover, stir and bake uncovered for 15 minutes.
Southwestern Chicken Lasagna

**Ingredients**

- 3 cups chopped, cooked chicken breast meat
- 2 tablespoons butter
- 2 large onions
- 1 teaspoon fresh chopped jalapeno peppers
- 2 tablespoons minced garlic
- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- 2 cups spaghetti sauce
- 2 cups tomato sauce
- 1/2 cup fresh salsa
- 16 ounces shredded mozzarella cheese
- 16 ounces shredded Cheddar cheese
- 15 (6 inch) corn tortillas

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet, brown shredded chicken in butter or margarine. Add onions, jalapeno peppers, garlic, basil and oregano. Then add the spaghetti sauce, tomato sauce and salsa/picante sauce. Stir all together. Cover skillet and simmer for 10 minutes over low heat.

In a lightly greased 9x13 inch baking dish, place a layer of tortillas, then a layer of the chicken/sauce mixture, then a layer of mozzarella cheese. Repeat layers twice, then top casserole with Cheddar cheese and bake in the preheated oven for about 1 hour, until cheese is bubbly.
Fabulous Five Spice Chicken

**Ingredients**

- 3 tablespoons soy sauce
- 3 tablespoons vegetable oil
- 2 tablespoons sherry
- 2 shallots
- 6 cloves garlic
- 2 tablespoons fresh ginger
- 2 tablespoons Chinese five-spice powder
- 1 serrano pepper
- 2 tablespoons brown sugar
- 1/2 teaspoon ground anise seed
- 1/2 teaspoon salt
- 2 pounds bone-in chicken parts

**Directions**

In a blender or food processor, blend the soy sauce, oil, sherry, shallots, garlic, ginger, Chinese five-spice powder, serrano pepper, brown sugar, anise, and salt until smooth. Place the chicken in a large bowl. Pour the blended mixture over the chicken, cover, and marinate at least 1 hour in the refrigerator.

Preheat grill for high heat.

Lightly oil the grill grate. Discard marinade. Place chicken on the grill, and cook 10 minutes on each side, or until juices run clear.
Olive and Chicken Curry Crepes

**Ingredients**

**CREPES**
- 1 1/2 cups all-purpose flour
- 2 1/2 cups milk
- 3 eggs, beaten
- 2 tablespoons vegetable oil
- 1/2 teaspoon salt

**FILLING**
- 1/4 cup butter
- 1 1/4 cups diced celery
- 1 cup diced onion
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 3/4 teaspoon curry powder
- 1 cup milk
- 2 cubes chicken bouillon
- 1/2 cup warm water
- 3/4 cup sliced black olives
- 2 1/2 cups cooked, diced chicken breast meat
- 1/4 cup freshly grated Parmesan cheese

**Directions**

To Make Crepes: In a medium bowl combine the flour, milk, eggs, oil and salt and beat together for 1 minute, until you have a smooth, thin batter.

Heat a lightly greased medium skillet over medium heat, pouring in a thin layer of crepe batter that covers bottom of pan. Brown on one side only, repeating until all of the batter is used. Set crepes aside.

To Make Filling: Melt butter in a large skillet over medium heat and saute celery and onion until just barely tender. Stir in flour, salt and curry, blending well. Dissolve bouillon in water, then pour milk and bouillon mixture into skillet, stirring until well mixed and thickened. Add olives and chicken and mix all together.

Preheat oven to 400 degrees F (200 degrees C).

Spoon some of the filling mixture onto the center of each crepe, leaving enough room to fold edges burrito-style. Fold up crepes and place in a lightly greased 9x13 inch baking dish. Sprinkle with cheese.

Bake in preheated oven for about 12 minutes, or until cheese is melted.
## Ingredients

- 2 tablespoons olive oil, divided
- 1 (2 to 3 pound) whole chicken, cut into pieces
- 1 onion, thinly sliced
- 1 green bell pepper, thinly sliced
- 1 cup uncooked white rice
- 1 (14.5 ounce) can whole peeled tomatoes, with liquid
- 1 3/4 cups chicken broth
- 1 bay leaf
- 2 teaspoons paprika
- 1/4 teaspoon ground black pepper

## Directions

Heat 1 tablespoon oil in a large skillet over medium high heat until hot, not smoking. Add chicken pieces and saute until browned, about 5 minutes each side. Remove chicken from skillet and set aside.

Heat remaining 1 tablespoon oil in skillet, then add onion and bell pepper and saute, stirring frequently, until onion is translucent (about 5 minutes).

Add rice and saute about 2 minutes, stirring, to coat the rice with the oil. Then add the reserved chicken, tomatoes with liquid, chicken broth, bay leaf, paprika and ground black pepper. Bring to a boil.

Reduce heat to medium low and simmer for 20 minutes, stirring occasionally. Remove bay leaf and serve.
Makhani Murgh (Butter Chicken)

**Ingredients**

- 2 tablespoons vegetable oil
- 2 skinless, boneless chicken breast halves, cubed
- 8 green cardamom pods
- 10 cloves, lightly pounded
- 10 whole black peppercorns
- 1 (1/2 inch) piece cinnamon stick
- 3 serrano peppers
- 2 teaspoons ginger paste
- 2 teaspoons garlic paste
- 1 (15 ounce) can crushed tomatoes
- 1 1/4 cups water
- 1 1/2 teaspoons paprika
- 1 1/2 teaspoons dried fenugreek leaves
- 1/2 teaspoon salt
- 1 tablespoon butter, softened
- 1/2 cup cream

**Directions**

Heat the oil in a skillet over medium heat; cook and stir the chicken in the hot oil until completely browned, about 5 minutes. Set aside.

Wrap cardamom pods, cloves, peppercorns, and cinnamon stick in cheesecloth and secure with elastic or twist-tie.

Blend the serrano peppers, ginger paste, and garlic paste together in a blender until smooth; add the crushed tomatoes and blend again until integrated. Transfer the mixture to a saucepan; add the water, paprika, and the spice bundle to the saucepan. Bring the mixture to a boil; reduce heat to medium-low and simmer until the volume of the liquid reduces to about half. Add the browned chicken to the liquid and stir. Cover the saucepan and simmer until the chicken is no longer pink in the center, about 15 minutes. Stir the salt and fenugreek seeds into the mixture and continue simmering another 5 minutes. Remove the bundle of spices and discard. Stir the butter and cream into the mixture; simmer until the butter is melted completely, 3 to 4 minutes. Serve hot.
Chicken Cordon Bleu I

Ingredients

- 4 skinless, boneless chicken breast halves
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 6 slices Swiss cheese
- 4 slices cooked ham
- 1/2 cup seasoned bread crumbs

Directions

Preheat oven to 350 degrees F (175 degrees C). Coat a 7x11 inch baking dish with nonstick cooking spray.

Pound chicken breasts to 1/4 inch thickness.

Sprinkle each piece of chicken on both sides with salt and pepper. Place 1 cheese slice and 1 ham slice on top of each breast. Roll up each breast, and secure with a toothpick. Place in baking dish, and sprinkle chicken evenly with bread crumbs.

Bake for 30 to 35 minutes, or until chicken is no longer pink. Remove from oven, and place 1/2 cheese slice on top of each breast. Return to oven for 3 to 5 minutes, or until cheese has melted. Remove toothpicks, and serve immediately.
Pineapple Chicken with Spaghetti

**Ingredients**

- 8 ounces uncooked spaghetti, broken in half
- 1 (20 ounce) can unsweetened pineapple chunks
- 1 large green pepper, julienned
- 2 medium carrots, thinly sliced
- 3 green onions, chopped
- 3/4 teaspoon ground ginger
- 1 tablespoon canola oil
- 1 pound boneless, skinless chicken breasts, cut into 1-inch strips
- 1 garlic clove, minced
- 4 teaspoons cornstarch
- 1/4 cup reduced-sodium soy sauce

**Directions**

Cook spaghetti according to package directions; drain. Drain pineapple, reserving juice; set aside. In a large nonstick skillet or wok, stir-fry green pepper, carrots, onions and ginger in oil for 3 minutes. Add chicken and garlic; stir-fry for 5 minutes or until chicken is no longer pink. Add the spaghetti and pineapple; stir-fry for 1 minute. In a small bowl, combine the cornstarch, soy sauce and reserved pineapple juice until smooth; pour over chicken mixture. Bring to a boil; cook and stir for 2 minutes or until thickened.
Ingredients

1 (2 to 3 pound) whole chicken, cut into pieces
1/2 teaspoon garlic powder
2 teaspoons salt
1/4 teaspoon ground black pepper
1 egg yolk
1 1/2 tablespoons honey
4 tablespoons margarine, melted

Directions

Preheat oven to 325 degrees F (165 degrees C).

Rub chicken pieces with garlic powder, salt and pepper. In a small bowl, beat egg yolk with honey and butter or margarine, then brush this mixture over chicken pieces. Place chicken pieces, skin side down, in a lightly greased 9x13 inch baking dish.

Bake at 325 degrees F (165 degrees C) for 45 to 60 minutes or until chicken is cooked through and juices run clear, basting with remaining butter or margarine. Just before serving, turn chicken over and bake for another 10 to 15 minutes to cook the skin on the other side.
Ingredients

1 quart oil for frying
3 pounds chicken drumettes
2 (26 ounce) cans condensed tomato soup
6 cups water
2 green bell peppers, diced
1 large Vidalia onion, diced

Directions

In a large, heavy skillet, heat oil to 375 degrees F (190 degrees C). Fry the drumettes until lightly browned and no longer pink on the inside. Remove from heat and drain excess oil.

In a large saucepan, bring the tomato soup and water to a boil. Reduce heat and simmer. Mix in the drumettes, green bell peppers and Vidalia onion. Simmer approximately 15 minutes.
Sprinkle chicken with thyme, salt and pepper. In a skillet, brown chicken in oil. Meanwhile, drain pineapple, reserving the juice. Cut pineapple rings in half and set aside. Combine cornstarch and 2 tablespoons juice until smooth; set aside. Combine mustard, honey, garlic and remaining pineapple juice; mix well. Add to pan; bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until chicken juices run clear. Remove chicken and keep warm. Stir cornstarch mixture and add to pan; bring to a boil. Boil and stir for 2 minutes. Return chicken to pan. Top with pineapple; heat through. Serve over rice.
# Peppered Chicken Breasts

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 (4 ounce) boneless, skinless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons olive oil</td>
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<tr>
<td>2 teaspoons pepper</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>MUSTARD SAUCE:</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons cornstarch</td>
<td></td>
</tr>
<tr>
<td>1/3 cup sour cream</td>
<td></td>
</tr>
<tr>
<td>1 cup chicken broth</td>
<td></td>
</tr>
<tr>
<td>1/4 cup white grape juice</td>
<td></td>
</tr>
<tr>
<td>1/4 cup chopped green onions</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons Dijon mustard</td>
<td></td>
</tr>
<tr>
<td>snipped chives</td>
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</tbody>
</table>

## Directions

Rub chicken with oil; sprinkle with pepper and salt. Place in a greased 11-in. x 7-in. x 2-in. baking dish. Bake, uncovered, at 425 degrees F for 15-20 minutes or until juices run clear.

Meanwhile, in a small bowl, combine cornstarch and sour cream until smooth; set aside. In a small saucepan, combine the broth, grape juice and onions. Bring to a boil; cook for 4-5 minutes or until liquid is reduced to 1 cup. Gradually whisk in the sour cream mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in mustard until blended. Serve over chicken. Sprinkle with chives.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup corn syrup</td>
</tr>
<tr>
<td>1/2 cup ketchup</td>
</tr>
<tr>
<td>1/4 cup cider vinegar</td>
</tr>
<tr>
<td>1/4 cup Worcestershire sauce</td>
</tr>
<tr>
<td>1/4 cup Dijon mustard</td>
</tr>
<tr>
<td>1 small onion, chopped</td>
</tr>
<tr>
<td>3 garlic cloves, minced</td>
</tr>
<tr>
<td>1 tablespoon chili powder</td>
</tr>
<tr>
<td>16 chicken wings</td>
</tr>
</tbody>
</table>

### Directions

In a saucepan, combine the first eight ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15-20 minutes or until thickened. Meanwhile, cut chicken wings into three sections; discard wing tips. Place wings in a well-greased 15-in. x 10-in. x 1-in. baking pan. Bake at 375 degrees F for 30 minutes, turning once. Brush with sauce. Bake 20-25 minutes longer, turning and basting once, or until chicken juices run clear. Serve with additional sauce if desired.
Cordon Bleu Chicken Rolls

### Ingredients
- 8 skinless, boneless chicken breasts
- 8 slices cooked ham
- 4 slices Swiss cheese, cut into 1 inch pieces
- salt and pepper to taste
- 1 teaspoon dried thyme
- 1/4 cup melted butter
- 1/2 cup cornflakes cereal crumbs
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/2 cup sour cream
- 1 teaspoon lemon juice

### Directions
Preheat oven to 400 degrees F (200 degrees C).

Place each chicken breast half between sheets of plastic wrap and pound with a meat mallet to about 1/8 inch thickness. Place a finger of cheese on each ham slice and sprinkle lightly with thyme and salt and pepper to taste. Roll up seasoned ham and cheese 'jellyroll-style', then roll each chicken breast with ham and cheese inside. Tuck in ends and fasten with toothpicks.

Place melted butter in a small bowl and place cereal crumbs in a shallow dish or bowl. Dip each chicken roll in butter or margarine, then roll in crumbs, turning to coat thoroughly. Place coated rolls in a lightly greased 9x13 inch baking dish.

Bake at 400 degrees F (200 degrees C) for about 40 minutes or until chicken is golden brown and juices run clear. Serve with cordon bleu sauce, if desired.

To Make Cordon Bleu Sauce: In a small saucepan mix together the soup, sour cream and lemon juice. Heat over low heat, stirring occasionally, and serve hot over chicken rolls. Makes about 2 cups; 8 servings of 1/4 cup each.
Ingredients

4 skinless, boneless chicken breast halves - cut into bite-size pieces
salt and pepper to taste
2 cloves garlic, minced
1/2 cup all-purpose flour
1 tablespoon vegetable oil
1 tablespoon butter
1 (14.5 ounce) can chicken broth

Directions

Place chicken in a bowl, and season with salt, pepper and garlic. Sprinkle the flour over the chicken pieces and toss to coat.

Heat the oil and butter in a large skillet over medium heat. Shake the excess flour off of the chicken, and reserve in the bowl. Place the chicken in the hot pan, and brown on all sides. Remove from the pan, and keep warm.

Whisk some of the chicken broth into the flour in the bowl until smooth. Stir this into the drippings in the skillet, then stir in the remaining broth. Bring to a boil, then reduce the heat to low, and return the chicken pieces to the skillet. Simmer over medium heat until the chicken is cooked through, and the sauce has thickened. Taste, and season with additional salt and pepper if desired.
Campbell's® Healthy Request® Chicken and Pasta Primavera

Ingredients
1 (10.75 ounce) can Campbell's® Healthy Request® Condensed Cream of Mushroom Soup
1/2 cup milk
3 tablespoons grated Parmesan cheese
1/4 teaspoon garlic powder
1 (16 ounce) bag frozen vegetable combination (broccoli, cauliflower, carrots)
2 cups cubed cooked chicken
4 cups hot cooked spaghetti, cooked without salt

Directions
Mix soup, milk, cheese, garlic powder and vegetables in saucepan. Heat to a boil. Cover and cook over low heat 10 minutes or until tender-crisp.

Add chicken and heat through. Serve over spaghetti.
# Mexican Chicken II

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (3 pound) chicken - cooked, deboned and cut into bite size pieces</td>
<td></td>
</tr>
<tr>
<td>1 onion, chopped</td>
<td></td>
</tr>
<tr>
<td>2 cloves garlic, minced</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons chili powder</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1 (14.5 ounce) can diced tomatoes with green chile peppers</td>
<td></td>
</tr>
<tr>
<td>2 cups shredded Cheddar cheese</td>
<td></td>
</tr>
<tr>
<td>2 (10.75 ounce) cans condensed cream of chicken soup</td>
<td></td>
</tr>
<tr>
<td>8 (6 inch) corn tortillas</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon chili powder</td>
<td></td>
</tr>
<tr>
<td>1 (8 ounce) container sour cream</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl combine the chicken, onion, garlic, 2 tablespoons chili powder and salt. Add the tomatoes with chiles and the Cheddar cheese. Mix well.

Line a 9x13 inch baking dish with corn tortillas. Pour in the chicken mixture. Pour soup over all and spread. Sprinkle with additional chili powder for topping. Bake for 40 minutes or until bubbly. Let cool and serve with dollops of sour cream.
## Ingredients

- 2 cups uncooked long-grain rice
- 1/2 tablespoon butter
- 4 tablespoons chopped onion
- 2 cups diced celery
- 3 cups cooked, chopped chicken breast meat
- 1 cup mayonnaise
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/2 cup blanched slivered almonds
- 1 cup crushed cornflake crumbs
- 2 tablespoons butter

## Directions

In a saucepan bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes. Set aside. Melt 1/2 tablespoon butter in a medium skillet over medium heat; saute onion and celery until soft.

Preheat oven to 350 degrees F (175 degrees C).

Combine the chicken, rice, onion and celery in a 9x13 inch baking dish. Stir in mayonnaise and soup, then almonds. Top with crushed cornflakes and 2 tablespoons butter.

Bake in preheated oven for 45 minutes, until golden brown.
Ingredients

4 skinless, boneless chicken breast halves
4 ounces fresh mushrooms, sliced
2 tablespoons butter
1 (10.75 ounce) can condensed cream of chicken soup
1 1/2 cups water
2 tablespoons chopped fresh parsley
1/4 teaspoon salt
1 pinch ground black pepper
1 1/2 cups instant rice

Directions

In a large skillet, brown the chicken and mushrooms in butter or margarine. Stir in the soup, water, parsley, salt and a dash of ground black pepper. Cover and simmer for 20 minutes.

Stir in uncooked rice and simmer for an additional 10 minutes, or until liquid has been absorbed.
Tarragon Mushroom Chicken

**Ingredients**

- 6 (4 ounce) skinless, boneless chicken breast halves
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1 (4.5 ounce) jar sliced mushrooms, drained
- 1/2 cup sherry or chicken broth
- 2 tablespoons butter, melted
- 1 teaspoon dried tarragon
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon garlic powder
- 1/4 cup all-purpose flour

**Directions**

Place the chicken in a 5-qt. slow cooker. In a small bowl, combine the soup, mushrooms, sherry or broth, butter, tarragon, Worcestershire sauce and garlic powder; pour over chicken. Cover and cook on low for 4-5 hours or until chicken juices run clear.

Remove chicken and keep warm. Place the flour in a small saucepan; gradually whisk in cooking liquid until blended. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve over chicken.
Hawaiian Chicken Wings

**Ingredients**

- 4 cups canola oil for deep frying
- 3 pounds chicken wings, tips removed and wings cut in half at joint
- 1 tablespoon garlic salt
- 1 cup cornstarch
- 2 eggs, beaten
- 1/2 cup cider vinegar
- 1/4 cup pineapple juice
- 1/4 cup ketchup
- 1 cup honey
- 1 tablespoon soy sauce
- 2 tablespoons toasted sesame seeds
- 2 green onions, thinly sliced

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Heat oil in deep-fryer to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil, and spray with nonstick cooking spray.

Toss chicken wings with garlic salt, and set aside for 10 minutes. Place cornstarch in a large plastic bag; toss the wings, a few at a time until coated. Shake off excess cornstarch, then dip into beaten egg. Shake wings in cornstarch again, then fry until golden brown in deep fryer. Drain on a paper towel-lined plate.

Stir together vinegar, pineapple juice, ketchup, honey, and soy sauce in a saucepan over medium-high heat. Once the sauce comes to a simmer, place the chicken wings in a bowl, pour all but 1/2 cup of the sauce overtop, and toss to coat. Reserve remaining sauce to baste.

Place chicken wings on prepared baking sheet. Bake in preheated oven for 30 minutes, then baste with remaining sauce, turn, and bake for an additional 20 minutes.

To serve, place wings on serving platter, and sprinkle with sesame seeds and green onions.
Honey Chicken Stir-Fry

Ingredients

1 pound boneless skinless chicken breasts, cut into 1 inch pieces
1 garlic clove, minced
3 teaspoons olive oil, divided
3 tablespoons honey
2 tablespoons reduced-sodium soy sauce
1/8 teaspoon salt
1/8 teaspoon pepper
1 (16 ounce) package frozen broccoli stir-fry vegetable blend
2 teaspoons cornstarch
1 tablespoon cold water
Hot cooked rice

Directions

In a large nonstick skillet or wok, stir-fry chicken and garlic in 2 teaspoons oil. Add the honey, soy sauce, salt and pepper. Cook and stir until chicken is lightly browned and juices run clear. Remove and keep warm.

In the same pan, stir-fry the vegetables in remaining oil for 4-5 minutes or until heated through. Return chicken to the pan; mix well. Combine cornstarch and cold water until smooth; stir into chicken mixture. Bring to a boil; cook and stir for 1 minute or until thickened. Serve over rice.
Mom's Chicken Pie

Ingredients

1 pound fresh spinach
4 cups cooked chicken, chopped
1 cup sliced mushrooms
1 cup sour cream
salt and pepper to taste
1 (17.25 ounce) package frozen puff pastry, thawed
1 egg, beaten

Directions

Preheat oven to 400 degrees F (200 degrees C.) Place spinach in a steamer over 1 inch of boiling water, and cover. Cook until tender, about 2 to 6 minutes. Drain and cool..

Place spinach in the bottom of a 2 quart casserole dish. Cover with chopped chicken. Sprinkle on the sliced mushrooms and season with salt and pepper. Spread sour cream evenly over top. Cover with puff pastry.

Prick the puff pastry in several places to allow steam to escape. Brush top with beaten egg. Bake in the preheated oven for 20 minutes, or until golden brown.
Michelle's Blonde Chicken Chili

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon vegetable oil</td>
<td>In a large skillet over medium-high heat, place the vegetable oil and</td>
</tr>
<tr>
<td>3 pounds skinless, boneless chicken breast meat -</td>
<td>chicken. Cook the chicken, stirring occasionally, until all pieces are</td>
</tr>
<tr>
<td>cubed</td>
<td>evenly brown. Stir in the onions. Cook until translucent. Drain</td>
</tr>
<tr>
<td>1 cup chopped onion</td>
<td>mixture and set aside.</td>
</tr>
<tr>
<td>2 cups chicken broth</td>
<td>In a large saucepan over medium heat, bring the chicken broth and</td>
</tr>
<tr>
<td>2 (4 ounce) cans chopped green chile peppers</td>
<td>green chile peppers to a boil. Stir in 3 cans great northern beans,</td>
</tr>
<tr>
<td>5 (14.5 ounce) cans great Northern beans, undrained</td>
<td>garlic powder, cumin, oregano, cilantro and crushed red pepper.</td>
</tr>
<tr>
<td>1 tablespoon garlic powder</td>
<td>Stir in the chicken and onion mixture, and reduce heat. Simmer 30</td>
</tr>
<tr>
<td>1 tablespoon ground cumin</td>
<td>minutes or longer, adding additional beans from the remaining cans for a</td>
</tr>
<tr>
<td>1 tablespoon dried oregano</td>
<td>thicker consistency as desired.</td>
</tr>
<tr>
<td>2 teaspoons chopped fresh cilantro</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon crushed red pepper</td>
<td></td>
</tr>
</tbody>
</table>
Ingredients

2 eggs
1/3 cup orange juice
1 cup seasoned bread crumbs
1 teaspoon paprika
1 teaspoon salt
1 teaspoon grated orange peel
1 (3 1/2) pound broiler-fryer chicken, cut up
1/4 cup butter or margarine, melted
Orange slices
2 tablespoons minced fresh parsley

Directions

In a shallow bowl, beat eggs and orange juice. In another bowl, mix bread crumbs, paprika, salt and orange peel. Dip chicken pieces in egg mixture, then in crumb mixture. Place, skin side down, in a greased 13-in. x 9-in. x 2-in. baking dish; drizzle with butter. Bake, uncovered, at 400 degrees F for 30 minutes. Turn chicken; bake at 350 degrees F for 20 minutes. Top with orange slices and sprinkle with parsley. Return to the oven for 5-10 minutes or until juices run clear.
Roasted Herb Chicken & Potatoes

**Ingredients**
- 1 1/2 pounds baking potatoes
- 1 large onion, thinly sliced
- 1/3 cup Kikkoman Soy Sauce
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 2 cloves garlic, pressed
- 1 teaspoon dried oregano leaves, crumbled
- 1 teaspoon dried rosemary, crushed
- 3/4 teaspoon pepper
- 1 (4 pound) whole roasting chicken

**Directions**

Cut potatoes in half lengthwise; cut each piece crosswise into 1/2-inch thick slices. Place with onion in large, shallow foil-lined baking pan. Combine next 7 ingredients; drizzle 1 Tbsp. mixture over potato mixture and toss until evenly coated.

Discard giblets and neck from chicken. Rinse chicken under cold running water; drain and pat dry. Place chicken, breast side up, in center of pan, moving potatoes aside. Brush chicken, including cavity, thoroughly with soy sauce mixture.

Roast in 375 degrees F oven about 1 hour and 15 minutes, or until meat thermometer inserted into thickest part not touching bone registers 180 degrees F, brushing chicken with soy sauce mixture every 30 minutes and stirring vegetables. Remove from oven; let chicken stand 10 minutes before carving. Serve with potatoes.
**Chicken and Brussels Sprouts Casserole**

**Ingredients**
- 1 tablespoon olive oil
- 4 skinless, boneless chicken breast halves
- 1/2 cup water
- 20 Brussels sprouts, halved
- 1 (4 ounce) package sliced fresh mushrooms
- 2 cups shredded Swiss cheese
- 1 pint half-and-half
- 3/4 cup milk
- 3 cloves garlic, chopped
- freshly ground black pepper to taste
- garlic salt to taste
- 1/4 cup grated Parmesan cheese (optional)

**Directions**

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9x13 inch baking dish.

Heat the olive oil in a skillet over medium heat, and cook the chicken 5 minutes on each side, until juices run clear. Remove from heat, and slice into strips.

Bring the water to a boil in a saucepan. Place sprouts in the pan, cover, and cook 10 minutes, until tender.

Arrange sprouts in the prepared baking dish. Place mushrooms over the sprouts, and sprinkle with 1 cup Swiss cheese. Layer chicken over cheese. In a bowl, mix the half-and-half, milk, garlic, and remaining Swiss cheese. Pour over the chicken. Season with pepper and garlic salt.

Cover, and bake 35 minutes in the preheated oven. Reduce heat to 350 degrees F (175 degrees C). Uncover casserole, and continue baking 20 minutes, until bubbly and lightly browned. Sprinkle with Parmesan cheese to serve.
Cheesy Chicken Pizza

**Ingredients**

- 1 (10 ounce) package refrigerated pizza dough
- 1/2 cup Pace® Picante Sauce
- 1/2 cup Prego® Traditional Italian Sauce
- 1 cup chopped cooked chicken
- 1/2 cup sliced pitted ripe olives
- 2 green onions, sliced
- 1 cup shredded mozzarella cheese

**Directions**

- Preheat oven to 425 degrees F.
- Unroll dough onto greased 12-inch pizza pan or baking sheet. Pat dough into 12-inch round. Pinch up edge to form rim.
- Mix picante sauce and pasta sauce. Spread over crust to rim. Top with chicken, olives, onions and cheese.
- Bake 15 minutes or until cheese is melted and crust is golden.
Creamy PHILLY Pesto Chicken

**Ingredients**

- 1 teaspoon oil
- 4 small boneless skinless chicken breasts
- 1/4 cup PHILADELPHIA Cream Cheese Spread
- 1/3 cup 25%-less-sodium chicken broth
- 2 tablespoons pesto

**Directions**

Heat oil in large nonstick skillet on medium heat. Add chicken; cook 6 to 8 minutes on each side or until done (170 degrees F). Transfer to plate; cover to keep warm.

Add cream cheese spread to skillet; cook on medium heat 5 minutes or until melted, stirring constantly. Whisk in broth and pesto; cook and stir 2 to 3 minutes or until sauce is thickened and well blended. Pour over chicken.
Ingredients

- 1 apple - peeled, cored and quartered
- 1 stalk celery with leaves, chopped
- 1 (3 pound) whole chicken
- salt to taste
- ground black pepper to taste
- 1 onion, chopped
- 1/2 teaspoon dried rosemary, crushed
- 1 lemon, zested and juiced
- 1 cup hot water

Directions

Rub salt and pepper into the skin of the chicken, and then place apple and celery inside the chicken. Place chicken in slow cooker. Sprinkle chopped onion, rosemary, and lemon juice and zest over chicken. Pour 1 cup hot water into the slow cooker.

Cover, and cook on High for 1 hour. Switch to Low, and cook for 6 to 8 hours, basting several times.
Ingredients

4 boneless, skinless chicken breast halves
salt and pepper to taste
5 tablespoons olive oil or vegetable oil
1 cup loosely packed fresh basil leaves
1/2 cup chopped walnuts
2 garlic cloves, minced
1/2 teaspoon salt
1/3 cup grated Parmesan cheese
4 slices mozzarella cheese
1 cup sliced fresh mushrooms

Directions

Flatten chicken to 1/4-in. thickness; sprinkle with salt and pepper. In a large skillet, cook chicken in 1 tablespoon oil for 5-10 minutes on each side or until juices run clear.

Meanwhile, for pesto, combine the basil, nuts, garlic, salt and Parmesan cheese in a blender or food processor; cover and process until well blended. While processing, gradually add remaining oil in a stream. Spoon over chicken. Top each with a slice of mozzarella. Sprinkle mushrooms around chicken. Cover and cook for 5 minutes or until cheese is melted and mushrooms are tender.
Cheddary Chicken Potpie

**Ingredients**

- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1 cup milk, divided
- 1/2 cup chopped onion
- 1 (3 ounce) package cream cheese, softened
- 1/4 cup chopped celery
- 1/4 cup shredded carrots
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon salt
- 3 cups cubed cooked chicken
- 1 (10 ounce) package frozen chopped broccoli, cooked and drained
- 1 egg
- 1 tablespoon vegetable oil
- 1 cup buttermilk complete pancake mix
- 1 cup shredded sharp Cheddar cheese
- 1/4 cup sliced almonds

**Directions**

In a large saucepan, combine soup, 1/2 cup of milk, onion, cream cheese, celery, carrots, Parmesan cheese and salt. Cook and stir until the mixture is hot and cream cheese is melted. Stir in the chicken and broccoli; heat through. Pour into an ungreased 2-qt. baking dish. In a medium bowl, combine the egg, oil and remaining milk. Add the pancake mix and cheddar cheese; blend well. Spoon over hot chicken mixture. Sprinkle with almonds if desired. Bake, uncovered, at 375 degrees F for 20-25 minutes or until golden brown.
**Ingredients**

4 skinless, boneless chicken breast halves  
1 (10.75 ounce) can condensed cream of chicken soup  
2 (15 ounce) cans mixed vegetables, drained  
1 recipe pastry for a 9 inch double crust pie

**Directions**

Boil or steam the chicken breasts until done. Dice.

Mix together undiluted soup, canned vegetables, and diced chicken. Pour mixture into pie shell, and cover with the second crust. Crimp the edges, and make slits in the top crust.

Bake at 375 degrees F (190 degrees C) for 45 minutes, or until crust is golden brown.
Glazed Herb Chicken

**Ingredients**

1 (14.5 ounce) can chicken broth
3/4 cup orange juice concentrate
2 tablespoons red wine vinegar or cider vinegar
2 teaspoons grated orange peel
2 garlic cloves, minced
1/2 teaspoon dried minced onion
1/8 teaspoon cayenne pepper
1/8 teaspoon dried thyme
1/8 teaspoon ground allspice
4 (4 ounce) boneless skinless chicken breast halves
1 tablespoon cornstarch
1/4 cup honey
1 medium navel orange, peeled and sectioned
3 cups hot cooked rice
2 teaspoons minced chives

**Directions**

In a bowl, combine the first nine ingredients. Remove 1 cup for sauce; cover and refrigerate. Place the chicken in a large resealable plastic bag; add the remaining marinade. Seal bag and turn to coat; refrigerate for 2-8 hours, turning occasionally. Drain and discard marinade.

Grill chicken, uncovered, over medium heat for 4 minutes on each side or until juices run clear. Meanwhile, in a saucepan, combine the cornstarch and reserved marinade until smooth. Stir in the honey. Bring to a boil; cook and stir for 2 minutes or until thickened.

Serve chicken with orange sections over rice; spoon sauce over top. Sprinkle with chives.
### Ingredients

- 2 tablespoons shortening
- 1 (3 pound) whole chicken, cut into pieces
- 3/4 cup instant rice, uncooked
- 1 chopped green bell pepper (optional)
- 2 cups water
- 1/8 cup chicken rice soup mix

### Directions

Melt the shortening in a large skillet over medium high heat. Saute the chicken sections in the shortening for 2 minutes per side, or until browned. Remove chicken and set aside.

Add the rice and green bell pepper, if desired, and saute for 3 minutes, or until slightly browned. Add the soup mix and water and stir together well. Bring this to a boil, then add the chicken, reduce heat to low and simmer for 45 minutes.
### Fresh Asparagus and Chicken Casserole

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (8 ounce) package egg noodles</td>
<td></td>
</tr>
<tr>
<td>1 1/3 tablespoons olive oil</td>
<td></td>
</tr>
<tr>
<td>1 onion, chopped</td>
<td></td>
</tr>
<tr>
<td>1 cup chopped, cooked chicken meat</td>
<td></td>
</tr>
<tr>
<td>1 red bell pepper, chopped</td>
<td></td>
</tr>
<tr>
<td>2 stalks celery, chopped</td>
<td></td>
</tr>
<tr>
<td>1 cup chicken stock</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups sour cream</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon dried oregano</td>
<td></td>
</tr>
<tr>
<td>1 pound fresh asparagus, trimmed and cut into 2 inch pieces</td>
<td></td>
</tr>
<tr>
<td>8 tablespoons grated Parmesan cheese, divided</td>
<td></td>
</tr>
</tbody>
</table>

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 1 1/2 quart casserole dish.

Cook noodles in a large pot of boiling water for 5 minutes, or until almost tender. Drain, and rinse under cold water.

Heat the olive oil in a heavy skillet over medium heat. Cook onion for 4 to 5 minutes, stirring frequently. Add chicken, red bell pepper, celery, and chicken stock. Bring to a boil, and simmer for 5 minutes. Stir in sour cream and oregano.

Spread half of the chicken mixture into the prepared dish. Arrange asparagus over chicken, spread cooked noodles evenly over asparagus, and top with the remaining chicken mixture. Sprinkle with Parmesan cheese.

Bake 30 minutes in the preheated oven, until lightly brown.
# 'Momma Made Em' Chicken and Sausage Gumbo

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (3 pound) whole chicken</td>
<td></td>
</tr>
<tr>
<td>1/2 cup all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>1/2 cup vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1 (10 ounce) package frozen chopped onions</td>
<td></td>
</tr>
<tr>
<td>1 (10 ounce) package frozen green bell peppers</td>
<td></td>
</tr>
<tr>
<td>5 stalks celery, finely chopped</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon Cajun seasoning (such as Tony Chachere's), or to taste</td>
<td></td>
</tr>
<tr>
<td>2 whole bay leaves</td>
<td></td>
</tr>
<tr>
<td>1 (28 ounce) can diced tomatoes</td>
<td></td>
</tr>
<tr>
<td>1 pound fully-cooked smoked beef sausage (such as Hillshire Farm®), sliced</td>
<td></td>
</tr>
<tr>
<td>1 (10 ounce) package frozen sliced okra</td>
<td></td>
</tr>
<tr>
<td>salt and black pepper to taste</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Fill a large pot partially with lightly salted water, and place the chicken in the pot. Bring to a boil, reduce the heat to a simmer, and cook the chicken until the meat is no longer pink and the juices run clear, about 1 hour. Remove the chicken from the broth, and crack open the carcass to allow the chicken to cool. Reserve the chicken broth. After the chicken has cooled enough to handle, pick the meat from the bones, and set aside.

While the chicken is simmering, make a roux by whisking together the flour and vegetable oil in a large, heavy saucepan over medium-low heat. Cook and stir the mixture, watching constantly to avoid burning, until the roux is a rich chocolate brown color, 20 to 30 minutes.

As soon as the roux has reached the desired color, stir in the onions, bell peppers, celery, Cajun seasoning, and bay leaves, and simmer, stirring occasionally, until the vegetables are tender, about 45 minutes. Pour in the reserved chicken broth, diced tomatoes, and beef sausage, and simmer, stirring occasionally, until the mixture has thickened, about 1 hour.

Mix in the reserved chicken meat and okra, bring back to a simmer, and cook, stirring occasionally, until the okra is tender and the flavors have blended, 30 to 40 minutes.
# Pineapple Chicken Delight

## Ingredients
- 6 skinless, boneless chicken breast halves
- 1 green bell pepper, sliced
- 4 medium red potatoes, sliced
- 1 (20 ounce) can sliced juice-packed pineapple, drained, juice reserved
- 1 (18 ounce) bottle barbecue sauce

## Directions
- Preheat oven to 450 degrees F (230 degrees C). Lightly grease a medium baking dish.

- Place the chicken in the baking dish. Arrange pepper, potatoes, and pineapple around chicken. Pour the reserved pineapple juice over all, and top with barbecue sauce.

- Bake 1 hour in the preheated oven, or until chicken juices run clear and potatoes are tender.
Chicken Enchiladas

**Ingredients**

- 1 (16 ounce) can refried beans
- 10 (8 inch) flour tortillas
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1 cup sour cream
- 3 cups cubed cooked chicken
- 3 cups shredded Cheddar cheese, divided
- 1 (14.5 ounce) can enchilada sauce
- 1/4 cup sliced green onions
- 1/4 cup sliced ripe olives
- Shredded lettuce

**Directions**

Spread about 2 tablespoons of beans on each tortilla. Combine soup and sour cream; stir in chicken. Spoon 1/3 to 1/2 cup down the center of each tortilla; top with 1 tablespoon cheese. Roll up and place seam side down in a greased 13-in. x 9-in. x 2-in. baking dish. Pour enchilada sauce over top; sprinkle with onions, olives and remaining cheese. Bake, uncovered, at 350 degrees F for 35 minutes or until heated through. Just before serving, sprinkle lettuce around enchiladas if desired.
Crock Pot Portobello Chicken

**Ingredients**

- 4 frozen bone-in chicken breast halves
- 8 portobello mushroom caps
- 1 (8 ounce) bottle Italian-style salad dressing
- 1 (8 ounce) package angel hair pasta

**Directions**

Place the frozen chicken breasts into a slow cooker, and arrange the mushroom caps on top of the chicken so that about half the mushrooms are facing up. Drizzle the dressing over the chicken and mushroom caps.

Place the lid on the slow cooker, turn it to the Low setting, and cook until the chicken breasts are no longer pink at the bone and the juices run clear, about 6 hours.

A few minutes before serving, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the angel hair pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, 4 to 5 minutes. Drain well in a colander set in the sink.

Divide the hot, cooked pasta among four plates, top each plate with a chicken breast and two mushroom caps, and drizzle sauce over the top.
Ingredients

4 (4 ounce) boneless, skinless chicken breast halves
1 tablespoon olive oil
4 ounces fresh mozzarella cheese, sliced
2 tablespoons thinly sliced fresh basil leaves
2 cups Ragu® Old World Style® Margherita Smooth Pasta Sauce

Directions

Season chicken, if desired, with salt and black pepper. Heat oil in a 12-inch nonstick skillet over medium-high heat and brown chicken, turning once, about 5 minutes.

Add pasta sauce and simmer covered 5 minutes or until chicken is thoroughly cooked. Top chicken with cheese, then let stand until cheese is melted, about 1 minute. Garnish with basil.

Serve, if desired, with hot cooked penne pasta topped with additional pasta sauce, heated.
Monterey Chicken with Potatoes

**Ingredients**

- 6 medium red potatoes, cubed
- 1/2 cup butter, melted and divided
- 4 skinless, boneless chicken breast halves
- 1 tablespoon fresh lime juice
- 1 1/2 cups shredded Mexican blend cheese
- 1/4 cup chopped fresh cilantro
- 1/2 cup salsa
- 1 lime, cut into wedges (optional)

**Directions**

Preheat the oven to 425 degrees F (220 degrees C). Line a 9x13 inch baking dish with aluminum foil.

Toss potatoes with about 1 tablespoon of melted butter until coated. Arrange in a single layer in the bottom of the prepared baking dish.

Bake for 10 minutes in the preheated oven. Remove pan from oven, and push potatoes out to the sides of the dish. Place the chicken breast halves in the dish. Stir together the remaining butter and lime juice. Brush onto chicken. Return to the oven.

Bake for 20 minutes in the preheated oven, or until the chicken is no longer pink and the juices run clear. In a small bowl, toss together the cheese, cilantro and salsa. Sprinkle over the chicken and potatoes. Return to the oven for a few minutes, until the cheese is melted. Serve with lime wedges.
Mike's Chicken

Ingredients

4 skinless, boneless chicken breasts
1/2 teaspoon poultry seasoning
1 1/2 cups mayonnaise
3 cups cornflakes cereal, crushed
salt and pepper to taste

Directions

Preheat oven to 375 degrees F (190 degrees C).

Slice chicken breasts in half, lengthwise. Combine seasoning and mayonnaise in a shallow dish or bowl and mix together. Place cereal crumbs in a separate shallow dish or bowl.

Coat each piece of chicken with mayonnaise mixture, then roll in crumbs. Place coated chicken pieces in a 9x13 inch baking dish and season with salt and pepper to taste. Cover dish with aluminum foil.

Bake at 375 degrees F (190 degrees C) for 1 hour. Remove foil cover and bake for 15 to 20 more minutes (this is optional; it will make the chicken crispier).
**Roasted Red Pepper Chicken**

### Ingredients

- 4 skinless, boneless chicken breasts
- 1 (12 ounce) jar roasted red bell peppers
- 2 cups bread crumbs
- 3 tablespoons vegetable oil
- 1 cup sour cream
- 1/2 cup feta cheese

### Directions

With a very sharp knife, cut pockets into the thickest part of the breast of chicken. Stuff as many pieces of roasted red peppers as you can into pockets of chicken one at a time. Pour bread crumbs into a large plastic bag. Place chicken breasts in the bag with the bread crumbs and shake until well coated.

In a large skillet, heat oil to a medium-high heat and place chicken in the pan. Cook for 5 minutes on one side then turn, cook for 10 minutes on the other side.

While cooking the chicken, in an electric blender blend sour cream and a few pieces of red peppers. Flip the chicken one more time and cook 5 more minutes, or until chicken is done.

Cut the chicken in half and arrange the pieces on a plate. Drizzle with sour cream mixture and sprinkle with feta cheese.
Scottie's Chicken Tortilla Soup

Ingredients

- 1 (49.5 fluid ounce) can chicken broth
- 1 (14 ounce) can whole kernel corn, drained
- 1 (14 ounce) can black beans, drained
- 1 cube beef bouillon
- 3/4 cup chopped broccoli
- 1 (28 ounce) can stewed tomatoes (crushed)
- 2 tablespoons olive oil
- 8 corn tortillas, cut into 1-inch strips
- 2 tablespoons olive oil
- 2 boneless skinless chicken breasts, cut into 1/2 inch cubes
- 2 tablespoons lime juice
- 1 tablespoon tequila
- 1 tablespoon onion powder
- 1 tablespoon garlic salt
- 1 tablespoon cayenne pepper
- 2 tablespoons Cajun seasoning
- 1 cup shredded white Cheddar cheese

Directions

Combine the chicken broth, corn, black beans, beef bouillon, broccoli, and tomatoes in a large pot over medium heat.

While the broth mixture simmers, heat 2 tablespoons olive oil in a skillet. Fry the tortilla strips in the hot oil until crisp. Remove from skillet and drain on paper towels. Pour 2 tablespoons olive oil into the skillet. Once the oil is hot, add the chicken; cook and stir until cooked through, about 5 minutes. Stir in the lime juice, tequila, onion powder, garlic salt, cayenne pepper, and Cajun seasoning; cook another 2 minutes.

Transfer the chicken mixture to the pot with the broth mixture. Cook on medium 45 minutes; reduce heat to low and simmer another 45 minutes; ladle into bowls and top with tortilla strips and cheese to serve.
Creamy Chicken With Pasta and Broccoli

Ingredients

- 1 pound uncooked spaghetti
- 1 pound broccoli florets
- 1 tablespoon margarine
- 1 pound skinless, boneless chicken breast halves - cut into strips
- 1/2 cup chopped onions
- 1 (10.75 ounce) can condensed cream of chicken soup
- 2/3 cup milk
- 2/3 cup water
- 1 (3 ounce) package cream cheese, cubed and softened
- 3/4 cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Place spaghetti in the pot, and cook 4 minutes. Mix in the broccoli florets. Continue cooking 4 to 6 minutes, until spaghetti is al dente. Drain, and transfer to a large bowl.

Melt the margarine in a skillet over medium heat, and cook the chicken and onion 5 minutes, until chicken juices run clear and onions are tender.

In a bowl, whisk together the soup, milk, water, and cream cheese until smooth. Stir into the skillet with the chicken and onion, and bring to a boil. Reduce heat to low, and simmer 5 minutes, or until slightly thickened. Toss in the bowl with the spaghetti and broccoli to serve.
Ingredients

- 3 tablespoons clarified butter, divided
- 1 pound skinless, boneless chicken breast halves - cut into 1/2 inch pieces
- 3 tablespoons garam masala

Directions

Melt clarified butter in a large skillet over medium high heat. Sprinkle one side of chicken pieces with garam masala and place seasoned side down in hot butter. Sprinkle top of chicken pieces with more garam masala and saute for 5 minutes.

Turn chicken pieces, adding more butter as needed, and saute for 5 to 10 minutes more, or until chicken is cooked through and no longer pink inside.
Preparing an oven to 350 degrees F (175 degrees C). Prepare a 9x13
inch baking dish with cooking spray.

Heat the oil in a large skillet over medium heat. Season the chicken
breasts on both sides with the salt and pepper. Cook the chicken in
the hot oil until completely browned, 2 to 3 minutes per side.
Transfer the chicken to the prepared baking dish; cover tightly with
aluminum foil.

Place the potatoes and bell peppers in the skillet. Season with
oregano, onion powder, and red pepper flakes. Cook and stir until
the vegetables soften, 10 to 15 minutes. Add the tomatoes, tomato
paste, and chicken broth to the skillet; bring to a boil. Remove from
heat and pour over the chicken breasts; tightly cover again with the
aluminum foil.

Bake in the preheated oven until the chicken is no longer pink in the
center and the juices run clear, about 45 minutes. An instant-read
thermometer inserted into the center should read at least 165
degrees F (74 degrees C).
Bessy's Zesty Grilled Garlic-Herb Chicken

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1 cup extra virgin olive oil
- 1/2 cup white sugar
- 1/2 tablespoon honey
- 1/2 teaspoon saffron
- 4 cloves garlic, minced
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 teaspoon cayenne pepper
- 1 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/4 teaspoon dried parsley
- 1 pinch dried sage

**Directions**

Place chicken in a shallow dish. In a medium bowl, mix together the olive oil, sugar, honey, saffron, garlic, basil, thyme, cayenne pepper, salt, oregano, parsley, and sage. Pour the mixture over the chicken. Cover, and marinate 20 to 25 minutes in the refrigerator.

Preheat the grill for medium heat.

Lightly oil the grill grate. Discard marinade, and place chicken on the grill. Cook for 10 minutes on each side, or until exterior is charred and juices run clear.
Mondi's Super Simple Chicken

**Ingredients**

- 4 bone-in chicken breast halves, with skin
- 4 tablespoons butter
- 1 tablespoon dried basil
- 1 teaspoon garlic salt

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Place chicken breasts in a lightly greased 9x13 inch baking dish or roasting pan. Dot each breast with 1 tablespoon of butter or margarine, then season each breast with dried basil and garlic salt to taste.

Bake at 350 degrees F (175 degrees C) for approximately 1 to 1 1/4 hours.
Paprika Chicken with Mushrooms

**Ingredients**

- 4 skinless, boneless chicken breasts
- 1 teaspoon paprika
- salt and pepper to taste
- 1 pinch garlic powder
- 1/4 cup butter
- 1 onion, sliced into thin rings
- 1 pound fresh mushrooms, sliced

**Directions**

Pound chicken breasts to 1/2 inch thickness. Sprinkle both sides of each chicken breast liberally with paprika, salt, pepper, and garlic powder.

In a large skillet, melt the butter over medium heat. Arrange chicken breasts in the pan, cover, and cook for 10 minutes. Turn chicken breasts over, and layer the thinly sliced onions and mushrooms on top of the chicken. Cover, and cook for 10 minutes.

Remove lid, and mix onions and mushrooms into the butter sauce. Reduce heat to low, and cook uncovered for 5 minutes.
New Year's Eve Chicken

Ingredients

- 2 pounds chicken wings
- Salt and pepper to taste
- 1 1/2 cups Italian salad dressing
- 1/2 cup apricot jam
- 1/4 cup apple juice
- 1 (1 ounce) package dry onion soup mix

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.

Arrange the chicken wings in a single layer in the prepared baking dish. Season with salt and pepper.

In a bowl, whisk together the Italian salad dressing, apricot jam, apple juice, and dry onion soup mix. Pour over the chicken.

Cover and bake 1 hour in the preheated oven, or until chicken is no longer pink and juices run clear. Remove lid during final 20 minutes of cooking.
# Blue Cheese Chicken Wing Dip

## Ingredients

- 2 skinless, boneless chicken breast halves
- 1 (12 fluid ounce) can or bottle hot chicken wing sauce
- 6 tablespoons butter
- 1 (8 ounce) package cream cheese, softened
- 1 (16 ounce) bottle blue cheese dressing

## Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place chicken in a pot with enough water to cover. Bring to a boil and cook 25 minutes, until chicken juices run clear. Drain liquid from pot and shred chicken. Mix wing sauce and butter into pot. Bring to a boil, reduce heat to low and simmer 10 minutes.
3. Spread cream cheese over the bottom of an 8x8 inch baking dish. Pour chicken mixture over cream cheese. Top with dressing.
4. Bake 15 minutes in the preheated oven, until hot and bubbly.
### Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 green bell pepper, seeded and thinly sliced
- 1 red bell pepper, seeded and thinly sliced
- 1 large sliced onion
- 2 cloves garlic, minced
- 1 pound chicken livers, trimmed and chopped
- 1 teaspoon sumac
- 1 teaspoon allspice
- 1 teaspoon soy sauce

### Directions

Heat the oil in a large skillet over medium heat. Add the green and red peppers, onion, and garlic. Cook and stir for 5 minutes until peppers and onions begin to soften.

Add the liver to the pan, along with the sumac, allspice, and soy sauce. Cook and stir until the liver is cooked through, about 10 minutes.
Chicken Chimi in the Oven

**Ingredients**

- 4 tablespoons olive oil, divided
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 2 cups salsa
- 3 tablespoons water
- 1/4 cup chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1 pound cooked, shredded chicken breast meat
- 1 cup refried beans
- 6 (10 inch) flour tortillas

**Directions**

Preheat oven to 425 degrees F (220 degrees C). Lightly grease a medium baking dish.

Heat 2 tablespoons oil in a large saucepan over medium heat. Saute onion and garlic in oil until tender. Stir in salsa and water. Season with chili powder, cumin, and cinnamon. Transfer the mixture to a blender or food processor, and blend until smooth. Return mixture to the saucepan, stir in the chicken, and cook until heated through.

Spoon an equal amount of refried beans down center of each tortilla, and top with equal amounts of the chicken mixture. Fold tortillas over the filling, and secure with toothpicks. Arrange seam-side down in the prepared baking dish, and brush with the remaining olive oil.

Bake 15 minutes in the preheated oven, turning every 5 minutes, until golden brown and crisp.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 slices day-old bread, cubed</td>
</tr>
<tr>
<td>3 cups chicken broth</td>
</tr>
<tr>
<td>4 cups cubed cooked chicken</td>
</tr>
<tr>
<td>1/2 cup uncooked instant rice</td>
</tr>
<tr>
<td>1 cup diced pimientos</td>
</tr>
<tr>
<td>2 tablespoons minced fresh parsley</td>
</tr>
<tr>
<td>1 1/2 teaspoons salt (optional)</td>
</tr>
<tr>
<td>4 eggs, beaten</td>
</tr>
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</table>

## Directions

In a large bowl, toss bread cubes and broth. Add chicken, rice, pimientos, parsley and salt if desired; mix well. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Pour eggs over all.

Bake, uncovered, at 325 degrees for 1 hour or until a knife inserted near the center comes out clean.
In a shallow bowl, mix the milk and vinegar. Dip the pheasant slices in the milk and vinegar mixture, then press both side in the cracker crumbs to coat.

Heat the oil in a skillet over medium-high heat. Cook the pheasant in the hot oil about 5 minutes on each side, or until golden brown. Drain on paper towels.
Ingredients

2 skinless, boneless chicken breast halves - cut into strips
1 tablespoon olive oil
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon cayenne pepper
1/4 cup salsa
2 pita breads
8 ounces diced tomato
1 cup shredded lettuce
1/2 cup sliced avocado
2 tablespoons low-fat sour cream

Directions

Cut chicken into strips. In a skillet, sauté in hot oil until almost done. Sprinkle garlic powder, onion powder, salt, ground black pepper and cayenne pepper over chicken. Add salsa and simmer until done (about 5 minutes).

Split pita in half, fill with chicken and garnish with tomatoes, lettuce, avocados and sour cream. Add whatever garnishes you like and eat!
Saucy Chicken Cordon Bleu

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 4 slices ham
- 4 slices Swiss cheese
- 1 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon paprika
- 2 eggs, beaten
- 1/3 cup milk
- 1 cup dry bread crumbs
- 1/4 cup olive oil
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1/2 pound fresh mushrooms, sliced
- 1/4 teaspoon garlic powder
- 1/8 teaspoon curry powder
- 1/4 cup white wine
- 1/2 cup sour cream
- 2 sprigs fresh parsley, for garnish

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Flatten chicken breasts without breaking through meat. Roll each ham slice in a cheese slice, then roll up in chicken breasts. In a shallow dish or bowl season flour with salt, pepper and paprika. In a separate dish or bowl beat together eggs and milk. Dip chicken rolls in seasoned flour, then egg mixture, then bread crumbs. Heat oil in a large skillet and fry chicken in hot oil until golden brown. Set aside.

To Make Sauce: In a large bowl combine the soup, mushrooms, garlic powder, curry powder, wine and sour cream. Mix all together. Place browned chicken in a 9x13 inch baking dish. Pour sauce mixture over chicken and bake in the preheated oven for 15 to 20 minutes. Garnish with fresh parsley sprigs.
## Ingredients
- 2 teaspoons garlic powder
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 4 (4 ounce) boneless, skinless chicken breast halves
- 2 teaspoons lime juice

## Directions
In a small bowl, combine the garlic powder, chili powder, salt and paprika. Rub over both sides of chicken. In a large skillet coated with nonstick cooking spray, brown chicken on both sides; drizzle with lime juice. Cover and cook for 5-7 minutes or until chicken juices run clear.
Creamy Chicken and Sour Cream Enchiladas

**Ingredients**

- 2 cups chopped cooked chicken
- 1 cup KNUDSEN Sour Cream
- 1 1/2 cups shredded Colby & Monterey Jack cheese, divided
- 1 cup salsa, divided
- 2 tablespoons chopped cilantro
- 1 teaspoon ground cumin
- 10 (6 inch) flour tortillas
- 1 cup shredded lettuce
- 1 medium tomato, chopped

**Directions**

Preheat oven to 350 degrees F.

Mix chicken, sour cream, 1 cup of the cheese, 1/4 cup of the salsa, the cilantro and cumin until well blended. Spoon about 1/4 cup of the chicken mixture down center of each tortilla; roll up. Place, seam sides down, in 13x9-inch baking dish. Top with remaining 3/4 cup salsa; cover.

Bake 30 minutes.

Sprinkle with remaining 1/2 cup cheese.

Bake an additional 5 minutes or until cheese is melted. Top with lettuce and tomato just before serving.
**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 1/2 pounds boneless, skinless chicken breasts, cut into 3-inch strips</td>
<td></td>
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<tr>
<td>2 tablespoons olive oil</td>
<td></td>
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<tr>
<td>1 teaspoon lemon-pepper seasoning</td>
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<tr>
<td>1 (16 ounce) package frozen California blend vegetables</td>
<td></td>
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<tr>
<td>1 (14.5 ounce) can diced tomatoes, undrained</td>
<td></td>
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<tr>
<td>1/2 cup chopped onion</td>
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<tr>
<td>1 teaspoon dried basil</td>
<td></td>
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<tr>
<td>1/2 teaspoon onion powder</td>
<td></td>
</tr>
<tr>
<td>1 (16 ounce) package angel hair pasta</td>
<td></td>
</tr>
<tr>
<td>Shredded Parmesan cheese</td>
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</tbody>
</table>

**Directions**

In a large skillet, saute the chicken in oil until lightly browned; sprinkle with the lemon-pepper. Add the frozen vegetables, tomatoes, onion, basil and onion powder. Bring to a boil. Reduce heat; cover and simmer for 6-8 minutes or until chicken juices run clear and vegetables are tender.

Meanwhile, cook pasta according to package directions; drain. Top with chicken mixture. Serve with Parmesan cheese if desired.
Indian Tandoori Chicken

Ingredients

- 2 pounds chicken, cut into pieces
- 1 teaspoon salt
- 1 lemon, juiced
- 1 1/4 cups plain yogurt
- 1/2 onion, finely chopped
- 1 clove garlic, minced
- 1 teaspoon grated fresh ginger root
- 2 teaspoons garam masala
- 1 teaspoon cayenne pepper
- 1 teaspoon yellow food coloring
- 1 teaspoon red food coloring
- 2 teaspoons finely chopped cilantro
- 1 lemon, cut into wedges

Directions

Remove skin from chicken pieces, and cut slits into them lengthwise. Place in a shallow dish. Sprinkle both sides of chicken with salt and lemon juice. Set aside 20 minutes.

In a medium bowl, combine yogurt, onion, garlic, ginger, garam masala, and cayenne pepper. Mix until smooth. Stir in yellow and red food coloring. Spread yogurt mixture over chicken. Cover, and refrigerate for 6 to 24 hours (the longer the better).

Preheat an outdoor grill for medium high heat, and lightly oil grate.

Cook chicken on grill until no longer pink and juices run clear. Garnish with cilantro and lemon wedges.
## Ingredients

- 1 1/2 cups honey
- 6 tablespoons soy sauce
- 2 cloves garlic, minced
- 2 pounds chicken wings

## Directions

Heat honey, soy sauce, and garlic in a saucepan until boiling.

Place the wings in the bottom of a 9 x 13 inch baking pan, and pour the honey mixture over the chicken. Cover with foil. Marinate in the refrigerator for a few hours or overnight.

Bake, covered, at 375 degrees F (190 degrees C) for 1 hour; turn the wings after 1/2 hour. Remove the foil cover, and bake for 15 minutes. Take the wings out of the sauce, and bake on a rack for 10 minutes. Turn the chicken wings, and cook for another 10 minutes.
Thai Chicken Pizza with Carrots and Cilantro

Ingredients

1 (12 inch) pre-baked Italian pizza crust
1/2 cup prepared Thai peanut sauce*
2 tablespoons peanut butter
2 cups shredded chicken*
2 medium carrots, peeled and grated
3 green onions, thinly sliced
1/4 cup chopped roasted peanuts
1/4 cup chopped fresh cilantro

Directions

Adjust oven rack to lowest position, and heat oven to 450 degrees. Place crust on a cookie sheet. Mix peanut sauce and peanut butter, then spread 2/3 of the sauce over the pizza crust; toss remaining 1/3 of the sauce with the shredded chicken. Spread chicken over pizza.

Bake until the crust is crisp and golden, 10 to 12 minutes. Remove from oven, and top with carrots, green onions, peanuts and cilantro. Cut into 6 slices and serve.
**Ingredients**

- 3 boneless chicken breast halves, cooked and cubed
- 1 cup hickory flavored barbecue sauce
- 1 tablespoon honey
- 1 teaspoon molasses
- 1/3 cup brown sugar
- 1/2 bunch fresh cilantro, chopped
- 1 (12 inch) pre-baked pizza crust
- 1 cup smoked Gouda cheese, shredded
- 1 cup thinly sliced red onion

**Directions**

Preheat oven to 425 degrees F (220 degrees C). In a saucepan over medium high heat, combine chicken, barbecue sauce, honey, molasses, brown sugar and cilantro. Bring to a boil.

Spread chicken mixture evenly over pizza crust, and top with cheese and onions. Bake for 15 to 20 minutes, or until cheese is melted.
### Ingredients

- 1 cup crushed cornflakes
- 1/2 cup grated Parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon garlic powder
- 1/4 cup prepared Ranch salad dressing
- 1 pound boneless skinless chicken breasts, cut into 1-inch cubes
- Additional Ranch dressing

### Directions

In a shallow bowl, combine the first five ingredients. Place dressing in another bowl. Toss chicken cubes in dressing, then roll in the cornflake mixture. Place in a greased 11-in. x 7-in. x 2-in. baking pan.

Bake, uncovered, at 400 degrees for 12-15 minutes or until juices run clear. Serve with additional dressing for dipping.
Chinese Five Spice Chicken

**Ingredients**

- 2 whole bone-in chicken breasts, with skin
- 2 teaspoons Chinese five-spice powder
- 1 teaspoon garlic powder
- Salt and pepper to taste
- 1 tablespoon olive oil

**Directions**

Rinse chicken breasts and pat dry. Sprinkle with five-spice powder, garlic powder, salt and pepper. Wrap tightly in aluminum foil and refrigerate to 'marinate' for at least 2 hours.

Preheat oven to 350 degrees F (175 degrees C).

Remove wrapping from chicken breasts and place them in a lightly greased 9x13 inch baking dish. Drizzle with olive oil and bake at 350 degrees F (175 degrees C) for 45 minutes, or until cooked through and juices run clear.
**Ingredients**

- 1/2 cup all purpose flour, lightly seasoned with salt and pepper
- 1 pound skinless, boneless chicken breast halves
- 2 tablespoons olive oil
- 1 (14.5 ounce) can COLLEGE INN® Chicken Broth with Lemon and Herb
- 1 tablespoon cornstarch
- 1 lemon (garnish)
- 2 tablespoons fresh parsley, chopped (garnish)

**Directions**

Lightly pound chicken to flatten. Coat chicken with flour. Heat oil in large skillet over medium heat. Brown chicken on both sides until cooked through and juices run clear (5-6 minutes). Remove and set aside. Add broth to skillet and heat to a gentle simmer. Mix cornstarch with 2 tablespoons broth; add to skillet and stir to incorporate. Simmer until thickened (2-3 minutes). Return chicken to skillet and simmer until chicken is heated (2-3 minutes). Serve garnished with lemon zest and chopped parsley.
Ingredients
6 chicken drumsticks
6 teaspoons corn oil spread, divided
 garlic salt to taste
 ground black pepper to taste

Directions
Preheat oven to 350 degrees F (175 degrees C).

Arrange chicken legs in a 9x13 inch baking pan. Dab 1 teaspoon of corn oil spread on each and sprinkle with garlic salt and pepper.

Bake in preheated oven for 30 minutes and then turn legs over. Bake another 35 to 40 minutes.
Southwestern Chicken and White Rice

**Ingredients**
- 1 tablespoon vegetable oil
- 1 pound boneless skinless chicken breasts, cut into 1-inch chunks
- 1 large onion, chopped
- 1 (15.25 ounce) can kidney beans, drained, rinsed
- 1 1/2 cups chunky salsa
- 1 cup frozen, whole kernel corn, thawed
- 1/2 cup chicken broth
- 1 1/2 cups Minute® White Rice, cooked

**Directions**
- Heat oil in large nonstick skillet on medium-high heat. Add chicken and onion; cook and stir until chicken is cooked through.
- Add beans, salsa corn and broth. Bring to boil.
- Stir in rice; cover. Remove from heat and let stand for 5 minutes.
Robust Garlic Baked Chicken

Ingredients

1 (3 pound) whole chicken
1 cup unsalted butter, softened
1 lemon
3 tablespoons minced garlic
5 cloves garlic
1/4 cup chopped fresh rosemary
5 sprigs fresh rosemary
salt to taste
ground black pepper to taste
1 teaspoon paprika

Directions

Preheat oven to 350 degrees F (175 degrees C).

Rinse the chicken and pat dry. Zest the lemon. Slice remaining lemon into quarters and place to the side. With hand mixer combine butter, lemon zest, minced garlic and 1/4 cup chopped rosemary.

Take your hand and slide it between the skin and the meat on the breast, as well as loosening the 'pockets' between the leg and wing joints. Scoop some of the rosemary butter mixture onto your fingers and begin to stuff into the 'pockets' on the breast, leg, wings, etc. (Save approximately 1/4 of the rosemary butter mixture and rub on the inside of the chicken.)

Season the cavity of the chicken with the salt, pepper and paprika. Add the quartered lemon, rosemary sprigs and sliced garlic to the chicken cavity. Bind the legs with culinary twine and tuck the wings into the leg joints to secure.

Place the chicken breast up onto the roasting rack and into the oven. Roast for approximately 50 minutes, or until the juices run clear. Remove the 'stuffing', carve and serve.
Chicken Perkelt

**Ingredients**

- 3 tablespoons canola oil
- 6 skinless, boneless chicken breast halves - cut into bite size pieces
- 1/2 large onion, chopped
- 2 cubes chicken bouillon
- 1 teaspoon mild paprika
- salt and pepper to taste
- 1 (4.5 ounce) can mushrooms, with liquid
- 3 tablespoons sour cream

**Directions**

In a large skillet over heat, heat oil and add chicken and onion. Season with bouillon, paprika and salt and pepper to taste. When chicken is almost cooked through, stir in the mushrooms. Cover the skillet and cook for 5 more minutes or until the mushrooms are tender and the chicken juices run clear.

When chicken is done, stir in the sour cream and turn off the heat. Serve hot over rice or pasta.
Ranch Chicken Primavera

**Ingredients**

- 1 1/2 cups Marzetti® Classic Ranch Dressing
- 1 (12 ounce) package egg noodles
- 1 (16 ounce) package frozen vegetable blend (such as broccoli and carrots)
- 1 pound boneless skinless chicken breasts, cut into 1 inch pieces
- 1 tablespoon olive oil
- 1 teaspoon minced fresh garlic
- 1/3 cup Parmesan cheese, shredded

**Directions**

Cook noodles according to package directions; add frozen vegetables during last 5 minutes of cooking. Drain well. Meanwhile, in a large skillet, heat olive oil over medium-high heat. Add chicken and garlic; cook 8 to 10 minutes or until chicken is cooked through. Add noodles and vegetables to chicken mixture. Pour dressing over mixture; stir gently to coat. Simmer over medium-low heat until heated through. Top with Parmesan cheese before serving.
Rich Herb and Lemon Chicken

**Ingredients**

- 4 skinless, boneless chicken breast halves
- Salt and pepper to taste
- Garlic powder to taste
- 3 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 1/2 cups white wine
- 1 cup chicken broth
- 1 tablespoon chopped fresh rosemary leaves
- 1 tablespoon chopped fresh thyme leaves
- 1/2 cup lemon juice
- 2 tablespoons grated lemon zest
- 1/2 cup milk
- 1/4 cup sour cream

**Directions**

Place each chicken breast between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to a thickness of 1/2 inch. Sprinkle both sides of the flattened chicken breasts with salt, pepper, and garlic powder.

Heat olive oil in a large skillet with a cover over medium heat. Panfry the chicken breasts for about 2 minutes on each side, until the chicken is golden brown but not cooked all the way through. Remove the chicken and set aside.

Place the onion and garlic in the skillet, and cook and stir for about 3 minutes, until the onion starts to turn translucent. Pour the white wine and chicken broth into the pan, and bring to a simmer while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Whisk in the rosemary and thyme leaves, lemon juice, lemon zest, milk, and sour cream until the sauce is well mixed.

Place the chicken breasts back into the skillet; cover with the sauce, Cover the skillet, and simmer for about 1 hour, until the sauce is thickened. Serve chicken with sauce spooned over the top.
Chicken Tagine with Couscous

**Ingredients**

- 1 3/4 pounds skinless, boneless chicken breast halves - cut into 1 inch pieces
- 2 large onions, thinly sliced
- 1/2 cup coarsely chopped dried apricots
- 1/3 cup raisins
- 1 1/4 cups low-sodium chicken broth
- 2 tablespoons tomato paste
- 2 tablespoons lemon juice
- 2 tablespoons all-purpose flour
- 1 1/2 teaspoons ground ginger
- 1 1/2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 1/2 teaspoon black pepper
- 1/4 teaspoon curry powder (optional)
- 1/8 teaspoon cayenne pepper (optional)
- 1 cup couscous
- 1 cup boiling water

**Directions**

Place the chicken, onions, apricots, and raisins into a slow cooker. In a bowl, whisk together the chicken broth, tomato paste, lemon juice, flour, ginger, cumin, cinnamon, black pepper, curry powder, and cayenne. Pour the mixture over the chicken in the cooker. Cover, set the cooker to High, and cook 2 1/2 hours; or set the cooker to Low and cook for 5 hours.

Place the couscous into a saucepan, stir in the boiling water, cover, and let stand until the water is absorbed and the couscous is tender, about 5 minutes. Fluff the pasta with a fork. Scoop onto plates, and serve with chicken tagine.
Delicious Baked Chicken

Ingredients

- 4 bone-in chicken breast halves, with skin
- 1 tablespoon olive oil
- 1 pinch garlic powder
- salt and pepper to taste
- 3/4 cup Worcestershire sauce

Directions

Preheat oven to 350 degrees F (175 degrees C).

Rub each chicken breast with olive oil, then place in a lightly greased 9x13 inch baking dish. Season with garlic powder, salt and pepper to taste. Pour Worcestershire sauce over each breast. Cover dish with aluminum foil and bake in the preheated oven for 45 minutes. Check chicken and remove cover if desired. Bake for another 15 minutes.
Oven Baked Herb Chicken

**Ingredients**

- 6 skinless, boneless chicken breasts
- 1 (1 ounce) package cheese and garlic dry salad dressing mix
- 2 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1/4 cup butter
- 1 tablespoon lemon juice

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a lightly greased 9x13 inch baking dish. In a small bowl, combine the dry salad dressing mix, flour, salt, butter or margarine and lemon juice. Mix together, then brush mixture evenly over the top of the chicken breasts. Bake in the preheated oven for 60 minutes or until tender.
Double Garlic Chicken

**Ingredients**

- 4 medium skinless, boneless chicken breasts (about 4 oz. each)
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 (14.5 ounce) can COLLEGE INN® Chicken Broth
- 1 (14.5 ounce) can DEL MONTE® Diced Tomatoes with Basil, Garlic & Oregano, No Salt Added
- 2 cups instant brown rice
- 2 cups frozen broccoli florets, thawed and cut in halves

**Directions**

Season chicken with salt and pepper, if desired. Cook chicken in oil in large skillet over medium-high heat, 5 minutes per side. Remove and set aside.

Add garlic to skillet; cook 2 minutes over low heat. Add broth and tomatoes. Bring to boil. Stir in rice and return to boil. Reduce heat to low; place chicken over rice. Cover and simmer 5 minutes.

Remove from heat and stir in broccoli.
Ensalada Roja con Pollo (Red Salad with Chicken)

**Ingredients**

- 6 large baking potatoes, peeled and cubed
- 4 carrots, diced
- 1 tablespoon olive oil
- 1 large onion, chopped
- 3 cups diced cooked chicken
- 6 hard-cooked eggs, peeled and chopped
- 2 dill pickles, chopped
- 2 tablespoons dill pickle brine
- 2 cups mayonnaise
- salt and pepper to taste
- 1 cup diced cooked beets

**Directions**

Place the potatoes and carrots into a large pot and fill with enough water to cover. Bring to a boil, and cook until potatoes are tender enough to pierce with a fork, 8 to 10 minutes. Drain and rinse under cold water to cool. Set aside.

Heat the olive oil in a large skillet over medium heat. Add the onion; cook and stir until tender and light brown, about 10 minutes. Set aside to cool.

In a large bowl, combine the potatoes, carrots, chicken, eggs and pickles. In a separate bowl, whisk together the onion, pickle juice and mayonnaise. Season with salt and pepper. Pour over the potato mixture and stir gently to coat. Adjust the amounts of mayonnaise, salt and pepper if desired. Gently stir in beets last. Refrigerate for at least 1 hour to blend flavors before serving.
Portable Chinese Chicken Salad

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1 (16 ounce) package coleslaw mix
- 2 (3 ounce) packages chicken flavored ramen noodles, crushed, seasoning packet reserved
- 1/2 cup blanched slivered almonds
- 1/2 cup corn oil
- 1/2 cup rice garlic vinegar
- 1 packet artificial sweetener

**Directions**

Saute chicken in a large skillet until well browned. Place coleslaw in a large bowl, add chicken and set aside (or refrigerate if not serving soon).

Break up ramen noodles into a small bowl; add almonds and set aside.

In a small bowl combine the corn oil, vinegar, ramen seasoning packets and artificial sweetener. Mix well and set aside until ready to serve.

When you arrive at your destination, add noodle mixture and dressing mixture to large chicken/coleslaw bowl and stir together. Serve with a smile!
**Campbell's® Easy Chicken and Cheese**

**Ingredients**

1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular, 98% Fat Free or Healthy Request®)
1/2 cup sour cream
1 cup Pace® Picante Sauce
2 teaspoons chili powder
2 cups chopped cooked chicken
1/2 cup shredded Monterey Jack cheese
6 flour tortillas (6"), warmed
1 small tomato, chopped
1 green onion, sliced

**Directions**

Stir the soup, sour cream, picante sauce and chili powder in a medium bowl.

Stir 1 cup picante sauce mixture, chicken and cheese in a large bowl.

Divide the chicken mixture among the tortillas. Roll up the tortillas and place them seam side up in 11 x 8" shallow baking dish. Pour the remaining picante sauce mixture over the filled tortillas. Cover the baking dish.

Bake at 350 degrees F. for 40 min. or until the enchiladas are hot and bubbling. Top with the tomato and onion.
### Ingredients

<table>
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<tr>
<th>Item</th>
<th>Description</th>
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<tbody>
<tr>
<td>1 (10.75 ounce) can Campbell's® Healthy Request® Condensed Cream of Celery Soup</td>
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<tr>
<td>1/2 cup plain low-fat yogurt</td>
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<tr>
<td>1/4 cup water</td>
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<tr>
<td>2 tablespoons Dijon-style mustard</td>
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<tr>
<td>1 tablespoon vinegar</td>
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<tr>
<td>1/8 teaspoon ground black pepper</td>
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<tr>
<td>4 cups corkscrew-shaped pasta, cooked without salt</td>
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</tr>
<tr>
<td>2 stalks celery, sliced</td>
<td></td>
</tr>
<tr>
<td>1 cup diced tomato</td>
<td></td>
</tr>
<tr>
<td>2 cups cubed, cooked chicken</td>
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### Directions

Stir the soup, yogurt, water, mustard, vinegar and pepper with a whisk or fork in a large bowl. Add the pasta, celery, tomato and chicken, tossing until well coated.

Cover and refrigerate the salad for at least 3 hours. Stir the salad before serving.
Italian Chicken Sausage Stuffed Portabellas

**Ingredients**
- 8 portabella mushroom caps (3 to 4-inch diameter), cleaned with stems removed
- 1 teaspoon olive oil
- 1 (16 ounce) package al fresco® All Natural Sweet Italian Chicken Sausage
- 1 (8 ounce) container cream cheese spread with onion and chives, softened
- 2 tablespoons olive oil
- 3 tablespoons grated Parmesan cheese
- Fresh chives, minced for garnish (optional)

**Directions**

Preheat oven to 375 degrees F.

Over medium-high heat, in a heavy, medium nonstick skillet, heat 1 tsp oil. Add chopped sausage and saute until sausage is heated through, 2 to 3 minutes. Remove from heat and stir in cream cheese and 1/4 tsp pepper; mix well.

Brush both sides of mushrooms lightly with remaining olive oil. Place mushroom caps, cavity side up, on baking sheet sprayed with non-stick cooking spray. Fill each cavity with sausage mixture. Lightly sprinkle each with Parmesan.

Bake mushrooms in preheated oven for 7 to 8 minutes or until hot throughout. Sprinkle each with minced chives for garnish.
Creamy Tomato and Chicken Spaghetti

**Ingredients**

- 8 ounces spaghetti, uncooked
- 2 cups frozen stir-fry vegetables
- 1 tablespoon oil
- 1 pound boneless skinless chicken breasts, cut into strips
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1/4 cup KRAFT Zesty Italian Dressing
- 1/2 cup PHILADELPHIA Cream Cheese Spread
- 1/4 cup KRAFT Grated Parmesan Cheese

**Directions**

Cook spaghetti as directed on package, adding stir-fry vegetables to the cooking water for the last 3 min. of the spaghetti cooking time.

Meanwhile, heat oil in large nonstick skillet on medium-high heat. Add chicken; cook 6 min., stirring occasionally. Stir in tomatoes and dressing; bring to boil. Reduce heat to medium; simmer 4 min., stirring occasionally. Add cream cheese spread; cook and stir until cream cheese is completely melted and mixture is well blended.

Drain spaghetti mixture; place in large bowl. Add chicken mixture; toss to coat. Sprinkle with Parmesan cheese.
Basic Chicken Barbecue

Ingredients

1 cup vinegar
1 cup water
1/2 cup vegetable oil
3 tablespoons sugar
2 tablespoons salt
1 tablespoon poultry seasoning
1 tablespoon pepper
1 (3 pound) broiler-fryer chicken, cut up

Directions

In a small saucepan, combine the first seven ingredients. Bring to a boil; boil for 2 minutes. Allow to cool to lukewarm. Reserve 1/2 cup for basting; cover. Place chicken in a large resealable plastic bag or glass 13-in. x 9-in. x 2-in. baking dish. Pour remaining marinade over chicken. Cover or close bag and refrigerate at least 4 hours. Drain, discarding marinade. Grill, covered, over low coals, turning and brushing with reserved marinade, for 50-60 minutes or until juices run clear.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>1/2 cup all-purpose flour</td>
<td></td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
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<td></td>
</tr>
<tr>
<td>4 skinless, boneless chicken breast halves - cut into 1 inch cubes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 tablespoons olive oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 pound hot Italian sausage</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 medium baking potatoes, peeled and cubed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 large red onion, diced</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 green bell pepper, seeded and diced</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 cloves garlic, chopped</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 (12 ounce) jar sliced jalapeno peppers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups dry white wine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 tablespoons cornstarch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 (12 ounce) package rotini pasta</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/4 cup freshly grated Parmesan cheese</td>
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</tbody>
</table>

## Directions

Mix together the flour, salt and pepper in a medium bowl. Dredge the cubed chicken breast in the flour to coat. Heat olive oil in a large skillet over medium-high heat. Fry the chicken cubes until browned on the outside. Remove chicken, and set aside.

In a separate pan, or indoor grill, fry the Italian sausage links until cooked through. Cut into 1/4 inch slices.

Place potatoes into a saucepan with enough water to cover. Bring to a boil, and cook until fork tender, but not mushy, about 15 minutes. Drain and set aside.

Heat the skillet from cooking the chicken over medium heat. Add more oil if necessary. Saute onion and bell pepper until soft. Stir in garlic, and cook for about 1 minute. Pour in the whole jar of jalapenos, and the wine. Scrape any bits of food from the bottom of the pan, and bring to a simmer. Return the chicken to the pan, and add the sliced sausage and potatoes. Simmer for 5 minutes.

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, or until tender. Drain.

Mix cornstarch with a small amount of water, and stir into the skillet with the sauce. Cook over medium heat, stirring occasionally, until thick enough to coat the pasta. Serve sauce over pasta with freshly grated Parmesan cheese.
### Ingredients

- 1 (16 ounce) package frozen California blend vegetables
- 2 cups cubed, cooked chicken
- 1 (10.75 ounce) can condensed cream of potato soup, undiluted
- 1 cup milk
- 1 cup shredded Cheddar cheese
- 1 (2.8 ounce) can French-fried onions
- 1/2 teaspoon seasoned salt
- 1 (8 ounce) package refrigerated crescent rolls

### Directions

In a large bowl, combine the vegetables, chicken, soup, milk, cheese, onions and seasoned salt. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish.

Unroll the crescent roll dough and separate into two rectangles. Seal the perforations; cut each rectangle lengthwise into 1/2-in. strips. Form a lattice crust over the chicken mixture. Bake, uncovered, at 375 degrees F for 35-40 minutes or until golden brown.
Easy and Fast Cajun Chicken Caesar Salad

**Ingredients**

- 1/4 pound bacon
- 4 skinless, boneless chicken breast halves - cut into strips
- 1 teaspoon Cajun seasoning
- 1 tablespoon light olive oil
- 1 head romaine lettuce- rinsed, dried and chopped
- 1/2 cup Caesar salad dressing
- 1/3 cup grated Parmesan cheese

**Directions**

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Crumble and set aside.

In a preheated skillet, add the chicken, seasoning mix and oil. Cook until chicken is golden brown. Remove from heat and set aside.

In a salad bowl, combine Romaine, enough salad dressing to coat, Parmesan cheese and bacon. Toss and place on individual salad plates. Top with the sliced chicken and serve.
Thai Chicken Burgers

**Ingredients**

- 1 cup mayonnaise
- 1/4 cup flaked coconut, finely chopped
- 1 tablespoon chopped fresh mint
- 2 pounds ground chicken
- 2 1/2 cups panko bread crumbs
- 1/2 cup Thai peanut sauce
- 2 tablespoons red curry paste
- 2 tablespoons minced green onion
- 2 tablespoons minced fresh parsley
- 2 teaspoons soy sauce
- 3 cloves garlic, minced
- 2 teaspoons lemon juice
- 2 teaspoons lime juice
- 1 tablespoon hot pepper sauce
- 8 hamburger buns, split and toasted

**Directions**

In a small bowl, mix together mayonnaise, coconut, and mint. Cover, and refrigerate for at least 1 hour.

In a large bowl, mix together ground chicken, panko crumbs, Thai peanut sauce, curry paste, green onion, parsley, soy sauce, garlic, lemon juice, lime juice, and hot pepper sauce. Be careful not to over-mix. Divide into 8 equal size balls. Flatten into patties about 1/2 inch thick.

Preheat the grill for medium-high heat.

Lightly oil the grill grate. Grill burgers for 6 to 8 minutes per side, or until well done. Serve on toasted buns with Coconut-Mint Mayonnaise.
## Crunchy Chicken Salad

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 cups cubed cooked chicken</td>
<td>In a bowl, combine the first nine ingredients. Serve on lettuce-lined plates. Garnish with egg slices.</td>
</tr>
<tr>
<td>3 tablespoons chopped celery</td>
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<tr>
<td>3 tablespoons mayonnaise</td>
<td></td>
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<tr>
<td>2 tablespoons chopped water chestnuts</td>
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<tr>
<td>4 teaspoons sweet pickle relish</td>
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<tr>
<td>4 teaspoons diced pimientos, drained</td>
<td></td>
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<tr>
<td>1 tablespoon chopped pecans</td>
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<tr>
<td>1/4 teaspoon salt</td>
<td></td>
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<tr>
<td>1/8 teaspoon pepper</td>
<td></td>
</tr>
<tr>
<td>2 lettuce leaves</td>
<td></td>
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<tr>
<td>1 hard-cooked egg, sliced</td>
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</tbody>
</table>
Ingredients

- 10 Mission® Corn Tortillas heated
- 1 tablespoon vegetable oil
- 1 onion chopped
- 2 cloves garlic, minced
- 1 (4 ounce) can green chilies, chopped
- 1 pound cooked chicken, shredded
- 1 (10 ounce) can enchilada sauce
- 1/2 cup jalapeno jack cheese, shredded
- cooking spray

Directions

Saute onion and garlic in a large oiled skillet over medium heat, about 5 minutes.

Add chilies, chicken, and enchilada sauce; cook 2 minutes. Fold in cheese. Remove from heat.

Fill each tortilla with 1/3 cup of chicken mixture and roll up. Place seam side down in an oiled (pan spray) baking pan. (tip: Dip each warmed tortilla in water, shake off excess before filling with ingredients.)

Sprinkle with cheese. Bake at 375 degrees F for 10 minutes. Broil for 5 minutes and serve hot.
Ingredients
6 medium new potatoes, quartered
4 (6 ounce) skinless, boneless chicken breast halves
2 teaspoons olive oil
1/4 cup fresh lemon juice
2 teaspoons fresh rosemary, minced
1 teaspoon minced garlic
salt and pepper to taste
1/8 cup green onions, chopped
1/8 cup pitted black olives, sliced
1/2 cup mushrooms, sliced

Directions
Place potatoes and chicken in a casserole dish. Drizzle with olive oil and lemon juice. Then sprinkle with rosemary, garlic, salt, and pepper. Cover, and refrigerate for at least 30 minutes.

Preheat oven to 400 degrees F (200 degrees C). Sprinkle green onions over chicken.

Bake, covered, in preheated oven for 30 minutes. Remove, and add olives and mushrooms. Return to oven, and bake for 30 minutes. Transfer chicken and vegetables to platter, and pour pan juices on top.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Size</th>
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</thead>
<tbody>
<tr>
<td>1 (4 pound) chicken, cut into pieces</td>
<td></td>
</tr>
<tr>
<td>1/2 cup soy sauce</td>
<td></td>
</tr>
<tr>
<td>1 (12 fluid ounce) can or bottle orange-flavored carbonated beverage</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

Preheat oven to 350 degrees F (175 degrees C).

Mix the soy sauce and the orange soda in a 9x13 inch baking dish. Add the chicken, turning to coat evenly. Bake, skin side down, for 30 minutes. Turn and bake for an additional 30 minutes. Let cool and serve.
Flavorful Southern Fried Chicken

Ingredients

- 2/3 cup all-purpose flour
- 2/3 cup grated Parmesan cheese
- 1 1/3 cups bread crumbs
- 1 teaspoon poultry seasoning
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 cups milk
- 12 ounces chicken tenderloins
- 1 1/2 cups vegetable oil for frying

Directions

In a large plastic bag, combine the flour, Parmesan cheese, bread crumbs, poultry seasoning, onion powder, garlic powder, salt and pepper. Shake to mix.

Heat the oil in a large skillet over medium heat until a drop of water evaporates immediately. Dip one piece of chicken at a time into the milk, and then place in the bag with the coating. Shake until fully coated. Place in the frying pan, and continue with remaining chicken.

Cook until the edges are browned, then flip and cook until browned on the other side. If some chicken is done sooner, keep on a paper towel lined plate in a warm oven, so that the chicken is all still warm at serving time.
Italian Marinated Chicken

### Ingredients
- 4 skinless, boneless chicken breast halves
- Salt and pepper to taste
- 1 (16 ounce) bottle Italian-style salad dressing
- 1/3 cup vegetable oil

### Directions
To Marinate: Place chicken in a nonporous glass dish or bowl. Poke several holes in breasts with a fork; season with salt and pepper to taste and cover with salad dressing. Toss to coat, cover dish and refrigerate to marinate for 2 hours.

Heat oil in a medium skillet over medium heat. Remove chicken from marinade (discarding of any remaining marinade) and saute in skillet for 4 to 5 minutes on each side, or until cooked through and juices run clear.
### Ingredients

- 4 cups Swanson® Chicken Broth (Regular, Natural Goodness™ or Certified Organic)
- Generous dash ground black pepper
- 1 medium carrot, sliced
- 1 stalk celery, sliced
- 1/2 cup uncooked extra-wide egg noodles
- 1 cup shredded cooked chicken or turkey

### Directions

Heat broth, black pepper, carrot and celery in 2-quart saucepan over medium-high heat to a boil.

Stir noodles and chicken in saucepan. Reduce heat to medium. Cook 10 minutes or until noodles are tender, stirring often.
Gram's Chicken Pot Pie

Ingredients

1 (2 to 3 pound) whole chicken
2 (9 inch) deep dish frozen pie crusts, thawed
1 (10.75 ounce) can condensed cream of mushroom soup
1 (10 ounce) package frozen green peas, thawed
2 cups water, or as needed
1 teaspoon chicken bouillon granules

Directions

In a large heavy pot, place chicken and water to cover. Bring to a boil and let simmer uncovered for 30 minutes, adding water as needed. When chicken is boiled and tender, pick all the meat off of the bones.

Preheat oven to 400 degrees F (200 degrees C).

Open 1 can of cream of mushroom soup and pour into a small saucepan. Add frozen peas and carrots, water and chicken bouillon to taste. Simmer all together until the soup is smooth. Add chicken meat and mix all together.

Pour chicken and soup mixture into one pie crust and cover with the other crust. Seal the edges and cut a small steam hole in the top crust. Bake in the preheated oven 30 to 35 minutes or until crust is brown. Yummy!
Beer Can Chicken

**Ingredients**

- 1/3 cup brown sugar
- 2 tablespoons chili powder
- 2 tablespoons paprika
- 2 teaspoons dry mustard
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 (12 fluid ounce) can beer
- 1 (3 pound) whole chicken

**Directions**

Preheat an outdoor grill for medium-high heat, about 375 degrees F (190 degrees C). Mix the brown sugar, chili powder, paprika, dry mustard, salt, and ground black pepper in a small bowl. Place the half-full can of beer in the center of a plate.

Rinse chicken under cold running water. Discard giblets and neck from chicken; drain and pat dry. Fit whole chicken over the can of beer with the legs on the bottom; keep upright. Sprinkle 1 teaspoon of the seasoning mix into the top cavity of the chicken. The beer may foam up when the seasonings fall inside the can. Rub the remaining seasoning mix over the entire surface of the chicken.

Place the chicken, standing on the can, directly on the preheated grill. Close the lid and barbeque the chicken until no longer pink at the bone and the juices run clear, about 1 hour 15 minutes. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C). Remove the chicken from the grill and discard the beer can. Cover the chicken with a doubled sheet of aluminum foil, and allow to rest in a warm area for 10 minutes before slicing.
Sesame Ginger Chicken

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>2 tablespoons soy sauce</td>
</tr>
<tr>
<td>2 tablespoons honey</td>
</tr>
<tr>
<td>1 tablespoon sesame seeds,</td>
</tr>
<tr>
<td>toasted</td>
</tr>
<tr>
<td>1/2 teaspoon ground ginger</td>
</tr>
<tr>
<td>4 boneless, skinless chicken</td>
</tr>
<tr>
<td>breast halves</td>
</tr>
<tr>
<td>2 green onions with tops, cut</td>
</tr>
<tr>
<td>into thin strips</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>In a small bowl, combine the</td>
</tr>
<tr>
<td>first four ingredients; set</td>
</tr>
<tr>
<td>aside. Pound the chicken</td>
</tr>
<tr>
<td>breasts to 1/4-in. thickness.</td>
</tr>
<tr>
<td>Grill over medium-hot heat,</td>
</tr>
<tr>
<td>turning and basting frequently</td>
</tr>
<tr>
<td>with soy sauce mixture, for 8</td>
</tr>
<tr>
<td>minutes or until juices run</td>
</tr>
<tr>
<td>clear. Garnish with onions.</td>
</tr>
</tbody>
</table>
Curried Chicken Pockets

**Ingredients**

- 1/2 cup mayonnaise or salad dressing
- 1/2 cup chutney
- 1 tablespoon curry powder
- 6 cups cubed, cooked chicken
- **PITA BREAD:**
  - 1 (.25 ounce) package active dry yeast
  - 1 1/3 cups warm water (110 degrees to 115 degrees F), divided
  - 3 cups all-purpose flour
  - 1 tablespoon vegetable oil
  - 1 teaspoon salt
  - 1/4 teaspoon sugar
  - 3 tablespoons cornmeal
  - Lettuce Leaves

**Directions**

In a bowl, combine the mayonnaise, chutney, curry powder and chicken; refrigerate until serving.

In a mixing bowl, dissolve yeast in 1/3 cup warm water. Add 1-1/2 cups of flour, oil, salt, sugar and remaining water; beat until smooth. Add enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 10 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down; shape into six balls. Let rise for 30 minutes. Sprinkle three ungreased baking sheets with cornmeal. Roll each ball into a 7-in. circle. Place two circles on each baking sheet. Let rise for 30 minutes. Bake at 500 degrees F for 10 minutes or until lightly browned. Cool. Cut pitas in half. Line each with lettuce; fill with 1/3 cup chicken mixture.
# Easy Yummy Chinese Chicken Salad

## Ingredients

- 3/4 cup vegetable oil
- 5 tablespoons seasoned rice vinegar
- 3 teaspoons soy sauce
- 3 (3 ounce) packages chicken flavored ramen noodles
- 1 large head cabbage, shredded
- 1 head iceberg lettuce - rinsed, dried, and shredded
- 1 bunch green onions, chopped
- 12 ounces canned chicken, drained
- 1 cup toasted and sliced almonds
- 3 tablespoons chopped fresh cilantro

## Directions

In a saucepan over medium heat, whisk together the vegetable oil, rice vinegar, soy sauce and ramen noodle flavor packets. Bring dressing to the point of boiling, remove from heat and refrigerate until chilled.

In a large bowl, combine the cabbage, lettuce, green onions, broken noodles, chicken and almonds.

Pour dressing over salad and toss to coat. Sprinkle with fresh cilantro and serve.
# Chicken Enchilada Casserole II

## Ingredients
- 1 (16 ounce) container sour cream
- 1 (16 ounce) jar salsa
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/4 cup diced onion
- 1 (8 ounce) can chili beans, drained
- 6 (12 inch) flour tortillas, cut into strips
- 6 skinless, boneless chicken breast halves - cooked and shredded
- 4 cups shredded Cheddar cheese

## Directions
- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, mix sour cream, salsa, cream of chicken soup, onion and chili beans.
- Layer the bottom of a 9x13 inch baking dish with 1/3 tortilla strips. Top with 1/3 chicken, 1/3 sour cream mixture and 1/3 Cheddar cheese. Repeat layering with remaining ingredients.
- Bake in the preheated oven 20 to 30 minutes, or until golden and bubbly. Let stand about 10 minutes, or as long as you can stand it!!! You're done!
Chicken Rice Mexicana

**Ingredients**

- 1 tablespoon vegetable oil
- 1 onion, thinly sliced
- 1 green bell pepper, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1/4 cup milk
- 2 cups cooked white rice, divided
- 1 cup shredded Monterey Jack cheese
- 6 (10 inch) heated flour tortillas for serving
- 2 cups cooked, cubed chicken meat

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

Heat oil in a medium skillet over medium heat; saute onion, green bell pepper and red bell pepper until tender. Remove from heat and stir chicken into skillet, then add soup and milk and mix well.

Spread 1 cup rice in the bottom of a lightly greased 9x13 inch baking dish, then layer with chicken mixture, remaining 1 cup rice and top with cheese.

Bake at 375 degrees F (190 degrees C) for about 30 minutes, or until heated through and cheese is melted. Serve with heated flour tortillas, fajita style.
Five-Spice Chicken Wings

**Ingredients**

- 4 cloves garlic, minced
- 3 green onions, chopped
- 1 tablespoon sugar
- 1 tablespoon Chinese five-spice powder
- 2 tablespoons fish sauce
- 2 tablespoons soy sauce
- 2 tablespoons sweet chili sauce
- salt to taste (optional)
- 16 chicken wings
- 2 limes, quartered

**Directions**

Whisk together the garlic, green onion, sugar, five-spice powder, fish sauce, soy sauce, chili sauce, and salt in a bowl. Arrange the chicken pieces in a shallow, non-metallic dish. Spoon the sauce mixture over the chicken to evenly coat. Cover the dish with plastic wrap and refrigerate 8 hours or overnight.

Preheat oven to 425 degrees F (220 degrees C). Lightly grease a baking sheet.

Arrange the marinated chicken on the prepared baking sheet.

Bake in the preheated oven until crispy, about 45 minutes. Serve with lime wedges on the side.
# Angela's Easy Breaded Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>4 skinless, boneless chicken breasts</td>
<td></td>
</tr>
<tr>
<td>1 cup Italian-style salad dressing</td>
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<tr>
<td>2 cups seasoned dry bread crumbs</td>
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</tbody>
</table>

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Dredge chicken breasts in salad dressing, then coat completely with bread crumbs. Place coated chicken breasts in a lightly greased 9x13 inch baking dish and bake in the preheated oven for about 30 minutes, or until chicken is cooked through and juices run clear.
**Ingredients**

**MARINADE**
- 1/4 cup finely chopped fresh cilantro
- 1 clove garlic, minced
- 1/4 jalapeno chile pepper, seeded and minced
- 2 tablespoons finely grated fresh lime zest
- 1 1/2 teaspoons salt
- 1/2 teaspoon onion powder
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon chipotle chile powder
- 1 tablespoon olive oil
- 1 pound chicken breast tenderloins or strips

**SALSA**
- 1 medium tomato, chopped
- 1 small sweet onion, finely chopped
- 2 tablespoons finely chopped fresh cilantro
- 1/2 jalapeno chile pepper, seeded and minced
- 1 clove garlic, finely chopped
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon sea salt
- 1/8 teaspoon chipotle chile powder
- 1 tablespoon fresh lime juice

**GRILLED VEGETABLES**
- 1 sweet onion cut into 1/2-inch slices
- 1 red bell pepper, quartered
- 1 tablespoon olive oil
- 1/4 teaspoon salt

**Directions**

For the marinade: Place 1/4 cup cilantro, 1 clove minced garlic, 1/4 jalapeno, lime zest, 1 1/2 teaspoons salt, onion powder, 1/4 teaspoon black pepper, 1/4 teaspoon chipotle chile powder, and 1 tablespoon olive oil in a small bowl and stir until well combined. Place the chicken breast tenderloins in a large resealable plastic bag. Pour the marinade into the bag with the chicken, seal, and shake the bag to coat. Refrigerate for 1 hour.

For the salsa: Combine the tomato, 1 small onion, 2 tablespoons cilantro, 1/2 jalapeno, 1 clove garlic, 1/4 teaspoon black pepper, sea salt, 1/8 teaspoon chipotle pepper, and 1 tablespoon lime juice in a bowl. Cover with plastic wrap and refrigerate.

To prepare the grilled vegetables, toss the onions and red peppers with 1 tablespoon olive oil, 1/4 teaspoon salt, and 1 clove garlic in a bowl; set aside.

For the lime mayonnaise: Whisk together the mayonnaise and 2 tablespoons of lime juice; cover with plastic wrap and refrigerate.

Preheat an outdoor grill for medium-high heat.

Grill the marinated chicken on the prepared grill until no longer pink in the center and juices run clear, 8 to 10 minutes. Grill the red pepper and onions until tender and golden brown, 8 to 10 minutes. Remove the chicken and vegetables from the grill. Slice the grilled pepper into thin strips.

Spread each slice of bread with 1 1/2 teaspoons of prepared lime mayonnaise. Layer half of the pieces of bread with sliced mango, 1 tablespoon prepared salsa, grilled chicken tenderloins, grilled peppers, grilled onions, and a slice of Monterey Jack cheese. Top off the sandwiches with the remaining slices of bread. Return the sandwiches to the grill, turning when the bottom is golden brown.

Return the sandwiches to the grill and grill them until the bread is toasted and the cheese melts, about 2 minutes per side.
# Cider Vinegar Chicken

## Ingredients

<table>
<thead>
<tr>
<th></th>
<th>Quantity</th>
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<tbody>
<tr>
<td>6 skinless, boneless chicken breasts</td>
<td></td>
</tr>
<tr>
<td>5 teaspoons garlic salt</td>
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</tr>
<tr>
<td>1 cup cider vinegar</td>
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</tbody>
</table>

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken breasts in a 9x13 inch baking dish. Sprinkle with garlic salt, then pour vinegar over all.

Bake at 350 degrees F (175 degrees C) for 35 minutes or until chicken is browned and cooked through, and juices run clear.
Chicken and Spinach Alfredo Lasagna

**Ingredients**

- 1 (8 ounce) package lasagna noodles
- 3 cups heavy cream
- 2 (10.75 ounce) cans condensed cream of mushroom soup
- 1 cup grated Parmesan cheese
- 1/4 cup butter
- 1 tablespoon olive oil
- 1/2 large onion, diced
- 4 cloves garlic, sliced
- 5 mushrooms, diced
- 1 roasted chicken, shredded
- salt and ground black pepper to taste
- 1 cup ricotta cheese
- 1 bunch fresh spinach, rinsed
- 3 cups shredded mozzarella cheese

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Cook lasagna noodles for 8 to 10 minutes, or until al dente. Drain, and rinse with cold water.

In a saucepan over low heat, mix together heavy cream, cream of mushroom soup, Parmesan cheese, and butter. Simmer, stirring frequently, until well blended.

Heat the olive oil in a skillet over medium heat. Cook and stir the onion in olive oil until tender, then add garlic and mushrooms. Mix in the chicken, and cook until heated through. Season with salt and pepper.

Lightly coat the bottom of a 9x13 inch baking dish with enough of the cream sauce mixture to coat. Layer with 1/3 of the lasagna noodles, 1/2 cup ricotta, 1/2 of the spinach, 1/2 the chicken mixture, and 1 cup mozzarella. Top with 1/2 the cream sauce mixture, and repeat the layers. Place the remaining noodles on top, and spread with remaining sauce.

Bake 1 hour in the preheated oven, or until brown and bubbly. Top with the remaining mozzarella, and continue baking until cheese is melted and lightly browned.
### Ingredients

- 2 1/2 pounds cut up chicken pieces
- salt and pepper to taste
- 1 (8 ounce) can jellied cranberry sauce
- 1/4 cup corn syrup
- 2 tablespoons lemon juice
- 2 tablespoons melted butter
- 1/2 teaspoon dried rosemary, crushed

### Directions

Heat grill to medium. Rinse chicken and pat dry. Season with salt and pepper to taste.

To Make Sauce: In a medium bowl combine the cranberry sauce, corn syrup, lemon juice, butter/margarine and rosemary. Mix well. Set aside.

Grill chicken pieces, bone side up, on uncovered grill over medium hot coals for 20 minutes. Turn chicken and grill for another 20 to 30 minutes or until tender and juices run clear, brushing often with the sauce during the last 15 minutes of cooking.
Roast Chicken with Creole Stuffing

**Ingredients**

- 1 1/2 cups uncooked brown rice
- 2 (4 ounce) links fresh Italian sausage
- 2 tablespoons cooking oil
- 1 cup chopped onion
- 5 cloves garlic, minced
- 1/2 cup diced green pepper
- 1/2 cup diced sweet red pepper
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 tablespoon lemon juice
- 1 teaspoon dried basil
- 1/2 teaspoon sugar
- 1/2 teaspoon hot pepper sauce
- 1/2 teaspoon chicken bouillon granules
- 1/4 teaspoon chili powder
- 1/4 teaspoon pepper
- 1/8 teaspoon dried thyme
- 1 1/4 teaspoons salt, divided
- 1 cup diced fully cooked ham
- 1 cup frozen cooked small shrimp, thawed (optional)
- 3 tablespoons minced fresh parsley
- 1 (6 pound) roasting chicken
- 1/2 teaspoon paprika
- Dash pepper

**Directions**

In a large saucepan, cook rice according to package directions. Meanwhile, in a skillet, cook sausages in oil. Remove sausages, reserving drippings. When cool enough to handle, cut sausages in half lengthwise, then into 1/4-in. pieces; set aside. Saute onion, garlic and peppers in drippings until tender, about 4 minutes. Add the next nine ingredients and 1 teaspoon salt; cook and stir for 5 minutes. Add to the cooked rice. Stir in ham, shrimp if desired, parsley and sausage; mix lightly. Just before baking, stuff the chicken with about 3-1/2 cups stuffing. Place remaining stuffing in a greased 1-1/2-qt. baking dish; cover and refrigerate. Place chicken on a rack in a roasting pan; tie drumsticks together. Combine paprika, pepper and remaining salt; rub over chicken. Bake, uncovered, at 350 degrees F for 1-1/2 hours, basting every 30 minutes. Cover and bake 1-1/2 hours longer or until juices run clear. Bake additional stuffing for the last 40 minutes of baking time, uncovering during the last 10 minutes.
# Mexican Chicken Soup

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/4 pounds skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons taco seasoning mix</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1/2 cup chopped onions</td>
<td></td>
</tr>
<tr>
<td>1/2 cup chopped celery</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons ground cumin</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon ground black pepper</td>
<td></td>
</tr>
<tr>
<td>1 cup water</td>
<td></td>
</tr>
<tr>
<td>3 (14 ounce) cans chicken broth</td>
<td></td>
</tr>
<tr>
<td>1 cup diced tomatoes</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon chopped fresh cilantro</td>
<td></td>
</tr>
<tr>
<td>1 cup shredded Cheddar cheese</td>
<td></td>
</tr>
<tr>
<td>1 cup crushed tortilla chips</td>
<td></td>
</tr>
<tr>
<td>1 avocado - peeled, pitted and diced</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lay chicken breasts onto a baking sheet and sprinkle with 1 tablespoon taco seasoning mix. Bake for 30 to 35 minutes, cool and shred or cut into strips.

While the chicken is cooking, heat oil in a stockpot and cook the onions and celery until soft. Stir in the water and chicken broth. Season with cumin, black pepper and remaining taco seasoning mix. Simmer for 30 minutes for the flavors to mingle. Add the tomatoes, cilantro and chicken, simmer for 5 more minutes. Serve hot topped with avocado, shredded cheese and crushed tortilla chips.
Ingredients

8 (6 ounce) skinless, boneless chicken breast halves
1 tablespoon Italian seasoning
salt and pepper to taste
3/4 cup sun-dried tomatoes
2 tablespoons olive oil
2 tablespoons butter
4 cloves garlic clove, minced
1 (10 ounce) can cream of chicken soup
1/2 cup milk
1 tablespoon Italian seasoning
salt and pepper to taste

Directions

Preheat oven to 375 degrees F (190 degrees C).

Season chicken with Italian seasoning, salt, and pepper. Place chicken in a baking dish and cook in preheated oven for about 20 minutes.

Meanwhile, fill a small saucepan halfway with water and bring to a boil. Cook sun-dried tomatoes in the boiling water until soft, 7 to 10 minutes. Remove the tomatoes from the water and puree in a food processor until smooth.

Heat olive oil and butter in a skillet over medium heat. Cook garlic in butter and oil until garlic turns brown, 3 to 5 minutes. Stir in the cream of chicken soup and milk. Cook 5 to 7 minutes, stirring frequently. Season with Italian seasoning, salt, and pepper. Stir in the pureed tomato and simmer 5 minutes. Add baked chicken breasts to the pan and simmer until chicken is completely cooked through and juices run clear, about 5 minutes.
Phenomenal Chicken and Pasta in Creamy Pesto

**Ingredients**

**Pesto:**
- 2 cups fresh basil
- 3 cloves garlic
- 1/3 cup freshly grated Parmesan cheese
- 1/3 cup pine nuts
- 1 medium ripe tomato, chopped
- 1/4 cup olive oil

**Marinade:**
- 1/4 cup chicken broth
- 1 cup white wine
- 2 tablespoons dried basil
- 2 teaspoons dried oregano
- 2 cloves garlic, minced
- 6 boneless, skinless chicken breasts, cut into strips
- 1 (16 ounce) package dried penne pasta
- 5 tablespoons olive oil, divided
- 1 large onion, diced
- 1 tablespoon sugar
- 1/2 (8 ounce) jar oil-packed sun-dried tomatoes, drained and sliced
- 1/3 cup pine nuts
- 1/2 cup white wine
- 1 cup heavy cream
- salt to taste

**Directions**

Place basil, garlic, Parmesan, pine nuts, and tomato in a food processor. Gradually add olive oil, while pulsing, until mixture is smooth and creamy.

In a bowl, stir together chicken broth, 1 cup white wine, dried basil, oregano, and minced garlic. Stir in chicken pieces.

Bring a large pot of lightly salted water to a boil. Add pasta, and cook until just al dente, about 8 minutes. Drain, and rinse under cold water. Toss with 2 tablespoons olive oil. Set aside.

Heat 3 tablespoons olive oil in a skillet over medium heat. Stir in onions, and sprinkle with sugar. Cook until the onions are soft and translucent. Stir in sun-dried tomatoes and pine nuts, and cook about 3 minutes. Stir in chicken and marinade. Stir in 1/2 cup white wine. Simmer chicken pieces, stirring occasionally, about 8 minutes.

Add pasta and pesto to the skillet. Stir in cream, and cook until the sauce is thickened. Adjust salt and freshly ground pepper to taste, and serve with freshly grated Parmesan.
## Simple Chicken and Noodles

### Ingredients
- 1 (3 pound) whole chicken
- 1 teaspoon salt, or to taste
- 2 cups all-purpose flour
- dash salt
- 4 large eggs
- 1 teaspoon vegetable oil

### Directions
Remove any giblets, rinse the chicken with cold water, and place it into a large saucepan of water. Add 1 teaspoon salt, and bring to a boil over high heat. Reduce heat to a medium low, and simmer about 1 hour, skimming foam from the broth, until the chicken meat is tender.

Mix the flour with a dash of salt in a bowl. With your fingers, make a depression in the top of the flour and drop in the eggs. Add the oil, and stir the eggs into the flour to make a stiff dough. Knead the dough for about 10 minutes, until smooth and elastic, and let it rest, covered, for about 10 minutes.

Cut the dough in half, and roll each piece out, on a well-floured surface, into a rectangle shape until it’s about 1/8 of an inch thick. Sprinkle the dough sheet with flour, and roll it up into a loose cylinder. With a sharp knife, cut 1/2 inch wide noodles from the roll. Unroll the noodles, and sprinkle with flour to prevent them from sticking together.

Remove the chicken from the broth and let cool about 10 to 15 minutes, until it’s cool enough to handle. Remove the skin and strip all of the meat from the bones, and return the chicken meat to the broth. Bring the broth back to a boil, drop in the fresh noodles, and let simmer over medium-low heat for about 10 minutes, until the noodles are tender, slightly puffed and lighter in color.
# Chicken Afritada

## Ingredients

- 1/2 cup vegetable oil
- 1 onion, chopped
- 1 tablespoon chopped fresh ginger
- 1 whole chicken, cut into pieces
- 1 (10 ounce) can tomato sauce
- 1/2 cup soy sauce
- 1/2 cup oyster sauce
- 2 teaspoons garlic salt
- 1 (10 ounce) can baby peas, drained
- 1 red bell pepper, cut into strips
- 4 medium potatoes, peeled and cubed
- 1 pinch ground black pepper

## Directions

Heat oil in a large skillet over medium-high heat. Cook onion and ginger for 3 minutes, browning slightly. Lay chicken in the skillet, skin side down. Fry until golden, about 10 minutes, turning once with tongs.

In a bowl, whisk together tomato sauce, soy sauce, oyster sauce, and garlic salt, and pour evenly over chicken. Gently fold in peas, bell pepper, and potato. Simmer 20 to 30 minutes, or until chicken is cooked through and no longer pink in the center. Season with ground black pepper.
Chris' Grilled Orange Chicken

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 1/4 cup lemon juice
- 1/4 cup lime juice
- 3 cups orange juice
- 1/4 cup crushed fresh mint leaves
- 2 tablespoons honey

**Directions**

Place the chicken into a large bowl, and pour in the lemon juice, lime juice and orange juice. Sprinkle the mint leaves over, and drizzle with honey. Cover and refrigerate overnight.

Preheat a grill for medium heat. When the grill is hot, lightly brush the grate with oil.

Place the chicken onto the preheated grill, and discard the marinade. Cook for 6 to 8 minutes per side, or until no longer pink and juices run clear.
## Slow Cooker Chicken Curry with Quinoa

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 pounds diced chicken breast meat</td>
<td></td>
</tr>
<tr>
<td>3/4 cup chopped onion</td>
<td></td>
</tr>
<tr>
<td>1 1/4 cups chopped celery</td>
<td></td>
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<tr>
<td>1 3/4 cups chopped Granny Smith apples</td>
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</tr>
<tr>
<td>1 cup chicken broth</td>
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<tr>
<td>1/4 cup nonfat milk</td>
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<tr>
<td>1 tablespoon curry powder</td>
<td></td>
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<tr>
<td>1/4 teaspoon paprika</td>
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</tr>
<tr>
<td>1/3 cup quinoa</td>
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</tr>
</tbody>
</table>

### Directions

Place the chicken, onion, celery, apple, chicken broth, milk, curry powder, and paprika into a slow cooker; stir until mixed. Cover, and cook on Low for 4 to 5 hours. Stir in the quinoa during the final 35 minutes of cooking. Serve when quinoa is tender.
Chicken Nacho Tacos

**Ingredients**

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1/2 teaspoon chili powder
- 1 (10.75 ounce) can Campbell's® Condensed Fiesta Nacho Cheese Soup
- 2 (4.5 ounce) cans Swanson® Premium Chunk Chicken Breast in Water, drained
- 8 taco shells, warmed
- Shredded lettuce
- Chopped tomato

**Directions**

Heat the oil in a 10-inch skillet over medium-high heat. Add the onion and chili powder and cook until the onion is tender, stirring often.

Stir the soup and chicken in the skillet and cook until the mixture is hot and bubbling. Spoon the chicken mixture into the taco shells. Top with the lettuce and tomato.
## Magic Chicken

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1 cup red cooking wine</td>
<td></td>
</tr>
<tr>
<td>1 (4 ounce) can sliced mushrooms, drained</td>
<td></td>
</tr>
<tr>
<td>1 (6.5 ounce) jar marinated artichoke hearts</td>
<td></td>
</tr>
</tbody>
</table>

**Directions**

Preheat the oven to 350 degrees F (175 degrees C).

Poke holes in both sides of the chicken breasts using a fork, and lay them in a baking dish. Pour the cooking wine over. Cover with artichokes and the artichoke marinade. Sprinkle mushrooms over.

Bake for 35 minutes in the preheated oven, or until chicken is no longer pink, and the juices run clear.
**Ingredients**

- 6 skinless, boneless chicken breast halves
- 1 (15 ounce) can dark red kidney beans, undrained
- 1 (15 ounce) can pinto beans, undrained
- 1 (15 ounce) can black beans, undrained
- 2 onions, cut into chunks
- 1 green bell pepper, coarsely chopped
- 1 (6 ounce) can tomato paste
- 1/3 cup brown sugar
- 2 tablespoons seasoned rice vinegar
- 1 tablespoon Asian chili black bean sauce
- 1/2 teaspoon sea salt
- 1/2 cup shredded Cheddar cheese

**Directions**

Place the chicken breasts into a slow cooker, and pour in the kidney beans, pinto beans, black beans, onions, green bell pepper, tomato paste, brown sugar, rice vinegar, chili black bean sauce, and sea salt. Stir to combine all ingredients, and set the cooker to High. Cook for 1 hour; stir again, and set the cooker to Low. Cook for 4 more hours.

Remove the chicken breasts, shred with 2 forks, and stir the shredded chicken back into the chili. Sprinkle the top of the chili with Cheddar cheese, and serve.
Quick Chicken Cordon Bleu

Ingredients

- 4 boneless, skinless chicken breast halves
- 2 teaspoons Dijon mustard
- 1/2 teaspoon paprika
- 4 slices fully cooked ham
- 1 cup soft bread crumbs
- 1 cup grated Parmesan cheese
- 1/4 teaspoon pepper
- 1/4 cup mayonnaise

SAUCE:
- 1 tablespoon butter or margarine
- 1 tablespoon all-purpose flour
- 1 cup milk
- 1/4 teaspoon salt
- 1/2 cup shredded Swiss cheese
- 2 tablespoons white wine or chicken broth

Directions

Flatten the chicken to 1/2-in. thickness. Spread mustard on one side; sprinkle with paprika. Top with a ham slice. Roll up tightly; secure with toothpicks.

In a bowl, combine the bread crumbs, Parmesan cheese and pepper.

Brush chicken with mayonnaise; roll in crumb mixture. Place in a shallow 2-qt. microwave-safe dish; cover loosely. Microwave on high for 7 minutes. Turn the chicken; cook 7 minutes longer or until juices run clear. Remove toothpicks; set aside and keep warm.

In a 1-qt. microwave-safe dish, heat the butter on high for 30 seconds; stir in the flour until smooth. Cook, uncovered, on high for 30 seconds. Add milk and salt. Cook 3-4 minutes longer or until thickened. Stir in cheese until smooth. Add the wine or broth. Serve over chicken.
Chicken Florentine Casserole

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1/4 cup butter
- 3 teaspoons minced garlic
- 1 tablespoon lemon juice
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 tablespoon Italian seasoning
- 1/2 cup half-and-half
- 1/2 cup grated Parmesan cheese
- 2 (13.5 ounce) cans spinach, drained
- 4 ounces fresh mushrooms, sliced
- 2/3 cup bacon bits
- 2 cups shredded mozzarella cheese

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Place the chicken breast halves on a baking sheet; bake 20 to 30 minutes, until no longer pink and juices run clear. Remove from heat, and set aside.

Increase the oven temperature to 400 degrees F (200 degrees C).

Melt the butter in a medium saucepan over medium heat. Stirring constantly, mix in the garlic, lemon juice, cream of mushroom soup, Italian seasoning, half-and-half, and Parmesan cheese.

Arrange the spinach over the bottom of a 9x9 inch baking dish. Cover the spinach with the mushrooms. Pour half the mixture from the saucepan over the mushrooms. Arrange chicken breasts in the dish, and cover with the remaining sauce mixture. Sprinkle with bacon bits, and top with mozzarella cheese.

Bake 20 to 25 minutes in the 400 degrees F (200 degrees C) oven, until bubbly and lightly browned.
# Tyson® Chicken Pita Pockets

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tyson® Grilled &amp; Ready® Fully Cooked Grilled Breast Fillets</td>
<td>3</td>
</tr>
<tr>
<td>3/4 cup ranch-style salad dressing</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon dill weed, dried</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1 cup mushrooms, fresh; sliced</td>
<td></td>
</tr>
<tr>
<td>1 medium onion, thinly sliced, separated into rings</td>
<td></td>
</tr>
<tr>
<td>1 cup lettuce, shredded</td>
<td></td>
</tr>
<tr>
<td>4 large pita bread pockets, halved</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

1. Blend salad dressing and dill in a small bowl. Set aside.
2. Cook chicken according to package directions. Dice.
3. Heat oil in large nonstick skillet over medium. Add mushrooms and onion; cook 3 to 5 minutes or until vegetables are tender. Add chicken and stir.
## Gourmet Cucumber Chicken Salad

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 (10 ounce) cans chicken chunks, drained</td>
<td>In a salad bowl combine the chicken, grapes, pecans/ almonds, celery, oranges and salad dressing. Toss to coat and serve!</td>
</tr>
<tr>
<td>1 cup seedless green grapes, halved</td>
<td></td>
</tr>
<tr>
<td>1/2 cup chopped pecans</td>
<td></td>
</tr>
<tr>
<td>1/2 cup chopped celery</td>
<td></td>
</tr>
<tr>
<td>1 (11 ounce) can mandarin oranges, drained</td>
<td></td>
</tr>
<tr>
<td>3/4 cup creamy cucumber salad dressing</td>
<td></td>
</tr>
</tbody>
</table>
# Slow Cooker Chicken Cacciatore

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1 (28 ounce) jar spaghetti sauce</td>
<td></td>
</tr>
<tr>
<td>2 green bell pepper, seeded and cubed</td>
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</tr>
<tr>
<td>8 ounces fresh mushrooms, sliced</td>
<td></td>
</tr>
<tr>
<td>1 onion, finely diced</td>
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</tr>
<tr>
<td>2 tablespoons minced garlic</td>
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</tbody>
</table>

## Directions

Put the chicken in the slow cooker. Top with the spaghetti sauce, green bell peppers, mushrooms, onion, and garlic.

Cover, and cook on Low for 7 to 9 hours.
Italian Green Bean Chicken

**Ingredients**
- 2 tablespoons olive oil
- 3 cloves garlic, chopped
- 1 pound skinless, boneless chicken breast halves - cubed
- 2 (14.5 ounce) cans diced tomatoes
- 2 tablespoons minced fresh basil
- 1 pound fresh green beans - rinsed, trimmed and steamed

**Directions**

Heat oil in a large skillet over medium high heat. Add garlic and saute until aromatic oils are released, then add chicken and cook through until no longer pink.

Stir in tomatoes and basil and bring to a boil; reduce heat to low and simmer for another 3 to 5 minutes. Finally, stir in steamed beans and serve.
**Ingredients**

- 2 cups cherry wood chips
- 2 (12 fluid ounce) cans beer, half full
- 1/2 cup dark brown sugar
- 1/2 cup kosher salt
- 1/2 cup paprika
- 1/4 cup ground black pepper
- 1 teaspoon cayenne pepper
- 1/4 cup vegetable oil
- 2 (3 pound) whole chickens

**Directions**

Soak wood chips in water for at least 1 hour.

Preheat an outdoor grill for indirect medium heat, about 350 degrees F (175 degrees C).

Mix together dark brown sugar, kosher salt, paprika, ground black pepper, and cayenne pepper in a small bowl. Place two half full cans of beer on a baking sheet. Spoon 1 teaspoon seasoning mix into each can. Be careful, this will make the beer foam up and out of the can.

Rinse chicken under cold running water. Discard giblets and neck from chicken; drain and pat dry. Rub each chicken with 2 tablespoons vegetable oil. Rub the remaining seasoning mix over the entire chicken, inside and out. Fit each chicken over a can of beer with the legs on the bottom; keep upright.

Drain the wood chips and place them with the coals or in an aluminum pan on or under the grill grate as directed by the grill’s manual. Place the two chickens, standing on their cans directly on the grill. Close the lid and barbeque the chicken until no longer pink at the bone and the juices run clear, about 1 hour 30 minutes. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C). Remove the chickens from the grill and discard the beer cans. Cover the chicken with a doubled sheet of aluminum foil, and allow to rest in a warm area for 10 minutes before slicing.
# Sweet and Tangy Chicken

## Ingredients

- 1 tablespoon butter or margarine
- 4 skinless, boneless chicken breasts
- 1 (10.75 ounce) can Campbell’s® Condensed Tomato Soup (Regular, 25% Less Sodium or Healthy Request®)
- 1/4 cup water
- 1 tablespoon packed brown sugar
- 1 tablespoon vinegar
- Hot cooked regular long-grain white rice

## Directions

Heat butter in skillet. Add chicken and cook until browned.

Add soup, water, sugar and vinegar. Heat to a boil. Cover and cook over low heat 5 minutes or until done. Serve with rice.
Crispy Baked Chicken Wings

**Ingredients**

**Sauce:**
- 1 cup Smucker's® Apricot Preserves
- 2 tablespoons brown sugar
- 1 teaspoon dry mustard
- 1/2 teaspoon ground ginger
- 1/4 cup cider vinegar

**Wings:**
- Crisco® Original No-Stick Cooking Spray
- 2 pounds chicken wings
- 1/3 cup grainy mustard
- 3 tablespoons Crisco® Canola Oil
- 1 tablespoon water
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne pepper

**Directions**

Preheat oven to 450 degrees F. Line a baking sheet with foil; spray with Crisco No-Stick Cooking Spray, set aside.

Combine all sauce ingredients in a small saucepan. Heat just until sugar is melted; set aside.

Disjoint chicken wings; discard tips. Rinse and pat dry with a paper towel. In a large bowl, combine grainy mustard, Crisco Canola Oil, water, salt, pepper and cayenne pepper; add chicken wings and toss to coat. Place coated chicken wings on prepared sheet. Spray each wing thoroughly with Crisco No-Stick Cooking Spray. Bake 25 minutes, turning once.

Remove from oven, increase oven temperature to broil. Brush chicken wings with Sweet and Sour Sauce; return to oven and broil about 2 minutes or until golden brown and crisp. Serve with remaining Sweet and Sour Sauce for dipping.
Mandarin Chicken Pasta Salad

**Ingredients**

- 1 teaspoon finely chopped, peeled fresh ginger
- 1/3 cup rice vinegar
- 1/4 cup orange juice
- 1/4 cup vegetable oil
- 1 teaspoon toasted sesame oil
- 1 (1 ounce) package dry onion soup mix
- 2 teaspoons white sugar
- 1 clove garlic, pressed

1 (8 ounce) package bow tie (farfalle) pasta
1/2 cucumber - scored, halved lengthwise, seeded, and sliced
1/2 cup diced red bell pepper
1/2 cup coarsely chopped red onion
2 diced Roma tomatoes
1 carrot, shredded
1 (6 ounce) bag fresh spinach
1 (11 ounce) can mandarin orange segments, drained
2 cups diced cooked chicken
1/2 cup sliced almonds, toasted

**Directions**

To make the dressing, whisk together the ginger root, rice vinegar, orange juice, vegetable oil, sesame oil, soup mix, sugar, and garlic until well blended. Cover, and refrigerate until needed.

Bring a large pot of lightly salted water to a boil. Add the bowtie pasta and cook for 8 to 10 minutes or until al dente; drain, and rinse under cold water. Place pasta in a large bowl.

To make the salad, toss the cucumber, bell pepper, onion, tomatoes, carrot, spinach, mandarin oranges, chicken, and almonds with the pasta. Pour the dressing over the salad mixture, and toss again to coat evenly. Serve immediately.
Easy White Chicken Enchiladas

Ingredients

- 4 ounces cream cheese, softened
- 1/2 cup sour cream
- 1/2 cup green salsa
- 2 (6 ounce) packages seasoned cooked chicken cubes
- 1 cup shredded Mexican-style cheese blend
- 1 1/2 cups white cheese sauce, or queso dip
- 6 (8 inch) flour tortillas

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly spray an 8x8-inch glass baking dish with cooking spray.

Stir together the softened cream cheese, sour cream, and salsa until blended. Fold in chicken and shredded cheese. Spread a small amount of white cheese sauce onto the bottom of the baking dish. Evenly divide the filling among the tortillas, and roll into firm cylinders. Place into prepared baking dish and cover with remaining sauce.

Bake in preheated oven until golden and bubbly, about 30 minutes. Allow to rest 5 minutes before serving.
**Kung Pao Chicken**

**Ingredients**

- 1 1/2 pounds skinless, boneless chicken breast halves, cut into cubes
- 1 tablespoon cornstarch
- Salt and pepper to taste
- 1 pinch Chinese five-spice powder, or to taste
- 3/4 cup water
- 2 tablespoons soy sauce
- 2 tablespoons brown sugar
- 1 tablespoon Asian (toasted) sesame oil
- 1 tablespoon cornstarch
- 1 1/2 teaspoons rice vinegar
- 1 pinch Chinese five-spice powder
- 2 tablespoons vegetable oil, divided
- 1 onion, diced
- 1 stalk celery, diced
- 4 cloves garlic, chopped
- 1 teaspoon red pepper flakes, or to taste
- 1/3 cup roasted peanuts, or to taste

**Directions**

Mix the chicken, 1 tablespoon of cornstarch, salt, pepper, and 1 pinch of five-spice powder together in a bowl until the chicken is coated, and set aside.

Whisk together water, soy sauce, brown sugar, sesame oil, 1 tablespoon of cornstarch, rice vinegar, and 1 pinch of five-spice powder in a bowl until the mixture is smooth, and set aside.

Place 1 tablespoon of oil in a wok or large skillet over medium-high heat, and cook and stir the chicken mixture until the chicken is browned, about 5 minutes. Remove the chicken from the wok, and set aside.

Pour 1 more tablespoon of oil into the heated wok, and stir in the onion, celery, garlic, and red pepper flakes. Cook and stir the vegetables until they start to become tender, about 3 minutes. Pour in the cornstarch mixture, and cook and stir until the sauce thickens, about 1 minute. Remove the wok from the heat, lightly stir in the cooked chicken and peanuts, and serve.
# Chipotle Chicken

## Ingredients

- 1 (7 ounce) can chipotle peppers in adobo sauce
- 2 tablespoons sour cream
- 4 skinless, boneless chicken breasts
- 1 cup sour cream
- 10 ounces baby spinach, rinsed
- 1/2 cup chicken broth
- salt to taste

## Directions

Combine chopped chile peppers with 2 tablespoons sour cream. Mix together and spread mixture over chicken breasts. Sprinkle lightly with salt to taste, cover and marinate in refrigerator for at least 2 hours.

Place marinated chicken in an ungreased 9x13 inch baking dish and broil for about 5 minutes (rack should be about 6 inches from the top.) Pour 1 cup sour cream around edges of chicken and turn over chicken breasts. Broil for an additional 5 minutes. Sour cream should be lightly brown on the edges. Move breasts into a separate dish and cover to keep warm. Set aside.

Pour leftover broiled sour cream into a medium saucepan over high heat. Add spinach, broth and salt to taste. Boil for about 1 minute until all melted and mixed together. Pour mixture over chicken breasts and serve.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup Pace® Salsa Verde</td>
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<tr>
<td>2 cups diced cooked chicken</td>
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<tr>
<td>1 large red pepper, diced</td>
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<tr>
<td>1 large avocado, diced</td>
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</tr>
<tr>
<td>1/2 cup sour cream</td>
<td></td>
</tr>
<tr>
<td>4 (10 inch) flour tortillas, warmed</td>
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</tr>
<tr>
<td>2 cups shredded lettuce</td>
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</tbody>
</table>

### Directions

Stir 1/2 cup salsa, chicken, pepper and avocado in a large bowl. Stir the remaining salsa and sour cream in a small bowl.

Spread 1/4 cup sour cream mixture onto each tortilla to within 1/2 inch of the edge. Top each with 1 cup chicken mixture and 1/2 cup lettuce. Fold the sides of the tortillas over the filling and then fold up the ends to enclose the filling. Cut each wrap in half before serving.
Ultimate Chicken Salad a la Jake

Ingredients

- 1 pound skinless, boneless chicken breast halves
- 1 cup sliced black olives
- 1 cup finely chopped sun-dried tomatoes in olive oil
- 1 teaspoon dried thyme
- 2 egg yolks
- 1 cup olive oil
- 2 teaspoons minced garlic
- 1 teaspoon lemon juice, or to taste
- 1 pinch salt, or to taste

Directions

Place chicken breasts into a saucepan with enough water to cover them. Bring to a boil, then cover, and simmer for about 20 minutes, or until cooked through. Drain, and set aside to cool.

While the chicken is poaching, whisk together egg yolks and garlic until light colored. Whisk in olive oil in a thin stream until fully incorporated. Flavor with lemon juice and salt to taste. This is the aioli sauce.

Shred or cut chicken into small pieces, and place in a salad bowl. Toss with the olives, sun-dried tomatoes, and thyme. Stir in 3/4 cup of the aioli until everything is evenly coated. Taste and adjust seasoning if desired. Refrigerate, or serve immediately. Make a pleased groaning sound as you eat it.
Chicken Ranch Pizza with Bacon

**Ingredients**

1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
1 (12 inch) prepared thin pizza crust
1 (4.5 ounce) can Swanson® Premium Chunk Chicken Breast in Water, drained
1 cup shredded mozzarella cheese
1 cup shredded Mexican cheese blend
8 slices bacon, cooked and crumbled
ranch salad dressing

**Directions**

Heat the oven to 375 degrees F.

Spread the soup onto the pizza crust to within 1/4-inch of the edge. Top with the chicken, cheeses and bacon. Bake for 10 minutes or until the cheese is melted and the crust is golden.

Drizzle the ranch dressing over the pizza.
Grandma Egan's Chicken Stock

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (8 pound) chicken</td>
<td>Place chicken, celery, and onion in large stock pot. Cover ingredients with water. Bring to a rolling boil.</td>
</tr>
<tr>
<td>3 stalks celery, chopped</td>
<td>Skim off excess fat. Reduce heat to simmer, and cook 2 to 3 hours.</td>
</tr>
<tr>
<td>1 onions, quartered</td>
<td>Remove chicken and vegetables. Strain soup, using cheese cloth.</td>
</tr>
</tbody>
</table>
### Ingredients

- 2 1/2 cups shredded cooked chicken meat
- 1/2 cup julienned carrots
- 1/4 cup julienned red bell pepper
- 1/4 cup julienned jicama
- 1/4 cup julienned red onion
- 2 (11 ounce) cans whole kernel corn, drained
- 1 cup cherry tomatoes, halved
- 3 avocados - peeled, pitted, and chopped
- 2 tablespoons chopped fresh cilantro
- 1/2 cup sour cream
- 2/3 cup mayonnaise
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 (1.25 ounce) package taco seasoning
- 1 teaspoon hot pepper sauce

### Directions

In a large bowl, gently mix the chicken, carrots, red bell pepper, jicama, red onion, corn, cherry tomatoes, avocados, and cilantro.

In a separate bowl, mix the sour cream, mayonnaise, lemon juice, cumin, salt, pepper, taco seasoning, and hot pepper sauce. Pour over the salad, and toss to coat. Cover and refrigerate at least 1 hour before serving.
# Baked Asian-Style Honey Chicken

## Ingredients

- 1 (3 pound) whole chicken, cut into pieces
- 3 tablespoons chopped onion
- 2 tablespoons soy sauce
- 1 tablespoon minced fresh ginger root
- 1 teaspoon minced garlic
- 2 tablespoons honey
- 1/4 cup chopped green onions

## Directions

To Marinate: Arrange chicken pieces in a 9x3 inch baking dish. In a small bowl combine the onion, soy sauce, ginger, garlic and honey; mix together and spoon mixture over chicken. Cover dish and refrigerate to marinate for 1 hour, turning pieces once.

Preheat oven to 425 degrees F (220 degrees C).

Bake chicken at 425 degrees F (220 degrees C) for 30 minutes. Turn pieces over and top with green onion, then continue baking for about 10 to 15 minutes, or until chicken is tender and cooked through and juices run clear. Serve immediately.
## Italian Chicken with Pesto Potatoes

### Ingredients

- 3/4 cup balsamic vinegar
- 4 skinless, boneless chicken breast halves
- 4 1/2 ounces sliced mozzarella cheese
- salt and pepper to taste
- 4 slices Parma ham
- 1 pint cherry tomatoes
- 1 tablespoon olive oil
- 1 pound small potatoes
- 2 tablespoons prepared basil pesto

### Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. In a saucepan, bring the vinegar to a boil. Reduce heat, and simmer 15 minutes, stirring frequently, until thickened.
3. Cut a pocket in each chicken breast. Fill each pocket with an equal amount of mozzarella cheese, and season with salt and pepper.
4. Wrap each chicken breast with a slice of ham. Arrange the wrapped chicken breasts in a baking dish. Place the tomatoes around the chicken, sprinkle all with olive oil, and season with salt and pepper.
5. Bake 25 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.
6. In a saucepan with enough lightly salted water to cover, boil the potatoes 15 minutes, or until tender. Drain, return to the pan, and coat with the pesto.
7. Place chicken breasts, tomatoes, and potatoes on serving plates, and drizzle with the reduced balsamic vinegar to serve.
## Ingredients

- 1 (14 ounce) package wonton wrappers
- 1 pound shredded, cooked chicken

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place small amount of shredded chicken lengthwise along each won ton wrapper; roll up and seal by dampening edge of wrapper with a finger dipped in water. When you run out of chicken meat, place rolled won tons in a lightly greased 9x13 inch baking dish.

Bake at 350 degrees F (175 degrees C) for 15 to 20 minutes or until wrapper is crisp.

NOTE: These can also be frozen in a single layer, then placed in a storage bag and baked or deep fried as needed.
Green Chili Chicken Sandwiches

Ingredients

- 4 boneless, skinless chicken breast halves
- 2/3 cup soy sauce
- 1/4 cup cider vinegar
- 2 tablespoons sugar
- 2 teaspoons vegetable oil
- 1 (4 ounce) can whole green chilies, drained and sliced lengthwise
- 4 slices Pepper Jack or Monterey Jack cheese
- 4 kaiser or sandwich rolls, split

Directions

Pound chicken to flatten; place in a large resealable plastic bag. In a bowl, combine the soy sauce, vinegar, sugar and oil; mix well. Set aside 1/4 cup for basting. Pour the remaining marinade over chicken; seal bag and turn to coat. Refrigerate for 30 minutes.

Drain and discard marinade. Grill chicken, uncovered, over medium heat for 3 minutes. Turn and baste with reserved marinade; grill 3 minutes longer or until juices run clear. Top each with a green chili and cheese slice; cover and grill for 2 minutes or until cheese is melted. Serve on rolls.
Cheesy Chicken Florentine

**Ingredients**
- 2 (12 ounce) packages frozen spinach souffle, thawed
- 2 cups cooked white rice
- 1 cup milk
- 1 cup shredded Swiss cheese, divided
- 1/4 cup chopped onion
- 2 teaspoons prepared Dijon-style mustard
- 1/2 teaspoon salt
- 6 skinless, boneless chicken breasts
- 2 tablespoons vegetable oil
- 1 cup fresh bread crumbs
- 2 tablespoons butter, melted

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

In a large bowl stir together the spinach souffle, rice, milk, 1/2 cup Swiss cheese, onion, mustard and salt. Transfer mixture to a 9x13 inch baking dish, and cover with aluminum foil or a lid.

Bake for 25 minutes in the preheated oven.

Meanwhile, in a large nonstick skillet, saute the chicken breasts in oil until both sides are golden brown and the juices run clear. Arrange the chicken on top of the spinach mixture.

In a small bowl, combine the bread crumbs, butter or margarine and remaining 1/2 cup Swiss cheese; sprinkle over the chicken. Bake uncovered for an additional 25 minutes, or until the spinach mixture is set, the chicken is cooked through and juices run clear.
Peanut Butter Chicken Skewers

Ingredients

- 1/2 cup creamy peanut butter
- 1/2 cup water
- 1/4 cup soy sauce
- 4 cloves garlic, minced
- 3 tablespoons lemon juice
- 2 tablespoons brown sugar
- 3/4 teaspoon ground ginger
- 1/2 teaspoon crushed red pepper flakes
- 4 boneless, skinless chicken breast halves
- 2 cups shredded red cabbage
- Sliced green onion tops

Directions

In a saucepan, combine the first eight ingredients; cook and stir over medium-high heat for 5 minutes or until smooth. Reserve half of the sauce. Slice chicken lengthwise into 1-in. strips; thread onto metal or soaked wooden skewers.

Grill, uncovered, over medium-hot heat for 2 minutes; turn and brush with peanut butter sauce. Continue turning and basting for 4-6 minutes or until juices run clear.

Place cabbage on a serving plate; top with chicken. Sprinkle with onion tops. Serve with reserved sauce.
In a bowl, stir 1 tablespoon oil, 1 tablespoon soy sauce and 1 teaspoon cornstarch until smooth. Add chicken; toss to coat. Cover and refrigerate 15 minutes.

In a large skillet or wok, heat 2 tablespoons of oil over medium-high heat. Add chicken and pepper flakes; stir-fry for 5 minutes or until meat juices run clear. Remove and keep warm.

Heat remaining oil; stir-fry broccoli, onion and garlic for 5-8 minutes or until tender. Combine broth, ginger and remaining soy sauce and cornstarch; stir until smooth. Add to the skillet; bring to a boil, stirring constantly. Cook 2 minutes or until thickened. Add chicken and walnuts; heat through.
Chicken and Peas with Pasta

Ingredients

4 boneless, skinless chicken breast halves, cut into 1-inch pieces
2 tablespoons cooking oil
1/2 cup chopped onion
1 medium green or red bell pepper, chopped
1 garlic clove, minced
2 cups frozen peas
1 cup chicken broth
1 cup half-and-half cream
2 teaspoons Italian seasoning
salt to taste
8 ounces pasta, cooked and drained
1/2 cup grated Parmesan cheese
1 cup coarsely chopped walnuts, toasted

Directions

In a 5-qt. Dutch oven, saute chicken in oil over medium heat until browned. Add onion, pepper and garlic; saute until tender. Add peas, broth, cream, Italian seasoning and salt; bring to a boil. Reduce heat; simmer for 10 minutes. Add pasta and Parmesan cheese; simmer for 5 minutes. Garnish with walnuts.
## Smoked Herb Chicken

### Ingredients

1 (4 pound) whole chicken  
3 tablespoons butter  
1 tablespoon chopped fresh parsley  
1 tablespoon chopped fresh oregano  
1 tablespoon chopped fresh basil  
1 tablespoon fresh chives, finely chopped

### Directions

Preheat an outdoor grill for low heat.

Rinse chicken inside and out. Pat dry. Loosen skin around the breast area.

Place three tablespoons of butter in various places under the skin. Mix herbs together and place half under the skin and the other half inside the chicken.

Cook chicken with smoke for 4 hours or until juices run clear when poked with a fork.
Passover Zucchini-Stuffed Chicken

**Ingredients**
- 8 bone-in chicken breast halves, with skin
- 2 zucchinis, shredded
- 3 cups matzo farfel
- 2 eggs, beaten
- 2 tablespoons chicken bouillon powder
- 1 onion, chopped
- salt and pepper to taste
- 1 dash garlic powder
- 1 dash onion powder

**Directions**

Preheat oven to 375 degrees F (190 degrees C). Grease a cookie sheet or 9x13 inch baking dish. Wash and clean the chicken breasts.

Place farfel in a bowl and cover with hot water for 3 or 4 minutes, until soft. Drain and squeeze out water.

In a medium-size mixing bowl, combine zucchini, farfel, eggs, chicken soup powder, onion, salt, pepper, garlic powder, and onion powder. Place 2 to 3 tablespoons of the stuffing under the skin of each chicken piece and arrange them on cookie sheet.

Bake at 375 degrees F (190 degrees C) for 40 to 50 minutes. Drain off fat and serve.
Spanish Chicken

**Ingredients**
- 2 pounds boneless chicken thighs
- 1 quart boiling water
- 1/2 teaspoon salt
- 5 onions, cut into 2 inch pieces
- 5 large green bell peppers, cut into 2 inch pieces
- 1 (8 ounce) jar chili sauce
- 1 (15 ounce) can tomato sauce
- 1 cup ketchup

**Directions**
Place chicken in a large slow cooker. Pour in enough boiling water to completely cover the chicken, and add 1/2 teaspoon salt. Cover, and set slow cooker to HIGH. Cook until the chicken meat turns white.

Add the peppers and onions. Simmer until peppers and onions get a little tender, about 10 minutes. Stir in tomato sauce, chili sauce, and ketchup. Cover, set slow cooker to LOW, and cook for about 6 hours.
## Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>skinless, boneless chicken breast halves</td>
</tr>
<tr>
<td>1</td>
<td>(1 ounce) package dry Ranch-style dressing mix</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons olive oil</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon red wine vinegar</td>
</tr>
</tbody>
</table>

## Directions

Combine the dressing mix, oil and vinegar in a large, resealable plastic bag and mix together. Add chicken to bag, seal and shake to coat; work mixture into the meat.

Refrigerate to marinate for at least 1 hour, or overnight if possible.

Preheat oven to Broil/Grill.

Remove chicken from bag, discarding any remaining marinade, and broil for 10 to 15 minutes or until cooked through and no longer pink inside.
**Ingredients**

1 (2 to 3 pound) whole chicken  
1 (12 fluid ounce) can beer  
5 tablespoons poultry seasoning  
4 dashes liquid smoke flavoring  
4 bay leaves  
1 long metal skewer

**Directions**

Rinse and dry the chicken. Remove excess fat and leave skin on. Lift skin from breast and thigh areas, slide bay leaves under skin. Coat chicken with poultry seasoning.

Drink half the can of beer, pour liquid smoke into remaining beer. Raise tab on beer can until it is in the straight up position.

Insert beer can into chicken from the bottom until even with bottom of chicken. Insert skewer through the wing, ribs, tab on beer can, and out the opposite side. (this keeps the can from falling out the chicken).

Prepare grill: light the coals, and when they are ready, spread coals to form a ring around the outside edge of the grill.

Place chicken in center standing up on can to cook. Cover and cook for two hours.

Remove carefully from grill so as not to spill the contents of the can. Remove skewer and beer can, let chicken sit for fifteen minutes before cutting.
Balinese Chicken Wings

**Ingredients**

- 4 cloves garlic, minced
- 1 fresh red chile pepper, finely chopped
- 1 shallot, minced
- 1 (1 inch) piece fresh turmeric root, peeled and minced
- 1 teaspoon kosher salt
- 1 tablespoon brown sugar
- 2 teaspoons olive oil
- 12 chicken wings, separated at joints, tips discarded

**Directions**

Combine garlic, chile pepper, shallot, turmeric, and kosher salt; bruise with a mortar and pestle, or with the flat side of a cleaver. Place into a bowl, and stir in brown sugar, and olive oil. Toss chicken wings with marinade, cover, and refrigerate for at least 1 hour.

Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil. Toss the chicken wings again to recoat in marinade, then spread out onto prepared baking sheet.

Bake in preheated oven until deep, golden brown, about 30 minutes.
**Ingredients**

- 2 cups crushed corn flakes
- 1 tablespoon chili powder
- 1 (1.27 ounce) packet dry fajita seasoning
- 1/4 cup chopped red bell pepper
- 1/4 cup chopped yellow bell pepper
- 1/4 cup chopped orange bell pepper
- 1/3 cup chopped fresh mushrooms
- 1/2 medium red onion, diced
- 4 skinless, boneless chicken breast halves - pounded thin
- 1 cup shredded Cheddar cheese, divided
- 1/4 cup salsa
- Toothpicks

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking dish.

In a shallow bowl, mix the corn flakes, chili powder, and fajita seasoning. In a separate bowl, mix the red bell pepper, yellow bell pepper, orange bell pepper, mushrooms, and onion.

Dredge the chicken in the corn flakes mixture to evenly coat. Sprinkle one side of each breast with 2 tablespoons Cheddar cheese, and layer with 1/4 the vegetable mixture. Top with equal amounts salsa. Carefully roll the breast halves over the filling. Seal seams with toothpicks, then dredge again in the corn flakes mixture.

Arrange the rolled chicken breasts in the prepared baking dish. Bake 30 minutes in the preheated oven. Top with remaining cheese, and continue baking 10 minutes, or until chicken juices run clear and cheese is melted.
LaVanda's Fried Chicken

**Ingredients**

1 (3 pound) whole chicken, cut into pieces
2 cups cornflakes cereal crumbs
1/4 teaspoon garlic salt
1/4 teaspoon ground black pepper
1/4 teaspoon paprika
1 egg, beaten

**Directions**

Rinse chicken pieces in cold water and pat dry with paper towels.

Mix the corn flakes, garlic salt, pepper and paprika in a shallow dish.

Dip the chicken pieces in the egg then roll in the corn flakes mixture.

Put a small amount of cooking oil in a non-stick skillet. Heat on medium high heat until water sizzles on the surface.

Place chicken pieces in the hot skillet and cook until internal temperature of the leg reaches 180 degrees F and the juices run clear.
Ingredients

2 cups all-purpose flour
3/4 cup shortening
1/4 cup cold water
1 tablespoon onion salt

1 tablespoon shortening
1 pound skinless, boneless chicken breast halves - cubed
1 cup chopped onion
1 (15 ounce) can green beans
1 teaspoon onion salt
1 tablespoon white sugar
1/4 teaspoon garlic powder
1/4 teaspoon black pepper
1/4 teaspoon dried oregano
1 (10.75 ounce) can condensed cream of chicken soup

Directions

Preheat oven to 400 degrees F (200 degrees C.)

In a large bowl, combine flour and onion salt. Cut in shortening until mixture resembles coarse crumbs. Add water and stir until it forms a ball. Divide dough in half and shape into balls. Roll one ball out to fit a 9 or 10 inch pie plate. Place bottom crust in pie plate and roll out top crust.

In a large cast iron frying pan, heat 1 tablespoon shortening. Add chicken and onion and cook until mixture is just browned. Stir in beans and season with onion salt, sugar, garlic powder, pepper, and oregano. Stir in condensed soup. Heat mixture, stirring constantly, until it just begins to simmer. Pour into pie crust and cover with top crust. Fold top crust under edge of bottom crust, seal and cut slits in top crust.

Bake in the preheated oven for 25 minutes, or until golden brown.
Creamy Baked Chicken

**Ingredients**

1 (3 pound) broiler-fryer chicken, cut up  
1 (10.75 ounce) can condensed cream of chicken soup, undiluted  
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted  
1 cup sour cream  
1/2 cup water  
1 teaspoon snipped chives  
salt and pepper to taste  
1/2 teaspoon paprika

**Directions**

Place chicken in a greased 13-in. x 9-in. x 2-in. baking dish. In a bowl, combine the soups, sour cream, water, chives, salt and pepper; spoon over chicken. Sprinkle with paprika. Bake, uncovered, at 350 degrees F for 1 hour or until chicken juices run clear.
Buffalo Jack Chicken

Ingredients

- 4 skinless, boneless chicken breast halves
- 1 1/2 cups hot chicken wing sauce
- 1 red bell pepper, seeded and sliced into strips
- 1 yellow bell pepper, seeded and sliced into strips
- 4 slices pepperjack cheese

Directions

Preheat the oven to 350 degrees F (175 degrees C). While the oven is preheating, place the chicken breasts in a shallow baking dish. Cover with hot wing sauce, and allow to marinate at room temperature until the oven is hot.

Bake the chicken in the sauce for 20 minutes. Open the oven, and place the red and yellow bell pepper strips on top of the chicken. Place slices of cheese over the peppers and chicken. Bake for an additional 15 minutes. The chicken juices should run clear, and the center no longer pink.
Cheesy Chicken and Rice

**Ingredients**

- 1 tablespoon vegetable oil
- 1 1/2 pounds skinless, boneless chicken breasts
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (regular or 98% Fat Free)
- 1 1/2 cups water
- 1/4 teaspoon paprika
- 1/4 teaspoon ground black pepper
- 1 1/2 cups uncooked instant white rice
- 2 cups fresh or frozen broccoli flowerets
- 1/2 cup shredded Cheddar cheese

**Directions**

Heat oil in medium skillet over medium-high heat. Add chicken and cook 10 minutes or until browned. Remove chicken.

Add soup, water, paprika and black pepper. Heat to a boil.

Stir in rice and broccoli. Return chicken to skillet. Sprinkle chicken with additional paprika and black pepper. Top with cheese. Reduce heat to low. Cover and cook 5 minutes or until chicken is no longer pink and rice is done.
**Ingredients**

1 (3 pound) whole chicken  
salt and pepper to taste  
1 cup Dijon-style prepared mustard  
8 fluid ounces beer  
1/2 cup Italian-style salad dressing

**Directions**

Prepare an outdoor grill for medium heat.

Rinse chicken and pat dry. Season with salt and pepper to taste. Coat with mustard.

Pour half of beer out of can and refill with Italian style dressing. Place can on a disposable baking sheet. Set chicken on beer can (it acts as a stand), inserting can into cavity of the chicken.

Place baking sheet with beer and chicken on the preheated grill. Cover, and cook about 1 hour, until chicken is no longer pink and juices run clear.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 skinless, boneless chicken breast halves</td>
<td>cooked and cubed</td>
</tr>
<tr>
<td>2 tablespoons butter, melted</td>
<td></td>
</tr>
<tr>
<td>1 (2 ounce) bottle hot sauce</td>
<td></td>
</tr>
<tr>
<td>1 (8 ounce) bottle blue cheese salad dressing</td>
<td></td>
</tr>
<tr>
<td>1 (16 inch) prepared pizza crust</td>
<td></td>
</tr>
<tr>
<td>1 (8 ounce) package shredded mozzarella cheese</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

1. Preheat oven to 425 degrees F (220 degrees C).
2. In a medium bowl combine the cubed chicken, melted butter and hot sauce. Mix well. Spread whole bottle of salad dressing over crust, then top with chicken mixture and sprinkle with shredded cheese.
3. Bake in preheated oven until crust is golden brown and cheese is bubbly, about 5 to 10 minutes. Let set a few minutes before slicing, and serve.
## Pretzel Chicken Chunks

### Ingredients
- 4 skinless, boneless chicken breast halves
- 3/4 cup prepared Dijon-style mustard
- 2 tablespoons honey
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon garlic salt
- 3/4 cup crushed pretzels

### Directions
- Cut the skinless, boneless chicken breast halves into 1 inch cubes.
- Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil.
- In a small bowl, combine mustard, honey, cayenne pepper and garlic salt. Mix together, and set 1/2 of mixture aside to be used as dipping sauce.
- Coat chicken chunks completely in remaining mustard mixture, and then in pretzel crumbs. Place coated chicken on prepared cookie sheet.
- Bake in the preheated oven for 10 minutes, or until golden brown. Serve with reserved mustard dip.
**Honey-Mustard Baked Chicken**

### Ingredients

- 4 skinless, boneless chicken breast halves
- 1/4 cup honey
- 1/4 cup Dijon mustard
- 1 1/2 teaspoons curry powder
- 1 tablespoon soy sauce

### Directions

Grease a baking dish, and place the chicken breasts into the dish. Stir together the honey, Dijon mustard, curry powder, and soy sauce in a bowl until thoroughly combined, and spoon the mixture over the chicken breasts. Cover the dish with foil, and let marinate in refrigerator 6 hours or overnight.

Preheat oven to 350 degrees F (175 degrees C).

Bake the foil-covered dish in the preheated oven for 30 minutes, then uncover, turn the chicken breasts over, and baste the chicken with sauce. Bake an additional 15 minutes, until the juices run clear and the chicken is no longer pink inside. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
### Ingredients
- 2 teaspoons crushed garlic
- 1/4 cup olive oil
- 1/4 cup dry bread crumbs
- 1/4 cup grated Parmesan cheese
- 4 skinless, boneless chicken breast halves

### Directions
Preheat oven to 425 degrees F (220 degrees C).

Warm the garlic and olive oil to blend the flavors. In a separate dish, combine the bread crumbs and Parmesan cheese. Dip the chicken breasts in the olive oil and garlic mixture, then into the bread crumb mixture. Place in a shallow baking dish.

Bake in the preheated oven for 30 to 35 minutes, until no longer pink and juices run clear.
**Indian-Style Grilled Chicken Salad**

### Ingredients

- 2 teaspoons hot pepper sauce
- 2 tablespoons chili powder
- 1/2 teaspoon ground coriander
- 3 1/2 tablespoons tandoori paste
- 1/2 teaspoon ground oregano
- 1 dash balsamic vinegar
- 1 teaspoon lemon juice
- 5 tablespoons olive oil
- 4 skinless, boneless chicken breast halves

For Dressing:
- 1/2 cup lemon juice
- 2 tablespoons balsamic vinegar
- 2 teaspoons hot pepper sauce
- 1 teaspoon salt
- 1 teaspoon ground black pepper

For Salad:
- 4 cups chopped lettuce
- 2 ripe tomatoes, chopped
- 1 onion, thinly sliced
- 3/4 cup sliced radishes
- 1 cup thinly sliced carrots
- 1/2 cup chopped green bell pepper

### Directions

Preheat an outdoor grill for high heat and lightly oil grate.

Combine the hot sauce, chili powder, coriander, tandoori paste, oregano, vinegar, lemon juice, and oil in a small bowl. Coat each piece of chicken with the sauce, then discard remaining sauce. Cook the chicken on the grill until juices run clear and the chicken is cooked through, approximately 10 to 15 minutes. Set chicken aside.

Prepare the dressing by mixing the lemon juice, vinegar, hot sauce, salt and pepper in a small bowl; set aside.

For the salad, combine the lettuce, tomatoes, onion, radishes, carrots, and pepper in a large bowl. Slice the cooked chicken and add to the salad. Toss gently with the dressing.
**Lyn's Chicken**

### Ingredients
- 4 skinless, boneless chicken breast halves
- 2 cups sliced fresh mushrooms
- 1 teaspoon coarse ground black pepper
- 1 1/2 cups shredded Cheddar cheese

### Directions
Preheat oven broiler to 375 degrees F (190 degrees C). Line a broiler pan with aluminum foil. Place chicken on the broiling pan.

Broil chicken breasts in preheated oven for 25 to 35 minutes or until they are cooked through and the juices run clear.

Meanwhile, place mushrooms in a medium skillet, season with salt and pepper to taste, cover skillet and cook over high heat until the juices run. Once that happens, lower heat, remove cover and carry on cooking until liquid has evaporated. Add mushrooms to chicken and sprinkle shredded cheese on top.

Broil for about 8 to 10 minutes, until the cheese is golden and bubbly.
# Fiesta Chicken and Rice Wraps

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup or Campbell's® Condensed 98% Fat Free Cream of Chicken Soup</td>
<td></td>
</tr>
<tr>
<td>1 cup Pace Thick &amp; Chunky Salsa Mild, Med, Hot CAM</td>
<td></td>
</tr>
<tr>
<td>1/2 cup water</td>
<td></td>
</tr>
<tr>
<td>1 cup uncooked instant white rice</td>
<td></td>
</tr>
<tr>
<td>2 cups cubed cooked chicken</td>
<td></td>
</tr>
<tr>
<td>4 flour tortillas (10-inch)</td>
<td></td>
</tr>
</tbody>
</table>

**Directions**

Mix soup, salsa and water in saucepan. Heat to a boil.

Stir in rice and chicken. Cover and remove from heat. Let stand 5 min.

Spoon about 1 cup chicken mixture down center of each tortilla. Fold tortilla around filling.
Party Chicken I

**Ingredients**

- 4 skinless, boneless chicken breasts
- 4 slices bacon
- 1 (4 ounce) jar dried beef
- 1 cup sour cream
- 1 (10.75 ounce) can condensed cream of chicken soup

**Directions**

Shred beef, and spread into the bottom of a greased 8 inch square baking dish.

Wrap each chicken breast with 1 strip of bacon, and lay on top of beef.

Mix together undiluted soup and sour cream. Pour over chicken.

Bake at 350 degrees F (175 degrees C) for 45 minutes to 1 hour.
**Ingredients**

- 6 ounces PHILADELPHIA Cream Cheese, softened
- 2 teaspoons dried rosemary leaves, divided
- 1 teaspoon pepper, divided
- 1 (3 1/2) pound whole roasting chicken
- 6 tablespoons KRAFT Zesty Italian Dressing, divided
- 2 pounds red potatoes, cut into 1-inch chunks
- 6 slices OSCAR MAYER Bacon, crisply cooked, crumbled
- 2 green onions, sliced

**Directions**

Heat oven to 375 degrees F. Mix cream cheese, 1 tsp. rosemary and 1/2 tsp. pepper. Starting at neck of chicken, use handle of wooden spoon or fingers to carefully separate skin from meat of the breast, thighs and legs of chicken, being careful to not tear the skin. Spoon cream cheese mixture under skin; use fingers to push and spread some of the mixture out to thighs and legs. Place chicken in shallow baking pan. Brush with 2 Tbsp. dressing.

Toss potatoes with remaining dressing, rosemary and pepper in separate pan. Bake chicken and potatoes 1-1/4 hours or until chicken is done (165 degrees F), stirring potatoes every 30 min.

Transfer chicken to large serving dish, reserving juices in pan. Let chicken stand 10 min. Meanwhile, add bacon and onions to potatoes; mix lightly. Spoon around chicken in dish. Skim fat from reserved chicken juices in pan; discard. Spoon juices over chicken and potatoes.
Best Chicken Salad Ever I

**Ingredients**

- 1 (5 ounce) can chunk chicken, drained and flaked
- 2 tablespoons creamy salad dressing
- 1 teaspoon sweet pickle relish
- 1 large apple, cored and diced
- 1 cup chopped pecans
- 1/2 stalk celery, chopped (optional)
- 2/3 cup raisins
- salt and pepper to taste

**Directions**

In a large bowl, mix the chicken, creamy salad dressing, pickle relish, apple, pecans, celery, and raisins. Season with salt and pepper. Chill until serving.
## Buffalo Chicken Wings III

### Ingredients
- 20 chicken wings, split and tips discarded
- 1/2 cup butter, melted
- 1/2 cup red pepper sauce
- 3/4 cup tomato sauce
- 1 1/2 tablespoons chili powder
- 1 teaspoon cayenne pepper

### Directions
- Preheat oven to 375 degrees F (190 degrees C).
- Bake wings in preheated oven for 30 minutes, or until cooked through and crispy.
- Meanwhile, in a small bowl combine melted butter, red pepper sauce, tomato sauce, chili powder and cayenne pepper. Mix together.
- When wings are baked, dip in sauce to coat well, then shake off excess and return coated wings to baking sheet. Reduce oven temperature to 250 degrees F (120 degrees C) and bake for another 15 minutes to set sauce.
Potato Chip Chicken

### Ingredients
1 cup crushed potato chips
1 tablespoon minced fresh parsley
1/2 teaspoon salt
1/2 teaspoon paprika
1/4 teaspoon onion powder
4 skinless, boneless chicken breast halves
2 tablespoons mayonnaise

### Directions
In a large resealable plastic bag, combine the potato chips, parsley, salt, paprika and onion powder. Brush chicken with mayonnaise; add chicken to the crumb mixture and shake to coat. Place in an ungreased microwave-safe 11-in. x 7-in. x 2-in. baking dish. Cover with microwave-safe paper towels; cook on high for 8-10 minutes or until chicken juices run clear.
**Chicken on a Stick**

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 1 teaspoon meat tenderizer
- 1/2 cup Italian-style salad dressing

**Directions**
Rinse chicken breasts and pat dry. Sprinkle with the meat tenderizer and place in a sealable plastic bag. Pour the dressing in the bag and turn the chicken to coat thoroughly. Seal and marinate in the refrigerator for 30 minutes to 1 hour.

Preheat an outdoor grill for medium heat and lightly oil grate.

Place the chicken onto skewers and grill over medium heat for 5 to 10 minutes per side. Chicken is done when its juices run clear.
Chicken Salad on a Tortilla

**Ingredients**

- 1/2 pound skinless, boneless chicken breast halves - cut into thin strips
- 2 (8 inch) flour tortillas, warmed
- 1/4 cup mayonnaise
- 2 cups torn lettuce
- 1 large tomato, cut into wedges
- 4 thin slices red onion
- 1 medium carrot, grated
- 1/2 cup shredded Cheddar cheese
- Salsa

**Directions**

In a skillet coated with nonstick cooking spray, cook chicken until no longer pink. To assemble, place tortillas on serving plates. Spread with mayonnaise. Top with lettuce, chicken, tomato, onion, carrot and cheese. Serve with salsa if desired.
Chicken with Pear Sauce

**Ingredients**
- 2 tablespoons olive oil
- 4 skinless, boneless chicken breast halves
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper
- 5 slices bacon
- 1 (14.5 ounce) can chicken broth
- 2 cups peeled, cored and diced pears
- 2 tablespoons cornstarch
- 3 tablespoons cold water
- 1/4 cup chopped green onion

**Directions**

Heat oil in a large skillet over medium heat. Rub chicken breasts with salt and white pepper. Place chicken breasts in the hot skillet, and cook for about 10 minutes on each side, until the juices run clear.

Meanwhile, place bacon in a saucepan over medium-high heat, and cook until crisp. Remove bacon, and drain grease, leaving about 1 tablespoon in the pan. Stir in some of the chicken broth, and scrape any bacon bits stuck to the pan. Pour in the rest of the broth, and bring to a boil. Boil for 5 minutes. Add pears, and boil for 5 more minutes.

In a small cup, mix together the cornstarch and water. Pour the mixture into the saucepan along with the green onions. Allow the sauce to boil until thick and bubbly, about 2 minutes. Crumble bacon into the pan. Serve sauce over chicken.
## White Chili with Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 medium onion, chopped</td>
<td></td>
</tr>
<tr>
<td>1 jalapeno pepper, seeded and chopped* (optional)</td>
<td></td>
</tr>
<tr>
<td>2 garlic cloves, minced</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon vegetable oil</td>
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<tr>
<td>4 cups chicken broth</td>
<td></td>
</tr>
<tr>
<td>2 (15.5 ounce) cans great northern beans, rinsed and drained</td>
<td></td>
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<tr>
<td>2 tablespoons minced fresh parsley</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon lime juice</td>
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<tr>
<td>1 teaspoon ground cumin</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons cornstarch</td>
<td></td>
</tr>
<tr>
<td>1/4 cup cold water</td>
<td></td>
</tr>
<tr>
<td>2 cups cubed, cooked chicken</td>
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</tbody>
</table>

### Directions

In a large saucepan, cook onion, jalapeno if desired and garlic in oil until tender. Stir in broth, beans, parsley, lime juice and cumin; bring to a boil. Reduce heat; cover and simmer for 10 minutes, stirring occasionally. Combine cornstarch and water until smooth; stir into chili. Add chicken. Bring to a boil; cook and stir for 2 minutes or until thickened.
Hearty Chicken Vegetable Soup II

**Ingredients**

- 1 (10 ounce) package frozen diced carrots
- 9 ounces frozen green beans
- 1/4 cup water
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 2 cups milk
- 1 cup cubed, cooked chicken meat
- 1/3 cup chopped green onions

**Directions**

Combine carrots, beans, and water in saucepan. Cook over medium heat 6 to 8 minutes.

Mix in cream of chicken soup, milk and chicken. Cook 4 to 5 minutes, or until heated through. Garnish individual servings with green onions.
Luscious Chicken Casserole

**Ingredients**

- 1 tablespoon vegetable oil
- 1 1/2 pounds skinless, boneless chicken breast halves - cubed
- 1 cup light mayonnaise
- 1 (8 ounce) can water chestnuts, drained and chopped
- 1 (2 ounce) jar pimento peppers, drained and chopped
- 1/2 cup sliced almonds
- 1 1/2 teaspoons celery seed
- 2 tablespoons lemon juice
- garlic salt to taste
- 1 cup shredded Cheddar cheese
- 1 (2.8 ounce) can French-fried onion rings

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish.

Heat the oil in a skillet over medium heat. Place chicken in skillet, and cook 10 minutes, or until juices run clear. Drain, and transfer to the prepared casserole dish. Mix with mayonnaise, water chestnuts, pimentos, almonds, celery seed, and lemon juice. Season with garlic salt to taste. Layer with cheese, and top with French-fried onion rings.

Bake 30 minutes in the preheated oven, until cheese is melted and onion rings are lightly browned. If rings start to get too brown, put foil on casserole or lower oven rack. Watch carefully, or onion rings will burn.
Foil-Pack Taco Chicken Dinner

Ingredients

- 4 small boneless skinless chicken breasts
- 4 teaspoons taco seasoning mix
- 1/2 pound red potatoes, peeled, thinly sliced
- 1 cup KRAFT Tex Mex Shredded Cheese
- 1/2 cup salsa
- 1/4 cup sour cream

Directions

Heat oven to 400 degrees F. Sprinkle chicken with seasoning mix. Place 1/2 cup potatoes on centre of each of 4 large sheets of heavy-duty foil; top with chicken, cheese and salsa.

Bring up foil sides. Double fold top and ends to seal each packet, leaving room for heat circulation inside. Place in 15x10x3/4-inch baking pan.

Bake 30 to 35 minutes or until chicken is cooked through (170 degrees F). Cool 5 minutes. Cut slits in foil to release steam before opening. Top with sour cream.
Coconut Jerk Chicken

Ingredients

- 2 tablespoons olive oil
- 2 teaspoons curry powder
- 2 teaspoons dry Caribbean jerk seasoning
- 2 teaspoons chicken bouillon granules
- 1 yellow onion, coarsely chopped
- 1 teaspoon fresh minced garlic
- 2 pounds skinless, boneless chicken breast halves - cut into 1/2 inch cubes
- 1 cup peeled, seeded, and diced butternut squash
- 8 ounces button mushrooms, sliced
- 1 bunch green onions, cut into 1/4-inch pieces
- 1 (13.5 ounce) can coconut milk
- 1 (28 ounce) can whole peeled tomatoes, chopped, juice reserved
- 1/2 cup tomato juice
- 1 tablespoon white sugar

Directions

Heat the olive oil in a skillet over medium-high heat. Stir in the curry powder, jerk seasoning, bouillon granules, onions, and garlic. Stir and cook for 2 minutes.

Reduce heat to medium, add the chicken, and continue to stir and cook 6 to 8 minutes more. Stir in the squash and mushrooms. Reserve 1 tablespoon green onions for garnish, and stir in the remaining amount. Continue to stir and cook 2 minutes more. Pour in the coconut milk, tomatoes, 1/2 cup reserved tomato juice, and sugar. Reduce heat to low, and simmer for 35 to 40 minutes, stirring occasionally. Serve, using 1 tablespoon green onions for garnish.
## Ingredients

- 3 skinless, boneless chicken breast halves
- 8 cups water
- 10 carrots, peeled and sliced
- 6 stalks celery, thinly sliced
- 1 onion, diced
- 8 cubes chicken bouillon
- 1 (12 ounce) package uncooked egg noodles

## Directions

In a large saucepan, boil the chicken until tender and no longer pink. Drain and dice.

Return diced chicken to the large saucepan. Mix together the water, carrots, celery, onion, chicken bouillon and egg noodles. Boil the mixture approximately 15 minutes, stirring occasionally. Reduce heat and simmer at least 2 hours before serving.
**Ingredients**

Marinade:
- 4 skinless, boneless chicken breast halves
- 1 lemon, juiced
- 2 teaspoons lemon pepper
- 2 teaspoons Italian seasoning
- salt and pepper

Lemon Cream Sauce:
- 1/2 cup butter
- 1/2 large yellow onion, minced
- 1/4 cup white wine
- 2 tablespoons all-purpose flour
- 1 cup heavy cream
- 1 cup milk
- 1 lemon, juiced

**Directions**

Place chicken breasts in a oven proof baking dish. Squeeze the juice of one lemon over the chicken, and season with lemon pepper, Italian seasoning, and salt and pepper. Cover with plastic wrap, and marinate in the refrigerator for 2 hours or overnight.

Preheat an oven to 350 degrees F (175 degrees C).

Melt butter in large saucepan over medium-high heat. Add onions and white wine; cook and stir until the onions are soft. Lower the heat to medium; whisk in the flour. Gradually whisk heavy cream into the flour mixture. Stir in the milk and remaining lemon juice. Pour the cream sauce directly over the chicken breasts in the baking dish.

Cover baking dish with aluminum foil. Cook the chicken breasts until no longer pink in the center and the juices run clear, about 30 to 40 minutes. An instant-read thermometer inserted into the center of a chicken piece should read at least 165 degrees F (74 degrees C).
# Orange-Glazed Chicken Wings

## Ingredients

- 3 pounds chicken wings
- 1 1/2 cups soy sauce
- 1 cup orange juice
- 1 teaspoon garlic powder

## Directions

Cut chicken wings into three sections; discard wing tips. In a large resealable plastic bag, combine the soy sauce, orange juice and garlic powder; add wings. Seal bag and turn to coat. Refrigerate overnight.

Drain and discard marinade. Place chicken wings in a greased foil-lined 15-in. x 10-in. x 1-in. baking pan. Bake at 350 degrees F for 1 hour or until juices run clear and glaze is set, turning twice.
Chicken Borscht

Ingredients

- 2 pounds skinless chicken thighs
- 8 cups chicken stock
- 2 pounds potatoes, peeled and cut into 1 inch cubes
- 1 (16 ounce) can diced tomatoes (not drained)
- 3 large beets, peeled and shredded
- 1 large carrot, grated
- 2 cups shredded cabbage
- 1 large onion, chopped
- 2 cloves garlic, minced
- 5 tablespoons red wine vinegar
- 3 tablespoons tomato paste
- 1 bay leaf
- salt and ground black pepper to taste

Directions

Place chicken thighs in the chicken stock in a large pot. Bring to a boil over medium heat, cover, and simmer until the chicken thighs are no longer pink at the bone, about 20 minutes. Remove chicken, and set aside to cool. Stir in the potatoes, tomatoes, beets, carrot, cabbage, onion, garlic, red wine vinegar, tomato paste, and bay leaf. Cover and simmer until the potatoes are tender, about 30 minutes. Meanwhile, chunk the chicken, and discard the bones. Return the chicken thighs to the soup, and simmer uncovered for 20 minutes. Season with salt and pepper.
Three-Pepper Rice and Chicken Pot

**Ingredients**

- 1/2 pound andouille sausage links
- 1 poblano chile
- 1 red bell pepper
- 3 tablespoons canola oil
- 1 1/2 pounds skinless, boneless chicken thighs, cut into 1 1/2-inch chunks
- 3 tablespoons Cajun-style seasoning
- 1 1/2 tablespoons butter
- 2 yellow onions, finely chopped
- 2 banana (or hot) peppers, seeded and chopped
- 2 celery ribs, finely chopped
- 6 cloves garlic, minced
- 1 shallot, minced
- 3 cups long grain white rice
- 1 1/2 tablespoons butter
- 3 cups chicken stock
- 1 (10 ounce) can tomato sauce
- 1 (10 ounce) can diced tomatoes with mild green chilies, undrained
- 1 (12 fluid ounce) can or bottle beer
- salt to taste
- 1 cup frozen corn kernels, thawed

**Directions**

Preheat your oven’s broiler. Line a baking sheet with a sheet of foil.

Cook andouille sausage in a skillet over medium heat until cooked through, about 15 minutes. Remove from skillet and cut into 1/4-inch slices; set aside.

While the sausage is cooking, cut the peppers in half lengthwise and remove the stem and seeds. Place peppers, cut-side-down onto baking sheet and place into preheated oven. Broil peppers until the skins blacken, about 7 minutes, then place into a bowl and cover with plastic wrap. Allow the peppers to steam for 10 minutes until the skins loosen, then remove and discard blackened skins; chop peppers into 1/2 inch pieces and set aside.

Heat the canola oil in a stockpot over high heat. Toss the chicken with Cajun seasoning and sear in batches in the oil until light brown and no longer pink in the center, about 6 minutes. Remove chicken, leaving oil in the stockpot, and drain on paper towels.

Add 1 1/2 tablespoons of butter to the oil. Stir in the onion, banana peppers, celery, garlic, and shallot; cook until the onions are translucent, 3 to 4 minutes. Stir in rice and 1 1/2 tablespoon butter. Stir in the chicken stock, tomato sauce, and diced tomato with chilies. Cover and simmer until liquid is mostly absorbed into the rice, 10 to 12 minutes. Stir in the beer and cover; cook another 5 minutes until the rice is tender. Season with salt, then mix in the corn, poblano, bell pepper, chicken, and andouille sausage. Return to a simmer, then turn off heat and allow to rest 5 minutes before serving.
**Ingredients**

- 4 pounds chicken thighs
- 1 teaspoon ground ginger
- 1 teaspoon paprika
- 1 tablespoon onion powder
- 2 tablespoons garlic salt
- 3 tablespoons cider vinegar
- 1 cup ketchup
- 1/4 cup soy sauce
- 1 (20 ounce) can crushed pineapple with juice
- 1/4 cup packed brown sugar

**Directions**

Preheat oven to 400 degrees F (200 degrees C).

Arrange chicken pieces in a single layer in a well greased 9x13 inch baking dish. In a small bowl mix together the ginger, paprika, onion powder and garlic salt. Add the vinegar and mix well. Divide this mixture. Brush 1/2 over the chicken pieces and bake in the preheated oven for 15 minutes.

Turn the chicken pieces, baste with the remaining 1/2 of the vinegar mixture and bake for 15 minutes longer. Meanwhile, in a medium bowl combine the ketchup, soy sauce, pineapple and brown sugar. When chicken baking time is up, spoon the pineapple/soy mixture over the chicken. Bake for another 30 minutes. Serve while still hot.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>2 (6 ounce) skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon salt</td>
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<tr>
<td>1/8 teaspoon pepper</td>
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<tr>
<td>1/8 teaspoon cayenne pepper</td>
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<tr>
<td>1 tablespoon butter</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon minced garlic</td>
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<tr>
<td>3 tablespoons honey</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons finely chopped pecans</td>
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</tbody>
</table>

## Directions

Flatten chicken to 1/2-in. thickness. Sprinkle with salt, pepper and cayenne. In a large nonstick skillet, brown chicken in butter; add garlic. Reduce heat to medium; cover and cook for 3-4 minutes on each side or until juices run clear. Drizzle honey over chicken; sprinkle with pecans. Cover and cook for 2-3 minutes or until heated through.
**Succulent Roast Chicken**

**Ingredients**
- 1 lemon, zested
- 2 sprigs fresh rosemary, chopped
- 3 sprigs fresh thyme, chopped
- 2 cloves garlic, minced
- 1 teaspoon olive oil
- 1 pinch sea salt and pepper to taste
- 1 (3 pound) whole chicken
- 4 whole garlic cloves

**Directions**

Preheat an oven to 425 degrees F (220 degrees C). Combine the lemon zest, rosemary, thyme, and minced garlic in a small bowl; stir in the olive oil, then season to taste with salt and pepper.

Separate the skin around the breast and thighs from the meat. Rub the herb mixture onto the meat, underneath the skin. Cut the zested lemon in half, and place half of the lemon into the cavity of the chicken along with the whole garlic cloves. Place the chicken into a roasting pan, and squeeze the remaining lemon half evenly over the skin of the chicken.

Bake the chicken in the preheated oven until no longer pink at the bone and the juices run clear, about 1 hour, 35 minutes. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C). Remove the chicken from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area for 10 minutes before slicing.
**Santa Fe Chicken Soup**

**Ingredients**

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 cup chopped celery
- 2 cloves garlic, minced
- 3 (14 ounce) cans low-sodium chicken broth
- 1 (14.5 ounce) can diced tomatoes with jalapeno peppers, undrained
- 1/2 cup long-grain brown or white rice
- 1 cup water
- 4 (6 inch) flour tortillas, cut in 1/4-inch strips
- 1 teaspoon olive oil
- 2 1/2 cups pre-cooked chicken breast, shredded
- 1 (14.5 ounce) can zucchini with Italian-style tomato sauce
- 1 (11 ounce) can corn kernels, drained
- 1 (8.25 ounce) can sliced carrots, drained
- 2 tablespoons fresh lime juice

**Directions**

Preheat the oven to 400 degrees F.

Heat 1 tablespoon of the oil in large, heavy saucepan or Dutch oven over medium heat. Add the onion, celery and garlic, and cook and stir for 5 minutes until tender. Stir in the broth, tomatoes, rice and water, and increase the heat to medium high. Bring to a boil then reduce the heat, cover and simmer for about 20 minutes, or until rice is tender.

Meanwhile, toss the tortilla strips with remaining 1 teaspoon oil on a baking sheet. Spread the tortillas out on the sheet, and bake for about 6 minutes, stirring twice, until light, golden and crisp.

Add the chicken, zucchini, corn and carrots to the soup. Cook, uncovered for about 10 minutes, until heated through. Stir in the lime juice, and remove from heat. Ladle the soup into bowls, and sprinkle tortilla strips over the top.
Ingredients

- 1/3 cup soy sauce
- 1/3 cup brown sugar
- 2 tablespoons lime juice
- 2 tablespoons orange juice
- 1 tablespoon Thai-style sweet chili sauce
- 1 teaspoon chile-garlic sauce (such as Sriracha®)
- 3 cloves garlic, minced
- 1/4 teaspoon curry powder
- 4 skinless, boneless chicken thighs

Directions

Place the soy sauce, brown sugar, lime juice, orange juice, sweet chili sauce, chili-garlic sauce, garlic, and curry powder in a large plastic zipper bag. Seal and knead the bag with your fingers to mix all the ingredients and dissolve the sugar. Place the chicken thighs into the marinade, squeeze out the air from the bag, zip the bag closed, and refrigerate for 4 hours or overnight.

Preheat an outdoor grill for medium-low heat; lightly oil the grate.

Remove the chicken from the bag, pour the excess marinade into a small saucepan, and bring to a full boil for about 1 minute to sterilize the marinade.

Grill the chicken thighs until they are no longer pink in the middle and show grill marks, about 25 minutes, basting them generously with the sterilized marinade as they grill.
Chicken Noodle and Vegetable Soup

Ingredients

1 (49.5 fluid ounce) can Swanson® Chicken Broth
1 teaspoon onion powder
1/2 teaspoon dried basil leaves, crushed
1/4 teaspoon garlic powder
1 (9 ounce) package frozen mixed vegetables
1 cup uncooked medium egg noodles

Directions

Mix broth, onion powder, basil, garlic powder and vegetables in saucepan. Heat to a boil. Stir in noodles. Cook 5 minutes or until noodles are done.
Krystal's Perfect Marinade for BBQ or Grilled Chicken

Ingredients

- 1/2 cup brown sugar
- 1/2 cup balsamic vinegar
- 1/2 cup soy sauce
- 1/4 cup olive oil
- 2 tablespoons Worcestershire sauce
- 2 tablespoons sesame oil
- 4 cloves garlic, chopped
- 1/2 teaspoon ground black pepper

Directions

Whisk together the brown sugar, vinegar, soy sauce, olive oil, Worcestershire sauce, sesame oil, garlic, and pepper until the sugar has dissolved.
**Ingredients**

- 1/2 cup vegetable oil
- 4 red onions, thinly sliced
- 3 pounds boneless chicken pieces
- 2 cups hot water
- 2 1/2 cups pomegranate juice
- 4 cups chopped walnuts
- 2 tablespoons freshly ground cardamom
- 2 tablespoons ground cinnamon
- 1 butternut squash, seeded and cubed
- 1/4 teaspoon saffron powder
- salt to taste

**Directions**

Heat the oil in a large heavy skillet over medium heat. Sautee onions until starting to brown. Add chicken pieces, and fry until lightly browned on the outside. Pour in the water, and bring to a boil. Reduce heat to low, and simmer for about 30 minutes, adding more water if necessary to keep the mixture from drying out.

Preheat the oven to 325 degrees F (65 degrees C). Combine the walnuts and pomegranate juice in the container of a blender or food processor. Process into liquid. This can be done in small batches if necessary. Add this mixture to the simmering chicken mixture. Season with cardamom, cinnamon, saffron powder, and salt. Stir in the cubed squash. Transfer the entire mixture to a 9x13 inch baking dish.

Bake, loosely covered for 2 1/2 hours in the preheated oven. Serve with white rice.
Ultimate All in One Chicken Dinner

**Ingredients**
- 2 tablespoons vegetable oil
- 2 tablespoons margarine
- 1 medium onion, sliced
- 1 green bell pepper, seeded and cut into strips
- 2 stalks celery, diced
- 3/4 cup sliced fresh mushrooms
- 4 skinless, boneless chicken breast halves
- 4 medium potatoes, peeled and diced
- 2 (14 ounce) cans cut green beans, drained
- 1 (14 ounce) can chicken broth
- 1 teaspoon salt
- 1/4 teaspoon dried thyme
- 1/4 teaspoon cayenne pepper
- 1 bay leaf

**Directions**

Heat the oil in a skillet over medium heat. Melt the margarine in the skillet. Stir in the onion, bell pepper, celery, and mushrooms, and cook until tender. Set vegetables aside, and cook the chicken breasts in the skillet 10 minutes on each side, until juices run clear.

Return the cooked vegetables to the skillet. Mix in the potatoes and green beans. Pour in the chicken broth. Season with salt, thyme, cayenne pepper, and bay leaf. Cover, reduce heat to low, and simmer 30 minutes, stirring occasionally, until potatoes are tender and most of the liquid has been reduced. Remove the bay leaf before serving.
Bruschetta Chicken Bake

Ingredients

- 1 1/2 pounds skinless, boneless chicken breast halves - cubed
- 1 teaspoon salt
- 1 (15 ounce) can diced tomatoes with juice
- 1/2 cup water
- 1 tablespoon minced garlic
- 1 (6 ounce) box chicken-flavored dry bread stuffing mix
- 2 cups shredded mozzarella cheese
- 1 tablespoon Italian seasoning

Directions

Preheat oven to 400 degrees F (200 degrees C). Spray a 9x13-inch glass baking dish with cooking spray.

Toss the cubed chicken with the salt in a large bowl. Place the chicken in a layer into the bottom of the baking dish. Stir together tomatoes, water, garlic, and stuffing mix in a large bowl; set aside to soften. Sprinkle the cheese on top of the chicken, then sprinkle with the Italian seasoning. Spread the softened stuffing mixture on top.

Bake uncovered until the chicken cubes have turned white and are no longer pink in the center, about 30 minutes.
Walnut Chicken Spread

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
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</thead>
<tbody>
<tr>
<td>1 3/4 cups chopped cooked chicken breast (skinned before cooking and cooked without salt)</td>
<td>In a bowl, combine the chicken, walnuts, mayonnaise, celery, onion, salt and garlic powder. Serve with crackers. Refrigerate any leftovers.</td>
</tr>
<tr>
<td>1 cup finely chopped walnuts</td>
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<tr>
<td>2/3 cup mayonnaise or salad dressing</td>
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<tr>
<td>1 celery rib, finely chopped</td>
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<tr>
<td>1 small onion, finely chopped</td>
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<td>1 teaspoon salt</td>
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<tr>
<td>1/2 teaspoon garlic powder</td>
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<tr>
<td>Assorted crackers</td>
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</tbody>
</table>
Chicken Breasts Stuffed with Perfection

**Ingredients**

- 6 skinless, boneless chicken breast halves - pounded thin
- 1 (8 ounce) bottle Italian-style salad dressing
- 8 slices of stale wheat bread, torn
- 3/4 cup grated Parmesan cheese
- 1 teaspoon chopped fresh thyme
- 1/8 teaspoon pepper
- 1 1/2 cups feta cheese, crumbled
- 1/2 cup sour cream
- 1 tablespoon vegetable oil
- 3 cloves garlic, minced
- 4 cups chopped fresh spinach
- 1 bunch green onions, chopped
- 1 cup mushrooms, sliced
- 1 (8 ounce) jar oil-packed sun-dried tomatoes, chopped

**Directions**

Place chicken breasts in a large resealable plastic bag. Pour in Italian dressing, seal tightly, and refrigerate at least 1 hour.

Place the stale bread, Parmesan, thyme, and pepper into a food processor. Pulse until the bread is processed into crumbs. Set aside.

In a large bowl, stir together the feta and sour cream. Set aside.

Heat the oil in a large skillet over medium heat. Stir in the garlic. Then add the spinach, and cook until it wilts. Stir in green onions, cook 2 minutes. Remove spinach to a plate, and leave any liquid in the pan. Stir in mushrooms, and saute until soft. Remove mushrooms to plate with spinach. Allow to cool briefly, then combine spinach and mushrooms with feta and sour cream mixture.

Stir the sun-dried tomatoes into the mixture, and spread onto a large cookie sheet. Place in the freezer for about 30 minutes.

Preheat the oven to 400 degrees F (200 degrees C).

Place chicken breasts on a cookie sheet, and place about 3 tablespoons of the filling mixture in the center of each breast. Roll the breasts, and secure with a toothpick. Transfer chicken breasts to a baking dish, and sprinkle breadcrumb mixture over chicken breasts.

Bake, uncovered, in a preheated oven for 25 minutes.
Ingredients

- 6 skinless, boneless chicken breast halves - boiled and cut into bite-size pieces
- 2 heads fresh broccoli, boiled and cut into pieces
- 3 (10.75 ounce) cans condensed cream of chicken soup
- 1 cup mayonnaise
- 1 teaspoon curry powder
- 3 tablespoons lemon juice
- 8 ounces shredded Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken and broccoli in a lightly greased 9x13 inch baking dish. In a medium saucepan combine cream of chicken soup, mayonnaise, curry powder and lemon juice. Bring all to a boil over low heat, stirring constantly. Pour soup mixture over chicken/broccoli mixture and top with shredded cheese.

Bake at 350 degrees F (175 degrees C) for about 20 minutes or until cheese is melted.
Pepper Jelly Glazed Chicken

Ingredients

- 4 bone-in chicken breast halves, with skin
- 1/3 cup red pepper jelly
- 1/3 cup Dijon mustard
- 1/3 cup honey

Directions

- Preheat the oven to 350 degrees F (175 degrees F).
- Arrange chicken breasts in a baking dish so they are not crowded.
- In a cup or small bowl, mix together the pepper jelly, mustard and honey; pour over chicken to coat.
- Bake uncovered for about 1 hour, basting occasionally, until chicken is no longer pink, and the juices run clear.
Risotto with Chicken and Asparagus

### Ingredients
- 2 cups chicken stock
- 1 tablespoon olive oil or butter
- 1 tablespoon minced garlic
- 2 (5 ounce) skinless, boneless chicken breast halves - cubed
- 2 teaspoons olive oil or butter
- 1/2 large onion, minced
- 1 cup Carnaroli or Arborio rice
- 1/2 cup white wine
- 8 ounces asparagus, finely chopped
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- salt and freshly ground black pepper to taste
- 1/2 cup freshly grated Parmesan cheese

### Directions
1. Bring chicken stock to a boil in a small saucepan, then keep warm over low heat.
2. Heat 1 teaspoon olive oil in a large saucepan over medium-high heat. Stir in the garlic and cook 30 seconds until fragrant. Add the cubed chicken, and continue cooking until firm and lightly browned; set aside.
3. Heat remaining 2 teaspoons olive oil in the saucepan and cook onions until they soften and turn translucent, about 1 minute. Stir in the rice, and continue cooking until the rice turns opaque, and the onion begins to brown.
4. Stir in the wine and asparagus; cook, stirring constantly, until the wine evaporates. Reduce heat to medium, and stir in 1/3 of the hot chicken stock. Cook, stirring constantly, until all of the liquid has been absorbed, 8 to 10 minutes.
5. Stir in another 1/3 of the chicken stock and continue cooking and stirring until absorbed, 8 to 10 minutes. Season the risotto with oregano and basil. Pour in the remaining stock, and stir until absorbed again, 8 to 10 minutes. Season to taste with salt and pepper, then stir in the Parmesan cheese and chicken cubes.
Thai Chicken Balls

**Ingredients**
- 2 pounds ground chicken
- 1 cup dry bread crumbs
- 4 green onions, sliced
- 1 tablespoon ground coriander seed
- 1 cup chopped fresh cilantro
- 1/4 cup sweet chili sauce
- 2 tablespoons fresh lemon juice
- oil for frying

**Directions**
In a large bowl, mix together the chicken and bread crumbs. Season with green onion, ground coriander, cilantro, chili sauce and lemon juice; mix well.

Using damp hands, form mixture into evenly shaped balls that are either small enough to eat with your fingers, or large enough to use as burgers.

Heat oil in a large skillet over medium heat. Fry the chicken balls in batches until well browned all over.
Ingredients

3/4 cup uncooked regular long-grain white rice
4 skinless, boneless chicken breast halves
1 (10.75 ounce) can Campbell's® Condensed Golden Mushroom Soup
3/4 cup water
2 tablespoons soy sauce
2 tablespoons cider vinegar
2 tablespoons honey
1 teaspoon garlic powder
Paprika

Directions

Spread the rice in an 11x8-inch (2-quart) shallow baking dish. Top with the chicken.

Stir the soup, water, soy sauce, vinegar, honey and garlic powder in a medium bowl. Pour the soup mixture over the chicken. Sprinkle with the paprika. Cover.

Bake at 375 degrees F for 45 minutes or until the chicken is cooked through.
**Chicken and Corn Chowder**

**Ingredients**
- 5 slices bacon
- 12 ounces boneless, skinless chicken breasts, cut in bite size pieces
- 1/2 cup chopped onion
- 1/2 cup chopped bell pepper (any color)
- 1 garlic clove, minced
- 4 cups chicken broth
- 1 1/2 cups frozen whole kernel corn
- 1 (14.75 ounce) can cream-style corn
- 1/4 cup Argo® Corn Starch
- 1 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon Spice Islands® Fine Grind Black Pepper
- 1 1/2 cups shredded Cheddar cheese

**Directions**

Cook bacon in a large pot over medium heat until browned and crisp; drain on paper towels and crumble when cool enough to handle. Reserve 2 tablespoons bacon drippings.

Saute chicken, onion, bell pepper and garlic in hot bacon drippings; cook 3 to 5 minutes until chicken is no longer pink and onion begins to soften. Add chicken broth, frozen corn and cream-style corn. Combine corn starch with milk and stir into soup.

Heat to boiling over medium heat, stirring constantly; reduce heat and simmer 15 minutes. Add salt, pepper and cheese; stir until cheese is melted.

Ladle soup into bowls; sprinkle bacon over individual servings.
Chicken Enchilada Dip

**Ingredients**

- 1 pound skinless, boneless chicken breast halves
- 1 (8 ounce) package cream cheese, softened
- 1 (8 ounce) jar mayonnaise
- 1 (8 ounce) package shredded Cheddar cheese
- 1 (4 ounce) can diced green chile peppers
- 1 jalapeno pepper, finely diced

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Place chicken breast halves on a medium baking sheet.

Bake in the preheated oven 20 minutes, or until no longer pink. Remove from heat, cool and shred.

Place shredded chicken in a medium bowl, and mix in cream cheese, mayonnaise, Cheddar cheese, green chile peppers and jalapeno pepper. Transfer the chicken mixture to a medium baking dish.

Bake uncovered in the preheated oven 30 minutes, or until the edges are golden brown.
Thai Fried Chicken

Ingredients

- 1/2 cup honey mustard
- 1/2 cup sweet chili sauce
- 2 eggs, beaten
- sea salt to taste
- 12 chicken drumsticks
- 4 cups panko bread crumbs
- 4 cups vegetable oil for frying

Directions

Whisk together the honey mustard, chili sauce, eggs, and sea salt in a bowl. Place the chicken drumsticks in a large, sealable plastic bag; pour the marinade over the chicken and seal the bag. Allow to chill in refrigerator at least 4 hours.

Preheat an oven to 350 degrees F (175 degrees C).

Place the bread crumbs in the bottom of a wide dish; dredge the marinated chicken in the bread crumbs to coat. Heat the vegetable oil in a large, deep pan over medium-high heat. Gently lie the breaded chicken into the hot oil until golden brown, 5 to 7 minutes, turning once if needed to get even coloring; transfer to a baking sheet.

Cook the chicken legs in the preheated oven until no longer pink at the bone and the juices run clear, about 30 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).
Bertolli Phyllo Chicken Triangles

Ingredients

- 1 tablespoon olive oil
- 1/3 cup finely chopped shallots or onions
- 1 (24 ounce) jar Bertolli® Tomato and Basil Sauce
- 1 pound boneless, skinless chicken breasts, broiled or grilled and shredded
- 1/3 cup roasted red peppers, drained and chopped
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 teaspoons grated Parmesan cheese
- 1 tablespoon pine nuts (optional)
- 24 sheets phyllo dough, thawed
- 1/2 cup I Can’t Believe It’s Not Butter!® Spread, melted

Directions

Preheat oven to 375 degrees F.

Heat olive oil in 12-inch nonstick skillet over medium-high heat and cook shallots, stirring occasionally, 3 minutes or until tender. Stir in sauce, chicken, roasted peppers, salt and pepper. Bring to a boil over high heat. Reduce heat to low and simmer, stirring occasionally, 5 minutes. Stir in cheese and pine nuts; let cool.

Meanwhile, unfold phyllo and cover with plastic wrap and damp cloth. Working with 4 layered, lightly buttered sheets at a time, cut sheets into 8 equal (2-x 12-in.) strips. Place 1 heaping teaspoon chicken mixture on top corner of each strip; fold corner over to opposite edge, forming a triangle. Continue folding, keeping triangle shape with each fold, until rolled completely to end. On ungreased baking sheet, arrange triangles and lightly brush with spread. Repeat with remaining ingredients.

Bake 12 minutes or until golden brown. To serve, arrange each triangle on serving dish and, if desired, drizzle with additional heated sauce.
Hot Buffalo Chicken, Bacon, and Cheese

Ingredients

- 6 slices bacon
- 1/2 cup mayonnaise
- 1/4 cup sour cream
- 2 tablespoons hot buffalo wing sauce
- 1 loaf Italian bread, cut in half lengthwise
- 3 cups shredded meat from a rotisserie chicken
- 8 slices pepperjack cheese
- 1/4 cup roasted red bell peppers, drained and sliced (optional)

Directions

- Preheat an oven to 325 degrees F (165 degrees C).
- Place the bacon in a large, deep skillet; cook over medium-high heat, turning occasionally, until evenly browned. Drain the bacon slices on a paper towel-lined plate.
- Combine the mayonnaise, sour cream, and hot sauce in a small bowl. Spread both halves of the bread with the mayonnaise mixture. Place chicken on bottom half of bread; layer bacon and cheese on top of chicken. Fold the top half of the bread over the bottom, and wrap with foil.
- Bake for 20 to 25 minutes. Add a layer of red pepper slices on top of the bacon and cheese, if desired. Cut into slices, and serve.
Honey Curried Chicken

Ingredients

- 18 cut up chicken pieces
- 1/4 cup prepared mustard
- 1 cup honey
- 3 tablespoons curry powder
- 2 (4.5 ounce) cans mushrooms, drained
- 1 (4.5 ounce) can mushrooms, drained, liquid reserved

Directions

Preheat oven to 300 degrees F (150 degrees C).

Lay chicken pieces in a 9x13 inch baking dish. In a small microwave safe bowl mix together the mustard, honey and curry powder. Microwave on HIGH (full power) for 1 minute. Add all of the mushrooms, mix together, and pour mixture over chicken. Bake in the preheated oven for 45 to 50 minutes or until chicken is cooked through and juices run clear. Turn chicken pieces after 1/2 hour of baking. When done, chicken will be a beautiful golden brown.
## Ingredients

1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
1 1/2 cups chopped cooked chicken
1/2 cup shredded Cheddar cheese
1/4 cup Pace® Picante Sauce
8 flour tortillas (8-inch), warmed

## Directions

Heat the oven to 425 degrees F.

Stir the soup, chicken, cheese and picante sauce in a medium bowl.

Place the tortillas on 2 baking sheets. Spread about 1/4 cup chicken mixture onto half of each tortilla to within 1/2-inch of the edge. Brush the edges of the tortillas with water. Fold the tortillas over the filling and press the edges to seal.

Bake for 5 minutes or until the filling is hot. Serve with additional picante sauce.
Island Chicken with Fruit Salsa

**Ingredients**

- 2 (15 ounce) cans pineapple tidbits, drained with juice reserved
- 2 mangos - peeled, seeded and diced
- 2 green chile peppers, diced
- 1/3 cup chopped fresh cilantro
- 1/2 cup freshly squeezed lime juice and pulp
- 1/2 cup fresh orange juice
- 1/4 cup dark rum
- 1/2 clove garlic, minced
- 8 skinless, boneless chicken breasts

**Directions**

In a bowl, mix the pineapple and reserved juice, mangos, peppers, cilantro, lime juice and pulp, orange juice, rum, and garlic. Let stand for one hour before adding chicken.

Strain juice from some of the salsa, and set aside to use for topping the chicken. Marinate the chicken breast halves in the bowl with the remaining salsa mixture for 2 to 6 hours.

Preheat oven to 325 degrees F (165 degrees C).

Discard salsa used for marinating, and bake chicken for 30 minutes in the preheated oven, or until chicken juices run clear. Top with reserved salsa to serve.
## Clock-Watcher Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>4 (4 ounce) boneless, skinless chicken breast halves</td>
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<tr>
<td>1 medium onion, chopped</td>
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<tr>
<td>2 tablespoons vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1 (14.5 ounce) can Italian diced tomatoes, undrained</td>
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<tr>
<td>2 cups chicken broth</td>
<td></td>
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<tr>
<td>1 teaspoon dried basil</td>
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<tr>
<td>1/4 teaspoon pepper</td>
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</tr>
<tr>
<td>8 ounces uncooked spaghetti, broken into 2-inch pieces</td>
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</tr>
<tr>
<td>1/4 cup grated Parmesan cheese</td>
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</tbody>
</table>

### Directions

In a large skillet, cook chicken and onion in oil until onion is tender; remove and keep warm. Add tomatoes, broth, basil and pepper to the skillet. Bring to a boil; stir in spaghetti. Reduce heat; cover and simmer for 15-20 minutes. Return chicken to pan; cook until juices run clear and spaghetti is tender. Sprinkle with Parmesan cheese.
Ingredients

1 (3 ounce) package cream cheese, softened
1 tablespoon butter, softened
2 cups cubed, cooked chicken meat
1 tablespoon minced onion
1/4 teaspoon salt
1/8 teaspoon ground black pepper
2 tablespoons milk
1 tablespoon chopped pimento peppers (optional)
1 (8 ounce) package refrigerated crescent rolls
1 tablespoon butter, melted
3/4 cup croutons

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, beat cream cheese and 1 tablespoon melted butter or margarine until smooth. Add the chicken, onion, salt, pepper, milk and pimento. Mix well.

Separate crescent dough into four rectangles. Firmly press perforations to seal. Spoon 1/2 cup of the chicken mixture onto the center of each rectangle. Pull 4 corners of dough to center of chicken mixture and twist firmly. Pinch edges to seal.

Place sandwiches on an ungreased cookie sheet. Brush tops of sandwiches with 1 tablespoon of melted butter or margarine; sprinkle with crushed croutons. Bake in preheated oven for 25 to 30 minutes or until golden brown.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>4 cups rotisserie chicken, skinned and boned, meat shredded into bite-sized pieces</td>
<td></td>
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<tr>
<td>2 medium celery ribs, cut into small dice</td>
<td></td>
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<tr>
<td>2 medium green onions, sliced thin</td>
<td></td>
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<tr>
<td>1/4 cup chopped honey-roasted peanuts</td>
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<tr>
<td>2 tablespoons lime juice</td>
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<tr>
<td>2 tablespoons Asian fish sauce</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon ground ginger</td>
<td></td>
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<tr>
<td>2 teaspoons white sugar</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon hot red pepper flakes</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons minced fresh cilantro leaves</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons chopped fresh mint leaves</td>
<td></td>
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<tr>
<td>To serve:</td>
<td></td>
</tr>
<tr>
<td>Boston lettuce</td>
<td></td>
</tr>
<tr>
<td>sliced cucumbers</td>
<td></td>
</tr>
<tr>
<td>grated carrots</td>
<td></td>
</tr>
<tr>
<td>chopped honey-roasted peanuts</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

1. In a medium bowl, mix chicken, celery, green onions and peanuts.
2. In a small bowl, whisk lime juice, fish sauce, ginger, sugar, red pepper, cilantro and mint, plus 2 Tbs. water.
3. Toss dressing with chicken mixture and serve on a bed of Boston lettuce with the suggested accompaniments.
## Mid-Eastern Chicken Thighs

### Ingredients
- 1 teaspoon olive oil
- 1 cup sliced onion
- 2 1/2 pounds skinless, boneless chicken thighs
- 1 tablespoon garam masala
- 1/2 teaspoon curry powder
- 1/2 cup red wine
- 2 tablespoons red wine vinegar
- 1 cup fat-free, reduced-sodium chicken broth

### Directions
Heat the olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned lightly brown, about 7 minutes. Remove onion from skillet, and set aside.

Increase heat to medium-high. Season one side of the chicken thighs with half of the garam masala and curry powder. Place the chicken seasoned-side down into the skillet, and season the other side with the remaining garam masala and curry powder. Continue cooking chicken until browned on both sides, about 4 minutes on each side. Pour in the red wine and red wine vinegar. Simmer for about 30 seconds, scraping up and browned bits from the pan. Stir in the prepared onion and chicken broth. Bring to a boil. Cover and reduce heat to medium-low. Simmer the chicken thighs until no longer pink in the center, about 20 minutes.
Chicken Ropa Vieja

Ingredients

1 1/2 pounds skinless, boneless chicken breast
1 small onion, quartered
1 tomato, quartered
1 carrot, peeled and cut into 1 inch pieces
2 cloves garlic, peeled
2 tablespoons olive oil
2 cloves garlic, minced
1 small onion, thinly sliced
1/2 green bell pepper, seeded and thinly sliced
1/2 red bell pepper, seeded and thinly sliced
1/4 cup tomato puree
1/4 cup dry white wine
1 teaspoon ground cumin, or to taste
salt and pepper to taste

Directions

Place chicken, onion, tomato, carrot, and 2 cloves of garlic into a large pot. Add water to cover, then bring to a boil. Skim and discard the foam that has floated to the surface. Reduce heat to medium-low, and simmer uncovered until the chicken is tender, 30 to 40 minutes. Place the chicken into a bowl and shred it into strips as thick as a pencil; set aside. Strain the cooking liquid and discard the vegetables.

Heat the olive oil in a large skillet over medium heat. Stir in the garlic, onions, green peppers, and red peppers. Cook and stir until the vegetables have softened, 3 to 4 minutes. Stir in tomato puree, white wine, chicken, and enough of the reserved broth to create a thick sauce. Season with cumin, salt, and pepper. Simmer for about 5 minutes more to reduce the sauce slightly and coat the shredded chicken.
Mango-Pecan Chicken

**Ingredients**

- 1 tablespoon vegetable oil
- 1 onion, halved and sliced
- 2 mangos - peeled, seeded, and cubed
- 2 tablespoons lemon juice
- 1 tablespoon white sugar
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground mace
- 4 skinless, boneless chicken breast halves - cut in half lengthwise
- salt and pepper to taste
- 1 tablespoon vegetable oil
- 1/4 cup chopped pecans

**Directions**

Heat 1 tablespoon vegetable oil in a large saucepan over medium heat. Add onion; cook and stir until the onion softens and turns translucent, about 5 minutes. Add mangos, lemon juice, sugar, ginger, cinnamon, and mace. Bring to a simmer and cook for 5 minutes, stirring constantly. Turn heat to low, cover, and allow to cook 5 minutes more.

While the mango sauce is simmering, season chicken breasts with salt and pepper to taste. Heat remaining 1 tablespoon vegetable oil in a large skillet over medium heat. Add chicken, and cook on both sides until nicely browned, and the chicken is no longer pink in the center, about 8 minutes per side.

To serve, place one or two pieces of chicken onto each serving plate. Spoon mango sauce over the top, and sprinkle with pecans.
**Asparagus and Mozzarella Stuffed Chicken**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 large skinless, boneless chicken breasts</td>
<td>Preheat an oven to 375 degrees F (190 degrees C). Grease an 8x8-inch baking dish.</td>
</tr>
<tr>
<td>salt and black pepper to taste</td>
<td>Place each chicken breast between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to an even thickness of about 1/4 inch. Sprinkle each side with salt and pepper.</td>
</tr>
<tr>
<td>8 asparagus spears, trimmed - divided</td>
<td>Place 4 spears of asparagus down the center of a chicken breast, and spread about 1/4 cup of mozzarella cheese over the asparagus. Repeat with the other chicken breast, and roll the chicken around the asparagus and cheese to make a tidy, compact roll. Place the rolls seam sides down in the prepared baking dish, and sprinkle each with about 2 tablespoons of bread crumbs.</td>
</tr>
<tr>
<td>1/2 cup shredded mozzarella cheese, divided</td>
<td>Bake in the preheated oven until the juices run clear when pricked with a fork, about 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).</td>
</tr>
</tbody>
</table>
Cut cucumbers in half lengthwise; remove seeds. With a sharp knife, cut a thin slice from the bottom of each cucumber half so it sits flat. In a bowl, combine the remaining ingredients. Spoon into cucumber boats. Refrigerate until serving.
### Ingredients

<table>
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<tr>
<th>Item</th>
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<tbody>
<tr>
<td>3 cups mostaccioli</td>
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<tr>
<td>3 skinless, boneless chicken breast halves</td>
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<tr>
<td>1/4 onion, chopped</td>
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<tr>
<td>3 fresh mushrooms, sliced</td>
</tr>
<tr>
<td>2 tablespoons Italian seasoning</td>
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<tr>
<td>1 (14.5 ounce) can diced tomatoes</td>
</tr>
<tr>
<td>salt and pepper to taste</td>
</tr>
<tr>
<td>2 tablespoons grated Parmesan cheese</td>
</tr>
</tbody>
</table>

### Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve.

Meanwhile, in a large lightly greased skillet over medium heat, cook chicken for about 15 minutes and remove from pan; cool and dice.

In a large skillet over medium heat, combine onion, mushrooms, Italian seasoning, tomatoes with juice, salt and pepper; cook until onions are translucent. Remove from heat and add chicken and pasta. Sprinkle Parmesan cheese on top; serve.
Green Bean Cheddar Chicken

Ingredients

1/2 pound bacon
4 skinless, boneless chicken breast halves
1 tablespoon butter
20 ounces fresh green beans, washed and trimmed
1 (10.75 ounce) can condensed cream of Cheddar cheese soup
1 pinch ground cayenne pepper
1/2 cup seasoned dry bread crumbs
2 cups shredded Cheddar cheese

Directions

Place the bacon in a skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside. Melt the butter in a skillet, and saute the chicken breasts 10 to 12 minutes on each side, until the exterior is golden, the meat is no longer pink, and the juices run clear.

Place the green beans in a saucepan with enough water to cover. Bring to a boil, and cook 5 minutes, or until tender.

Preheat the oven broiler. Lightly grease a 9x13 inch baking dish.

Arrange the beans in the bottom of the prepared baking dish. Top with the chicken, and cover evenly with the soup. Sprinkle with bread crumbs and bacon, and top with Cheddar cheese.

Broil 10 minutes, or until browned and bubbly.
**Quick Sherry Chicken**

**Ingredients**

1 (2 to 3 pound) whole chicken, cut into pieces  
2 tablespoons vegetable oil  
1 (10.75 ounce) can condensed cream of mushroom soup  
1/4 cup dry sherry  
8 small white onions, peeled

**Directions**

In a large skillet, brown chicken in oil. Pour excess oil off.

Stir in undiluted soup, sherry, and whole onions. Cover. Simmer for 45 minutes, or until done. Stir occasionally.
Chili-Spiced Chicken Breasts

Ingredients

- 3/4 teaspoon chili powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 4 (4 ounce) boneless, skinless chicken breast halves
- 1 teaspoon canola oil
- 1/4 cup chopped green onions
- 1 jalapeno pepper, seeded and finely chopped*
- 1 garlic clove, minced
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 teaspoon cornstarch
- 2 teaspoons water

Directions

Combine the first five ingredients; rub over chicken. In a nonstick skillet, brown chicken in oil on both sides. Add onions, jalapeno and garlic; saute for 1 minute. Add tomatoes; bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until chicken juices run clear. Remove chicken and keep warm. In a small bowl, combine cornstarch and water until smooth; stir into tomato mixture. Bring to a boil; cook and stir for 1 minute or until slightly thickened.
### Ingredients

- 1 1/2 pounds skinless, boneless chicken breast meat
- 3/4 cup white sugar
- 3/4 cup soy sauce
- 3/4 cup mirin (Japanese sweet wine)
- 2 tablespoons vegetable oil
- 1 tablespoon grated fresh ginger
- 3 carrots, julienned
- 2 onions, thinly sliced
- 1 (14 ounce) can shredded bamboo, drained
- 1/2 pound fresh mushrooms, sliced
- 1 cup trimmed and coarsely chopped watercress
- 1 (8 ounce) package rice noodles, soaked and cut into 2 inch pieces

### Directions

Cut chicken meat into bite size pieces. In a medium bowl combine the sugar, soy sauce, and mirin wine. Mix well, and set aside.

In a skillet or wok, heat oil over medium-high heat. Squeeze juice from grated ginger into wok, add grated ginger, and stir fry until brown. Discard ginger fibers. Increase heat to high, and stir in chicken. Season with soy sauce mixture, and cook for 2 more minutes.

One at a time add the carrots, onions, bamboo shoots, mushrooms, and watercress. Stir after each addition. Add rice noodles; cook, stirring, for about 3 more minutes, or until done.
Deluxe Sour Cream Chicken

Ingredients

- 1 1/2 cups uncooked white rice
- 18 slices bacon
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (16 ounce) container sour cream
- 1 (12 ounce) can mushrooms, drained
- 6 skinless, boneless chicken breast halves

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and set aside.

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a 9x13 inch baking dish and cover each breast with 3 strips bacon. In a large bowl combine the soup, sour cream and mushrooms. Mix together and pour over chicken; spread out evenly.

Cover baking dish with aluminum foil and bake in preheated oven for 60 minutes.

20 minutes before chicken is ready, bring 3 cups water to boil in a medium saucepan. Add rice and stir. Reduce heat, cover and simmer for 20 minutes. When chicken is ready, serve over hot cooked rice.
Chicken Matzo Ball Soup

**Ingredients**

2 eggs, lightly beaten
2 tablespoons melted butter or margarine
1/2 cup matzo meal
1 teaspoon chopped fresh flat-leaf parsley
1/2 teaspoon salt
1 dash white pepper
1 tablespoon water
6 cups chicken broth
1 medium carrot, cut into 2 inch julienne strips

**Directions**

In a small bowl, mix eggs with the melted butter or margarine. Stir in matzo meal, parsley, salt, pepper, and water to form a soft dough. Cover and refrigerate for at least 30 minutes.

Bring chicken broth and carrots to a boil in a large pot. Reduce heat to a simmer. Shape the matzo dough into 12 balls. (For easier shaping, dip hands in cold water from time to time). Drop the matzo balls into the simmering broth. Cover and cook for 30 to 40 minutes.
Spicy BBQ Chicken

**Ingredients**

- 2 tablespoons vegetable oil
- 1/4 cup onion, finely chopped
- 1 clove garlic, minced
- 3/4 cup ketchup
- 1/3 cup vinegar
- 1 tablespoon Worcestershire sauce
- 2 teaspoons brown sugar
- 1 teaspoon dry mustard
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 (5 ounce) bottle hot pepper sauce
- 1 (3 pound) chicken, cut into pieces

**Directions**

Heat the oil in a skillet over medium heat and cook the onion and garlic until tender. Mix in ketchup, vinegar, Worcestershire sauce, brown sugar, dry mustard, salt, pepper and hot sauce. Bring to a boil. Reduce heat to low and simmer 10 minutes, stirring occasionally. Remove from heat and set aside.

Preheat grill for high heat.

Lightly oil grill grate. Place chicken on grill. Brush constantly with the sauce and cook 8 to 15 minutes on each side, depending on size of piece, until juices run clear. Discard any remaining sauce.
Easy Apricot Chicken in a Pan

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 cups uncooked white rice</td>
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<tr>
<td>3 1/2 cups water</td>
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<tr>
<td>2 tablespoons olive oil</td>
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</tr>
<tr>
<td>2 pounds skinless, boneless chicken breast meat - cut into bite-size pieces</td>
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<tr>
<td>salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>1 large onion, chopped</td>
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<tr>
<td>2 cups chicken stock</td>
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<tr>
<td>12 dried apricots, chopped</td>
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<tr>
<td>1 (8 ounce) jar apricot preserves</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon cornstarch</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons water</td>
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</table>

**Directions**

Bring the rice and 3 1/2 cups water to a boil in a saucepan over high heat. Reduce heat to medium-low, and cover; simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.

While the rice is cooking, heat the olive oil in a large skillet over high heat. Season the chicken with salt and pepper. Once the oil is hot, stir in the chicken, and cook for 5 minutes. Stir in the onions, and cook until the onions have softened and turned translucent, about 5 minutes more. Pour in the chicken stock, dried apricots, and apricot preserves.

Bring the mixture to a boil; reduce heat to medium-low, cover, and simmer until the chicken is tender, 10 to 15 minutes. Dissolve the cornstarch in 2 tablespoons of water, and stir into the simmering chicken mixture. Cook until the sauce has thickened and cleared, about 1 minute. Serve the apricot chicken over rice.
### Ingredients
- 1/4 teaspoon ground dried sage leaves
- 1/4 teaspoon dried thyme leaves, crushed
- 4 skinless, boneless chicken breast halves
- Vegetable cooking spray
- 2 cloves garlic, minced
- 1 (10.75 ounce) can Campbell's® Healthy Request® Condensed Cream of Chicken Soup
- 1/2 cup water

**Parslied Rice:**
- 4 cups cooked long-grain white rice
- 1 teaspoon chopped fresh parsley

### Directions
Mix the sage and thyme in a small bowl. Sprinkle over the chicken.

Spray a 12-inch nonstick skillet with the cooking spray and heat over medium heat for 1 minute. Add the chicken and cook for 15 minutes or until the chicken is cooked through. Remove the chicken and keep warm.

Add the garlic to the skillet and cook until it's lightly browned. Add the soup and water and cook until the mixture is hot. Serve over the chicken with Parslied Rice.
**Grilled Chicken Adobo**

**Ingredients**

- 1 1/2 cups soy sauce
- 1 1/2 cups water
- 3/4 cup vinegar
- 3 tablespoons honey
- 1 1/2 tablespoons minced garlic
- 3 bay leaves
- 1/2 teaspoon black pepper
- 3 pounds skinless, boneless chicken thighs

**Directions**

Preheat an outdoor grill for high heat, and lightly oil grate.

In a large pot, mix soy sauce, water, vinegar, honey, garlic, bay leaves, and pepper. Bring the mixture to a boil, and place the chicken into the pot. Reduce heat, cover, and cook 35 to 40 minutes.

Remove chicken, drain on paper towels, and set aside. Discard bay leaves. Return the mixture to a boil, and cook until reduced to about 1 1/2 cups.

Place chicken on the prepared grill, about 5 minutes on each side, until browned and crisp. Serve with the remaining soy sauce mixture.
Caper Chicken Cacciatore

**Ingredients**

1 (4 pound) chicken, cut into pieces  
salt and pepper to taste  
1/4 cup olive oil  
2 onions, thinly sliced  
1/2 cup fresh sliced mushrooms  
1 (14.5 ounce) can stewed tomatoes  
1 (10.75 ounce) can condensed cream of mushroom soup  
1 cup white wine  
1/4 cup pitted green olives  
1/4 cup black olives  
2 tablespoons capers  
8 ounces pepperoni sausage, sliced

**Directions**

In a large skillet heat oil over medium heat. Season chicken pieces with salt and pepper to taste and brown chicken in hot oil. Remove chicken from skillet. Set aside.

In same skillet saute onions and mushrooms until translucent. Return chicken to skillet and add the tomatoes, soup and wine. When liquids start to simmer add the green olives, black olives, capers and pepperoni. Cover skillet and let simmer for 30 minutes.

Preheat oven to 350 degrees F (175 degrees C). Remove skillet cover, pour skillet mixture into a 9x13 inch baking dish and bake in preheated oven for about 15 minutes, until chicken is tender and juices run clear.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>3 pounds chicken wings</td>
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<tr>
<td>1 egg, lightly beaten</td>
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<tr>
<td>1 cup all-purpose flour for coating</td>
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<tr>
<td>1 cup butter</td>
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<tr>
<td><strong>SAUCE</strong></td>
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<tr>
<td>3 tablespoons soy sauce</td>
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<tr>
<td>3 tablespoons water</td>
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<tr>
<td>1 cup white sugar</td>
<td></td>
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<tr>
<td>1/2 cup white vinegar</td>
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<tr>
<td>1/2 teaspoon garlic powder, or to</td>
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<td>taste</td>
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</tr>
<tr>
<td>1 teaspoon salt</td>
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## Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Cut wings in half, dip in egg and coat with flour.
3. Heat butter in a large, deep skillet over medium-high heat. Fry wings until deep brown. Place in a shallow roasting pan.
4. In a small bowl combine soy sauce, water, sugar, vinegar, garlic powder and salt. Pour over wings.
5. Bake in preheated oven for 30 to 45 minutes, basting wings with sauce often.
Ingredients
1 teaspoon low-sodium soy sauce
1 teaspoon barbeque sauce
1 teaspoon minced fresh ginger
3/4 cup coconut milk
2 chicken drumsticks
2 chicken thighs
2 yellow plantains, peeled and cut into 3/4 inch slices
1 sweet potato, peeled and cut into thick sticks
1 fresh, unsplit banana leaf

Directions
Whisk together soy sauce, barbeque sauce, ginger, and coconut. Pour over chicken drumsticks, thighs, plantain, and sweet potato in a resealable plastic bag. Seal, and marinate 30 minutes.

Preheat oven to 350 degrees F (175 degrees C).

Gently warm the whole banana leaf over a fire or gas burner until the leaf is pliable, but not burnt, 3 to 4 minutes. Cut the leaf into four large squares, measuring at least 12x12 inches. Carefully cut four long, thin strips from the rib of the leaf, these will be used as 'string' to tie the packets later.

Place a piece of meat onto each banana leaf square, and evenly divide the vegetables on top. Pour in any remaining marinade, and fold the leaves around the chicken like a present. Securely tie with the rib strips, and place the packets onto a baking sheet.

Bake in preheated oven until the chicken is tender and no longer pink in the center, about 1 hour. Check the packets occasionally to make sure they do not burn.
**Balsamic Chicken and Pasta**

**Ingredients**
- 3 cloves garlic, minced
- 2 ounces fresh basil leaves
- 1/2 cup olive oil
- 1/2 cup balsamic vinegar
- 6 skinless, boneless chicken breast halves
- 1 tablespoon salt
- 1 1/2 teaspoons ground black pepper
- 1 pound penne pasta
- 2 pints grape tomatoes, halved
- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- salt and pepper to taste

**Directions**

Mince garlic cloves in food processor or blender. Add 1/3 of the basil leaves to the processor, and chop until fine. Pour in 1/2 cup of olive oil, and continue to process until mixture turns light yellow with flecks of basil. Add the balsamic vinegar; process just until combined.

Place the chicken breasts in a large zip-top storage bag along with 1 tablespoon salt, 1 1/2 teaspoons pepper, and the contents of the food processor. Squeeze air out of bag and seal. Allow chicken to marinate for 2 hours, or up to overnight, turning occasionally.

Preheat the oven to 300 degrees F (150 degrees C).

Brown chicken in a large skillet over large heat, about 4 to 5 minutes per side. Transfer chicken to a large baking dish, and place in the oven until cooked through, about 15 to 20 minutes. Remove chicken from oven, slice into 1/4 inch strips, and return to baking dish to absorb cooking juices. Keep warm.

While chicken is baking, bring a large pot of water to a boil over high heat. Boil the pasta until cooked through, but still firm to the bite, about 11 minutes. Drain well. Stir the chicken and the juices from the baking dish into the hot pasta.

Thinly slice the remaining basil leaves, and place in a large serving bowl along with the tomatoes. Stir in 1/4 cup olive oil, 1/4 cup balsamic vinegar, and salt and pepper to taste. Top basil and tomatoes with the hot pasta, sauce, and chicken; toss to combine.
Roast Chicken with Cracked Peppercorn Sauce

Ingredients

| 1 (4 pound) whole chicken |
| salt and pepper to taste |
| 1 cup dry vermouth |
| 4 shallots, chopped |
| 1 clove garlic, minced |
| 1 cup whipping cream, heated until steaming |
| 1 tablespoon cracked black peppercorns |

Directions

Preheat the oven to 350 degrees F (175 degrees C). Remove giblets from chicken, and season inside and out with salt and pepper. Place chicken into a roasting pan with vermouth, shallots and garlic.

Cover the roasting pan, and bake for 1 hour and 20 minutes in the preheated oven, or 20 minutes per pound.

Strain liquid from the roasting pan into a saucepan. Cook over medium-high heat until reduced to about 1/2 cup. Stir in heated cream, and cracked peppercorns. Cook on medium-low heat for 5 minutes until thick, but do not boil. Carve chicken, and serve with sauce.
Wonder Bread Chinese Chicken Salad Appetizer

**Ingredients**

- 12 slices Wonder® Classic White Bread
- 1 (9.75 ounce) can white chunk chicken breast, drained
- 1/2 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- 3 drops hot pepper sauce
- 1/2 cup finely chopped green bell pepper
- 1/3 cup shredded carrot
- 1/4 cup finely chopped red onion
- 2 tablespoons light mayonnaise
- Salt and pepper, to taste
- 1/4 cup sliced toasted almonds

**Directions**

Preheat oven to 400 degrees F.

**Wonder Bread Croustades:** Cut crusts from Wonder Bread and flatten with a rolling pin until quite flat, about 1/8-inch thick. Cut circles from the bread with a 2 1/2-inch round cookie cutter. (You can cut 2 circles from each slice of bread.)

Lightly brush mini-muffin pan with melted butter. Gently press each round of bread into a mini-muffin cup, forming it into a bowl shape. Repeat, making as many Croustades as specified in the recipe.

Bake about 9 to 10 minutes, or until golden brown.

Cool slightly, then remove the Croustades from the pan and allow them to cool completely on a wire rack.

**Chinese Chicken Salad:** Place remaining ingredients, except almonds, in a mixing bowl and blend together.

Fill Croustades and top with toasted almonds.

When serving, plan on 2 filled Croustades per serving.
Thai Chicken Dip

**Ingredients**
- 2 tablespoons vegetable oil
- 1 1/2 pounds ground chicken
- 2 small red chile peppers
- 2 cloves garlic, crushed
- 1/2 cup chunky peanut butter
- 1/3 cup lime juice
- 1 cup coconut cream
- 1 1/2 tablespoons fish sauce
- 1 tablespoon finely chopped Vietnamese mint

**Directions**
Heat oil in a large skillet over medium heat. Add the chicken, and cook while stirring to crumble until no longer pink. Stir in the chilies, garlic, peanut butter, lime juice, coconut cream and fish sauce. Bring to a boil, then reduce heat to low, and simmer for 5 minutes. Stir in the mint, and serve warm or hot. Garnish with a few leaves of mint.
## Beef or Chicken Enchiladas

### Ingredients
- 1 tablespoon butter or margarine
- 2 medium onions, chopped
- 1 garlic clove, minced
- 2 tablespoons all-purpose flour
- 1 cup chicken broth
- 1 cup milk
- 2 (4 ounce) cans chopped green chilies
- 1/4 teaspoon salt
- 1/4 teaspoon ground cumin
- 12 flour or corn tortillas
- 1 1/2 cups cooked, shredded beef chuck roast
- 1 cup shredded Monterey Jack cheese
- 1 cup shredded Cheddar cheese
- 2 green onions with tops, thinly sliced
- Sour cream
- Salsa

### Directions
In a saucepan, melt butter over medium heat. Saute onion and garlic until onion is tender. Blend in flour. Stir in broth, milk, chilies, salt and cumin. Cook and stir until thickened and bubbly. Reduce heat; simmer 5 minutes, stirring occasionally. Set aside.

Grease a 13-in. x 9-in. x 2-in. baking dish. Spoon a little sauce in the center of each tortilla; spread to edges. Place about 2 tablespoons meat down the center of each tortilla. Combine cheeses; sprinkle 1 -2 tablespoons on top of meat. Roll up tortillas and place in baking dish, seam-side down. Pour remaining sauce over. Sprinkle with green onions and remaining cheese. Bake, uncovered, at 350 degrees F for 20-30 minutes or until hot and bubbly. Serve with sour cream and salsa.
Orange-Honey Cashew Chicken

Ingredients

1 1/4 cups orange juice, divided
1 tablespoon lemon juice
1/4 teaspoon salt
Dash pepper
2 boneless, skinless chicken breast halves
1 teaspoon olive or vegetable oil
1/3 cup chopped onion
1/4 cup honey
1 teaspoon minced fresh parsley
Hot cooked rice
1 tablespoon cornstarch
2 tablespoons water
3 tablespoons chopped salted cashews

Directions

In a resealable plastic bag, combine 1/2 cup orange juice, lemon juice, salt and pepper; add chicken. Seal bag and turn to coat; refrigerate for 4-8 hours or overnight.

Drain and discard marinade. In a skillet, cook chicken in oil for 2-3 minutes on each side or until browned. Remove and keep warm. In the drippings, saute onion until tender. Combine the honey, parsley and remaining orange juice; stir into skillet. Bring to a boil.

Return chicken to the pan. Reduce heat; cover and simmer for 8-10 minutes or until chicken juices run clear. Place chicken over rice. Combine cornstarch and water until smooth; stir into cooking juices. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Pour over chicken. Sprinkle with cashews.
Preheat oven to 450 degrees F (230 degrees C). Lightly grease a medium baking sheet.

In a small bowl, mix cinnamon, chili powder, cumin, salt, and pepper. Rub chicken pieces with the mixture, and arrange on the prepared baking sheet.

In a medium saucepan over medium-high heat, blend chicken broth, honey, lime juice, and jalapeno. Cook and stir until thickened.

Place chicken in the preheated oven and cook about 15 minutes. Begin basting periodically with the chicken broth mixture. Continue cooking 30 minutes, or until the chicken is no longer pink and juices run clear.
# Romantic Chicken with Artichokes and Mushrooms

## Ingredients

- 4 skinless, boneless chicken breast halves
- Salt and pepper to taste
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 (14 ounce) can marinated quartered artichoke hearts, drained, liquid reserved
- 1 cup sliced fresh mushrooms
- 1 cup white wine
- 1 tablespoon capers

## Directions

1. Season chicken with salt and pepper. Heat oil and butter in a large skillet over medium heat. Brown chicken in oil and butter for 5 to 7 minutes per side; remove from skillet, and set aside.

2. Place artichoke hearts and mushrooms in the skillet, and sauté until mushrooms are brown and tender. Return chicken to skillet, and pour in reserved artichoke liquid and wine. Reduce heat to low, and simmer for about 10 to 15 minutes, until chicken is no longer pink and juices run clear.

3. Stir in capers, and simmer for another 5 minutes. Remove from heat; serve immediately.
Ingredients

- 6 medium red potatoes, cut into chunks
- 4 medium carrots, cut into 1/2 inch pieces
- 4 boneless, skinless chicken breast halves
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
- 1/8 teaspoon garlic salt
- 2 tablespoons mashed potato flakes (optional)

Directions

Place potatoes and carrots in a slow cooker. Top with chicken. Combine the soups and garlic salt; pour over chicken. Cover and cook on low for 8 hours. To thicken if desired, stir potato flakes into the gravy and cook 30 minutes longer.
## Lemon Chicken Tenders

### Ingredients
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 large boneless, skinless chicken breasts, cut into 2-inch pieces
- 2 eggs, slightly beaten
- 1 cup Italian seasoned bread crumbs
- 1/2 cup sugar
- 1/2 cup lemon juice
- 1 1/2 teaspoons curry powder

### Directions
Preheat oven to 400 degrees F (200 degrees C).

In a bowl, stir together paprika, salt, and pepper. Sprinkle seasoning over chicken pieces. Dip pieces in egg, then dredge in bread crumbs. Arrange chicken pieces in a single layer in an aluminum foil-lined 15x10-inch jelly roll pan.

Bake in preheated oven for 15 minutes, turning once.

In a small saucepan over medium-low heat, stir together sugar, lemon juice, and curry powder, stirring until sugar dissolves, about 5 minutes.

Drizzle lemon sauce over chicken, return to oven, and bake 5 minutes more.
Toasted Chicken Sandwiches

Ingredients

- 1 cup cubed cooked chicken
- 1/2 cup finely chopped celery
- 1/4 cup mayonnaise
- 2 tablespoons sweet pickle relish, drained
- 2 teaspoons finely chopped onion
- 1 teaspoon lemon juice
- 1/2 teaspoon salt, divided
- 1/8 teaspoon pepper
- 12 slices bread, crust removed
- 1 egg
- 2/3 cup milk
- 1 tablespoon butter or margarine

CHEESE SAUCE:
- 8 ounces process cheese (eg. Velveeta), cubed
- 1/3 cup milk

Directions

In a bowl, combine the chicken, celery, mayonnaise, relish, onion, lemon juice, 1/4 teaspoon salt and pepper. Spread over half of the bread; top with remaining bread. In a shallow bowl, whisk egg, milk and remaining salt. Dip both sides of sandwiches in egg mixture.

In a large skillet or on a griddle, melt butter over medium heat; grill sandwiches on both sides until golden brown.

Meanwhile, combine cheese sauce ingredients in saucepan; cook and stir over low heat until cheese is melted. Serve as a dipping sauce with sandwiches.
Ingredients

- 2 tablespoons butter
- 1/2 onion, diced
- sea salt to taste
- 6 cups chicken stock
- 3 cups quinoa
- 2 tablespoons extra-virgin olive oil
- 6 (4 ounce) chicken chorizo sausage links
- 1 onion, cut into thin strips
- 4 cloves garlic, minced
- 2 teaspoons Spanish paprika
- 1 teaspoon ground cumin
- 2 red bell peppers, cut into thin strips
- 2 yellow bell peppers, cut into thin strips
- 2 poblano chile peppers, cut into thin strips
- 1 cup chicken stock
- sea salt and pepper to taste

Directions

Melt the butter in a large pot over medium heat. Stir in the diced onion and sea salt to taste; cook and stir until the onion has caramelized to a deep brown, about 15 minutes. Once caramelized, pour in 6 cups of chicken stock and the quinoa; bring to a boil over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, 20 to 25 minutes.

Meanwhile, heat the olive oil in a large skillet over medium-high heat. Brown the sausages on all sides in the hot oil, then remove and cut into 1/2 inch thick slices. Return the sausage to the skillet, and continue cooking until browned on all sides and no longer pink in the center. Remove to drain on a paper towel lined plate, and keep warm.

Reduce the heat to medium, and stir the sliced onion into the remaining oil in the skillet. Cook until the edges of the onions begin to turn a golden color, 3 to 5 minutes. Add the garlic, and cook 1 minute more. Season with the paprika and cumin, then stir in the red bell peppers, yellow bell peppers, poblano chile peppers, and 1 cup of chicken stock. Bring to a simmer, then cook until the peppers soften, and the mixture reduces and thickens, 10 to 15 minutes. Return the sausage to the skillet, season to taste with salt and pepper, and continue cooking until the sausage is hot. Serve over a bed of quinoa.
Baked Lemon Chicken

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
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<tbody>
<tr>
<td>3 tablespoons butter, melted</td>
<td>In a shallow dish, combine the butter, lemon juice, garlic, salt and pepper. Place bread crumbs in another dish. Dip chicken in butter mixture, then coat with crumbs. Place in a greased 13-in. x 9-in. x 2-in. baking dish. Drizzle with remaining butter mixture. Bake, uncovered, at 350 degrees F for 25 -30 minutes or until juices run clear.</td>
</tr>
<tr>
<td>2 tablespoons lemon juice</td>
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<tr>
<td>1 garlic clove, minced</td>
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<tr>
<td>1/2 teaspoon salt</td>
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<tr>
<td>1/4 teaspoon pepper</td>
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<tr>
<td>1/2 cup seasoned bread crumbs</td>
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<tr>
<td>4 (4 ounce) boneless, skinless chicken breast halves</td>
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</table>
In a small bowl, combine the flour, salt and pepper. Set aside 4-1/2 teaspoons for sauce. Sprinkle the remaining flour mixture over both sides of chicken. In a large nonstick skillet coated with nonstick cooking spray, cook chicken in oil over medium heat for 7-9 minutes on each side or until juices run clear. Remove and keep warm.

In the same pan, saute onion in butter until tender. Add thyme and reserved flour mixture; stir until blended. Gradually stir in the broth and lemon juice, scraping up any browned bits from bottom of pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve over chicken. Sprinkle with parsley.
Creamy Chicken Lasagna

**Ingredients**

- 3 skinless, boneless chicken breast halves
- 6 uncooked lasagna noodles
- 1 cube chicken bouillon
- 1/4 cup hot water
- 1 (8 ounce) package cream cheese, softened
- 2 cups shredded mozzarella cheese
- 1 (26 ounce) jar spaghetti sauce

**Directions**

Bring a large pot of lightly salted water to a boil. Cook lasagna noodles for 8 to 10 minutes, or until al dente. Drain, rinse with cold water, and set aside.

Meanwhile, place the chicken in a saucepan with enough water to cover, and bring to a boil. Cook for 20 minutes, or until no longer pink and juices run clear. Remove from saucepan, and shred.

Preheat oven to 350 degrees F (175 degrees C). Dissolve the bouillon cube in hot water. In a large bowl, mix the chicken with the bouillon, cream cheese, and 1 cup mozzarella cheese.

Spread 1/3 of spaghetti sauce in the bottom of a 9x13 inch baking dish. Cover with the chicken mixture, and top with 3 lasagna noodles; repeat. Top with remaining sauce, and sprinkle with remaining mozzarella cheese.

Bake for 45 minutes in the preheated oven.
### Ginger Chicken Stir-Fry

#### Ingredients
- 2 teaspoons cornstarch
- 1 1/2 cups Swanson® Chicken Broth (regular, Natural Goodness™ or Certified Organic)
- 2 tablespoons low-sodium soy sauce
- 2 teaspoons lemon juice
- 2 teaspoons fresh grated ginger
- 2 tablespoons vegetable oil
- 1 pound skinless, boneless chicken breast, cut into strips
- 4 cups broccoli flowerets
- 2 medium carrots, sliced
- 1 small onion, chopped
- 1/4 cup chopped fresh cilantro leaves
- 3 cups hot cooked regular brown rice or regular long-grain white rice

#### Directions
1. Mix cornstarch, broth, soy sauce, lemon juice and ginger until smooth. Set aside.


3. Heat remaining oil over medium heat. Add broccoli, carrots and onion and stir-fry until tender-crisp.

Chicken and Mandarin Oranges

**Ingredients**

- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/4 teaspoon pepper
- 4 (4 ounce) boneless, skinless chicken breast halves
- 1 tablespoon canola oil
- 1 (11 ounce) can mandarin oranges
- 1 small onion, chopped
- 1/8 teaspoon crushed red pepper flakes
- Hot cooked rice
- 2 teaspoons cornstarch
- 2 tablespoons water
- 1/4 cup minced fresh cilantro

**Directions**

In a small bowl, combine the salt, ginger and pepper. Sprinkle over both sides of chicken. In a nonstick skillet, sauté chicken in oil for 2 minutes on each side or until browned. Remove chicken to plate and keep warm.

Reduce heat to medium-low. Drain oranges, reserving juice. Stir juice, onion and red pepper flakes into skillet. Cook and stir for about 3 minutes or until onion is tender. Bring to a boil. Return chicken to skillet. Reduce heat; cover and cook for about 10 minutes or until chicken juices run clear. Place chicken over rice; keep warm. Combine cornstarch and water until smooth. Gradually stir into skillet. Bring to a boil; cook and stir for about 2 minutes or until mixture is thickened. Add mandarin oranges; heat through. Pour sauce over chicken. Sprinkle with cilantro.
Orange Herb Roasted Chicken

**Ingredients**
- 1 cup chicken broth
- 1 (4 pound) whole chicken, rinsed and patted dry
- 1/2 cup butter, cut into 1 tablespoon sized pieces
- 2 navel oranges, halved
- salt and pepper to taste
- 2 cloves garlic, minced
- 1/2 cup butter, melted
- 2 sprigs fresh rosemary
- 2 sprigs fresh thyme
- 2 sprigs fresh sage

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Pour the chicken broth into a small roasting pan, and set aside.

Loosen the skin from the breasts and thighs of the chicken. Stuff the butter pieces evenly underneath the skin of the chicken, and place into the roasting pan. Squeeze the orange halves over the chicken, and stuff the orange halves into the chicken cavity. Tie the legs together with kitchen twine. Sprinkle the chicken with salt and pepper to taste, then rub in the minced garlic. Drizzle the melted butter all over the chicken, then lay the herb sprigs onto the breast and around the legs.

Cover the dish with aluminum foil, and bake in the preheated oven for 20 minutes. Uncover and baste the chicken with the pan juices. Continue cooking until the chicken is no longer pink, or until a meat thermometer inserted into the thickest part of the thigh reads 165 degrees F (74 degrees C), 1 to 2 hours. Baste the chicken every 10 to 15 minutes after you uncover it. Once cooked, allow the chicken to rest out of the oven for 10 minutes before slicing.
Lisa's Easy Chicken

**Ingredients**

- 2 tablespoons olive oil
- 1 tablespoon garlic salt
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh chives
- 1 teaspoon ground black pepper
- 1 teaspoon Old Bay® Seasoning
- 1 teaspoon seasoning salt
- 4 skinless, boneless chicken breast halves
- 2 medium green bell peppers, chopped
- 2 large tomatoes, chopped
- 1 red onion, chopped

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, mix the olive oil, garlic salt, parsley, chives, pepper, Old Bay Seasoning, and seasoning salt. Rub the chicken breasts with 1/2 the mixture, and place the breasts in a medium baking dish.

Toss the green bell peppers, tomatoes, and red onion with the remaining olive oil mixture. Arrange over the chicken.

Bake 1 hour in the preheated oven, stirring the vegetables once, until the vegetables are tender, the chicken is no longer pink, and its juices run clear.
## Ingredients

- 2 1/2 cups wide egg noodles
- 1 teaspoon vegetable oil
- 12 cups chicken broth
- 1 1/2 tablespoons salt
- 1 teaspoon poultry seasoning
- 1 cup chopped celery
- 1 cup chopped onion
- 1/3 cup cornstarch
- 1/4 cup water
- 3 cups diced, cooked chicken meat

## Directions

Bring a large pot of lightly salted water to a boil. Add egg noodles and oil, and boil for 8 minutes, or until tender. Drain, and rinse under cool running water.

In a large saucepan or Dutch oven, combine broth, salt, and poultry seasoning. Bring to a boil. Stir in celery and onion. Reduce heat, cover, and simmer 15 minutes.

In a small bowl, mix cornstarch and water together until cornstarch is completely dissolved. Gradually add to soup, stirring constantly. Stir in noodles and chicken, and heat through.
**Tangy Almond Chicken Kabobs**

**Ingredients**
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1 tablespoon vegetable oil
- 1 tablespoon lemon juice
- 4 skinless, boneless chicken breast halves - cubed
- 1/4 cup chopped toasted almonds
- 16 bamboo skewers, soaked in water for 20 minutes

**Directions**

In a medium, nonreactive bowl, blend Dijon mustard, honey, vegetable oil, and lemon juice. Place chicken in the mixture, stirring to coat. Cover, and, turning occasionally, allow to marinate in the refrigerator at least 1 hour.

Preheat an outdoor grill for high heat, and lightly oil grate. Soak wooden skewers in water for about 20 minutes.

Thread chicken onto skewers. Arrange on the prepared grill, and cook 7 to 10 minutes, until no longer pink and juices run clear. Brush chicken occasionally with remaining marinade while cooking.

Remove skewers from heat, and quickly roll in the almonds to lightly coat chicken. Discard remaining marinade mixture.
**Greek Chicken**

**Ingredients**
- 4 boneless, skinless chicken breast halves
- 2 (4 ounce) packages feta or blue cheese
- 1 (4.5 ounce) can chopped ripe olives, drained
- 2 tablespoons olive or vegetable oil, divided
- 1/2 teaspoon dried oregano
- 2 tablespoons dry white wine or chicken broth
- 1 teaspoon sugar
- 1 teaspoon balsamic vinegar
- 1 garlic clove, minced
- 1/4 teaspoon dried thyme
- 1 medium onion, sliced

**Directions**
Flatten Chicken breasts to 1/8-in. thickness; set aside. In a food processor or blender, combine the cheese, olives, 1 tablespoon oil and oregano; cover and process until mixture reaches a thick chunky paste consistency. Spread over chicken breasts; roll up and tuck in ends. Secure with a wooden toothpick.

In a bowl, combine wine or broth, sugar, vinegar, garlic, thyme and remaining oil. Pour into an ungreased 2-qt. baking dish. Top with onion. Place chicken over onion. Cover and bake at 350 degrees F for 30 minutes. Uncover and baste with pan juices. Bake 15-20 minutes longer or until chicken juices run clear.
Chicken in Sweet Pepper Sauce

**Ingredients**
- 2 (6 ounce) skinless, boneless chicken breast halves
- 3 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon butter
- 1/3 cup chicken broth
- 1/3 cup white wine, or additional chicken broth
- 1/4 cup chopped sweet yellow pepper
- 1/4 cup diced tomatoes
- 1 tablespoon minced fresh cilantro

**Directions**
Flatten chicken to 1/4-in. thickness. In a large resealable plastic bag, combine the flour, salt and pepper; add chicken and shake to coat. In a large skillet, brown chicken in butter on both sides. Stir in the broth, wine or additional broth and yellow pepper. Bring to a boil; cook for 5 minutes or until liquid is reduced by half. Stir in the tomato and cilantro.
Hunter Style Chicken

Ingredients

- 4 tablespoons olive oil
- 1 (3 pound) whole chicken, cut into pieces
- 6 slices bacon, diced
- 2 onions, chopped
- 1 cup fresh sliced mushrooms
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh basil
- 1 teaspoon salt
- freshly ground black pepper
- 1 cup white wine
- 1 pound tomatoes, diced

Directions

Heat oil in a large skillet; brown chicken; remove. Add bacon and saute over medium heat for about 2 minutes.

Add onions and mushrooms and continue to saute until onions are translucent. Return chicken to skillet; sprinkle with parsley, basil, salt and pepper. Add wine and tomatoes. Cover and let simmer for 25 to 30 minutes, turning chicken once during cooking. Remove chicken from skillet and pour sauce over chicken.
Curry-Strawberry Chicken

Ingredients

- 1 1/2 cups Russian salad dressing
- 2 tablespoons curry powder
- 3 tablespoons dry onion soup mix
- 1/4 cup strawberry jam
- 4 skinless, boneless chicken breast half - cut into bite-size pieces

Directions

Mix salad dressing, curry powder, onion soup mix, and strawberry jam in a large bowl until smooth. Place chicken breast into a 9x13 inch baking dish and pour the dressing mixture on top. Cover and refrigerate overnight, or at least 1 hour before baking.

Preheat an oven to 375 degrees F (190 degrees C).

Uncover the baking dish. Bake the chicken breasts in the preheated oven until no longer pink in the center, 20 to 25 minutes.
Spicy Chicken and Cilantro Wontons

**Ingredients**

2 pounds skinless, boneless chicken thighs, diced
3 stalks lemon grass, cut into 1 inch pieces
1/4 cup chopped fresh ginger root
1/2 bulb garlic, cloves separated and peeled
1 fresh red chile pepper, chopped
2 bunches fresh cilantro
1/4 cup soy sauce
1 tablespoon sesame oil
50 wonton wrappers
1 quart vegetable oil for frying

**Directions**

In a food processor, combine the chicken, lemon grass, ginger, garlic, chile pepper, cilantro, soy sauce and sesame oil. Pulse until thoroughly mixed and chicken is minced.

Separate all of the wonton wrappers, and lay them out on a clean surface. Set a bowl of water to the side to dip your fingers. Place about 1 teaspoon of the chicken mixture onto the center of each wrapper. Wet the edges by dipping your fingers in water, and wiping the edge of each wrapper. Fold over into triangles, and press around to join together.

Heat the oil in a deep-fryer or deep pan to 365 degrees F (185 degrees C). Deep-fry several wontons at a time, turning as needed, until lightly browned. Remove to drain on paper towels. Serve while hot.
Parmesan-Crusted Chicken in PHILLY Cream Sauce

**Ingredients**
- 1 1/2 cups instant white rice, uncooked
- 1 (10 ounce) can 25%-less-sodium chicken broth, divided
- 6 RITZ Crackers, finely crushed
- 2 tablespoons KRAFT 100% Light Parmesan Grated Cheese
- 4 (4 ounce) boneless skinless chicken breasts
- 2 teaspoons oil
- 1/4 cup water
- 1/3 cup PHILADELPHIA Herb and Garlic Cream Cheese Spread
- 3/4 pound asparagus spears, trimmed, steamed

**Directions**

Cook rice as directed on package, using 1 cup of the broth and 1/2 cup water.

Meanwhile, mix cracker crumbs and Parmesan cheese on plate. Rinse chicken with cold water; gently shake off excess water. Dip chicken in crumb mixture, turning over to evenly coat both sides of each chicken breast with the crumb mixture.

Heat oil in large nonstick skillet on medium heat. Add chicken; cook 5 to 6 minutes on each side or until golden brown on both sides and cooked through (170 degrees F). Place on serving plate; cover to keep warm. Add remaining 1/4 cup broth, the water and cream cheese spread to same skillet. Cook on medium heat until mixture just comes to boil, stirring constantly. Simmer 3 minutes or until sauce is thickened, stirring frequently. Spoon over chicken. Serve with the rice and asparagus.
## Ingredients

- 1/2 cup honey
- 1/4 cup maple syrup
- 5 tablespoons curry powder
- 4 tablespoons ground nutmeg
- 4 tablespoons paprika
- 3 tablespoons cayenne pepper
- 3 tablespoons whole black peppercorns
- 1 (6 pound) whole chicken
- 3 apples, cored and diced
- 3 shallots
- 2 small onions
- 3 cups water
- 3 cups brown rice

## Directions

Preheat the oven to 250 degrees F (120 degrees C).

In a medium bowl, mix together the honey, maple syrup, curry powder, nutmeg, paprika, cayenne, and black peppercorns. Rub some of this mixture all over the chicken, including under the skin, and inside the cavity. Stuff the shallots, onions, and pieces of one apple into the chicken's cavity. Coat the remaining apples with the spice mixture, and place in a roasting pan. Place the chicken in the pan, and pour brown rice around the outside. Pour the water over the rice, making sure that all of the rice is down in the water.

Bake uncovered for about 5 hours. The chicken juices should run clear, and rice should be tender.
### Ingredients

1/2 cup butter  
2 skinless, boneless chicken breasts  
1/4 cup lemon juice  
1/4 cup grated Parmesan cheese

### Directions

Melt 2 tablespoons of the butter in a medium skillet over medium high heat.

Add chicken to skillet and brown for 5 to 7 minutes, turning occasionally. When chicken is browned, add remaining 6 tablespoons of butter and the lemon juice (if desired, add extra lemon juice to taste).

Saute for 6 minutes over medium heat, then remove chicken from skillet. Add cheese to skillet, stir all together until mixture has reached the consistency of a sauce, then pour the sauce over the chicken and serve hot.
Curried Chicken and Rice Salad

**Ingredients**

- 3 cups cooked white rice
- 2 cups chopped cooked chicken breast
- 1/2 cup celery, sliced
- 1/4 cup green onions, chopped
- 1/4 cup chopped red bell pepper
- 1 cup sour cream
- 1/4 cup mayonnaise
- 3 tablespoons peach or mango chutney
- 2 teaspoons ground curry powder
- 3/4 teaspoon seasoned salt
- 2 tablespoons pine nuts

**Directions**

In a large bowl, combine the rice, chicken, celery, green onions, bell peppers, sour cream, mayonnaise, chutney, curry and salt. Mix well, cover and refrigerate until chilled. Sprinkle with pine nuts before serving.
Lemon Asparagus Chicken

**Ingredients**

- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breasts
- 1 (10.75 ounce) can Campbell’s® Condensed Cream of Asparagus Soup
- 1/4 cup milk
- 1 tablespoon lemon juice
- 1/8 teaspoon ground black pepper
- Lemon slices (optional)

**Directions**

Heat oil in skillet. Cook chicken 10 minutes or until browned.

Add soup, milk, lemon juice and black pepper. Heat to a boil.

Cover and cook over low heat 5 minutes or until done. Garnish with lemon slices, if desired.
Chicken Tortilla Soup II

Ingredients

- 6 tablespoons vegetable oil
- 8 (6 inch) corn tortillas, coarsely chopped
- 6 cloves garlic, minced
- 1/2 cup chopped fresh cilantro
- 1 onion, chopped
- 1 (29 ounce) can diced tomatoes
- 2 tablespoons ground cumin
- 1 tablespoon chili powder
- 3 bay leaves
- 6 cups chicken broth
- 1 teaspoon salt
- 1/2 teaspoon ground cayenne pepper
- 5 boneless chicken breast halves, cooked

Directions

In a large stock pot heat oil. Add tortillas, garlic, cilantro and onion. Saute for 2 to 3 minutes.

Stir in tomatoes and bring to a boil. Add cumin, chili powder, bay leaves and chicken stock. Return to a boil, reduce heat to medium and add salt and cayenne. Simmer for 30 minutes remove bay leaves and stir in chicken. Heat through and serve.
## Chicken and Red Wine Sauce

### Ingredients
- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 3 pounds skinless, boneless chicken breast halves
- 1 tablespoon paprika
- 1 cup brown sugar
- 1 cup red wine
- salt and pepper to taste

### Directions
Heat oil in a large skillet over medium high heat. Cook garlic in oil until tender. Place chicken in the skillet, and cook about 10 minutes on each side, until no longer pink and juices run clear.

Drain oil from skillet. Sprinkle chicken with paprika and 1 cup brown sugar. Pour red wine around chicken. Cover, and simmer about 15 to 20 minutes; lightly baste chicken with wine sauce while cooking. Season to taste with salt and pepper.
## Ingredients

- 3 cups shredded cooked chicken
- 2 (4 ounce) cans chopped green chilies
- 1 cup chicken broth
- 1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1 small onion, finely chopped
- 12 corn tortillas
- 2 cups shredded Cheddar cheese, divided

## Directions

In a bowl, combine the chicken, chilies, broth, soups and onion; set aside. Warm tortillas in the microwave according to package directions. Layer half of the tortillas on the bottom of a greased 13-in. x 9-in. x 2-in. baking pan, cutting to fit pan if desired. Top with half of the chicken mixture and half of the cheese. Repeat layers. Bake, uncovered, at 350 degrees F for 30 minutes.
### Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken broth</td>
<td>1 1/2 quarts</td>
</tr>
<tr>
<td>Chicken thighs</td>
<td>4 boneless, skinless</td>
</tr>
<tr>
<td>Adzuki beans</td>
<td>1 cup dry</td>
</tr>
<tr>
<td>Wild rice</td>
<td>1 cup uncooked</td>
</tr>
<tr>
<td>Onions</td>
<td>2, cut into large chunks</td>
</tr>
<tr>
<td>Garlic</td>
<td>1 tablespoon bottled minced</td>
</tr>
<tr>
<td>Sage</td>
<td>1 teaspoon dried</td>
</tr>
<tr>
<td>Thyme</td>
<td>1 tablespoon dried</td>
</tr>
<tr>
<td>Rosemary</td>
<td>1 tablespoon dried</td>
</tr>
<tr>
<td>Sweet potato</td>
<td>1 large, peeled and cubed</td>
</tr>
<tr>
<td>Zucchini</td>
<td>1 cubed</td>
</tr>
<tr>
<td>Yellow squash</td>
<td>1 cubed</td>
</tr>
<tr>
<td>Escarole</td>
<td>1/3 medium head, coarsely chopped</td>
</tr>
</tbody>
</table>

### Directions

Place the chicken broth in a large pot. Mix in the chicken thighs, adzuki beans, wild rice, onions, and garlic. Season with sage, thyme, and rosemary. Bring to a boil, reduce heat, and cook 1 hour.

Remove chicken from the pot, shred with a fork, and set aside.

Stir the sweet potato into the pot. Continue cooking about 5 minutes, until sweet potato is slightly tender. Mix in the zucchini, yellow squash, and escarole. Continue cooking 15 minutes.

Return the shredded chicken to the pot. Cook until heated through. Increase the amount of broth if the soup seems too thick.
Tina's Best BBQ Lime Chicken

**Ingredients**
- 1 (4 pound) chicken, cut into pieces
- 2 teaspoons seasoning salt
- 2 teaspoons ground black pepper
- 1/2 teaspoon cayenne pepper
- 1 1/2 cups fresh lime juice
- 1 cup olive oil
- 8 cloves garlic, minced
- 1/2 cup chopped fresh cilantro

**Directions**

Wash chicken parts. Pat dry thoroughly. Pierce all pieces with a fork. In a small bowl, combine the seasoning salt, ground black pepper and cayenne pepper. Rub all chicken parts with the spices, then place the chicken into a large, resealable plastic bag.

In a separate medium bowl, combine the lime juice, olive oil, garlic and cilantro. Mix well and pour into the bag with the chicken. Seal and let marinate in the refrigerator for at least 2 hours.

Preheat an outdoor grill for low heat and lightly oil grate.

Remove chicken from the refrigerator and pour marinade into a small saucepan over medium high heat. Bring to a boil for about 1 to 2 minutes.

Grill chicken for about 1 1/2 hours. Brush with the marinade every 15 minutes. Chicken is done when juices run clear.
# Steve's Chicken Korma

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons cooking oil</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon ground ginger</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon chili powder</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon ground cinnamon</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon ground turmeric</td>
<td></td>
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<tr>
<td>1/2 teaspoon ground white pepper</td>
<td></td>
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<tr>
<td>1 large onion, chopped</td>
<td></td>
</tr>
<tr>
<td>1 clove garlic, minced</td>
<td></td>
</tr>
<tr>
<td>1 cup chopped canned tomatoes</td>
<td></td>
</tr>
<tr>
<td>2 skinless, boneless chicken breast halves - cubed</td>
<td></td>
</tr>
<tr>
<td>1/4 cup chicken stock</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons ground almonds</td>
<td></td>
</tr>
<tr>
<td>1/4 cup heavy cream</td>
<td></td>
</tr>
<tr>
<td>1/4 cup plain yogurt</td>
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</table>

## Directions

Heat the oil in a large skillet over medium heat. Combine the ginger, chili powder, cinnamon, turmeric, and pepper; stir into the hot oil and cook for 5 seconds. Add the onion and garlic; stir and cook until onions become transparent, about 7 minutes. Stir in the tomatoes and chicken, and cook until chicken is no longer pink, 5 to 8 minutes.

Combine the chicken stock with the chicken-onion mixture; stir and cook 3 minutes. Stir in the almonds, cream, and yogurt; continue cooking 2 to 4 minutes.
Ingredients

- 4 fully-cooked breaded chicken cutlets*
- 1 (24 ounce) jar Bertolli® Tomato and Basil Sauce
- 1/2 cup shredded mozzarella cheese
- 8 ounces bow tie pasta, cooked and drained

Directions

Preheat oven to 375 degrees F.

Arrange chicken in 9x13 inch baking dish. Pour sauce over chicken, then sprinkle with cheese. Bake 15 minutes or until heated through. Serve over hot bow ties.
### Spinach and Chicken Salad

#### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (10 ounce) bag fresh spinach, rinsed and dried</td>
<td></td>
</tr>
<tr>
<td>4 cooked skinless, boneless chicken breast halves, sliced</td>
<td></td>
</tr>
<tr>
<td>1 zucchini, halved lengthwise and sliced</td>
<td></td>
</tr>
<tr>
<td>1 red bell pepper, chopped</td>
<td></td>
</tr>
<tr>
<td>1/2 cup black olives</td>
<td></td>
</tr>
<tr>
<td>3 ounces fontina cheese, shredded</td>
<td></td>
</tr>
<tr>
<td>1/2 cup fat-free roasted garlic salad dressing</td>
<td></td>
</tr>
</tbody>
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#### Directions

Place equal portions of spinach onto four salad plates. Arrange chicken, zucchini, bell pepper, and black olives over spinach, and top with cheese. Drizzle dressing over salad.
**Ingredients**

- 2 cups cubed cooked chicken breast
- 1 medium cucumber, seeded and chopped
- 1 medium tomato, seeded and chopped
- 3 green onions, thinly sliced
- 1/4 cup lemon juice
- 3 tablespoons canola oil
- 2 garlic cloves, minced
- 1 teaspoon sugar
- 1/2 teaspoon dried basil
- 2 cups shredded red leaf lettuce
- 6 pita breads, cut in half

**Directions**

In a bowl, combine the chicken, cucumber, tomato and onions. In a small bowl, combine lemon juice, oil, garlic, sugar and basil; mix well. Pour over chicken mixture and toss to coat. Cover and refrigerate for 2 hours. Just before serving, add lettuce and toss to coat. Spoon about 1/2 cup into each pita half.
Chicken and Waffles

**Ingredients**

- 4 eggs
- 1/4 cup heavy cream
- 2 tablespoons cayenne pepper
- 1 tablespoon salt
- 1 tablespoon ground black pepper
- 2 cups all-purpose flour
- 1 cup cornstarch
- 1 tablespoon salt
- 1 quart peanut oil for frying
- 8 chicken tenders
- 1 cup mayonnaise
- 1/4 cup maple syrup
- 2 teaspoons prepared horseradish
- 1 teaspoon dry mustard powder
- 12 slices bacon
- 8 thin slices Cheddar cheese
- 8 plain frozen waffles

**Directions**

Whisk together the eggs, cream, cayenne pepper, 1 tablespoon salt, and black pepper in a large bowl. In a paper bag, shake together the flour, cornstarch, and 1 tablespoon salt.

Dip the chicken into the beaten egg mixture, then place into the flour mixture and shake to coat. Place the breaded chicken onto a wire rack; do not stack. Let the chicken rest for 20 minutes to allow the coating to set.

Heat about 3 inches of oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C). In small batches, fry chicken 5 to 8 minutes until golden brown. Remove chicken, and drain on paper towels. Set aside or keep warm in a low oven.

Combine the mayonnaise, maple syrup, horseradish, and mustard powder in a medium bowl. Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate.

To assemble the sandwiches: Place 4 waffles on a cookie sheet, top each waffle with 2 chicken tenders, 3 slices of bacon, and 2 slices of Cheddar. Broil the sandwich for a 3 to 5 minutes until the cheese melts. Spread 3 tablespoons of the maple mayonnaise on the remaining 4 waffles and place on top of the sandwich.
**Ingredients**

- 2 tablespoons peanut oil
- 1/4 cup minced garlic
- 1 pound ground chicken breast
- 12 Thai chiles, sliced into thin rings
- 2 teaspoons black soy sauce
- 2 tablespoons fish sauce
- 1 cup fresh basil leaves

**Directions**

Heat a wok over high heat until smoking. Pour in peanut oil, then immediately add garlic. Stir-fry garlic until it begins to turn golden brown, about 20 seconds. Mix in the ground chicken and continue cooking and stirring until the meat is crumbly and no longer pink, about 2 minutes.

Stir in the sliced chilies, soy sauce, and fish sauce. Cook for about 15 seconds to soften the chilies, then add the basil, and continue cooking until the basil has wilted.
Roast Chicken with Rosemary

Ingredients

1 (3 pound) whole chicken, rinsed salt and pepper to taste
1 small onion, quartered
1/4 cup chopped fresh rosemary

Directions

Preheat oven to 350 degrees F (175 degrees C).

Season chicken with salt and pepper to taste. Stuff with the onion and rosemary. Place chicken in a 9x13 inch baking dish or roasting dish.

Roast in the preheated oven for 2 to 2 1/2 hours, or until chicken is cooked through and juices run clear. Cooking time will vary a bit depending on the size of the bird.
Sticky Sesame Chicken

**Ingredients**

- 1/2 cup honey
- 1/4 cup soy sauce
- 1 tablespoon fresh lemon juice
- 1/2 cup sesame seeds
- 2 pounds boneless, skinless chicken thighs

**Directions**

Preheat the oven to 350 degrees F (175 degrees C).

In a medium bowl, stir together the honey, soy sauce, lemon juice and sesame seeds. Dip the pieces of chicken into the sauce to coat, then place in a lightly greased 9x13 inch baking dish.

Bake for about 45 minutes in the preheated oven, until chicken is cooked through and sauce is caramelized.
Baked Chicken and Brie

Ingredients
1 cup light beer or dry white wine
4 skinless, boneless chicken breast halves
salt and black pepper to taste
1 teaspoon dried oregano, or to taste
8 ounces Brie cheese

Directions
Preheat the oven to 400 degrees F (200 degrees C).

Pour the beer or wine into a glass baking dish large enough to lay out the chicken. Season the chicken with salt, pepper and oregano on both sides, and place in the dish.

Bake for 35 to 40 minutes in the preheated oven, or until juices run clear. While chicken is baking, slice Brie with the rind into 1/4 inch thick slices. When chicken is done, place slices of Brie over the top. Return to the oven for 3 to 5 minutes, until cheese is melted. Voila, chicken with Brie sauce is complete!
**Salsa Biscuit Chicken**

### Ingredients
- 3 skinless, boneless chicken breast halves
- 1 onion, chopped
- 1 cup salsa
- 2 cups shredded Cheddar cheese
- 1 (12 ounce) can refrigerated biscuit dough

### Directions
Preheat oven to 350 degrees F (175 degrees C). Bring a saucepan of lightly salted water to a boil. Add chicken breasts, and boil until easily shredded, about 20 minutes.

Saute onion in a medium saucepan until soft. Remove from heat and stir in salsa, then stir in cheese until melted. Add chicken and mix all together.

Roll out biscuits individually, adding a little of the chicken mixture to each one; then roll up, secure with toothpicks and place on a lightly greased cookie sheet.

Bake at 350 degrees F (175 degrees C) for about 10 minutes, or until biscuits are golden and hot.
Chicken with Wild Rice and Vegetables Casserole

**Ingredients**
- cooking spray
- 2 (4.3 ounce) boxes long grain and wild rice mix
- 2 tablespoons olive oil
- 2 cups chicken broth
- 1 cup water
- 2 cups frozen California blend vegetables
- 12 frozen chicken tenders
- 1 tablespoon olive oil
- salt and black pepper to taste
- 1 pinch paprika

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13 inch baking dish with nonstick cooking spray.

Pour the contents of the long grain and wild rice boxes into prepared baking dish. Drizzle rice with 2 tablespoons of olive oil. Pour chicken broth and water over the rice. Top with frozen vegetables and frozen chicken tenders. Drizzle chicken with the remaining tablespoon of olive oil. Season with salt and pepper; sprinkle with paprika. Cover tightly with aluminum foil.

Place casserole in preheated oven. Bake until rice is soft and chicken juices run clear, approximately one hour.
Open-Face Chicken Bruschetta on Garlic Bread

**Ingredients**

- 1 (10 ounce) can chicken packed in water, drained
- 1 (15 ounce) can diced tomatoes, drained
- 1/2 cup fresh basil, chopped
- 1 green onion, chopped
- 2 tablespoons olive oil, divided
- 2 tablespoons balsamic vinaigrette
- Pepper, to taste
- 2 garlic cloves, minced
- 4 regular slices crusty Italian bread
- 1/4 cup crumbled feta cheese
- Basil leaves for garnish

**Directions**

Preheat oven to 350 degrees F.

In a medium bowl combine chicken, tomatoes, basil, green onion, 1 tablespoon olive oil, vinaigrette and pepper to taste. Allow flavors to blend for about 15 minutes.

Combine 1 tablespoon olive oil with garlic. Brush olive oil-garlic mixture on both sides of bread. On a baking sheet, toast bread in the oven, about 8 to 10 minutes, until lightly browned and crisp.

To serve, spread chicken mixture over toasted garlic bread. Top with feta cheese and basil leaves.
## Almond Sauce Chicken Breasts

### Ingredients

- 4 skinless, boneless chicken breast halves
- Salt and pepper to taste
- 1 egg
- 1/2 cup water
- 2 cups finely chopped almonds
- 1/4 cup butter
- 3 tablespoons olive oil
- 1 pound fresh mushrooms
- 1 onion, sliced into rings
- 2 cloves garlic, crushed
- 1 cup heavy cream
- 1/4 cup almond paste
- 1/2 teaspoon freshly ground nutmeg

### Directions

Pound chicken breasts to flatten; Season with salt and pepper to taste. In a small bowl, beat together egg and water to make egg wash. Place almond crumbs in a shallow dish or bowl; dip chicken in egg wash, then dredge in almonds.

Melt butter with olive oil in a medium skillet over medium high heat. Brown coated chicken quickly, then transfer to a 9x13 inch baking dish.

Preheat oven to 350 degrees F (175 degrees C).

In same skillet, brown the mushrooms and onions with the garlic. Mix together and spread mixture over the chicken.

In same skillet, combine the cream and almond paste and mix together; heat through, then stir in nutmeg. Pour sauce over chicken, mushrooms and onions.

Bake in preheated oven for 40 minutes, or until chicken is cooked through and no longer pink inside.
Ingredients

- 1 (11 ounce) package Tyson® Grilled and Ready™ Fully Cooked Grilled Chicken Breast Strips
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon olive oil
- 1 (10 ounce) can refrigerated pizza crust
- 1 (4 ounce) package salad greens
- 3 tablespoons balsamic vinaigrette dressing
- 1 (6.5 ounce) package garlic and herbs cheese spread

Directions

Preheat oven to 450 degrees F. Wash hands. Spread dough on greased baking sheet into 11 x 15-inch rectangle. Bake 10 to 12 minutes or until crisp and deep golden brown. When crust is done, transfer to cutting board. Cool 1 minute; spread with cheese.

Cook chicken according to package directions.

Toss salad greens with dressing.
Teriyaki Marinated Chicken

Ingredients

- 1 (6 ounce) can pineapple juice
- 1/4 cup vegetable oil
- 1/4 cup soy sauce
- 3 tablespoons brown sugar
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 4 skinless, boneless chicken breast halves

Directions

In a medium bowl, mix the pineapple juice, vegetable oil, soy sauce, brown sugar, garlic powder, and pepper. Place chicken in the bowl, and coat with the mixture. Cover, and marinate in the refrigerator at least 2 hours.

Preheat the oven broiler.

Place chicken on a baking sheet. Broil 5 minutes on each side in the preheated oven, or until no longer pink and juices run clear. Discard remaining marinade.
Ranch Chicken 'N' Rice

**Ingredients**

- 2 cups uncooked instant rice
- 1 1/2 cups milk
- 1 cup water
- 1 (1 ounce) package ranch salad dressing mix
- 1 pound boneless, skinless chicken breasts, cut in 1/2-inch strips
- 1/4 cup butter or margarine, melted
- Paprika

**Directions**

Place rice in a greased shallow 2-qt. baking dish. In a bowl, combine the milk, water and salad dressing mix; set aside 1/4 cup. Pour remaining mixture over rice. Top with chicken strips. Drizzle with butter and reserved milk mixture. Cover and bake at 350 degrees F for 35-40 minutes or until rice is tender and chicken juices run clear. Sprinkle with paprika.
Sour Cream Chicken Enchiladas

Ingredients

1 bunch cilantro  
1 cup sour cream  
2 (7 ounce) cans jalapeno salsa  
2 (7 ounce) cans prepared green chile salsa  
2 skinless, boneless chicken breast halves, cooked and shredded  
1 onion  
12 (6 inch) flour tortillas  
2 cups shredded Cheddar cheese

Directions

To Make Sour Cream Mixture: In a blender or food processor, puree cilantro, sour cream, jalapeno salsa and 1/2 can of the green chile salsa. Set aside.

To Make Chicken Mixture: In a large bowl, combine shredded chicken, onion and the remaining 1 1/2 cans of green chile salsa. Mix well.

Preheat oven to 350 degrees F (175 degrees C).

Heat tortillas in conventional or microwave oven until soft. Pour enough of the sour cream mixture into a 9x13 inch baking dish to coat the bottom. Place 2 heaping tablespoonfuls of the chicken mixture in each tortilla, roll up and place seam side down in the baking dish. Pour remaining sour cream mixture over all and top with shredded cheese.

Cover dish tightly with aluminum foil and bake at 350 degrees F (175 degrees C) for about 30 minutes, or until dish is heated through and bubbling.
### Ingredients

- 1/2 pound boneless skinless chicken breasts, cut into 1/2 inch cubes
- 1 teaspoon oil
- 1 (14.5 ounce) can chicken broth
- 2 cups water
- 2 cups assorted vegetables, chopped (such as sliced carrots, broccoli florets and chopped red pepper)
- 1 envelope Italian salad dressing & recipe mix
- 1 cup Minute® White Rice, uncooked
- 2 tablespoons fresh parsley, chopped

### Directions

Cook and stir chicken in hot oil in large saucepan until browned.

Add broth, water, vegetables and salad dressing mix. Bring to boil. Reduce heat to low; cover. Simmer 5 minutes.

Stir in rice and parsley; cover. Remove from heat. Let stand 5 minutes.
### Strawberry Balsamic Chicken

#### Ingredients

- 4 (8 ounce) containers strawberry yogurt
- 1/2 cup balsamic vinegar
- 1 tablespoon white sugar
- 1 tablespoon ground black pepper
- 1 teaspoon ground cinnamon
- 1 teaspoon kosher salt
- 4 skinless, boneless chicken breast halves
- 2 tablespoons olive oil
- 1 teaspoon lemon juice
- 4 large strawberries
- 2 teaspoons minced fresh parsley
- 1 teaspoon minced fresh mint leaves
- 1 tablespoon balsamic vinegar (optional)

#### Directions

In a medium bowl, stir together the yogurt, 1/2 cup balsamic vinegar, sugar, pepper, cinnamon and salt. Place chicken breast halves in a shallow baking dish, and pour the sauce over them. Refrigerate for 1 hour, turning chicken over half way through.

Heat the olive oil in a large skillet over medium-high heat. Scrape the marinade off of the chicken breasts, and place them into the hot oil. Quickly brown the chicken on both sides, then reduce the heat to medium-low, cover, and cook until chicken is no longer pink and juices run clear, about 15 minutes. Remove from heat, and let rest for 3 minutes.

While the chicken is cooking, transfer the marinade to a saucepan. Bring to a low simmer over medium heat. Remove stems from strawberries, and slice thinly so they will fan nicely. Set aside.

Slice chicken breasts on the diagonal into 1/2 inch thick slices. Place on serving plates, and sprinkle with lemon juice. Spoon about 2 tablespoons of the marinade over each chicken breast, and fan one sliced strawberry over the top. Garnish with a sprinkle of fresh mint and parsley. If you really love balsamic vinegar, finish the dish off with an artful drizzle.
### Ingredients

- 2 tablespoons vegetable oil
- 2 pounds skinless, boneless chicken breast, cut into 2-inch cubes
- 3 tablespoons minced garlic
- 1 1/2 tablespoons crushed red pepper flakes
- 2 pinches black pepper
- 3 pinches salt
- 2 large potatoes, peeled and cut into large chunks
- 3 large carrots, peeled and cut into 1-inch chunks
- 1 large onion, cut into eighths
- 3 tablespoons gochujang (Korean hot pepper paste)
- 1/3 cup soy sauce
- 1/3 cup water

### Directions

Heat vegetable oil in a large saucepan over medium-high heat. Add chicken, and cook until it begins to brown on the edges, but is still pink in the center, about 7 minutes. Stir in garlic, red pepper flakes, black pepper, and salt. Cook and stir until the garlic has begun to soften, and the chicken has become firm, about 3 minutes.

Stir in potatoes, carrots, and onion. Whisk hot pepper paste into soy sauce until dissolved, then pour into saucepan along with the water. Bring to a simmer, then reduce heat to medium-low, cover, and simmer until the chicken is no longer pink in the center, and the potatoes are tender, about 25 minutes. Stir occasionally.
# Chicken And Artichoke Penne With A White Sauce

## Ingredients
- 2 skinless, boneless chicken breast halves - cut into 1 inch cubes
- 1 (8 ounce) can artichoke hearts in water, drained
- 8 fresh mushrooms, sliced
- 3/4 (6 ounce) can black olives, drained and chopped
- 1 pinch paprika
- 1 tablespoon olive oil
- 10 ounces penne pasta
- 2 cups homemade bechamel sauce

## Directions
1. Cook pasta in a large pot of boiling water. Drain.
2. Heat olive oil in pan over medium heat. Saute chicken pieces until chicken is light-to-golden brown in color.
3. Add artichoke hearts, olives, and mushrooms to pan; heat for about 90 seconds. Turn heat to low, add cooked pasta to pan, and heat until warm.
4. Add warm bechamel sauce to pan, and toss ingredients 3 to 4 times. Serve with freshly grated black pepper and fresh Parmesan cheese to taste. Sprinkle dash of paprika over food for color, if desired.
Walnut Chicken Skillet

**Ingredients**

- 2 teaspoons cornstarch, divided
- 3 tablespoons soy sauce, divided
- 1 pound boneless skinless chicken breasts, cut into 1/4-inch strips
- 1 tablespoon water
- 1 1/2 tablespoons vinegar
- 1 1/2 teaspoons sugar
- 1 dash hot pepper sauce
- 1/2 cup walnut halves
- 1 cup vegetable oil
- 1 medium green pepper, cut into 1-inch pieces
- 1/2 teaspoon ground ginger
- Hot cooked rice

**Directions**

In a bowl, combine 1 teaspoon of cornstarch and 1 tablespoon soy sauce until smooth; add chicken and toss to coat. Cover and refrigerate for 30 minutes. Meanwhile, in a bowl, combine water, vinegar, sugar, hot pepper sauce and remaining cornstarch and soy sauce; set aside. In a skillet, sauté walnuts in oil until toasted; remove with a slotted spoon and set aside. In the same skillet, stir-fry chicken until juices run clear. Remove and keep warm. Add green pepper and ginger to skillet; cook and stir for 3 minutes or until pepper is crisp-tender. Stir cornstarch mixture; add to skillet. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Return chicken and walnuts to pan. Serve over rice.
Ingredients

3 skinless, boneless chicken breasts
1 cup Italian seasoned bread crumbs
1/2 cup grated Parmesan cheese
1 teaspoon salt
1 teaspoon dried thyme
1 tablespoon dried basil
1/2 cup butter, melted

Directions

Preheat oven to 400 degrees F (200 degrees C).

Cut chicken breasts into 1 1/2 inch size pieces. In a medium bowl, mix together the bread crumbs, cheese, salt, thyme and basil. Mix well. Put melted butter/margarine in a bowl or dish for dipping.

Dip chicken pieces into the melted butter/margarine first, then coat with the breadcrumb mixture. Place well coated chicken pieces on a lightly greased cookie sheet in a single layer, and bake in the preheated oven for 20 minutes.
## Ingredients

- 1 (14 ounce) package Hillshire Farm® Hardwood Chicken Smoked Sausage, cut into 1/2-inch thick slices
- 1 large zucchini, sliced
- 2 cups frozen corn with red and green bell peppers and onion, thawed, drained
- 1 (15 ounce) can black beans, drained, rinsed
- 2 cups cooked white rice
- 1/2 cup salsa
- 1 teaspoon chili powder
- 1 cup shredded Mexican blend cheese

## Directions

Spray a large non-stick skillet with no-stick cooking spray. Add sausage, zucchini and corn mixture; cook and stir over medium-high heat for 8 minutes or until vegetables are cooked and sausage is heated through.

Stir in black beans, rice, salsa and chili powder. Cook and stir for 5 minutes or until heated through.

Sprinkle with cheese and cilantro (if desired); just before serving.
Sunset Chicken

**Ingredients**

1 tablespoon olive oil  
1 (4 pound) whole chicken, cut into pieces, skin removed  
1/2 red onion, chopped  
1 green bell pepper, cut into strips  
1 1/2 tablespoons cornstarch  
1 tablespoon soy sauce  
3 tablespoons white vinegar  
1 (29 ounce) can sliced peaches, juice reserved  
1 (14.5 ounce) can stewed tomatoes, drained

**Directions**

Heat oil in a large skillet over medium high heat. Brown chicken pieces, then cover and saute for 7 to 10 minutes, until golden brown and almost cooked through. Transfer to a 9x13 inch baking dish.

Preheat oven to 375 degrees F (190 degrees C).

Saute onion and bell pepper in skillet until soft; set aside. In a medium saucepan combine the cornstarch, soy sauce, vinegar and 1 cup of the reserved peach syrup. Stir together, bring to a boil and cook until clear, stirring constantly; stir in peaches, tomatoes with liquid and onion/bell pepper mixture.

Pour sauce over chicken pieces, cover dish and bake at 375 degrees F (190 degrees C) for 20 minutes. Remove cover and bake for another 20 minutes.
## Ingredients
- 6 frozen skinless, boneless chicken breast halves
- 1 (12 ounce) bottle barbeque sauce
- 1/2 cup Italian salad dressing
- 1/4 cup brown sugar
- 2 tablespoons Worcestershire sauce

## Directions
Place chicken in a slow cooker. In a bowl, mix the barbeque sauce, Italian salad dressing, brown sugar, and Worcestershire sauce. Pour over the chicken.

Cover, and cook 3 to 4 hours on High or 6 to 8 hours on Low.
Southwest Chicken Quesadillas

**Ingredients**

- 1 cup cooked chicken, finely shredded
- 1/2 cup tomato salsa, plus additional for serving
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons mayonnaise
- 2 teaspoons chili powder
- 8 (8 inch) flour tortillas
- 1 1/2 cups Jalapeno Jack or Monterey Jack cheese, shredded
- 8 sprigs fresh cilantro, minced (optional)
- Sour cream

**Directions**

Heat oven to 450 degrees. Line 2 baking sheets with heavy-duty aluminum foil. Spray with CRISCO® No-Stick Cooking Spray.

In a medium mixing bowl, combine chicken, salsa, salt, pepper, mayonnaise, chili powder, cheese and minced cilantro.

Arrange 4 tortillas on baking sheet. Top with chicken mixture. Top with remaining 4 tortillas; press closed gently.

Bake 5 minutes. Remove baking sheets from oven. Carefully turn quesadillas with spatula.

Return to oven; bake 5 minutes more, or until browned. Let stand 2 minutes. Cut each in quarters.

Serve immediately, with additional salsa and sour cream if desired.
Lemon Pepper Chicken and Rice

**Ingredients**

- 3 (14.5 ounce) cans chicken broth
- 1 3/4 cups uncooked white rice
- 1 tablespoon paprika
- 2 teaspoons lemon pepper
- 4 bone-in chicken breast halves, with skin

**Directions**

- Preheat oven to 375 degrees F (190 degrees C).

Pour chicken broth into a 2 quart casserole dish. Fill a can with rice (approximately 1 3/4 cups), and stir into broth. Season with paprika and lemon pepper to taste. Place chicken breasts on top of rice mixture, and sprinkle with more paprika and lemon pepper to taste.

Cover, and bake in preheated oven for 50 to 60 minutes, or until rice is cooked through and chicken is no longer pink inside. Serve immediately.
### Ingredients

- 2 1/2 pounds cut up chicken pieces
- 3 tablespoons olive oil
- 3 tablespoons curry powder
- 1 (12 ounce) jar chutney
- 1 red bell pepper, thinly sliced
- 1 lime, cut into wedges
- 1/8 cup chopped green onion for topping
- 1/4 cup chopped peanuts

### Directions

Rinse chicken and pat dry. In a large skillet heat oil until almost hot. Add chicken, skin side down. Brown chicken until lightly browned on both sides. Add curry powder, chutney and red bell pepper. Simmer 30 minutes over medium low heat. Top chicken with lime wedges, chopped scallions and peanuts. Serve immediately.
Chicken with Green Peppers in Black Bean Sauce

### Ingredients
- 2 tablespoons toasted sesame oil
- 4 cloves garlic cloves, peeled and sliced
- 6 tablespoons black bean sauce
- 1 teaspoon salt
- 3/4 pound skinless, boneless chicken breast half - cut into cubes
- 1 cube chicken bouillon dissolved in 1/2 cup boiling water
- 1 large onion, peeled and sliced
- 1 bunch green onions, chopped
- 2 green bell pepper, diced
- 1 1/2 tablespoons dark soy sauce
- 1 teaspoon black pepper
- 4 teaspoons cornstarch dissolved in 3 tablespoons water
- 4 tablespoons chopped fresh cilantro

### Directions
Heat a wok over a medium heat until hot, add the toasted sesame oil and heat for about 30 seconds. Stir in garlic and black bean sauce, and season with salt. Add chicken to the wok; cook, stirring frequently, until chicken is cooked through. Pour in dissolved chicken bouillon, cover, and cook for 6 minutes.

Stir in onion, green onions, and bell pepper, and season with soy sauce and black pepper. Cover, and cook for 8 minutes. Stir in cornstarch mixture, and stir until sauce thickens. Stir in cilantro, and serve.
### Ingredients

- 1 (3 pound) whole chicken
- 1 large onion, halved - unpeeled
- 3 carrots, cut into chunks - unpeeled
- 2 stalks celery, cut into chunks
- 1 tablespoon whole peppercorns
- water to cover

### Directions

Place chicken in a large pot with onion, carrots, celery and peppercorns; add water to cover. Cover pot and bring to a boil; reduce heat to a gentle boil and cook for about 90 minutes, or until chicken meat is falling off of the bone. Remove chicken, let cool and shred or chop the meat.
Cashew Chicken Casserole

**Ingredients**

- 2 cups uncooked elbow macaroni
- 3 cups cubed cooked chicken
- 1/2 cup cubed process American cheese
- 1 small onion, chopped
- 1/2 cup chopped celery
- 1/2 cup chopped green pepper
- 1 (8 ounce) can sliced water chestnuts, drained
- 1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1 1/3 cups milk
- 1 (14.5 ounce) can chicken broth
- 1/4 cup butter or margarine, melted
- 2/3 cup crushed saltine crackers
- 3/4 cup cashew halves

**Directions**

In a greased 13-in. x 9-in. x 2-in. baking dish, layer the first seven ingredients in the order listed. In a bowl, combine the soups, milk and broth. Pour over water chestnuts. Cover and refrigerate overnight. Toss butter and cracker crumbs; sprinkle over casserole. Top with cashews. Bake, uncovered, at 350 degrees F for 35-40 minutes or until macaroni is tender.
Southern-Style Chicken Salad

**Ingredients**
- 2 egg yolks
- 1/4 cup sugar
- 1/4 cup cider vinegar
- 2 teaspoons prepared mustard
- 1/2 teaspoon salt
- 2 tablespoons butter or margarine
- 2 tablespoons milk
- 2 tablespoons mayonnaise or salad dressing
- 4 cups diced cooked chicken
- 1 1/2 cups diced celery
- 3 hard-cooked eggs, chopped
- 2 tablespoons finely chopped onion

**Directions**
In a small saucepan, whisk egg yolks; add sugar, vinegar, mustard and salt. Cook over low heat, stirring constantly, until mixture thickens. Stir in butter until melted. Cover and chill for 30 minutes. Add milk and mayonnaise; mix well. In a large bowl, combine remaining ingredients. Add dressing and mix to coat. Chill until ready to serve.
## Ingredients

- 1/4 cup orange juice
- 1 tablespoon balsamic vinegar
- 1 tablespoon orange marmalade
- 2 tablespoons vegetable oil
- 1 (10 ounce) package DOLE® Iceberg Butter Crunch® Salad Blends
- 2 cups cooked shredded chicken*
- 1 stalk DOLE® Celery, thinly sliced
- 1/2 DOLE® Sweet Red Bell Pepper, cut into thin strips
- 1/3 cup sweetened dried cranberries
- 1/3 cup flavored almonds

## Directions

1. Combine juice, vinegar, and marmalade in small bowl; whisk in oil.
2. Combine salad blends, chicken, celery, bell pepper, cranberries, and almonds in large bowl; Add vinaigrette, toss to evenly coat.
**Ingredients**

1 (4 pound) chicken, cut into pieces  
1 medium whole potato, peeled  
1 small whole onion, peeled  
1 small whole carrot, peeled  
4 cups water  
1 1/2 teaspoons salt  
2 stale French bread, crusts removed  
14 ounces walnuts, ground  
2 cloves garlic, crushed  
2 teaspoons ground red pepper  
1 teaspoon salt

**Directions**

In a large saucepan over medium heat, place chicken, potato, onion and carrot. Pour in water, and bring to a boil. Skim any foam from the surface, and season with 1 1/2 teaspoons salt. Reduce heat, and simmer for 1 hour, or until chicken and vegetables are tender. Strain and reserve broth. Discard vegetables. Allow chicken to cool, then remove skin and bones, and shred meat into very small pieces.

Soften the bread in some of the chicken broth, then squeeze out. In a large bowl, combine bread, ground walnuts, garlic, red pepper, and 1 teaspoon salt. Using your hands, mix well like you're mixing meatballs. Place mixture in cheesecloth, and squeeze oil that the ground walnuts produce into a small bowl; set aside. Place walnut mixture into large bowl. Slowly blend in 1 cup of reserved chicken broth until consistency is like thick soup.

Place shredded chicken in a porcelain or glass serving dish. Stir in 2 to 3 tablespoons of walnut mixture. Cover chicken with remaining walnut mixture so the chicken is not visible. Smooth surface with the back of a spoon. Pour reserved walnut oil over the top.
BBQ Bill's Citrus Smoked Chicken

Ingredients
1 (6 pound) whole chicken
4 cups lemon-lime flavored carbonated beverage
1 tablespoon garlic powder
2 cups wood chips, soaked

Directions
Place the whole chicken into a large resealable plastic bag. Sprinkle in garlic powder, then pour in enough lemon-lime soda to cover the bird. Seal the bag, and place in the refrigerator overnight to marinate.

Light charcoal in an outdoor smoker, and wait until the temperature is at 225 degrees F (110 degrees C).

Remove chicken from the bag, and place on the grill grate. Discard marinade. Cover, and cook for 10 hours. Occasionally toss a handful of soaked wood chips on the coals.
Chicken and Wild Rice Soup

Ingredients

1 (4.5 ounce) package quick cooking wild rice and chicken flavor mix
2 boneless chicken breast halves, cooked and cubed
3 cups chicken broth
1 (16 ounce) package frozen pearl onions
1 cup sliced mushrooms
1 stalk celery, diced
2 tablespoons chopped fresh parsley
salt and pepper to taste
1 cup half-and-half cream

Directions

Prepare rice mix according to package directions.

In a large pot, combine 1 1/2 cups prepared rice mix, cooked chicken, broth, onions, mushrooms, celery, parsley, salt and pepper. Bring to a boil, then reduce heat and simmer 20 minutes.

For a thicker soup, stir in half-and-half and cook 5 minutes more.
**Ingredients**

- 1 (16 ounce) package frozen mixed vegetables
- 2 1/2 cups cubed cooked chicken
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 3/4 cup milk
- 1 1/2 cups shredded Cheddar cheese, divided
- 8 slices bacon, cooked and crumbled (optional)

**BISCUITS:**

- 1 1/2 cups biscuit/baking mix
- 2/3 cup milk
- 1 (2.8 ounce) can French-fried onions

**Directions**

In a large bowl, combine the vegetables, chicken, soup, milk, 1 cup cheese and bacon if desired. Pour into an ungreased 13-in. x 9-in. x 2-in. baking dish. Cover and bake at 400 for 15 minutes.

Meanwhile, in another bowl, combine biscuit mix and milk. Drop batter by tablespoonfuls onto chicken mixture. Bake, uncovered, for 20-22 minutes or until biscuits are golden brown. Top with onions and remaining cheese. Bake 3-4 minutes longer or until the cheese is melted.
Ingredients

- 1 tablespoon vegetable oil
- 6 skinless, boneless chicken breast halves
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular or 98% Fat Free)
- 1/3 cup water
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh basil leaves
- 1/2 cup chopped plum tomato
- 1 tablespoon butter

Directions

Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook for 10 minutes or until well browned on both sides. Remove the chicken from the skillet.

Stir the soup, water, parsley, basil and tomatoes in the skillet and heat to a boil. Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through.

Remove the chicken from the skillet. Add the butter to the skillet and stir until the butter is melted. Serve the sauce with the chicken.
Creamy Chicken and Mushrooms

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 tablespoons butter or margarine</td>
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<tr>
<td>4 skinless, boneless chicken breasts</td>
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<tr>
<td>1 1/2 cups sliced mushrooms</td>
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<tr>
<td>1 small onion, sliced</td>
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<tr>
<td>1/8 teaspoon garlic powder</td>
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<tr>
<td>1 (10.75 ounce) can Campbell’s® Condensed Cream of Mushroom Soup</td>
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<tr>
<td>(Regular, 98% Fat Free or 25% Less Sodium)</td>
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<tr>
<td>1/2 cup milk</td>
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</tr>
<tr>
<td>2 tablespoons dry sherry</td>
<td></td>
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<tr>
<td>1/8 teaspoon ground black pepper</td>
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<tr>
<td>4 cups hot cooked medium egg noodles</td>
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</tbody>
</table>

**Directions**

Heat 1 tablespoons butter in skillet. Add chicken and cook until browned. Remove chicken.

Heat remaining butter. Add mushrooms, onion and garlic and cook until tender.

Add soup, milk, sherry and pepper. Heat to a boil. Return chicken to pan. Cover and cook over low heat 5 minutes or until done. Serve with noodles.
Ingredients

1 (10.75 ounce) can condensed cream of chicken soup
3/4 cup BREAKSTONE'S or KNUDSEN Sour Cream, divided
2 cups chopped cooked chicken
1 (16 ounce) package frozen mixed vegetables, thawed
1 cup KRAFT Shredded Mild Cheddar Cheese
1 cup all-purpose baking mix
3 tablespoons milk

Directions

Heat oven to 375 degrees F.

Mix soup and 1/2 cup sour cream in 8-inch square baking dish. Stir in chicken, vegetables and cheese.

Mix baking mix, remaining sour cream and milk just until mixture forms stiff dough.

Spoon into 6 mounds over chicken mixture. Bake 35 minutes or until biscuits are golden brown and chicken mixture is hot and bubbly.
# Prosciutto Wrapped Chicken Breasts with Orange-Cranberry Jus

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 cloves garlic, minced</td>
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<tr>
<td>1/4 cup softened butter</td>
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</tr>
<tr>
<td>4 (6 ounce) skinless, boneless</td>
<td></td>
</tr>
<tr>
<td>chicken breast halves</td>
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<tr>
<td>8 thin slices prosciutto</td>
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<tr>
<td>1 1/4 cups chicken stock</td>
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<tr>
<td>1/2 cup orange juice</td>
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<tr>
<td>1/2 cup white sugar</td>
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<tr>
<td>1 1/2 cups fresh cranberries</td>
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</tbody>
</table>

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a glass baking dish.

Mix the minced garlic into the softened butter. Cut a slit into the side of each chicken breast to make a pocket, and fill with the garlic butter. Wrap each chicken breast with two slices of prosciutto to form a bundle. Place into baking dish, seam-side down, and pour in chicken stock.

Bake chicken in preheated oven until no longer pink, about 30 minutes. Once finished, remove chicken from oven and cover with a sheet of aluminum foil. Allow to rest for 10 minutes.

Meanwhile, bring the cooking liquid from the chicken, the orange juice and the sugar to a simmer in a saucepan over medium-high heat. Stir in cranberries, and cook until they begin to pop, about 10 minutes. Strain through a mesh sieve, pressing to expel all of the juice. Discard the solids. To serve, cut each breast into several slices, place the slices onto serving plates, and drizzle with cranberry jus.
Ingredients

- 2 skinless, boneless chicken breast halves - cut into 1/2 inch pieces
- 2 tablespoons soy sauce
- 1/4 teaspoon garlic powder
- 1 cup pineapple juice
- 3 tablespoons bourbon whiskey
- 1/8 teaspoon ground black pepper
- 1 tablespoon brown sugar

Directions

Saute chicken in a large skillet over medium high heat until cooked through (no longer pink).

In a small bowl, combine the soy sauce, garlic powder, pineapple juice, whiskey, pepper and sugar. Stir until sugar is dissolved and pour over chicken. Let simmer for 10 to 15 minutes, or until sauce is thickened to taste.
Sweet-and-Sour Chicken

**Ingredients**
- 1 1/4 pounds boneless skinless chicken breasts, cut into 1-inch strips
- 1 tablespoon vegetable oil
- Salt and pepper to taste
- 1 (8 ounce) can pineapple chunks
- 1 (8 ounce) can sliced water chestnuts, drained
- 2 medium carrots, sliced
- 2 tablespoons soy sauce
- 4 teaspoons cornstarch
- 1 cup sweet and sour sauce
- 1/4 cup water
- 1 1/2 teaspoons ground ginger
- 3 green onions cut into 1-inch pieces
- 1 1/2 cups fresh snow peas
- Hot cooked rice

**Directions**

In a large skillet, saute chicken in oil for 4-5 minutes; drain. Sprinkle with salt and pepper. Drain pineapple, reserving juice; set pineapple aside. In a 5-qt. slow cooker, combine the chicken, water chestnuts, carrots, soy sauce and pineapple juice. Cover and cook on low for 3 hours.

In a small bowl, combine the cornstarch, sweet-and-sour sauce, water and ginger until smooth. Stir into the slow cooker. Add onions and pineapple; cover and cook on high for 15 minutes or until thickened. Add peas; cook 5 minutes longer. Serve with rice.
# Chicken Veggie Soup I

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 (14.5 ounce) cans chicken broth</td>
<td></td>
<td></td>
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<tr>
<td>1 cup baby carrots, halved</td>
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<td></td>
</tr>
<tr>
<td>2 potatoes, peeled and cubed</td>
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<td></td>
</tr>
<tr>
<td>1/2 (4.5 ounce) can mushrooms, drained</td>
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</tbody>
</table>

## Directions

In a large saucepan over medium high heat, combine the chicken stock, carrots and potatoes and simmer for 20 minutes, or until potatoes are tender. Add the mushrooms and simmer for 5 more minutes.
Ingredients

- 3 slices bacon, chopped
- 1 (2 to 3 pound) whole chicken, cut into pieces
- salt and pepper to taste
- 1 tablespoon butter
- 1 large onion, sliced
- 2 cloves garlic, chopped
- 1 cup sliced mushrooms
- 1 cup red wine
- 2 teaspoons brown sugar
- 1/2 cup balsamic vinegar
- 1/2 cup baby carrots, sliced
- 1 tablespoon red wine
- 2 teaspoons cornstarch

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Saute chicken in bacon grease, with salt and pepper, until browned. Discard bacon and set chicken aside.

To the pan add butter and melt; saute onion, garlic and mushrooms until onions are transparent. Stir in 1 cup wine, brown sugar and vinegar. Cook, stirring, until hot and bubbly; add chicken and carrots.

Reduce heat to medium and cook 30 minutes, until chicken is well cooked and carrots are tender crisp.

Blend together 1 tablespoon wine and cornstarch. Stir into chicken and mix well to thicken.
Ingredients

1 tablespoon olive oil
2 skinless, boneless chicken breast halves - cubed
1 (8 ounce) can pineapple tidbits with juice
1/4 cup shredded coconut
2 tablespoons brown sugar
1 teaspoon jerk seasoning mix
1/2 teaspoon ground cinnamon
1/2 teaspoon chili powder
1/2 teaspoon crushed red pepper flakes
salt and ground black pepper to taste
4 ounces dry fettuccini noodles

Directions

Heat olive oil in a skillet over medium heat. Cook and stir chicken until no longer pink and juices run clear, 7 to 10 minutes. Stir in the pineapple and its juice, coconut, brown sugar, jerk seasoning, cinnamon, chili powder, red pepper flakes, salt and pepper. Reduce heat to low and simmer 15 minutes.

Bring a large pot of lightly salted water to a boil. Add pasta and cook until al dente, 8 to 10 minutes; drain. Toss chicken mixture with drained pasta.
Orange Baked Chicken

**Ingredients**

1 (4 pound) whole chicken, cut lengthwise
1 orange, sliced into rounds
2 pounds potatoes
1 pound carrots
2 small onions, quartered
2 stalks celery, chopped
1/3 cup chicken broth
salt and pepper to taste

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Slide orange slices under chicken skin (skin will pull up easily). Place chicken in a 9x13 inch baking dish skin-side-up. Then place potatoes, carrots, onions and celery around the chicken and pour broth over all. Season with salt and pepper to taste.

Bake for 1 hour at 350 degrees F (175 degrees C). (Note: If water decreases as it is cooking, add as needed; this will be your gravy.)
## Oven Fried Lemonade Chicken

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (6 ounce) can frozen lemonade concentrate, thawed</td>
<td>Pour the lemonade concentrate, salt, and pepper into a resealable plastic bag. Add the chicken breasts, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for at least 1 hour or overnight.</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td>Preheat an oven to 350 degrees F (175 degrees C). Spray a baking sheet generously with cooking spray.</td>
</tr>
<tr>
<td>1/2 teaspoon ground black pepper</td>
<td>Place the cornflakes in another resealable plastic bag and crush them into fine crumbs. Add the thyme, and mix thoroughly. Remove the chicken pieces from the marinade, and shake off excess. Discard the remaining marinade. Place the chicken pieces into the bag containing the cornflake crumbs and shake to coat well.</td>
</tr>
<tr>
<td>6 skinless, boneless chicken breast halves</td>
<td>Place the chicken breasts on the prepared baking sheet so they don’t touch, and spray each one lightly with cooking spray. Bake in the preheated oven for 30 to 45 minutes, until chicken juices run clear, and the top is browned and crunchy. Serve hot or cold.</td>
</tr>
<tr>
<td>1 1/2 cups cornflakes cereal</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon dried crushed thyme</td>
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</tbody>
</table>
Tomato Sauce Corn Chicken

Ingredients

- 8 bone-in chicken breast halves, with skin
- 1 cup all-purpose flour
- 1 tablespoon vegetable oil
- 2 (15 ounce) cans tomato sauce
- 2 (15 ounce) cans whole kernel corn
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 2 tablespoons chili powder
- 1/2 teaspoon crushed red pepper flakes
- Salt to taste

Directions

Dredge chicken in flour; heat oil in a large skillet and brown, about 5 to 7 minutes. Remove from heat and set aside.

In a large saucepan combine the tomato sauce, corn and onion and bring to a boil. Stir in chili powder, garlic, red pepper flakes and salt. Add chicken and reduce heat to low. Simmer for 60 minutes, to allow flavors to blend and penetrate the chicken.
Ingredients

- 4 skinless, boneless chicken breast halves - diced
- 2 tablespoons soy sauce
- 1 (8 ounce) can pineapple tidbits with juice
- 2 tablespoons olive oil
- 1 red bell pepper, diced
- 1 orange bell pepper, diced
- 4 crimini mushrooms, sliced
- 3 cloves garlic, minced
- 2 tablespoons fresh ginger root, minced
- 1 (8 ounce) can pineapple tidbits with juice
- 2 teaspoons black bean sauce
- 1 teaspoon crushed red pepper
- salt and ground black pepper to taste

Directions

Combine the chicken, soy sauce, and 1 can of pineapple tidbits with juice in a bowl. Allow chicken to marinate for 20 minutes. Remove the chicken from the marinade; strain the marinade in a colander, reserving the juice. Discard the pineapple.

Heat the olive oil in a large skillet over medium heat. Add the red bell pepper, orange bell pepper, mushrooms, garlic, and ginger. Cook and stir the vegetable mixture until the garlic is fragrant and the peppers begin to soften. Stir in the chicken and cook until the juices from the chicken run clear, about 15 minutes.

Pour in the reserved chicken marinade, 1 can of pineapple tidbits with juice, black bean sauce, and crushed red pepper; season with salt and pepper; simmer 5 minutes.
**Ingredients**

- 4 skinless, boneless chicken breast halves - cooked and chopped
- 1 cup chopped onion
- 1 (4 ounce) can chopped green chile peppers
- 1 (5 ounce) can evaporated milk
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 12 (6 inch) corn tortillas
- 1 cup shredded Cheddar cheese

**Directions**

In a medium saucepan, saute onion and green chile peppers until tender. Stir in chicken, then milk and soup. Heat through, mix well and set aside.

Preheat oven to 350 degrees F (175 degrees C).

In a small skillet, saute tortillas a few at a time until soft. Cut tortillas into quarters, then line a 9x13 inch baking dish with 1/2 of the tortillas. Spread 1/2 of the chicken mixture over the tortillas, then layer with remaining tortillas and remaining chicken mixture. Finally, sprinkle with cheese.

Bake at 350 degrees F (175 degrees C) for 30 minutes, or until cheese is melted and bubbly.
Chicken Artichoke Dip

Ingredients

1 (5 ounce) can chunk chicken, drained and flaked
1 (14 ounce) can artichoke hearts, drained and chopped
1 (.7 ounce) package dry Italian-style salad dressing mix
1 (8 ounce) container sour cream
1/4 cup mayonnaise
1 cup Havarti cheese
1/4 cup finely shredded Parmesan cheese
1/4 cup sliced almonds

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, blend chicken, artichoke, Italian-style dressing mix, sour cream, mayonnaise, 1/2 cup Havarti, and Parmesan. Transfer to a small baking dish. Top with remaining Havarti and almonds.

Bake 25 minutes in the preheated oven, or until bubbly and lightly browned.
**Ingredients**

1 (15 ounce) package refrigerated pie crust  
1 (10.5 ounce) can Campbell's® Chicken Gravy  
3 cups cooked cut-up vegetables*  
2 (4.5 ounce) cans Swanson® Premium Chunk Chicken Breast in Water, drained

**Directions**

Let the pie crusts stand at room temperature for 15 minutes or until they're easy to handle. Place 1 pie crust into a 9-inch pie plate.

Stir the gravy, vegetables and chicken in a medium bowl. Spoon the chicken mixture into the pie plate. Place the remaining pie crust over the filling. Press the edges to seal. Cut several slits in the top crust.

Bake at 400 degrees F for 45 minutes or until the crust is golden brown.
## Chicken with Stuffing

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>4 (4 ounce) boneless, skinless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup, undiluted</td>
<td></td>
</tr>
<tr>
<td>1 1/4 cups water</td>
<td></td>
</tr>
<tr>
<td>1/4 cup butter or margarine, melted</td>
<td></td>
</tr>
<tr>
<td>1 (6 ounce) package corn bread stuffing mix</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

Place chicken in a greased slow cooker. Top with soup. In a bowl, combine the water, butter and stuffing mix; spoon over the chicken. Cover and cook on low for 4 hours or until chicken juices run clear.
Southwest Chicken Casserole

Ingredients
1 (5 ounce) can chicken chunks, drained
1 (4 ounce) can diced green chiles
1 (10.75 ounce) can condensed cream of mushroom soup
2 cups shredded Cheddar cheese
2 tablespoons dried minced onion
salt and pepper to taste
1 1/4 cups water
2 cups instant rice

Directions
In a large bowl, combine the chicken, chiles, soup, cheese, onions, salt, pepper and water and pour the mixture into a microwave safe 9x13 inch casserole dish.

Add the rice. The mixture should be the consistency of soupy pancake batter.

Cover the dish with a lid or plastic wrap and microwave for about 15 minutes (depending on the microwave). Serve with mexicorn and green salad if desired.
Chicken and Corn Chili

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 1 (16 ounce) jar salsa
- 2 teaspoons garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- salt to taste
- ground black pepper to taste
- 1 (11 ounce) can Mexican-style corn
- 1 (15 ounce) can pinto beans

**Directions**
Place chicken and salsa in the slow cooker the night before you want to eat this chili. Season with garlic powder, cumin, chili powder, salt, and pepper. Cook 6 to 8 hours on Low setting.

About 3 to 4 hours before you want to eat, shred the chicken with 2 forks. Return the meat to the pot, and continue cooking.

Stir the corn and the pinto beans into the slow cooker. Simmer until ready to serve.
## Pecan Breaded Chicken Breasts

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>4 skinless, boneless chicken breasts</td>
</tr>
<tr>
<td>2 tablespoons real maple syrup</td>
</tr>
<tr>
<td>1 cup chopped pecans</td>
</tr>
<tr>
<td>3 tablespoons all-purpose flour</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td>2 tablespoons butter</td>
</tr>
<tr>
<td>1 tablespoon vegetable oil</td>
</tr>
</tbody>
</table>

### Directions

1. On waxed paper, combine pecans, flour, and salt.
2. Brush chicken breasts all over with maple syrup. Coat chicken breasts completely with nut mixture.
3. In a large skillet over medium heat, melt butter and stir in the vegetable oil. Add chicken, and cook for 12 to 15 minutes until chicken is browned on all sides and tender.
### Ingredients

- 2 (10.75 ounce) cans Campbell's® Condensed Cheddar Cheese Soup
- 2 (10.75 ounce) cans milk
- 1 1/2 cups Pace® Picante Sauce
- 1 medium green or red pepper, finely chopped
- 4 green onions, sliced
- 3 cups cubed cooked chicken
- Sour cream

### Directions

Heat the soup, milk, picante sauce, pepper and onions in a 3-quart saucepan over medium heat to a boil. Reduce the heat to low. Cook for 5 minutes or until the vegetables are tender, stirring occasionally.

Stir the chicken in the skillet and cook until the mixture is hot and bubbling. Serve with the sour cream.
### Ingredients

- 3/4 cup chopped celery
- 3/4 cup finely diced onion
- 1 cup uncooked white rice
- 2 cubes chicken bouillon
- 2 1/2 cups water
- 1/2 cup butter, melted
- 4 tablespoons all-purpose flour
- 2 cups milk
- 1 1/2 cups chopped, boiled chicken
- 1 cup milk
- ground black pepper to taste

### Directions

Cook celery, onion, rice, bouillon, and water about 20 minutes or until most of the water is absorbed by the rice. Remove from the heat.

Make a cream base: Combine butter and flour in a small skillet, making a paste. Add 2 cups milk and stir to make a smooth sauce.

Add cream base to the rice mixture. Add chicken and 1 cup milk. If the soup seems thick, add more milk. Add pepper to taste and serve hot.
Cheesy Chicken Poblano Chowder

**Ingredients**
- 3 poblano peppers
- 1/4 cup butter
- 1/4 cup all-purpose flour
- 2 (32 ounce) cartons chicken broth
- 2 cups diced roasted chicken breast
- 2 (11 ounce) cans whole kernel corn with peppers
- 2 (15 ounce) cans black beans
- 2 cups shredded sharp Cheddar cheese
- 1 cup shredded pepper jack cheese
- 2 tablespoons ground cumin
- 2 teaspoons garlic powder
- salt and pepper to taste
- 2 cups tortilla chips, for topping

**Directions**

Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source. Line a baking sheet with aluminum foil.

Cut the peppers in half from top to bottom; remove the stem, seeds, and ribs, then place the peppers cut-side-down onto the prepared baking sheet.

Cook under the preheated broiler until the skin of the peppers has blackened and blistered, about 5 minutes. Place the blackened peppers into a bowl, and tightly seal with plastic wrap. Allow the peppers to steam as they cool, about 20 minutes. Once cool, remove the skins and discard. Dice the roasted peppers.

While the peppers are cooling, melt the butter in a pot over medium heat. Whisk in the flour, and stir until the mixture becomes paste-like and light golden brown, about 5 minutes. Gradually whisk the chicken broth into the flour mixture, and bring to a simmer over medium heat. Cook and stir until the mixture is thick and smooth, about 10 minutes.

Stir in the diced peppers, diced chicken, corn, black beans, Cheddar cheese, and pepper jack cheese. Season with cumin, garlic powder, salt, and pepper. Bring to a simmer, and simmer until the cheese has melted and the soup is hot, about 10 minutes. Serve sprinkled with tortilla chips.
Ingredients

2 tablespoons unsalted butter
1 (8 ounce) package button mushrooms, chopped
2 cups chicken broth
4 bone-in chicken breast halves, skinless
1 (10 ounce) can artichoke hearts, drained and sliced
1/2 cup unsalted butter
1/2 cup all-purpose flour
1 1/2 cups half-and-half cream
1 cup grated Parmesan cheese
1 teaspoon dried rosemary
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

Preheat the oven to 325 degrees F (165 degrees C). Melt 2 tablespoons of butter in a large skillet over medium heat. Saute mushrooms in butter until tender. Remove from the skillet, and set aside.

Place the chicken into the skillet, and pour the broth over it. Cover, and simmer over medium heat for 20 minutes, or until the chicken is cooked through. Reserve 1/2 cup of broth from the pan, and discard or save remaining broth for other uses. Remove the chicken to a 9x13 inch baking dish, and top with artichokes.

Melt the remaining 1/2 cup of butter in a skillet over medium heat, and whisk in flour until smooth. Gradually stir in the 1/2 cup of reserved broth, and half and half cream. Cook, stirring constantly, until thickened, about 5 minutes. Turn off the heat, and stir in the Parmesan cheese, rosemary, salt and pepper. Pour sauce over the chicken in the baking dish. Place sauteed mushrooms on the top.

Bake uncovered for 30 minutes in the preheated oven. Let stand for a few minutes before serving to let the sauce thicken.
Ingredients

2 tablespoons all-purpose flour
6 skinless, boneless chicken breast halves - pounded thin
1/4 cup unsalted butter
10 fresh mushrooms, sliced
3/4 cup dry white wine
3/4 cup chicken stock
3 tablespoons chopped fresh parsley
1 teaspoon freshly ground white pepper
6 slices thinly sliced prosciutto
6 slices fontina cheese

Directions

Lightly flour chicken breasts, shaking off excess flour. In a large skillet over low heat, melt butter/margarine. Add chicken and saute until lightly browned, about 2 minutes each side. Remove with slotted spatula and set aside.

Increase heat to medium low. Add mushrooms and saute until juices are rendered, about 4 minutes. Add wine and simmer until reduced by 1/4, about 3 to 4 minutes. Increase heat to medium high. Add stock, parsley and pepper and simmer until sauce reduced to 1 cup, about 10 minutes.

Reduce heat to low. Top each chicken breast with a slice of prosciutto and a slice of fontina cheese. Return chicken to skillet and cook just until cheese melts. Transfer chicken to individual plates and top each with some of the mushroom sauce before serving.
Ingredients
1/2 pound skinless, boneless chicken breast halves - cubed
1 1/2 cups frozen broccoli florets
1/2 cup uncooked elbow macaroni
1/2 cup shredded Cheddar cheese
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
3/4 cup chicken broth
1/4 teaspoon garlic powder
1/4 teaspoon pepper

Directions
In a large bowl, combine the chicken, broccoli, macaroni and cheese. Whisk the soup, broth, garlic powder and pepper; stir into chicken mixture. Transfer to a greased 1-1/2-qt. baking dish. Bake, uncovered, at 350 degrees F for 30 minutes.

Stir; bake 25-30 minutes longer or until chicken juices run clear and macaroni is tender. Let stand for 5 minutes before serving.
## Ingredients

- 4 boneless, skinless chicken breast halves
- 2 tablespoons vegetable oil
- 1 medium onion, chopped
- 1/4 cup chopped green pepper
- 1 garlic clove, minced
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 cup water
- 3/4 cup uncooked long grain rice
- 2 teaspoons chicken bouillon granules
- 1 teaspoon chili powder
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground cumin
- 1/8 teaspoon pepper
- 1/2 cup picante sauce
- 1/2 cup shredded Cheddar cheese
- 1 (2.25 ounce) can sliced ripe olives, drained

## Directions

In a large skillet, brown chicken in oil for 2-3 minutes on each side. Remove and keep warm. In the same skillet, sauté the onion, green pepper and garlic until tender. Stir in the tomatoes, water, rice, bouillon and seasonings. Bring to a boil. Pour into a greased 11-in. x 7-in. x 2-in. baking dish; top with chicken.

Cover and bake at 350 degrees F for 35-40 minutes or until rice is tender. Uncover; spoon picante sauce over chicken and sprinkle with cheese. Bake 5 minutes longer or until cheese is melted. Garnish with olives.
## Ingredients

- 2 skinless, boneless chicken breast halves
- 2 medium red potatoes, quartered and cut into 1/2-inch slices
- 1/4 cup chopped onion
- 1 medium carrot, cut into 1/4-inch slices
- 1 celery rib, cut into 1/4-inch slices
- 1/2 teaspoon rubbed sage
- Salt and pepper to taste
- Fresh dill sprigs

## Directions

Divide chicken and vegetables between two pieces of double-layered heavy-duty foil (about 18 in. square). Sprinkle with sage, salt and pepper; top with dill sprigs. Fold foil around the mixture and seal tightly. Grill, covered, over medium heat for 30 minutes or until the chicken juices run clear and vegetables are tender.
Chicken Song Soup

**Directions**

Place the chicken breasts and 8 cups of water into a large pot. Season with salt and pepper, and bring to a boil over high heat. Reduce heat to medium-low, cover, and simmer 1 hour until the chicken is falling off the bone. Once done, remove the chicken and set aside to cool.

While the chicken is simmering, bring the rice and 1 1/2 cups water to a boil in a saucepan over high heat. Reduce heat to medium-low, and cover; simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes. Set aside.

Once the chicken has been removed to cool, stir the cooked rice, garlic, onion, carrots, celery, parsley, sage, rosemary, and thyme into the broth, and return to a simmer. While the vegetables are simmering, remove and discard the skin and bones from the chicken, shred the meat, and stir in into the soup. Serve once the vegetables are tender, about 30 minutes.

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**Ingredients**

- 2 chicken breast quarters with wing, skinned
- 8 cups water
- salt and pepper to taste
- 3/4 cup uncooked white rice
- 1 1/2 cups water
- 2 cloves garlic, minced
- 1 onion, chopped
- 3 carrots, sliced
- 3 stalks celery, sliced
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh sage
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
## Warm Chicken and Mango Salad

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1/3 cup vanilla low-fat yogurt</td>
</tr>
<tr>
<td>1 1/2 tablespoons lime juice</td>
</tr>
<tr>
<td>1 1/2 tablespoons mango chutney</td>
</tr>
<tr>
<td>1 tablespoon seasoned rice vinegar</td>
</tr>
<tr>
<td>1 teaspoon honey</td>
</tr>
<tr>
<td>1/4 teaspoon ground cumin</td>
</tr>
<tr>
<td>1/4 teaspoon ground coriander</td>
</tr>
<tr>
<td>1/4 teaspoon ground paprika</td>
</tr>
<tr>
<td>1 teaspoon olive oil</td>
</tr>
<tr>
<td>4 skinless, boneless chicken breast halves - cut into strips</td>
</tr>
<tr>
<td>2 teaspoons grated fresh ginger</td>
</tr>
<tr>
<td>1 clove garlic, peeled and minced</td>
</tr>
<tr>
<td>1 1/2 cups peeled, seeded and chopped mango</td>
</tr>
<tr>
<td>1 cup sliced red bell pepper</td>
</tr>
<tr>
<td>1/3 cup chopped green onion</td>
</tr>
<tr>
<td>8 cups torn romaine lettuce</td>
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</tbody>
</table>

### Directions

In a small bowl, blend vanilla yogurt, lime juice, mango chutney, rice vinegar, honey, cumin, coriander, and paprika.

Heat olive oil in a medium skillet over medium heat. Place chicken, ginger, and garlic in the skillet. Cook 7 to 10 minutes, stirring occasionally, until chicken is no longer pink and juices run clear.

Mix mango, red bell pepper, and green onions into the skillet. Cook about 5 minutes, until pepper is tender and mangoes are heated through. Stir in the vanilla yogurt mixture. Spoon over romaine lettuce to serve.
Southwestern Chicken and White Bean Soup

Ingredients

1 tablespoon vegetable oil
1 pound skinless, boneless chicken breast, cut into 1-inch pieces
1 3/4 cups Swanson® Chicken Broth (Regular, Natural Goodness™ or Certified Organic)
1 cup Pace® Thick & Chunky Salsa
3 cloves garlic, minced
2 teaspoons ground cumin
1 (16 ounce) can small white beans, rinsed and drained
1 cup frozen whole kernel corn
1 large onion, chopped

Directions

Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook until it's well browned, stirring often.

Stir the chicken, broth, salsa, garlic, cumin, beans, corn and onion in a 3 1/2-quart slow cooker. Add the chicken.

Cover and cook on LOW for 8 to 9 hours* or until the chicken is cooked through.
Ingredients

2/3 cup soy sauce
1/2 cup brown sugar
1/4 cup cooking sherry
1/4 cup strong brewed coffee
1/4 cup olive oil
6 chicken legs
ground black pepper to taste

Directions

In a medium, nonreactive container, mix the soy sauce, brown sugar, sherry, coffee, and 2 tablespoons olive oil. Place chicken legs in the mixture. Cover, and marinate in the refrigerator 3 to 4 hours.

Remove chicken from the marinade mixture, and set aside. Transfer the marinade to a medium saucepan, and bring to a boil.

Heat remaining olive oil in a medium skillet over medium-high heat. Season chicken with pepper, and brown on all sides in the skillet. Pour the hot marinade mixture into the skillet. Reduce heat, and simmer 30 minutes, or until chicken is no longer pink and juices run clear. Cool slightly before serving.
**Smoky Chicken Marinade**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup apple cider vinegar</td>
<td>Stir the vinegar, brown sugar, liquid smoke, salt, and pepper together in a bowl until the sugar is dissolved.</td>
</tr>
<tr>
<td>1/4 cup brown sugar</td>
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</tr>
<tr>
<td>1 tablespoon liquid smoke</td>
<td></td>
</tr>
<tr>
<td>1 pinch salt</td>
<td></td>
</tr>
<tr>
<td>1 pinch ground black pepper</td>
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</tr>
</tbody>
</table>
# Chicken and Ham Casserole

## Ingredients

- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 cup milk
- 1/2 cup cooked, cubed chicken breast meat
- 1/2 cup cooked and cubed ham
- 1/2 cup cooked wide egg noodles
- 1/4 cup chopped celery
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 ounces shredded Cheddar cheese
- 1 teaspoon paprika

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Melt butter in a large saucepan over low heat. Stir in the flour and heat until bubbly. Slowly add the milk, stirring constantly, until mixture is thickened and smooth.

Remove from heat and stir in the chicken, ham, noodles, celery, salt and ground black pepper. Transfer this mixture to a 1 1/2 quart casserole dish.

Bake at 400 degrees F (200 degrees C) for 15 minutes. Remove from oven, sprinkle with the cheese and top with paprika, as desired. Return to oven and bake for 5 to 10 minutes, or until cheese is bubbly.
## Grilled Chicken and Mango Wraps

### Ingredients

- 1/4 cup Hellmann's® or Best Foods® Real Mayonnaise
- 1 Knorr® Garlic MiniCube, crumbled
- 1 tablespoon lime juice
- 1 1/2 teaspoons chopped fresh cilantro
- 1/4 teaspoon ground cumin
- 4 burrito size whole wheat tortillas or sandwich wraps
- 4 large lettuce leaves
- 1 pound boneless, skinless chicken breasts, grilled and thinly sliced*
- 1 ripe mango, peeled and sliced
- 1 ripe avocado, sliced
- 1/4 cup thinly sliced red onion

### Directions

In small bowl, combine first 5 ingredients; set aside.

On tortillas, evenly layer remaining ingredients, then drizzle with mayonnaise mixture. Roll up and enjoy!
Ingredients

1 egg
1 cup vegetable oil
2 cups cider vinegar
3 tablespoons salt
1 tablespoon poultry seasoning
1 teaspoon ground black pepper

Directions

Crack the egg into a medium bowl and whisk until beaten. Slowly whisk in the oil until fully blended. Then whisk in the vinegar, salt, poultry seasoning, and ground black pepper. Set some of the sauce aside to use for basting while grilling. Place chicken in shallow baking dish, and coat with sauce. Cover, and marinate in the refrigerator for 24 hours.
Ingredients

- 3 tablespoons vegetable oil
- 4 boneless, skinless chicken thighs, cut into bite-size pieces
- 1 large white onion, finely chopped
- 2 tablespoons ginger garlic paste
- 2 tablespoons curry powder
- 1/2 (2 inch) stick cinnamon stick, broken into pieces
- 8 pods whole green cardamom pods
- 4 bay leaves
- 6 whole cloves
- 1 tablespoon red pepper flakes, or to taste
- 15 whole black peppercorns
- 2 teaspoons coriander seeds

Directions

Heat oil in a small pot over medium heat. Add chicken, onion, and ginger garlic paste. Season with curry powder, cinnamon stick, cardamom pods, bay leaves, cloves, red pepper flakes, black peppercorns, and coriander seeds. Cover, and simmer for about 30 minutes, stirring occasionally. At this point, gravy will be runny; if you want to thicken, remove lid, and cook until liquid is reduced.
Thai Chicken Pizza

**Ingredients**

- 1 (12 inch) pre-baked pizza crust
- 1 (7 ounce) jar peanut sauce
- 1/4 cup peanut butter
- 8 ounces cooked skinless, boneless chicken breast halves, cut into strips
- 1 cup shredded Italian cheese blend
- 1 bunch green onions, chopped
- 1/2 cup fresh bean sprouts (optional)
- 1/2 cup shredded carrot (optional)
- 1 tablespoon chopped roasted peanuts (optional)

**Directions**

Preheat the oven to 400 degrees F (200 degrees C).

In a small bowl, stir together the peanut sauce and peanut butter. Spread over the pizza crust. Arrange strips of chicken on top. Sprinkle on the green onions and cheese.

Bake for 8 to 12 minutes in the preheated oven, until cheese is melted and bubbly. Top with bean sprouts, carrot shreds and peanuts, if using. Slice into wedges and serve.
Fiesta Chicken with Black Bean Salsa

**Ingredients for Marinade:**
- 1/3 cup CRISCO® Canola Oil
- 1/3 cup water
- 1/3 cup lime juice
- 1 (1.25 ounce) package taco seasoning
- 6 boneless, skinless chicken breast halves

**Salsa:**
- 1 cup purchased salsa
- 1 (15 ounce) can black beans, rinsed and drained
- 1 cup canned or frozen corn

**Optional Garnish:**
- Sour cream
- Shredded Cheddar cheese
- Diced avocado

**Directions**

In a medium mixing bowl, whisk together marinade ingredients. Transfer to a self-sealing plastic bag. Add chicken breasts; marinate 30 minutes in refrigerator.

While chicken is marinating, combine salsa, black beans and corn in a small saucepan. Cook and stir over medium heat, until corn is tender, about 5 minutes.

Remove chicken from marinade; discard marinade. Grill or broil chicken breasts, turning once, about 7 minutes per side or until no longer pink in center.

Place each chicken breast on a plate; top with salsa mixture and garnish with sour cream, cheese, and avocado. Serve immediately.
Ingredients

- 4 ounces uncooked linguine
- 2 green onions, thinly sliced
- 2 garlic cloves, minced
- 3 tablespoons butter
- 2 tablespoons olive oil
- 2 skinless, boneless chicken breast halves
- 1/2 teaspoon salt
- 1/4 teaspoon coarsely ground pepper
- 1/2 cup chopped seeded tomatoes
- 2 tablespoons lemon juice
- 1 tablespoon minced fresh parsley
- grated Parmesan cheese

Directions

Cook linguine according to package directions. Meanwhile, in a skillet, saute the onions and garlic in butter and oil until garlic is tender. Sprinkle chicken with salt and pepper; add to skillet. Cook for 3 minutes on each side or until lightly browned.

Reduce heat; cover and cook 4 minutes longer or until juices run clear. Remove chicken and keep warm. Stir the tomato, lemon juice and parsley into skillet; heat through. Drain linguine; toss with tomato mixture. Top with chicken and sprinkle with Parmesan cheese.
Garlic Chicken with Potatoes

**Ingredients**

6 medium potatoes, peeled  
1/4 cup olive oil, divided  
1/4 cup adobo seasoning, divided  
1 (2 to 3 pound) whole chicken, cut into pieces  
4 cloves garlic, peeled and sliced

**Directions**

Preheat the oven to 350 degrees F (175 degrees C).

Slice the potatoes into thick strips like steak fries, and layer them in the bottom of a 9x13 inch pan. Drizzle with 2 tablespoons olive oil, and dust with 1 tablespoons of the adobo seasoning. Arrange the chicken pieces on top of the potatoes. Drizzle the remaining olive oil onto the chicken, and sprinkle the rest of the adobo seasoning. Sprinkle the sliced garlic around the chicken.

Bake, uncovered for 1 hour, or until the chicken is no longer pink, and the juices run clear. If using a meat thermometer, the internal temperature should be 175 degrees F (79 degrees C). If the chicken becomes too dark before it has finished cooking, cover the dish with aluminum foil.
Ingredients

- 4 ounces linguine pasta
- 2 skinless, boneless chicken breast halves
- 2 teaspoons Cajun seasoning
- 2 tablespoons butter
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 4 fresh mushrooms, sliced
- 1 green onion, chopped
- 1 cup heavy cream
- 1/4 teaspoon dried basil
- 1/4 teaspoon lemon pepper
- 1/4 teaspoon salt
- 1/8 teaspoon garlic powder
- 1/8 teaspoon ground black pepper
- 1/4 cup grated Parmesan cheese

Directions

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

2. Place the chicken and the Cajun seasoning in a plastic bag. Shake to coat. In a large skillet over medium heat, sauté the chicken in butter or margarine until almost tender (5 to 7 minutes).

3. Add the red bell pepper, green bell pepper, mushrooms and green onion. Sauté and stir for 2 to 3 minutes. Reduce heat.

4. Add the cream, basil, lemon pepper, salt, garlic powder and ground black pepper. Heat through. Add the cooked linguine, toss and heat through. Sprinkle with grated Parmesan cheese and serve.
Chicken and Melon Salad

**Ingredients**

- 1 honeydew melon
- 6 cups cubed, cooked chicken meat
- 2 cups chopped celery
- 2 cups seedless grapes
- 1 (8 ounce) can sliced water chestnuts
- 1/2 cup sour cream
- 1/2 cup plain yogurt
- 1 1/2 teaspoons curry powder
- salt and pepper to taste

**Directions**

Cut melon in half, and remove seeds. With a melon baller, scoop out melon balls; place in a large salad bowl.

Add chicken, celery, and grapes to melon. Add water chestnuts if desired.

In a small bowl, mix together, sour cream, yogurt, and curry powder. Gently stir into salad. Season with salt and pepper to taste. Serve.
# Creamy Chow Mein Chicken

## Ingredients

- 1 (6 ounce) package chow mein noodles, divided
- 2 cups cubed, cooked chicken
- 4 celery ribs, chopped
- 1 large onion, chopped
- 1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1 cup milk
- 1 (8 ounce) can sliced water chestnuts, undrained
- 1 (4 ounce) jar sliced mushrooms, undrained
- 1/2 cup cashews

## Directions

Sprinkle half of the chow mein noodles into a greased 13-in. x 9-in. x 2-in. baking dish. In a bowl, combine the chicken, celery, onion, soups, milk, water chestnuts, mushrooms and cashews. Spoon over the noodles; top with remaining noodles. Bake, uncovered, at 325 degrees F for 35-40 minutes or until heated through.
### Ingredients

- 3 pounds boneless, skinless chicken breast halves
- 2 cups bottled margarita mix

### Directions

Pour the margarita mix into a large resealable plastic bag. Add the chicken breasts, and press out as much of the air as possible before sealing. Marinate 4 to 8 hours in the refrigerator.

Preheat an outdoor grill for medium-high heat.

Lightly oil the grill grate. Remove chicken from marinade, and discard the marinade. Grill chicken 8 minutes per side, or until juices run clear.
Ingredients

2 cups cooked chicken, diced
1/2 cup mayonnaise
1 large stalk celery, diced
1/2 cup pine nuts
1 tablespoon lemon juice
1 1/2 tablespoons sweet pickle relish
1 small jalapeno pepper, seeded and minced
1/4 teaspoon cracked black pepper, or to taste

Directions

Stir the chicken, mayonnaise, celery, pine nuts, lemon juice, relish, jalapeno pepper, and black pepper together in a mixing bowl until evenly blended. Cover, and refrigerate 20 to 30 minutes to allow the flavors to blend.
Crispy Rosemary Chicken and Fries

**Ingredients**

- 8 chicken thighs
- 6 small red potatoes, quartered
- 1/2 cup extra-virgin olive oil, or as needed
- 1 tablespoon chopped fresh rosemary
- 1 1/2 teaspoons chopped fresh oregano
- 1 1/2 teaspoons garlic powder
- salt and pepper to taste

**Directions**

Preheat the oven to 375 degrees F (190 degrees C).

Place chicken and potatoes into a large bowl. Pour olive oil over them, and stir to coat. Scatter the chicken and potato pieces in a large baking dish, or cookie sheet with sides. Sprinkle with rosemary, oregano, garlic powder, salt and pepper.

Bake for 1 hour in the preheated oven, uncovered. Baste during the last 15 minutes for extra crispness.
## Crisp-and-Creamy Baked Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 small boneless skinless chicken breasts</td>
</tr>
<tr>
<td>6 tablespoons SHAKE 'N BAKE Extra Crispy Seasoned Coating Mix</td>
</tr>
<tr>
<td>1 1/2 cups instant white rice, uncooked</td>
</tr>
<tr>
<td>2/3 cup condensed cream of celery soup</td>
</tr>
<tr>
<td>1/4 cup milk</td>
</tr>
<tr>
<td>1 cup KRAFT Mozza-Cheddar Shredded Cheese</td>
</tr>
</tbody>
</table>

### Directions

Heat oven to 400 degrees F.

Coat chicken with coating mix as directed on package; place in greased 13x9-inch baking dish. Discard any remaining coating mix.

Bake 20 minutes or until chicken is done (170 degree F). Meanwhile, cook rice as directed on package.

Mix soup and milk until well blended; pour over chicken. Top with cheese. Bake 5 minutes or until cheese is melted and sauce is bubbly. Serve with rice.
### Ingredients

- 5 skinless, boneless chicken breast halves
- 1 cup mayonnaise
- 3/4 cup chutney
- 1 teaspoon curry powder
- 1/4 teaspoon pepper
- 2/3 cup chopped pecans
- 1 cup seedless grapes, halved
- 1/2 cup chopped onion

### Directions

In a large saucepan, simmer chicken breasts in water for about 7 to 10 minutes, or until cooked through. Drain, cool, and tear into small pieces with a fork.

In a large bowl, combine mayonnaise, chutney, curry powder, and pepper. Stir in chicken, pecans, grapes, and onions. Chill.
Chicken and Gorgonzola Pizza

Ingredients

- 2 tablespoons olive oil
- 1 skinless, boneless chicken breast half
- 1 tablespoon dried Italian seasoning
- 1 onion, diced
- 2 cloves garlic, minced
- 1 (8 ounce) package sliced mushrooms
- 1/4 cup water
- 1 (10 ounce) bag washed fresh spinach
- 1 (12 inch) pre-baked pizza crust
- 1 (14 ounce) jar pizza sauce
- 1 tomato, sliced
- 4 ounces crumbled Gorgonzola cheese
- 4 ounces shredded mozzarella cheese

Directions

Preheat oven to 450 degrees F (230 degrees C).

Heat olive oil in a large skillet over medium-high heat, stir in the chicken breast, and cook for a few minutes until the pieces begin to plump. Stir in the Italian seasoning, onion, garlic, and mushrooms; cook and stir until the mushrooms have softened and the onion has turned translucent, 5 to 10 minutes. Add the water and spinach, and cover; cook a few minutes until the spinach has wilted.

Place the pizza crust on a pizza pan, and spread with sauce; top with the chicken and spinach mixture. Arrange the tomato slices over the pizza, then sprinkle with Gorgonzola and mozzarella cheeses.

Bake in preheated oven until the cheese has melted and lightly toasted, 10 to 15 minutes.
# Catherine's Spicy Chicken Soup

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 quarts water</td>
<td></td>
</tr>
<tr>
<td>8 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon ground black pepper</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons dried parsley</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon onion powder</td>
<td></td>
</tr>
<tr>
<td>5 cubes chicken bouillon</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons olive oil</td>
<td></td>
</tr>
<tr>
<td>1 onion, chopped</td>
<td></td>
</tr>
<tr>
<td>3 cloves garlic, chopped</td>
<td></td>
</tr>
<tr>
<td>1 (16 ounce) jar chunky salsa</td>
<td></td>
</tr>
<tr>
<td>2 (14.5 ounce) cans peeled and diced tomatoes</td>
<td></td>
</tr>
<tr>
<td>1 (14.5 ounce) can whole peeled tomatoes</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed tomato soup</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons chili powder</td>
<td></td>
</tr>
<tr>
<td>1 (15 ounce) can whole kernel corn, drained</td>
<td></td>
</tr>
<tr>
<td>2 (16 ounce) cans chili beans, undrained</td>
<td></td>
</tr>
<tr>
<td>1 (8 ounce) container sour cream</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons chili powder</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

In a large pot over medium heat, combine water, chicken, salt, pepper, garlic powder, parsley, onion powder and bouillon cubes. Bring to a boil, then reduce heat and simmer 1 hour, or until chicken juices run clear. Remove chicken, reserve broth. Shred chicken.

In a large pot over medium heat, cook onion and garlic in olive oil until slightly browned. Stir in salsa, diced tomatoes, whole tomatoes, tomato soup, chili powder, corn, chili beans, sour cream, shredded chicken and 5 cups broth. Simmer 30 minutes.
# Honey-Mustard Baked Chicken

## Ingredients
- 2 whole chicken, cut up
- 1/2 cup butter
- 1/2 cup honey
- 1/4 cup Dijon mustard
- 1 teaspoon curry powder
- 1/2 teaspoon salt

## Directions
Place chicken parts in a large shallow baking pan. In saucepan, melt butter; stir in remaining ingredients and heat through. Brush glaze over chicken. Bake at 350 degrees F for 1-1/4 hours or until chicken is golden brown. Baste chicken frequently with sauce while baking.
# Breaded chicken with Avocado

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tablespoons cornmeal</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon cornstarch</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon garlic salt</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon ground cumin</td>
<td></td>
</tr>
<tr>
<td>1 egg</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon water</td>
<td></td>
</tr>
<tr>
<td>2 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>4 teaspoons vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1/2 cup shredded Monterey Jack cheese</td>
<td></td>
</tr>
<tr>
<td>6 slices avocado</td>
<td></td>
</tr>
<tr>
<td>1/4 cup sour cream</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons sliced green onion</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

In a large resealable plastic bag, combine the cornmeal, cornstarch, garlic salt and cumin. In a shallow bowl, beat the egg and water. Flatten chicken to 1/4-in. thickness; dip into egg mixture, then place in the bag and shake to coat.

In a large skillet, heat oil. Cook chicken for 4 minutes on each side. Top with cheese and avocado; cover and cook until chicken juices run clear and cheese is melted. Garnish with sour cream and onion.
Chicken Jambalaya II

Ingredients
1 tablespoon canola oil
3 onions, diced
3 green bell peppers, diced
1/2 cup water, divided
4 skinless, boneless chicken breast halves - cubed
2 (14.5 ounce) cans whole peeled tomatoes, chopped, juice reserved
garlic powder to taste
onion powder to taste
chili powder to taste
2 cups uncooked instant rice

Directions
Heat oil in a large skillet over medium heat. Saute onions and peppers for 5 minutes.

Pour in 1/4 cup of water and add chicken. Cook 15 minutes, or until chicken is cooked.

To the chicken add the tomatoes, with juice, remaining water, garlic powder, onion powder and chili powder. Simmer 5 minutes.

Stir in rice, cover and remove from heat. Let stand 5 minutes. Mix well and serve.
### Ingredients

- 7 3/4 cups chicken broth
- 1 (14.5 ounce) can stewed tomatoes, cut up
- 1 (10 ounce) package frozen chopped spinach, thawed
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 (9 ounce) package refrigerated cheese tortellini
- 2 1/2 cups cubed cooked chicken

### Directions

In a Dutch oven or soup kettle, combine the broth, tomatoes, spinach, Parmesan cheese, salt and pepper. Cook for 10 minutes; add the tortellini and chicken. Cook for 5 minutes or until tortellini is heated through.
## Crunchy Chicken Casserole

### Ingredients
- 2 cooked skinless, boneless chicken breast halves, cubed
- 1 cup mayonnaise
- 1 cup sour cream
- 1 (10.75 ounce) can condensed cream of chicken soup
- 2 cups cooked white rice
- 1/4 cup slivered almonds
- 2 cups shredded mozzarella cheese
- 2 cups shredded Cheddar cheese
- 2 cups crushed potato chips

### Directions
- Preheat oven to 350 degrees F (175 degrees C).
- In a large casserole dish, mix the chicken, mayonnaise, sour cream, condensed cream of chicken soup, rice, almonds, and mozzarella cheese. Layer with Cheddar cheese, and top with potato chips.
- Bake 35 minutes in the preheated oven, until bubbly and golden brown.
Spicy Chicken Breasts

Ingredients

- 2 1/2 tablespoons paprika
- 2 tablespoons garlic powder
- 1 tablespoon salt
- 1 tablespoon onion powder
- 1 tablespoon dried thyme
- 1 tablespoon ground cayenne pepper
- 1 tablespoon ground black pepper
- 4 skinless, boneless chicken breast halves

Directions

In a medium bowl, mix together the paprika, garlic powder, salt, onion powder, thyme, cayenne pepper, and ground black pepper. Set aside about 3 tablespoons of this seasoning mixture for the chicken; store the remainder in an airtight container for later use (for seasoning fish, meats, or vegetables).

Preheat grill for medium-high heat. Rub some of the reserved 3 tablespoons of seasoning onto both sides of the chicken breasts.

Lightly oil the grill grate. Place chicken on the grill, and cook for 6 to 8 minutes on each side, until juices run clear.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tablespoons butter</td>
<td></td>
</tr>
<tr>
<td>1/2 cup chopped onion</td>
<td></td>
</tr>
<tr>
<td>1 (16 ounce) can whole peeled tomatoes, drained and chopped</td>
<td></td>
</tr>
<tr>
<td>1 cup water</td>
<td></td>
</tr>
<tr>
<td>1/2 cup chopped green bell pepper</td>
<td></td>
</tr>
<tr>
<td>1 (4 ounce) can sliced mushrooms</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon chopped fresh parsley</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon paprika</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon salt</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon ground black pepper</td>
<td></td>
</tr>
<tr>
<td>1 cup uncooked long-grain white rice</td>
<td></td>
</tr>
<tr>
<td>1/2 cup sliced green olives</td>
<td></td>
</tr>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Melt butter in a large skillet over medium heat. Add onion and saute until lightly browned. Stir in tomatoes, water, bell pepper, mushrooms, parsley, paprika, salt, pepper, rice and olives. Arrange chicken in skillet, cover and bring to a boil.

Reduce heat to medium low and simmer for 1 hour. Note: If chicken is cooked through but rice is unfinished, remove chicken and let rice finish cooking; to serve, slice chicken and lay on top of cooked rice.
Mushroom Almond Chicken

**Ingredients**

- 4 ounces fresh mushrooms, sliced
- 1 garlic clove, minced
- 1 tablespoon butter or margarine
- 1/2 teaspoon lemon-pepper seasoning
- 1/4 teaspoon cayenne pepper
- 1 (3 pound) broiler-fryer, skinned and cut up
- 3 eggs, lightly beaten
- 1/4 cup buttermilk
- 1/4 teaspoon salt
- 1 1/2 cups Italian-style bread crumbs
- 1/2 cup chopped almonds
- 1 1/2 teaspoons dried basil
- 1/2 teaspoon dried oregano
- 1 cup shredded Monterey Jack cheese

**Directions**

In a skillet, saute mushrooms and garlic in butter; set aside. Combine lemon and cayenne peppers; sprinkle over the chicken and let stand for 10 minutes. In a shallow bowl, combine eggs, buttermilk and salt. In another bowl, mix the bread crumbs, almonds, basil and oregano. Dip chicken in buttermilk mixture, then in crumb mixture, coating well. Place in a 13-in. x 9-in. x 2-in. baking pan; sprinkle with mushroom mixture. Cover and bake at 350 degrees F for 50 minutes. Uncover and bake 20 minutes longer. If desired, sprinkle with cheese and let stand for 5 minutes.
### Ingredients

- 1 pound ground chicken breast
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 5/8 cup Italian seasoned bread crumbs
- 1 egg, beaten
- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 1 1/2 teaspoons minced garlic
- 4 cups water
- 1 (32 fluid ounce) container chicken broth
- 1 1/2 cups sliced carrots
- 1 1/2 cups chopped celery
- 1 1/2 cups sliced parsnip
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 bay leaves

### Directions

Turn cold water on in sink to fine stream. Using wet, bare hands, mix together ground chicken, 1/2 teaspoon salt, 1/2 teaspoon pepper, bread crumbs, and beaten egg. Shape into small meatballs, wetting hands as necessary. Place on a greased cookie sheet.

Bake at 400 degrees F (205 degrees C) for approximately 15 minutes. Drain on paper towels.

Meanwhile, saute onions and garlic in oil until tender/clear in a large pot. Add water, broth, carrots, celery, parsnips, 1/2 teaspoon salt, 1/2 teaspoon pepper, and bay leaves. Bring to a boil. Reduce heat, and simmer about 15 to 20 minutes. Add meatballs after 10 minutes.
## Ingredients

- 3 tablespoons olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 3 tablespoons curry powder
- 1 teaspoon ground cinnamon
- 1 teaspoon paprika
- 1 bay leaf
- 1/2 teaspoon grated fresh ginger root
- 1/2 teaspoon white sugar
- salt to taste
- 2 skinless, boneless chicken breast halves - cut into bite-size pieces
- 1 tablespoon tomato paste
- 1 cup plain yogurt
- 3/4 cup coconut milk
- 1/2 lemon, juiced
- 1/2 teaspoon cayenne pepper

## Directions

Heat olive oil in a skillet over medium heat. Saute onion until lightly browned. Stir in garlic, curry powder, cinnamon, paprika, bay leaf, ginger, sugar and salt. Continue stirring for 2 minutes. Add chicken pieces, tomato paste, yogurt, and coconut milk. Bring to a boil, reduce heat, and simmer for 20 to 25 minutes.

Remove bay leaf, and stir in lemon juice and cayenne pepper. Simmer 5 more minutes.
# Poblano Chicken Salad

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 large poblano peppers</td>
<td></td>
</tr>
<tr>
<td>3 pounds skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1 pound fresh corn kernels</td>
<td></td>
</tr>
<tr>
<td>4 green bell peppers, seeded and chopped</td>
<td></td>
</tr>
<tr>
<td>4 red bell peppers, seeded and chopped</td>
<td></td>
</tr>
<tr>
<td>1 stalk celery, chopped</td>
<td></td>
</tr>
<tr>
<td>2 large yellow onions, chopped</td>
<td></td>
</tr>
<tr>
<td>1 pound corn tortillas</td>
<td></td>
</tr>
<tr>
<td>2 eggs, beaten</td>
<td></td>
</tr>
<tr>
<td>1 cup milk</td>
<td></td>
</tr>
<tr>
<td>2 cups mayonnaise</td>
<td></td>
</tr>
<tr>
<td>1 cup vegetable oil for frying</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Preheat the oven to 375 degrees F (175 degrees C).

Coat the poblano peppers with a small amount of oil or cooking spray. Place directly on the oven rack. On a baking sheet, combine the onions, red and green bell peppers, celery and corn.

Roast the vegetables and peppers for about 15 minutes in the preheated oven. Check occasionally, and turn or stir as needed for even browning. Remove from the oven, and refrigerate until needed.

Tear the corn tortillas into pieces, and place them in a food processor. Process into fine crumbs. Do this in smaller batches if necessary. Place crumbs on a plate. In a shallow bowl, whisk together the eggs and milk.

Heat the oil in a large skillet over medium heat. Dip chicken breast halves into the tortilla crumbs to coat, then into the egg mixture, and again in the tortilla crumbs to give them a nice thick coating. Fry the chicken until golden brown on each side, about 4 minutes per side. If your chicken is thick and isn't cooked through when the coating is browned, you can place it in the hot oven to finish it. When done, refrigerate until cooled completely.

Peel and seed the poblano peppers. Place into a food processor along with the mayonnaise. Puree until smooth, and set aside.

When everything has chilled, dice the chicken breasts. In a large food processor, combine the chicken and roasted vegetables. Blend in the poblano mayonnaise until your desired consistency is reached. Taste and season with salt and pepper as desired.
Spicy Indian Chicken and Mango Curry

**Ingredients**

- 2 medium mangoes, peeled and sliced, divided
- 1 (10 ounce) can coconut milk
- 4 teaspoons vegetable oil
- 4 teaspoons spicy curry paste
- 14 ounces skinless, boneless chicken breast halves - cut into cubes
- 4 medium shallots, sliced
- 1 large English cucumber, seeded and sliced

**Directions**

Place half of the mango slices into the bowl of a blender with the coconut milk. Blend until smooth and reserve for later.

Heat the oil in a large pot over medium-high heat. Stir in the curry paste, and cook until fragrant, about 1 minute. Add the chicken and shallot; cook until the chicken is done and the shallots have softened, about 5 minutes. Pour in the mango puree, and cook until heated through. To serve, stir in the remaining mango slices and cucumber.
Grandmas Chicken Chardon

**Ingredients**

- 8 skinless, boneless chicken breast halves
- 1 egg
- salt and pepper to taste
- 2 teaspoons garlic powder, divided
- 1 cup bread crumbs
- 1/2 cup grated Parmesan cheese
- 1 pound sliced fresh mushrooms
- 1/4 cup butter, melted
- 1 tablespoon fresh lemon juice
- 1 teaspoon chopped fresh parsley

**Directions**

Preheat the oven to 375 degrees F (190 degrees C).

In a shallow bowl, beat the egg with salt, pepper and 1 teaspoon garlic powder. In a separate dish, mix bread crumbs with 1 teaspoon of garlic powder and Parmesan cheese. Set aside.

Mix together the melted butter and lemon juice. Pour about 2/3 of the butter mixture into the bottom of a 9x13 inch baking dish. Tilt pan to coat the bottom. Spread mushrooms in an even layer in the bottom of the dish. Dip each chicken breast into the egg mixture, then into the bread crumb mixture. Place on top of the mushrooms. Drizzle remaining butter over the chicken, and sprinkle with parsley.

Bake uncovered for 45 minutes in the preheated oven, until chicken is golden brown and juices run clear.
Al's Rum Chicken

Ingredients
4 bone-in chicken breast halves, with skin
salt and pepper to taste
1 (20 ounce) can pineapple chunks, drained
1 cup rum
1 (10 ounce) jar sweet and sour sauce

Directions
Preheat oven to 375 degrees F (190 degrees C).

Place chicken pieces in a lightly greased 9x13 inch baking dish. Make sure rib area of breasts is facing up. Cover dish and bake in the preheated oven for 15 to 20 minutes.

Remove cover and flip chicken pieces. Place pineapple (reserve some for garnish) around chicken. Pour rum over all. Cover and bake for another 15 minutes. Garnish with additional pineapple and serve.
**Ingredients**

1 (10.75 ounce) can condensed cream of chicken soup, undiluted
2/3 cup mayonnaise*
2 teaspoons Worcestershire sauce
4 cups cubed cooked chicken
3 cups cooked chopped broccoli
1 medium onion, chopped
1 cup shredded Cheddar cheese
2 (12 ounce) packages refrigerated buttermilk biscuits
2 eggs
1/2 cup sour cream
2 teaspoons celery seed
1 teaspoon salt

**Directions**

In a bowl, combine the soup, mayonnaise and Worcestershire sauce. Stir in chicken, broccoli and onion. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with cheese. Cover and bake at 375 degrees F for 20 minutes.

Separate biscuits; cut each in half. Arrange, cut side down, over hot chicken mixture. In a bowl, combine remaining ingredients; pour over biscuits. Bake, uncovered, 20 minutes longer or until golden brown.
Savory Diet Chicken

Ingredients

- 4 skinless, boneless chicken breast halves
- 6 potatoes
- 2 green bell peppers, sliced
- 1 cup cubed carrots
- 2 onions, quartered
- 1 dash Worcestershire sauce
- 1 teaspoon paprika

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a 9x13 inch baking dish, place the chicken breasts. Add the potatoes, bell peppers, carrot and onion, all cubed or quartered. Sprinkle all liberally with Worcestershire sauce and a dash of paprika. Cover dish and bake in the preheated oven for 1 1/2 hour. That's it! Enjoy!
Ingredients

- 1/4 cup vegetable oil
- 1/3 cup honey
- 1/3 cup soy sauce
- 1/4 teaspoon ground black pepper
- 8 skinless, boneless chicken breast halves - cut into 1 inch cubes
- 2 cloves garlic
- 5 small onions, cut into 2 inch pieces
- 2 red bell peppers, cut into 2 inch pieces
- skewers

Directions

In a large bowl, whisk together oil, honey, soy sauce, and pepper. Before adding chicken, reserve a small amount of marinade to brush onto kabobs while cooking. Place the chicken, garlic, onions and peppers in the bowl, and marinate in the refrigerator at least 2 hours (the longer the better).

Preheat the grill for high heat.

Drain marinade from the chicken and vegetables, and discard marinade. Thread chicken and vegetables alternately onto the skewers.

Lightly oil the grill grate. Place the skewers on the grill. Cook for 12 to 15 minutes, until chicken juices run clear. Turn and brush with reserved marinade frequently.
Directions

Heat bacon grease in a large skillet over medium heat. Add onion, garlic, salt, red pepper flakes and paprika. Stir together and saute until onion is translucent. Add chicken pieces and pour water over all. Cook over medium heat for 1 hour, adding more water if necessary.

Stir in tomatoes, reserving liquid. Stir liquid into a medium bowl with flour and sour cream; mix until well blended, then slowly add mixture to chicken, stirring constantly. Cook until mixture is thick.
## Salsa Chicken and Potato Packets

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td>Preheat oven to 350 degrees F (175 degrees C).</td>
</tr>
<tr>
<td>2 cups salsa</td>
<td>Place each chicken breast in the middle of a square piece of foil.</td>
</tr>
<tr>
<td>4 potatoes, peeled</td>
<td>Pour 1/4 cup salsa over each breast. Slice the potatoes thin and place potato slices on top of chicken and salsa. Spoon another 1/4 cup salsa over each chicken/potato combination. Fold foil up to form 'packets'. Place packets seam side up on a cookie sheet and bake in the preheated oven for 45 minutes. Open packets and serve.</td>
</tr>
</tbody>
</table>
Moroccan Peach Roasted Chicken

Ingredients

- 1/4 cup margarine or butter
- 1/4 cup honey
- 1 teaspoon rose water
- 1 teaspoon salt
- ground black pepper to taste
- 4 pounds bone-in chicken pieces, with skin
- 1 pound fresh peaches, pitted and sliced
- 1 tablespoon white sugar
- 1/2 cup toasted slivered almonds (optional)

Directions

Preheat the oven to 425 degrees F (220 degrees C).

In a glass measuring cup, combine the margarine, honey, rose water, salt and pepper. Heat in the microwave until margarine has melted, about 30 seconds. Place chicken in a baking dish and pour the margarine mixture over it. Stir to coat the chicken completely. Place the dish of chicken into the oven.

Cook uncovered in the preheated oven until chicken pieces have browned, about 15 minutes. Reduce the oven temperature to 350 degrees F (175 degrees C). Add the peaches to the dish and sprinkle with sugar. Continue to roast until chicken is cooked through, about 20 more minutes.

Remove chicken pieces to a serving dish and pour the juices from the pan over them. Garnish with slivered almonds.
Chicken Broth in a Slow Cooker

Ingredients

- 2 1/2 pounds bone-in chicken pieces
- 6 cups water
- 2 stalks celery, chopped
- 2 carrots, chopped
- 1 onion, quartered
- 1 tablespoon dried basil

Directions

Place the chicken pieces, water, celery, carrots, onion, and basil in a slow cooker.

Cook on Low setting for 8 to 10 hours. Strain before using, and discard vegetables. Chicken may be removed from the bones, and used in soup.
Saucy Chicken Skillet

Ingredients

1/2 pound fettuccine, uncooked
1 tablespoon oil
4 (4 ounce) boneless skinless chicken breast halves
4 ounces PHILADELPHIA Cream Cheese, cubed
3/4 cup fat-free reduced-sodium chicken broth
1/4 cup KRAFT Balsamic Vinaigrette Dressing
2 green onions, chopped
2 tablespoons chopped fresh basil or parsley
1/2 cup snow peas
1/2 cup cherry tomatoes, halved

Directions

Cook pasta as directed on package.

Meanwhile, heat oil in large skillet on medium heat. Add chicken; cook 5 min. on each side or until browned on both sides.

Stir in cream cheese, broth, dressing, onions and basil. Cook and stir until sauce begins to thicken and chicken is cooked through (170 degrees F.) Add snow peas and tomatoes; cook 2 to 4 min. or until snow peas are crisp-tender, stirring occasionally. Serve over the pasta.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/2 cup milk</td>
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<tr>
<td>1 egg, beaten</td>
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<tr>
<td>1 cup all-purpose flour</td>
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<tr>
<td>2 teaspoons garlic salt</td>
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<tr>
<td>1 teaspoon paprika</td>
<td></td>
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<tr>
<td>1 teaspoon ground black pepper</td>
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<tr>
<td>1/4 teaspoon poultry seasoning</td>
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<tr>
<td>1 (4 pound) whole chicken, cut</td>
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<tr>
<td>into pieces</td>
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<tr>
<td>3 cups vegetable oil</td>
<td></td>
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<tr>
<td>1 cup chicken broth</td>
<td></td>
</tr>
<tr>
<td>1 cup milk</td>
<td></td>
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</table>

## Directions

In a medium bowl, beat together 1/2 cup milk and egg. In a resealable plastic bag, mix together the flour, garlic salt, paprika, pepper and poultry seasoning. Place chicken in bag, seal, and shake to coat. Dip chicken in milk and egg mixture, then once more in flour mixture. Reserve any remaining flour mixture.

In a large skillet, heat oil to 365 degrees F (185 degrees C). Place coated chicken in the hot oil, and brown on all sides. Reduce heat to medium-low, and continue cooking chicken until tender, about 30 minutes. Remove chicken from skillet, and drain on paper towels.

Discard all but 2 tablespoons of the frying oil. Over low heat, stir in 2 tablespoons of the reserved flour mixture. Stirring constantly, cook about 2 minutes. Whisk in chicken stock, scraping browned bits off bottom of skillet. Stir in 1 cup milk, and bring all to a boil over high heat, stirring constantly. Reduce heat to low, and simmer for about 5 minutes. Serve immediately with the chicken.
Garlic Chicken And Grapes

**Ingredients**

- 3 tablespoons Dijon-style prepared mustard
- 3 tablespoons soy sauce
- 2 tablespoons honey
- 2 tablespoons white wine vinegar
- 2 cloves garlic, minced
- 2 tablespoons vegetable oil
- 3 pounds skinless, boneless chicken breast halves
- 1 tablespoon sesame seeds
- 2 cups seedless green grapes

**Directions**

Combine mustard, soy sauce, honey and vinegar. Set sauce aside.

In a 9 x 13 inch pan, combine garlic and oil. Place chicken in pan skin side down.

If using thighs, bake covered at 400 degrees F (205 degrees C) for 25 minutes. If using breasts, bake covered at 400 degrees F (205 degrees C) for 10 minutes. Uncover, and turn chicken pieces over. Sprinkle with sesame seeds. Bake until no longer pink in center, about 15 to 20 minutes. Sprinkle grapes over chicken, and bake 5 minutes longer. Remove from oven, and arrange chicken and grapes on platter. Pass sauce when serving.
Blissful Rosemary Chicken

**Ingredients**
- 4 sprigs fresh rosemary
- 4 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
- 4 slices smoked fontina cheese
- 4 slices prosciutto
- 1/2 cup white wine
- 1/2 cup chicken broth
- 1/4 cup olive oil
- 1 tablespoon freshly ground black pepper
- 4 cloves garlic, halved
- salt to taste

**Directions**

Use a knife or grater to sharpen the thick ends of the rosemary sprigs. Soak sprigs in water for at least 10 minutes.

Preheat oven to 425 degrees F (220 degrees C).

Layer each chicken breast with 1 slice fontina and 1 slice prosciutto. Roll tightly, and skewer each with a rosemary sprig to secure.

In a bowl, whisk together the wine, broth, oil and pepper. Pour into a medium baking dish. Place rolled chicken breasts in the dish. Place 2 garlic halves under each breast.

Bake 25 minutes in the preheated oven, until chicken juices run clear. Remove from baking dish, reserving sauce, and allow to stand 5 minutes.

Transfer remaining sauce to a saucepan, and bring to a boil. Drizzle over chicken to serve. Season chicken with salt to taste.
Colombian Chicken

Ingredients

- 1 (3 pound) whole chicken, cut into pieces
- 1 lemon, juiced
- 1/4 cup olive oil
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3/4 teaspoon paprika
- 1 (2.25 ounce) can sliced black olives, drained
- 1 large onion, chopped
- 1 medium green bell pepper, sliced
- 1 medium red bell pepper, sliced
- 1 1/2 cups orange juice

Directions

Place chicken pieces in a bowl. Sprinkle with lemon juice, cover, and marinate at least 30 minutes in the refrigerator.

Preheat oven to 350 degrees F (175 degrees C).

Heat the olive oil in a skillet over medium-high heat. Mix the salt, pepper, and paprika in a small bowl, and sprinkle over the chicken. Place chicken in the skillet and quickly brown on all sides. Transfer chicken to a baking dish. Distribute olives, onion, green bell pepper, and red bell pepper evenly in the baking dish. Pour orange juice over all.

Cover with aluminum foil, and bake 45 minutes in the preheated oven, until chicken juices run clear.
Macaroni Chicken Dinner

**Ingredients**

- 2 (10.75 ounce) cans condensed cream of mushroom soup, undiluted
- 1 cup chicken broth
- 1 cup milk
- 1/2 cup half-and-half cream
- 2 1/2 cups cubed cooked chicken
- 2 cups uncooked elbow macaroni
- 2 cups shredded Cheddar cheese
- 2 celery ribs, diced
- 4 hard-cooked eggs, chopped
- 3/4 cup dry bread crumbs
- 2 tablespoons butter, melted

**Directions**

In a large bowl, combine the soup, broth, milk and cream. Stir in the chicken, macaroni, cheese, celery and eggs. Transfer to a greased 3-qt. baking dish.

Cover and bake at 350 degrees F for 30 minutes. Combine bread crumbs and butter; sprinkle over top. Bake, uncovered, 15-20 minutes longer or until macaroni is tender. Let stand for 5 minutes before serving.
Savory Chicken and Stuffing Bake

**Ingredients**

- 4 cups Pepperidge Farm® Cubed Country Style Stuffing
- 6 skinless, boneless chicken breasts
- Paprika
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 1/3 cup milk
- 1 tablespoon chopped fresh parsley

**Directions**

1. Prepare stuffing according to pkg. directions.
2. Spoon stuffing across center of 3-qt. shallow baking dish. Place chicken on each side of stuffing. Sprinkle chicken with paprika.
4. Bake at 400 degrees F for 15 min. Uncover and bake 15 min. or until chicken is done.
**Ingredients**

- 1/2 cup chopped sweet yellow pepper
- 1/2 cup chopped sweet red pepper
- 1 small onion, cut into wedges
- 1 small zucchini, halved and sliced
- 1/2-inch thick
- 2 tablespoons olive or vegetable oil, divided
- 2 skinless, boneless chicken breast halves
- 2 cloves garlic, sliced
- 2 fresh rosemary sprigs

**Directions**

Place the peppers, onion and zucchini in a greased 1-qt. baking dish; drizzle with 1 tablespoon oil and toss to coat. In a skillet, brown chicken in remaining oil; place over vegetables. Top with garlic and rosemary. Bake, uncovered, at 400 degrees F for 20-25 minutes or until meat juices run clear.
Jalapeno-Lime Chicken

**Ingredients**

- 1/2 cup orange juice
- 1/4 cup lime juice
- 1/2 teaspoon ground cumin
- 1/2 teaspoon minced garlic
- 2 jalapeno peppers, seeded and minced
- 4 skinless, boneless chicken breast halves

**Directions**

Whisk together the orange juice, lime juice, cumin, garlic, and jalapeno pepper in a bowl; pour into a resealable plastic bag. Add the chicken breasts, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator 2 to 4 hours.

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Remove the chicken from the marinade and shake off excess. Discard the remaining marinade. Place the chicken on a broiling pan.

Broil the chicken breasts until no longer pink in the center and the juices run clear, about 15 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
## Ingredients

- 1 tablespoon Italian seasoning
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 4 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
- 4 tablespoons garlic flavored cream cheese spread
- 1/4 cup garlic and herb seasoned dry bread crumbs
- 1 tablespoon butter
- 1 tablespoon vegetable oil
- salt and pepper to taste

## Directions

In a cup or small bowl, stir together the Italian seasoning, onion powder and garlic powder. Sprinkle over both sides of the chicken. Place 1 tablespoon of cream cheese on the center of each piece, and spread slightly. Tuck in the sides, and roll up tightly. Secure with toothpicks.

Place the bread crumbs on a plate or in a shallow bowl. Roll the chicken rolls in the bread crumbs to coat. Place on a plate, cover, and freeze for about 30 minutes.

Preheat the oven to 400 degrees F (200 degrees C).

Heat the butter and oil in a skillet over medium-high heat. Brown the chicken rolls on all sides, this should take about 5 minutes. Transfer the rolls to a baking dish.

Bake for 20 minutes in the preheated oven, or until chicken is no longer pink and the juices run clear. Spoon drippings from the dish over the rolls before serving.
Triple Dipped Fried Chicken

**Ingredients**

- 3 cups all-purpose flour
- 1 1/2 tablespoons garlic salt
- 1 tablespoon ground black pepper
- 1 tablespoon paprika
- 1/2 teaspoon poultry seasoning
- 1 1/3 cups all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 egg yolks, beaten
- 1 1/2 cups beer or water
- 1 quart vegetable oil for frying
- 1 (3 pound) whole chicken, cut into pieces

**Directions**

In one medium bowl, mix together 3 cups of flour, garlic salt, 1 tablespoon black pepper, paprika and poultry seasoning. In a separate bowl, stir together 1 1/3 cups flour, salt, 1/4 teaspoon pepper, egg yolks and beer. You may need to thin with additional beer if the batter is too thick.

Heat the oil in a deep-fryer to 350 degrees F (175 degrees C). Moisten each piece of chicken with a little water, then dip in the dry mix. Shake off excess and dip in the wet mix, then dip in the dry mix once more.

Carefully place the chicken pieces in the hot oil. Fry for 15 to 18 minutes, or until well browned. Smaller pieces will not take as long. Large pieces may take longer. Remove and drain on paper towels before serving.
Chicken Noodle Casserole II

Ingredients

- 1 (8 ounce) package egg noodles, cooked
- 2 skinless, boneless chicken breast halves - cut into cubes
- 1 tablespoon minced onion
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 1/4 cups milk
- 1 (14.5 ounce) can peas and carrots, drained
- salt and pepper to taste
- paprika to taste
- 1 teaspoon chili powder
- 4 slices Monterey Jack cheese
- 4 slices soft white bread, cubed

Directions

Preheat oven to 350 degrees F (175 degrees C). Spread cooked egg noodles in a 9x13 inch baking dish and set aside.

In a large skillet over medium high heat, saute cubed chicken meat with onion for about 7 to 10 minutes, or until chicken is cooked through and no longer pink inside. Add the soup, milk, peas and carrots and stir together. Season with salt and pepper, paprika and chili powder to taste. Stir until just bubbly and remove from heat.

Stir chicken mixture into noodles in baking dish until well combined; top with cheese slices, then bread cubes.

Bake at 350 degrees F (175 degrees C) for about 30 minutes or until bread is toasted; serve hot.
Grilled Chicken Salad

**Ingredients**
2 (6 ounce) skinless, boneless chicken breast halves
3 cups torn mixed salad greens
1 small tomato, chopped
1/4 cup dried cranberries
1/4 cup shredded reduced-fat Cheddar cheese
1/4 cup sliced ripe olives
2 green onions, chopped
2 tablespoons chopped walnuts
1/4 cup fat-free Italian salad dressing

**Directions**
Grill chicken, covered, over medium heat for 8-10 minutes on each side or until no longer pink. Divide salad greens between two serving plates; top with tomato, cranberries, cheese, olives, onions and walnuts. Slice chicken; arrange over salads. Serve with Italian dressing.
Savory Roasted Chicken

**Ingredients**

- 1 (6 pound) roasting chicken
- 1 teaspoon onion salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried savory
- 1/4 teaspoon grated orange peel
- 1/4 teaspoon pepper
- 1 teaspoon canola oil

**Directions**

Place chicken on a rack in a shallow roasting pan. Carefully loosen the skin above the breast meat. Combine the onion salt, thyme, savory, orange peel and pepper; rub half of the herb mixture under the loosened skin. Rub chicken skin with oil; sprinkle with remaining herb mixture.

Bake at 375 degrees F for 1-1/2 to 2 hours or until a meat thermometer reads 180 degrees F. Let stand for 10-15 minutes. Remove skin before carving. Skim fat and thicken pan juices for gravy if desired.
Orange Chicken with Green Onions and Walnuts

Ingredients

1 1/2 cups Swanson® Chicken Broth (regular, Natural Goodnessâ"½ or Certified Organic)
1/4 cup teriyaki sauce
3 cloves garlic, minced
3/4 cup orange marmalade
4 green onions, sliced
2 tablespoons cornstarch
8 skinless chicken thighs
1/2 cup walnut pieces
Hot cooked regular long-grain white rice

Directions

Mix broth, teriyaki sauce, garlic, marmalade, 1/4 cup green onions and cornstarch in 6-quart slow cooker. Add chicken and turn to coat.

Cover and cook on LOW 8 to 9 hours* or until chicken is no longer pink. Sprinkle with walnuts and remaining green onions before serving. Serve with rice.
## Baked Italian Chicken and Pasta

### Ingredients
- 1 (10.75 ounce) can Campbell's® Condensed Tomato Soup
- 1 1/3 cups water
- 1 teaspoon dried basil leaves, crushed
- 2 cups uncooked corkscrew-shaped pasta (rotini)
- 4 (4 ounce) skinless, boneless chicken breast halves
- 1/2 cup shredded mozzarella cheese

### Directions
Stir the soup, water, basil and pasta in a 2-quart shallow baking dish. Top with the chicken. Sprinkle with the cheese and additional basil, if desired. Cover the baking dish.

Bake at 350 degrees F for 45 minutes or until the chicken is cooked through and the pasta is tender.
D' Best Chicken N' Dumplings

Ingredients

3 cups all-purpose flour
1/4 teaspoon baking soda
1/4 teaspoon salt
2 tablespoons shortening
1 cup ice water

1 (4 pound) whole chicken, cut into 8 pieces
1 tablespoon seasoning salt, or to taste
3 1/2 quarts water
1/2 small onion, chopped
2 stalks celery, chopped
1/4 cup margarine
salt and pepper to taste
1 teaspoon poultry seasoning

Directions

In a large bowl, sift flour, baking soda and salt. Cut in shortening until mixture resembles coarse crumbs. Stir in water until mixture forms a ball. Divide dough in half and shape into balls. Wrap in plastic and refrigerate for 2 hours or overnight.

Remove the skin from the breast, thigh and back of the chicken, but leave it on the legs and wings. Season chicken with seasoning salt, and place in a large stock pot. Pour in water. Add onion, celery and margarine. Bring to a boil, then reduce heat to simmer. Cook for about 1 1/2 hours, until chicken falls off the bone.

On a lightly floured surface, roll one ball of dough to about 1/8 inch thick. Cut into 2 inch squares. Drop into simmering broth, and let cook for about 2 minutes. Stir gently to prevent sticking; add more water if needed. Season broth while dumplings are cooking with salt, pepper and poultry seasoning. Simmer for about 15 minutes, or until dumplings are cooked through.
## Ingredients

- 2 (2 pound) broiler chickens, quartered
- 1/2 cup chopped green onion
- 1/2 cup soy sauce
- 1/4 cup dry white wine
- 1/2 cup water
- 1/2 cup honey
- ground black pepper to taste

## Directions

Place chicken quarters into a slow cooker. Stir together the green onion, soy sauce, white wine, water, honey and pepper in a cup or small bowl. Pour over the chicken. Cover, and cook on high for 4 hours.
Creamy PHILLY Mustard Chicken

**Ingredients**

- 1 teaspoon vegetable oil
- 4 small boneless skinless chicken breasts
- 1/4 cup PHILADELPHIA Cream Cheese Spread
- 1/3 cup 25%-less-sodium chicken broth
- 1 tablespoon old-style mustard

**Directions**

Heat oil in large nonstick skillet on medium heat. Add chicken; cook 6 to 8 minutes on each side or until done (170 degrees F). Transfer to plate; cover to keep warm.

Add cream cheese spread to skillet; cook on medium heat 5 minutes or until melted, stirring constantly. Whisk in broth and mustard; cook and stir 2 to 3 minutes or until sauce is thickened and well blended. Pour over chicken.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
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</thead>
<tbody>
<tr>
<td>4 limes, juiced</td>
<td>Whisk the lime juice, olive oil, chili powder, sage, oregano, and cumin together in a small bowl. Arrange the chicken breasts in a shallow glass container; pour the lime juice marinade over the chicken. Cover the container with plastic wrap; refrigerate 1 1/2 hours, turning the chicken every 30 minutes.</td>
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<tr>
<td>2 tablespoons olive oil</td>
<td>Preheat an outdoor grill for medium heat and lightly oil the grate. Remove the chicken to a platter and allow to come to room temperature. Pour the marinade into a small saucepan and bring to a boil over high heat. Reduce heat to medium-low and simmer for 10 minutes.</td>
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<tr>
<td>2 tablespoons chili powder</td>
<td>Basting with the marinade, grill the chicken breasts until no longer pink in the center and the juices run clear, 8 to 10 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).</td>
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<tr>
<td>1 teaspoon dried sage</td>
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<td>1 teaspoon dried oregano</td>
<td></td>
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<tr>
<td>1 teaspoon ground cumin</td>
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<tr>
<td>4 skinless, boneless chicken breast halves</td>
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Hurricane's Chicken Casserole

**Ingredients**

- 1 (6 ounce) package herb-seasoned dry bread stuffing mix
- 1 (16 ounce) package chicken tenderloins
- 1 (10.75 ounce) can condensed cream of celery soup
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (15 ounce) can peas, drained
- 1 (16 ounce) can carrots, drained
- 1 (2.8 ounce) can French fried onions

**Directions**

1. Prepare stuffing according to package directions; line bottom of a 9x13 inch baking dish with prepared stuffing.

2. Preheat oven to 325 degrees F (165 degrees C).

3. Prepare chicken tenders according to package directions, then cut into bite size pieces.

4. In a large bowl combine cream of celery soup, cream of chicken soup, peas, carrots and chicken pieces. Mix well and spread mixture on top of stuffing, then sprinkle with fried onions.

5. Bake at 325 degrees F (165 degrees C) for 15 to 20 minutes, or until heated through.
Wolf's Bourbon Chicken

**Ingredients**

- 1/2 cup soy sauce
- 1/2 cup brown sugar
- 1/2 teaspoon garlic powder
- 1 teaspoon ground ginger
- 2 tablespoons dried minced onion
- 1/2 cup bourbon whiskey
- 1 pound skinless, boneless chicken breast, cut into bite-sized chunks
- 2 tablespoons dry white wine

**Directions**

Combine the soy sauce, brown sugar, garlic powder, ground ginger, dry minced onion, and bourbon whiskey in a 9x13 inch baking pan. Stir in chicken pieces. Cover and refrigerate, stirring often, for several hours or overnight.

Preheat oven to 350 degrees F (175 degrees C).

Uncover chicken; place in the preheated oven. Baste chicken every 10 minutes. Cook until the juices run clear, about 1 hour.

Remove cooked chicken from baking pan; scrape juices and browned bits from the baking dish into a skillet. Stir in the white wine. Cook and stir over medium heat until sauce is hot, and has reduced slightly. Stir in chicken; heat for 1 additional minute before serving.
Tasty Italian Chicken

**Ingredients**

- 1/2 cup chopped onion
- 1 1/8 teaspoons paprika, divided
- 3 teaspoons olive oil, divided
- 1 1/4 cups water
- 1/4 cup tomato paste
- 1 bay leaf
- 1/2 teaspoon reduced-sodium chicken bouillon crystals
- 1/2 teaspoon Italian seasoning
- 1/4 cup all-purpose flour
- 1 1/2 teaspoons grated Parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried oregano
- 1 1/2 pounds chicken tenderloins

**Directions**

In a small saucepan, saute onion and 1/8 teaspoon paprika in 1 teaspoon oil until tender. Stir in the water, tomato paste, bay leaf, bouillon and Italian seasoning. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes.

Meanwhile, in a large resealable plastic bag, combine the flour, Parmesan cheese, salt, garlic powder, oregano and remaining paprika. Add chicken; seal bag and shake to coat.

In a large nonstick skillet coated with nonstick cooking spray, cook half of the chicken in 1 teaspoon oil for 2-3 minutes on each side or until juices run clear. Remove and keep warm; repeat with remaining chicken and oil. Remove bay leaf from sauce. Serve over chicken.
**Ingredients**

- 1/2 tablespoon sesame oil
- 1 onion
- 1 1/2 pounds cooked, cubed chicken meat
- 2 tablespoons soy sauce
- 2 large carrots, diced
- 2 stalks celery, chopped
- 1 large red bell pepper, diced
- 3/4 cup fresh pea pods, halved
- 1/2 large green bell pepper, diced
- 6 cups cooked white rice
- 2 eggs
- 1/3 cup soy sauce

**Directions**

Heat oil in a large skillet over medium heat. Add onion and saute until soft, then add chicken and 2 tablespoons soy sauce and stir-fry for 5 to 6 minutes.

Stir in carrots, celery, red bell pepper, pea pods and green bell pepper and stir-fry another 5 minutes. Then add rice and stir thoroughly.

Finally, stir in scrambled eggs and 1/3 cup soy sauce, heat through and serve hot.
Spicy Chicken-n-Cheese Balls

**Ingredients**

- 1 tablespoon vegetable oil
- 1 small onion, chopped
- 1 pound ground chicken
- 3 cups biscuit baking mix
- 12 ounces shredded Colby-Monterey Jack cheese
- 1 teaspoon minced garlic
- 1/2 teaspoon crushed red pepper flakes

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Heat oil in a skillet over medium heat. Saute onions until soft and translucent; transfer to a large bowl. Add ground chicken, baking mix, shredded cheese, garlic and red pepper flakes. Mix well, and form into 1 inch balls. Place on a non-stick baking pan.

Bake in preheated oven for 15 to 20 minutes, or until browned.
**Buffalo Chicken Sandwiches**

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1 (2 ounce) bottle hot pepper sauce
- 1 (5 ounce) bottle green hot pepper sauce
- 2 teaspoons paprika, divided
- 1 red onion, sliced in rings
- 4 slices tomato
- 4 leaves lettuce
- 4 thick slices French baguette, halved

**Directions**

Preheat oven to Broil.

Place chicken in a foil-lined broiling pan. Pour hot pepper sauce and green hot pepper sauce over chicken, then sprinkle with paprika. Top with onion slices.

Broil for 15 minutes, or until chicken is no longer pink and juices run clear.

Place each breast half on bottom half of sliced baguette; top with tomato, lettuce and top half of baguette to serve.
Golden Chili Chicken

**Ingredients**
2 tablespoons vegetable oil
1 (2 to 3 pound) whole chicken, cut into pieces
1 large onion, cut into 1/2-inch wide slices
3/4 cup orange juice
1 tablespoon dried parsley
1 teaspoon salt
1 tablespoon chili powder

**Directions**
In a small bowl, mix together orange juice, parsley, salt, and chili powder.

Heat oil until hot in a 12-inch skillet over medium-high heat. Cook chicken pieces until browned on all sides. Remove excess fat from skillet.

Add sliced onions and orange juice mixture to chicken in skillet. Heat to boiling, and then reduce heat to low. Cover. Simmer for 30 minutes, or until chicken is tender. Stir occasionally.
Quick And Easy Mexican Chicken

**Ingredients**

- 4 skinless, boneless chicken breasts
- 1 cup salsa
- 1 cup shredded Cheddar cheese
- 1 clove garlic, minced
- 1 pinch salt
- 1 pinch ground black pepper
- 1 pinch ground cumin

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

Heat a greased skillet to medium. Rub chicken pieces with garlic, salt, pepper and cumin to taste and add to hot skillet. Cook until brown on both sides and no longer pink (10 to 15 minutes).

Transfer meat to 9 x 13 inch baking dish or casserole dish, top with salsa and cheese and bake at 375 degrees F (190 degrees C) for 15 to 20 minutes (until cheese is bubbly and starts to brown.) Serve over rice or buttered noodles.
**Ingredients**
1 (3 pound) whole chicken
1 onion, cut into thick slices
5 stalks celery, thickly sliced
1 tablespoon salt
1 teaspoon packed fresh basil leaves
1 teaspoon coarse ground black pepper
5 carrots, sliced
1 yellow squash, thinly sliced
1 zucchini, thinly sliced
1 pound fresh mushrooms, sliced
1 red bell pepper, sliced
12 ounces fresh tortellini pasta
2 tablespoons chicken soup base
2 cups uncooked egg noodles

**Directions**
Place chicken, onion, celery, salt, basil, and pepper in a 10 quart stock pot. Fill stock pot with water until ingredients are fully covered and bring to a boil. Let simmer for 1 and 1/2 hours or until chicken is tender.

Remove chicken from pot with slotted spoon and set aside for later.

Add carrots, squash, zucchini, mushrooms, red pepper, tortellini, chicken soup base and uncooked noodles to stock pot and increase temperature to medium heat.

While noodles and vegetables are cooking, tear chicken apart from bones. Cut up into pieces and add to soup in stock pot. Be sure to add additional water if ingredients are not fully covered. Bring to a boil, then reduce to a simmer for about 10 minutes or just until noodles are cooked. Enjoy
Hot Chicken Salad V

Ingredients

- 4 skinless, boneless chicken breast halves
- 4 hard-cooked eggs, sliced
- 2 cups chopped celery
- 3/4 cup creamy salad dressing, e.g. Miracle Whip
- 2 tablespoons orange juice
- 3/4 (10.75 ounce) can condensed cream of chicken soup
- 1/2 teaspoon poultry seasoning
- 1 teaspoon onion salt
- 1 (4 ounce) jar diced pimento peppers, drained
- 1/2 cup blanched slivered almonds
- 1 1/2 cups shredded sharp Cheddar cheese
- 1 1/2 cups crushed potato chips

Directions

Boil chicken in lightly salted boiling water for 40 minutes. Drain, cool and cut into medium size pieces.

In a large bowl combine chicken, celery, eggs, salad dressing, orange juice, soup, seasoning, onion salt and pimentos. Mix well and spread mixture into a 9x13 inch baking dish. Sprinkle with almonds, cheese and potato chips. Refrigerate overnight.

Preheat oven to 350 degrees F (175 degrees C).

Bake casserole in preheated oven for 45 minutes.
# Thai Chicken Satay

**Ingredients**

- 1/2 cup canned coconut milk
- 1 1/2 teaspoons ground coriander
- 1 teaspoon yellow curry powder
- 1 teaspoon fish sauce
- 1/2 teaspoon chili oil
- 1 pound skinless, boneless chicken breast halves - cut into strips
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon chopped unsalted peanuts
- 12 wooden skewers, soaked in water for 15 minutes
- 1 cup prepared Thai peanut sauce

**Directions**

In a medium bowl, stir together the coconut milk, ground coriander, curry powder, fish sauce, and chili oil. Add the chicken breast strips, and stir to coat. Cover, and refrigerate for at least 30 minutes, and up to 2 hours.

Preheat an indoor or outdoor grill for high heat. Thread the chicken strips onto skewers. Discard marinade.

Grill chicken for 2 to 3 minutes per side, until no longer pink. Time will depend on how thick your strips are. Transfer to a serving plate, and garnish with cilantro and peanuts. Serve with peanut sauce for dipping.
Chicken Cordon Bleu Burgers

**Ingredients**

- 1 cup sour cream
- 1/4 cup prepared yellow mustard
- 1/4 cup honey
- 6 skinless, boneless chicken breast halves - pounded flat
- 2 teaspoons onion powder
- 12 slices deli ham
- 12 slices Swiss cheese
- 12 onion buns

**Directions**

Preheat the oven's broiler, and set the oven rack about 6 inches from the heat source. Whisk together sour cream, yellow mustard, and honey in a small bowl. Refrigerate until ready to use.

Cut each chicken breast into 2 equal pieces. Sprinkle both sides of chicken breasts with onion powder. Place a large skillet over medium-high heat; coat with non-stick cooking spray. Cook chicken breasts until browned on bottom. Turn chicken, and top with a slice of ham and a slice of cheese. Continue to cook until the chicken is cooked through and the cheese is melted.

Place rolls, cut side up, under broiler. Toast until lightly browned.

Top each chicken cordon bleu burger with a tablespoon of honey-mustard sauce, and serve on toasted onion rolls.
Slow Cooker Rosemary and Red Pepper Chicken

Ingredients

- 1 small onion, thinly sliced
- 1 medium red bell pepper, seeded and thinly sliced
- 4 cloves garlic, minced
- 2 teaspoons dried rosemary
- 1/2 teaspoon dried oregano
- 8 ounces turkey Italian sausages, casings removed
- 8 (4 ounce) skinless, boneless chicken breast halves
- 1/4 teaspoon coarsely ground pepper
- 1/4 cup dry vermouth
- 1 1/2 tablespoons cornstarch
- 2 tablespoons cold water
- salt to taste
- 1/4 cup chopped fresh parsley

Directions

In a 5 to 6 quart slow cooker, combine onion, bell pepper, garlic, rosemary, and oregano. Crumble sausages over onion mixture. Rinse chicken and pat dry; arrange in a single layer over sausage. Sprinkle with pepper. Pour in vermouth. Cover, and cook on Low setting for 5 to 7 hours, or until chicken is tender and cooked through when pierced.

Transfer chicken to a warm, deep platter, and cover to keep warm.

In a small bowl, stir together cornstarch and cold water. Stir into cooking liquid in slow cooker. Increase heat to High, and cover. Cook, stirring 2 to 3 times, until sauce is thickened (about 10 more minutes). Season to taste with salt. Spoon sauce over chicken, and sprinkle with parsley.
# Baked Chicken Breasts Supreme

## Ingredients

- 1 1/2 cups Plain yogurt or sour cream
- 1/4 cup lemon juice
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon celery seed
- 1/2 teaspoon Hungarian sweet paprika
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 8 skinless, boneless chicken breast halves
- 2 cups fine dry bread crumbs

## Directions

In a large bowl, combine first eight ingredients. Place chicken in mixture and turn to coat. Cover and marinate overnight in the refrigerator. Remove chicken from marinade; coat each piece with crumbs. Arrange on a shallow baking pan. Bake, uncovered, at 350° for 45 minutes or until juices run clear.
**Tyson® Monterey Chicken Fajitas**

**Ingredients**

- 4 Tyson® Grilled & Ready® Fully Cooked Grilled Breast Fillets
- 1 tablespoon vegetable oil
- 1 medium green bell pepper, cut into strips
- 1 medium onion, sliced
- 1 (10.75 ounce) can cream of mushroom soup
- 1/2 cup Pace® Chunky Salsa
- 8 (8 inch) flour tortillas, heated
- 1 cup Monterey Jack cheese, shredded

**Directions**

Heat oil in large skillet to medium. Add pepper and onion and cook until tender-crisp.

Cook chicken according to package directions. Cut into strips.

Add soup, salsa and chicken to skillet. Cover and heat through.
Almond Chicken Stir-Fry

Ingredients

1 pound boneless, skinless chicken breasts cut into thin strips
3/4 cup sliced almonds
1 tablespoon canola oil
1 (16 ounce) package frozen broccoli stir-fry vegetable blend
1 tablespoon cornstarch
1 tablespoon brown sugar
1/2 teaspoon ground ginger
1/3 cup unsweetened pineapple juice
1/3 cup reduced-sodium soy sauce
Hot cooked rice

Directions

In a large nonstick skillet or wok, stir-fry chicken and almonds in hot oil for 2 minutes. Add vegetables. Reduce heat to low; cover and cook for 4 minutes or until vegetables are tender and chicken is no longer pink.

In a small bowl, combine the cornstarch, brown sugar and ginger. Stir in pineapple juice and soy sauce until smooth. Stir into chicken mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with rice if desired.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon butter or margarine</td>
<td>Heat butter in skillet. Add chicken and cook until browned.</td>
</tr>
<tr>
<td>4 skinless, boneless chicken breasts</td>
<td>Add soup, mayonnaise, honey and mustard. Heat to a boil. Cover and cook over low heat 5 min. or until done. Sprinkle with pecans.</td>
</tr>
<tr>
<td>1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup or Campbell's® Condensed 98% Fat Free Cream of Chicken Soup</td>
<td>Serve with rice.</td>
</tr>
<tr>
<td>1/4 cup mayonnaise</td>
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<tr>
<td>2 tablespoons honey</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon spicy brown mustard</td>
<td></td>
</tr>
<tr>
<td>Chopped toasted pecans</td>
<td></td>
</tr>
<tr>
<td>4 cups hot cooked rice</td>
<td></td>
</tr>
</tbody>
</table>
Grilled Chicken Salad Sandwich

**Ingredients**

- 1 cup mayonnaise
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon garlic powder
- 1/8 teaspoon celery salt
- 4 cups chopped leftover grilled chicken
- 2 celery stalks, sliced
- 1/2 cup sweetened dried cranberries
- 2/3 cup salted cashews
- 8 slices bread, toasted
- 4 tablespoons mayonnaise
- 4 large red leaf lettuce leaves
- 1 ripe tomato, sliced

**Directions**

Whisk together 1 cup of mayonnaise, pepper, garlic powder, and celery salt until combined. Combine the chicken, celery, cranberries, and cashews in a large bowl. Pour the mayonnaise mixture over the chicken mixture and stir until evenly combined.

Spread 1/2 tablespoon of mayonnaise on each slice of toasted bread. Divide the chicken salad between four of the slices of toast; top each with a lettuce leaf and a slice of tomato. Complete each sandwich with the remaining toast slices.
## Ingredients

- 3 cups cooked, cubed chicken meat
- 8 ounces spaghetti, broken into pieces
- 1/4 cup chopped pimento peppers
- 1/4 cup chopped green bell pepper
- 1/2 cup chopped onion
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1/4 cup white wine
- 2 cups shredded Cheddar cheese
- salt and pepper to taste

## Directions

Put uncooked spaghetti in a large pot of salted boiling water. Let simmer, stirring occasionally, for 8 to 10 minutes or until pasta is al dente. Drain.

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl combine the chicken, cooked spaghetti, pimento, bell pepper, onion, soup, wine and 1 cup of the cheese. Season with salt and pepper to taste and mix all together. Spread mixture into a 9x13 inch baking dish and bake in the preheated oven for 30 minutes. Sprinkle remaining cup of cheese on top and bake for another 15 minutes.
Spaghettini Chicken

**Ingredients**
2 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
4 cups chicken broth
1 (14.5 ounce) can Italian-style diced tomatoes, drained
1 teaspoon dried basil, crumbled
salt and pepper to taste
12 ounces spaghettini
2 cups diced, cooked chicken breast meat
15 leaves fresh spinach, cleaned
1/4 cup grated Parmesan cheese

**Directions**
Heat olive oil in a large saucepan over medium heat; saute onion and garlic until onion is translucent.

Stir in broth and tomatoes; sprinkle basil into sauce and season with salt and pepper to taste. Simmer for 15 minutes over medium-low heat.

Meanwhile, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and place pasta into serving bowls.

Place cooked chicken in sauce to heat through; drop in spinach just before serving to cook for 2 to 3 minutes.

Spoon sauce over hot pasta and sprinkle with Parmesan cheese.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon butter or margarine</td>
<td>Heat butter in skillet. Add chicken and cook until browned.</td>
</tr>
<tr>
<td>4 skinless, boneless chicken breasts</td>
<td>Add soup and milk and heat to a boil. Cover and cook over low</td>
</tr>
<tr>
<td>1 (10.75 ounce) can Campbell's® Condensed Broccoli Cheese Soup (Regular</td>
<td>heat 5 minutes or until done. Serve with rice. Top with salsa,</td>
</tr>
<tr>
<td>or 98% Fat Free)</td>
<td>sour cream and avocado.</td>
</tr>
<tr>
<td>1/3 cup milk</td>
<td></td>
</tr>
<tr>
<td>4 cups hot cooked rice</td>
<td></td>
</tr>
<tr>
<td>Pace® Thick &amp; Chunky Salsa</td>
<td></td>
</tr>
<tr>
<td>Sour cream</td>
<td></td>
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<tr>
<td>1 small avocado, sliced (optional)</td>
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</tbody>
</table>
Garlic Chicken Pizza

**Ingredients**

- 1 1/8 cups warm water (110 degrees F/45 degrees C)
- 1 1/4 teaspoons salt
- 1 1/2 teaspoons vegetable oil
- 3 cups bread flour
- 2 tablespoons dry milk powder
- 2 teaspoons active dry yeast
- 2 tablespoons cornmeal
- 1 cup roasted garlic and parmesan cheese sauce
- 1/4 teaspoon granulated garlic
- 10 ounces mozzarella cheese, shredded
- 2 grilled skinless, boneless chicken breast, diced
- 1/4 red onion, sliced
- 1 tomato, cut into thin wedges
- 1 green bell pepper, seeded and diced

**Directions**

Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select dough cycle; press Start.

Preheat oven to 475 degrees F (245 degrees C). Sprinkle a large pizza pan with cornmeal. Roll or pat dough out on a lightly floured surface until it is the diameter of the pizza pan; place on pan.

Spread dough with sauce, then sprinkle with garlic. Cover with cheese. On top of the pizza, arrange chicken, green pepper, onion and tomato.

Bake in preheated oven for 20 to 25 minutes, or until dough is baked, cheese is melted and toppings are lightly browned.
Ingredients

4 cups cubed cooked chicken
8 celery ribs, thinly sliced
1 cup chopped pecans
1 small onion, diced
2 cups mayonnaise**
1 tablespoon lemon juice
1 teaspoon garlic salt
1 cup crushed potato chips
1 cup crushed French fried onions
1/2 cup shredded Cheddar cheese

Directions

In a bowl, combine the chicken, celery, pecans and diced onion. Combine the mayonnaise, lemon juice and garlic salt; add to chicken mixture and mix well. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 350 degrees F for 20 minutes. Top with potato chips, french-fried onions and cheese. Bake 5-10 minutes longer or until chips are crisp and cheese is melted.
Colonel Jackson's Smothered Chicken

**Ingredients**

- 1/4 cup vegetable oil, divided
- 1 red onion, cut into strips
- 1 (2 to 3 pound) whole chicken, cut into 8 pieces
- 3/4 cup all-purpose flour
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 tablespoon crushed red pepper flakes
- 2 cups water
- 1 cup cider vinegar

**Directions**

Heat 1 tablespoon oil in a large skillet and saute onion until tender. Remove and set aside.

Place flour, salt and pepper in a large, clean grocery bag. Add chicken, close bag tightly and shake to coat. Let sit 5 minutes. Remove chicken from bag, reserving leftover flour in bag. Heat remaining oil in skillet and brown chicken on all sides in hot oil. Remove chicken from skillet and place in a deep roasting pan.

Preheat oven to 350 degrees F (175 degrees C).

Heat reserved flour in skillet over medium high heat, stirring constantly, to make a dark roux. Slowly stir in pepper flakes, water and vinegar. Finally stir in reserved sauteed onion. Mix well and pour mixture over chicken.

Cover dish and bake in preheated oven for about 35 to 45 minutes, or until chicken is tender and cooked through (no longer pink inside). Note: If gravy is too thick, add water to pan, a little at a time, until desired consistency is reached.
# Slow Cooker Chicken Dressing

## Ingredients
- 5 skinless, boneless chicken breast halves
- 1 (9x9 inch) pan cornbread, cooled and crumbled
- 8 slices day-old bread, torn into small pieces
- 4 eggs, beaten
- 1 onion, chopped
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 teaspoons dried sage
- 2 (14.5 ounce) cans chicken broth
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 2 tablespoons margarine

## Directions
Place chicken in a pot with water to cover, and bring to a boil over medium heat. Boil 20 minutes, or until cooked through. Cool, and cut into pieces.

In a slow cooker, stir together chicken, cornbread, bread, eggs, onion, salt, pepper, sage, chicken broth, and chicken soup. Stir until well blended. Dot with margarine.

Cover, and cook on Low for 3 to 4 hours. Remove lid, and fluff with fork. Let rest 15 minutes before serving.
# Bloody Mary Chicken

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td>Wash, skin and remove fat from chicken breasts and place in a slow cooker.</td>
</tr>
<tr>
<td>1 (32 ounce) bottle bottled Bloody Mary mix</td>
<td>Pour Bloody Mary mix over the chicken breasts, turn slow cooker to low and cook on low for 8 hours.</td>
</tr>
</tbody>
</table>
Italian Chicken Skillet

**Ingredients**

- 1 tablespoon olive oil
- 4 skinless, boneless chicken breast halves, cubed
- 2 cloves garlic, chopped, or to taste
- 1/2 cup red cooking wine
- 1 (28 ounce) can Italian-style diced tomatoes
- 8 ounces small seashell pasta
- 5 ounces fresh spinach, chopped
- 1 cup shredded mozzarella cheese

**Directions**

Heat the olive oil in a large skillet with a lid over medium heat, and cook and stir the chicken and garlic until the chicken is no longer pink in the center, 5 to 8 minutes. Pour the wine and diced tomatoes with their juice into the skillet, and bring to a boil over high heat while scraping any browned bits of food off of the bottom of the pan with a wooden spoon.

Stir in the shell pasta, and return to a boil. Cook uncovered, stirring occasionally, until the shells have cooked through, but are still firm to the bite, about 10 minutes. Spread the spinach over the top of the pasta, cover, and simmer until the spinach leaves are cooked, about 5 minutes. Sprinkle the mozzarella cheese evenly over the skillet, and simmer until the cheese has melted and the pasta is bubbling, about 5 minutes.
### Ingredients

- 1 ounce dried mushrooms (the variety of your choice)
- 4 large garlic cloves
- 1 pound portobello or white mushrooms, cleaned, stems trimmed, then coarsely chopped
- 1 teaspoon dried thyme leaves
- 2 tablespoons olive oil
- 6 ounces mild goat cheese
- 1 pinch Salt and pepper, to taste
- 1/4 cup honey
- 1/4 cup balsamic vinegar
- 8 split skin-on chicken breasts (10 to 12 ounces each), rib bones and excess fat trimmed away with poultry scissors, rinsed and patted dry
- 1 teaspoon cornstarch dissolved in 1 tablespoon water

### Directions

Bring 1 cup water to a boil. Add dried mushrooms, cover and let stand about 20 minutes. Squeeze dry; strain liquid (a coffee filter is handy for this) and reserve.

In a food processor, mince garlic and rehydrated mushrooms. Add fresh mushrooms and thyme; continue to process until all is minced.

Heat oil in a 12-inch skillet over medium-high heat. Add mushroom mixture; sauté until nearly all moisture has evaporated, 5 to 7 minutes. Turn off heat, stir in cheese, and season with salt and pepper. Set aside.

Mix honey and vinegar in a small bowl.

Adjust oven rack to lowest position and heat oven to 425 degrees.

Set breasts, skin side down, on a large, heavy, lipped cookie sheet. Brush with half of the honey-vinegar; generously salt and pepper. Turn breasts over. Push fingers under skin to make a pocket; stuff with mushroom mixture. Again brush with honey-vinegar and season with salt and pepper. Being careful not to crowd, arrange breasts on cookie sheet so thickest ends point outward. (Can now be covered and refrigerated overnight; return to room temperature before roasting.)

Roast until golden brown, adding water if necessary to keep pan drippings from burning, until a meat thermometer registers 160 degrees in the thickest portion of the largest piece, 30 to 45 minutes. Transfer chicken to a platter.

Scrape pan juices into a medium saucepan. Add reserved mushroom-soaking liquid and enough water to equal 1 1/2 cups of liquid. Bring to a simmer. Add cornstarch mixture; continue to simmer until it thickens a bit.

Arrange a breast on each of 8 plates; drizzle with sauce, and serve.
Onion Chicken in Balsamic Sauce

**Ingredients**

1 tablespoon olive oil
1 onion, chopped
2 chicken leg quarters
4 cloves garlic, chopped
1 1/2 cups chicken stock
1/2 cup balsamic vinegar
1/2 cup chopped sun-dried tomatoes
salt and pepper to taste

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet, heat oil over medium heat. Add onion and reduce heat to low. Allow onion to caramelize, stirring only enough to prevent sticking and to be sure that all sides are fully cooked. Add garlic and saute briefly.

Increase heat to medium. Add chicken hindquarters to skillet and brown on both sides. Remove chicken, onion and garlic and place in a 9x13 inch baking dish.

Combine the stock and vinegar. Deglaze the skillet with this mixture, then bring to a boil and continue to simmer, stirring occasionally, until the mixture has thickened. Pour mixture over chicken and stir in the sun dried tomatoes. Cover dish tightly and bake in the preheated oven for 15 to 20 minutes, or until chicken is done and juices run clear.
## Ingredients

4 skinless, boneless chicken breast halves  
salt and pepper to taste  
1 (15 ounce) container ricotta cheese  
1 (10 ounce) package frozen chopped spinach, thawed and drained  
1 clove garlic, minced  
2 eggs, beaten  
1 (8 ounce) package shredded mozzarella cheese, divided  
1 (16 ounce) jar spaghetti sauce

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Season chicken breasts with salt and pepper to taste. Slit open on the side for stuffing; set aside.

In a medium bowl, combine the ricotta, spinach, garlic, eggs and 3/4 of the cheese. Mix well and stuff each breast with 1/4 of the mixture; secure with toothpicks and place stuffed breasts in a lightly greased 9x13 inch baking dish. Pour sauce over all and sprinkle with remaining cheese.

Bake at 350 degrees F (175 degrees C) for 45 to 60 minutes, or until chicken is cooked through and juices run clear.
Plum and Ginger Chicken

### Ingredients
- 1 cup uncooked long grain white rice
- 2 cups water
- 2/3 cup plum sauce
- 1/2 cup light corn syrup
- 2 tablespoons soy sauce
- 2 cloves garlic, minced
- 4 packets chicken bouillon granules
- 2 tablespoons vegetable oil
- 4 skinless, boneless chicken breast halves - cut into bite-size pieces
- 4 tablespoons cornstarch
- 3/4 teaspoon minced fresh ginger root
- 2 cups snow peas, trimmed
- 1 cup sliced fresh mushrooms

### Directions
Bring the rice and water to a boil in a pot. Cover, reduce heat to low, and simmer 20 minutes.

Mix the plum sauce, corn syrup, soy sauce, garlic, and bouillon in a small bowl.

Heat oil in a skillet over medium heat. Coat the chicken in cornstarch, and cook 5 minutes in the skillet, or until juices run clear. Mix in ginger, snow peas, and mushrooms, and continue cooking until tender. Stir in the plum sauce mixture. Cook until heated through.
## Cajun Chicken Club

### Ingredients

- 4 boneless, skinless chicken breast halves
- 1/2 teaspoon Cajun seasoning
- 1 tablespoon vegetable oil
- 4 slices Swiss cheese
- 1/4 cup creamy Parmesan salad dressing
- 4 sandwich rolls, split and toasted
- 8 slices tomato
- 8 bacon strips, cooked

### Directions

Flatten the chicken to 3/8-in. thickness; sprinkle with Cajun seasoning.

In a skillet, cook chicken in oil for 5 minutes on each side or until juices run clear. Place cheese over chicken. Remove from the heat; cover and let stand for 1 minute or until cheese begins to melt.

Spread dressing over both halves of rolls. Layer bottom halves with two slices of tomato, chicken and two strips of bacon; replace tops.
Easy Baked Chicken Wings

**Ingredients**

- 3 pounds chicken wings
- 2 eggs, beaten
- 1/2 cup all-purpose flour for coating
- 3/4 cup oil for frying
- 1/4 cup margarine

**SAUCE**

- 6 tablespoons soy sauce
- 6 tablespoons water
- 2 cups white sugar
- 1 cup vinegar
- 2 tablespoons monosodium glutamate (MSG)

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Pour egg beat into a shallow dish or bowl; do the same with the flour. Heat oil and margarine in a large, deep skillet over medium high heat. Dip wings in egg, then flour, then fry until browned and crisp. Lay browned wings in an 11x14 inch baking dish.

To Make Sauce: In a small bowl combine the soy sauce, water, sugar, vinegar and MSG. Blend well and pour sauce over chicken.

Bake in the preheated oven for 1 hour.
#### Ingredients

- 4 pounds chicken
- 7 cups water
- 1 large onion, halved
- 3 stalks celery
- 3 carrots, cut into 2 inch pieces
- 1 bay leaf
- 1 teaspoon grated fresh ginger
- salt to taste

#### Directions

Place the chicken in a large pot over high heat. Add water to cover and bring to a boil, then reduce heat to medium low and simmer for 1 hour.

Remove chicken from pot. Leave water in pot. Cool chicken. Remove skin and bones from meat. Return bones and skin to pot. Add onions, carrots, celery, bay leaf, ginger, and salt. Continue simmering for 3 to 4 hours.

Strain and cool the stock, uncovered.

Use the meat for soups, salads, sandwiches, or other dishes where cooked chicken is needed. After stock has been defatted, use or freeze immediately. I freeze the stock in one-cup amounts and use instead of water for cooking rice or vegetables or making gravy.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cooked chicken breast halves</td>
<td>chopped</td>
</tr>
<tr>
<td>1/2 cup mayonnaise</td>
<td>or to taste</td>
</tr>
<tr>
<td>2 green onions</td>
<td>chopped</td>
</tr>
<tr>
<td>1/2 cup sweetened dried cranberries (such as Ocean Spray® Craisins®)</td>
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</tr>
<tr>
<td>1/4 green apple</td>
<td>shredded</td>
</tr>
<tr>
<td>1/4 cup chopped pecans</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon lime juice</td>
<td></td>
</tr>
<tr>
<td>1 pinch salt and black pepper to taste</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon dried dill weed</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Mix together the chicken and mayonnaise in a bowl, stir to coat well, then stir in the green onions, dried cranberries, apple, pecans, lime juice, salt, pepper, and dill weed. Serve immediately, or refrigerate several hours or overnight (the flavor just gets better).
Mendocino Chicken Salad

Ingredients

1 (6 ounce) package smoked chicken breast, skin removed, cubed
1 cup seedless grapes, halved
1/2 cup diced red onion
3 stalks celery, diced
1/4 cup fresh basil leaves, cut into thin strips
1 cup blanched slivered almonds
3/4 cup mayonnaise

Directions

In a large bowl, combine the smoked chicken, grapes, red onion, celery, basil, almonds and mayonnaise. Mix well; chill and serve.
# Asian Noodles with Chicken

## Ingredients

- 8 ounces uncooked angel hair pasta
- 1/3 cup stir-fry sauce
- 2 tablespoons honey
- 1/4 teaspoon crushed red pepper flakes
- 1 pound boneless skinless chicken breasts, cut into strips
- 1 tablespoon vegetable oil
- 1 medium sweet red pepper, julienned
- 1 medium onion, cut into thin wedges
- 1 tablespoon minced fresh cilantro
- 1 teaspoon sesame oil
- 1 tablespoon sesame seeds

## Directions

Cook pasta according to package directions. Meanwhile, in a small bowl, combine the stir-fry sauce, honey and red pepper flakes; set aside.

In a large skillet, sauté chicken in oil until browned. Add red pepper and onion; cook for 2 minutes or until vegetables are crisp-tender. Stir in sauce mixture. Add cilantro and cook for 1 minute.

Drain pasta and toss with sesame oil. Serve chicken mixture over pasta; sprinkle with sesame seeds.
Broccoli Chicken Fettuccini Alfredo

Ingredients
- 1/2 pound dry fettuccine pasta
- 1 cup fresh chopped broccoli
- 2 tablespoons butter
- 1 skinless, boneless chicken breasts
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1/2 cup milk
- 1/2 cup grated Parmesan cheese

Directions
Bring a large pot of salted water to a boil. Add fettuccini pasta and cook for 8 to 10 minutes or until al dente, adding broccoli for the last 4 minutes of cooking. Drain.

Cut chicken breast meat into bite size pieces, trimming any fat off in the process. In a large skillet melt butter or margarine over medium heat. Add chicken and saute until well browned. Add soup, milk and cheese and stir all together. Add pasta/broccoli mixture and heat through. Serve hot.
## Ingredients

- 6 skinless, boneless chicken breasts
- 1 cup apricot preserves
- 1 tablespoon distilled white vinegar
- 1 tablespoon brown sugar

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place the chicken breasts in a 9x13 inch baking dish. Combine the apricot preserves, vinegar and brown sugar. Pour the preserve mixture over the chicken, cover and bake for 50 minutes. Remove cover and bake for 10 more minutes.
Easy Chicken and Rice with Mushrooms

Ingredients

- 1 1/4 cups uncooked white rice
- 2 1/2 cups water
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 1/4 cups milk
- 1 (8 ounce) package sliced fresh mushrooms
- 1 (1 ounce) package dry onion soup mix
- 1 pound skinless, boneless chicken breast halves

Directions

Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.

Preheat an oven to 350 degrees F (175 degrees C). Whisk together the cream of mushroom soup, cream of chicken soup, and milk; set aside.

Place the mushrooms and half of the dry onion soup mix into a 9x13 inch glass baking dish along with the cooked rice. Pour in half of the condensed soup mixture, and stir until thoroughly combined. Even out the mushrooms in the baking dish, then place the chicken breasts on top. Cover with the remaining condensed soup mixture, and sprinkle with the remaining dry onion soup mix.

Cover with aluminum foil, and bake in the preheated oven for 1 1/2 hours. Remove the foil, and continue baking 15 minutes longer before serving.
Feta and Sun-Dried Tomato Stuffed Chicken

**Ingredients**

1/3 cup lemon juice  
1/3 cup extra-virgin olive oil  
2 tablespoons Greek seasoning  
2 teaspoons lemon zest  
2 (6 ounce) skinless, boneless chicken breast halves  
1 (4 ounce) package crumbled feta cheese  
6 chopped sun-dried tomatoes  
10 pitted and coarsely chopped kalamata olives (optional)  
1 tablespoon oil from the sun-dried tomatoes  
4 strips roasted red pepper

**Directions**

Whisk together the lemon juice, extra-virgin olive oil, Greek seasoning, and lemon zest in a bowl. Pound the chicken breasts between sheets of wax paper or plastic wrap to a thickness of 1/4 inch. Marinate the chicken in the lemon marinade at least 30 minutes. Meanwhile, stir together the feta cheese, sun-dried tomatoes, kalamata olives, and 1 tablespoon of oil from the jar of sun-dried tomatoes in a small bowl; set aside.

Preheat oven to 375 degrees F (190 degrees C).

Remove the chicken from the marinade, and shake off excess. Discard the remaining marinade. Divide the stuffing mixture onto each piece of chicken. Fold the edges of the chicken over the filling, and secure with toothpicks. Place onto a baking dish, seam-side down, and place two roasted pepper strips onto each stuffed breast.

Bake in the preheated oven until the chicken is no longer pink, about 30 minutes. Remember to remove the toothpicks before serving.
Creamy Lemon Chicken Soup

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>5 cups chicken broth</td>
</tr>
<tr>
<td>5 cups water</td>
</tr>
<tr>
<td>5 teaspoons chicken bouillon granules</td>
</tr>
<tr>
<td>3 carrots, cut into small chunks</td>
</tr>
<tr>
<td>1 large onion, chopped</td>
</tr>
<tr>
<td>4 cups cubed, cooked chicken</td>
</tr>
<tr>
<td>1 cup uncooked long grain rice</td>
</tr>
<tr>
<td>3 eggs</td>
</tr>
<tr>
<td>1/3 cup lemon juice</td>
</tr>
<tr>
<td>1 1/2 teaspoons dried oregano</td>
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<tr>
<td>Pepper to taste</td>
</tr>
</tbody>
</table>

**Directions**

In a Dutch oven or soup kettle, combine the first five ingredients; bring to a boil. Add the chicken and rice. Reduce heat. Cover and simmer for 15 minutes or until rice is tender.

Whisk together eggs and lemon juice; quickly stir into soup. Add oregano and pepper. Serve immediately.
Gourmet Chicken Salad II

Ingredients

- 4 skinless, boneless chicken breast halves
- 1 lemon, zested and juiced
- 1 tablespoon chopped fresh rosemary leaves
- 1 1/2 cups chicken broth
- 1 cup chopped walnuts
- 1/2 cup chopped celery
- 1/2 cup crumbled blue cheese
- 1 cup mayonnaise
- 2 tablespoons brown mustard
- salt and pepper to taste
- garlic powder to taste

Directions

Place chicken in a skillet, and sprinkle with lemon juice and 1/2 the rosemary. Pour broth into the skillet. Bring to a boil, reduce heat to low, and simmer 25 minutes, or until chicken juices run clear. Drain, cool, and dice chicken.

In a large bowl, toss chicken with lemon zest, remaining rosemary, walnuts, celery, blue cheese, mayonnaise, brown mustard, salt and pepper, and garlic powder. Chill in the refrigerator at least 1 hour before serving.
Creamy Tomato-Basil Pasta with Chicken

**Ingredients**

- 3 cups penne pasta, uncooked
- 1/4 cup KRAFT Sun-Dried Tomato Vinaigrette Dressing
- 4 (4 ounce) boneless, skinless chicken breasts
- 1 cup fat-free, reduced-sodium chicken broth
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 4 ounces PHILADELPHIA Neufchatel cheese, cubed
- 2 cups grape tomatoes
- 1/2 cup KRAFT Shredded Parmesan Cheese
- 8 fresh basil leaves, cut into strips

**Directions**

Cook pasta as directed on package. Meanwhile, heat 2 Tbsp. dressing in large skillet on medium heat. Add chicken; cover. Cook 5 to 6 min. on each side or until done (165 degrees F). Remove chicken from skillet; cover to keep warm. Carefully wipe out skillet with paper towel.

Add remaining dressing, broth and seasonings to skillet; cook 3 to 4 min. or until heated through. Add Neufchatel; cook and stir 2 to 3 min. or until Neufchatel is melted. Stir in tomatoes; cook 3 min.

Drain pasta. Add to ingredients in skillet with Parmesan and basil; mix well. Serve topped with chicken.
Tasty 2-Step Chicken

**Ingredients**

- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breasts
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup or Campbell's® Condensed 98% Fat Free Cream of Mushroom Soup
- 1/2 cup water

**Directions**

Heat oil in skillet over medium-high heat. Cook chicken 10 minutes or until browned. Set aside. Pour off fat.

Add soup and water. Heat to a boil. Return chicken to pan. Cover and cook over low heat 5 minutes or until chicken is done.
### Quick Skillet Chicken and Macaroni Parmesan

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
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<tbody>
<tr>
<td>1 (26 ounce) jar Prego® Traditional Italian Sauce 1/4 cup grated Parmesan cheese 3 cups cubed cooked chicken 1 1/2 cups uncooked elbow macaroni, cooked and drained 1 1/2 cups shredded mozzarella cheese</td>
<td>Heat the sauce, 3 tablespoons Parmesan cheese, chicken and macaroni in a 12-inch skillet over medium-high heat to a boil. Reduce the heat to medium. Cover and cook for 10 minutes or until the mixture is hot and bubbling, stirring occasionally. Sprinkle with the mozzarella cheese and remaining Parmesan cheese. Let stand for 5 minutes or until the cheese is melted.</td>
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</table>
Leyley's Spicy Chicken Adobo Wings

Ingredients

- 3 pounds chicken wings, separated at joints, tips discarded
- 1 cup distilled white vinegar
- 1/2 cup water
- 2 bay leaves
- 1 teaspoon whole or cracked black peppercorns
- 1 medium onion, chopped
- 2 jalapeno peppers
- 1/2 cup soy sauce, or to taste
- 1 whole head garlic, minced

Directions

Bring a large pot of water to a boil. Add the wings, and boil for 5 to 8 minutes. Drain in a colander and run under warm water. Return to the dry pot, and add the vinegar, water, bay leaves, peppercorns, onion and jalapenos. Simmer over low heat for 20 minutes.

Season the chicken with soy sauce, and simmer for another 10 to 15 minutes, or until the sauce has reduced by 1/2. Remove the wings to a colander, and set aside. Add a few garlic cloves to the liquid in the pan, and simmer until the sauce has a syrupy consistency, and the jalapenos have burst open releasing all of their seeds into the reduction.

Heat a large nonstick skillet over medium heat. Add the chicken wings and the remaining garlic. Cook and stir until the garlic is tender and the wings have browned, about 10 minutes. Return wings to the sauce to coat before serving.
## Fiesta Chicken and Rice Bake

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
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</thead>
<tbody>
<tr>
<td>1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup or Campbell's® Condensed 98% Fat Free Cream of Chicken Soup</td>
<td>Mix soup, salsa, water, corn and rice in 2-quart shallow baking dish. Top with chicken and sprinkle with paprika. Cover.</td>
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<tr>
<td>1 cup Pace® Chunky Salsa or Pace® Picante Sauce</td>
<td>Bake at 375 degrees F for 45 minutes or until done. Sprinkle with cheese.</td>
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<tr>
<td>1/2 cup water</td>
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<tr>
<td>1 cup whole kernel corn</td>
<td></td>
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<tr>
<td>3/4 cup uncooked regular long-grain white rice</td>
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<tr>
<td>4 skinless, boneless chicken breasts</td>
<td></td>
</tr>
<tr>
<td>paprika</td>
<td></td>
</tr>
<tr>
<td>1/2 cup shredded Cheddar cheese</td>
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</tbody>
</table>
Ingredients

3 skinless, boneless chicken breasts
1 (8 ounce) package spaghetti
1 (10.75 ounce) can condensed cream of chicken soup
1 (10 ounce) can diced tomatoes with green chile peppers
1 pound processed cheese food (eg. Velveeta)
salt and pepper to taste
1 pinch garlic powder

Directions

Boil chicken in a large pot of salted water. When chicken is done, remove from pot, keeping water/broth at a boil. Shred chicken and set aside. Put spaghetti in boiling chicken broth and cook for 8 to 10 minutes, until al dente. When done, drain broth.

Return pot with cooked spaghetti to stove, put over low heat. Add shredded chicken, soup, diced tomatoes with chile peppers and cheese. Season with salt, pepper and garlic powder to taste. When cheese is melted, dinner is ready!
Sesame Chicken Wings

Ingredients

1/2 cup soy sauce
1/3 cup water
1/4 cup sugar
2 tablespoons sesame oil
4 green onions with tops, sliced
1/2 medium onion, sliced
2 garlic cloves, minced
1 tablespoon sesame seeds
Dash pepper
2 1/2 pounds chicken wings

Directions

In a large plastic bag or glass dish, combine the first nine ingredients. Add chicken wings; coat well. Cover and refrigerate 2-3 hours or overnight, turning occasionally. Remove chicken to a shallow rack in a baking pan; discard marinade. Bake, uncovered, at 350 degrees F for 30 minutes. Turn and bake about 20 minutes longer or until tender.
Bombay Chicken and Rice

**Ingredients**

- 1 cup uncooked long-grain white rice
- 6 ounces diced dried mixed fruit
- 1/2 cup chopped onion
- 1 1/2 teaspoons sugar
- 1 teaspoon salt
- 2 cups water
- 1 (3 pound) chicken, cut into pieces
- 2 tablespoons butter, melted
- 4 teaspoons curry powder, divided
- 1/2 teaspoon paprika

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

In a 9x13 inch baking pan, mix rice, fruit, onion, sugar and salt. Pour in water. Arrange chicken parts over the rice mixture. In a small bowl, mix butter, curry powder and paprika. Brush butter mixture over chicken pieces. Cover pan tightly with aluminum foil.

Bake 1 hour in the preheated oven, until chicken juices run clear and rice is tender.
Creme Fraiche Chicken

**Ingredients**

- 6 skinless, boneless chicken breast halves
- 1/4 cup white wine
- salt and pepper to taste
- 1 (8 ounce) package pasta, your choice of shape
- 1 large white onion, chopped
- 1 tablespoon chopped garlic
- 2 (8 ounce) packages sliced fresh mushrooms
- 2 cups creme fraiche
- 1/2 cup grated Parmesan cheese for topping
- 3 tablespoons sour cream

**Directions**

In a large skillet, sauté chicken breasts in oil over medium high heat. Once breasts are browned, add white wine and salt and pepper to taste. Let simmer for 15 to 20 minutes, or until chicken is cooked through and juices run clear.

Meanwhile, To Cook Pasta: Bring a large pot of salted water to a boil. Add pasta to boiling water, cook for 8 to 10 minutes or until al dente. Drain.

When chicken is cooked, remove from skillet and cube. Set aside. Sauté onion and garlic in remaining juices. Once onions are translucent, add mushrooms and sauté until soft. Add cubed chicken, creme fraiche and sour cream (to desired thickness). Stir all together and heat through. Put hot cooked pasta on plate, top with chicken and sauce and sprinkle with grated Parmesan cheese.
Lime-Berry Chicken Salad

Ingredients

- 2 skinless, boneless chicken breast halves - cut into thin strips
- 3 tablespoons frozen limeade concentrate, thawed
- 1/4 teaspoon black pepper
- 1/3 cup white sugar
- 1/2 cup white vinegar
- 1 teaspoon salt
- 1 teaspoon ground dry mustard
- 1 teaspoon dried minced onion
- 1 cup vegetable oil
- 1 tablespoon poppy seeds
- 1 pound baby spinach leaves
- 2 cups sliced fresh strawberries
- 1 cup sugar snap peas, ends and strings removed
- 1/2 cup pecan halves

Directions

Toss chicken breasts, limeade, and pepper in a bowl. Cook the chicken breasts in a skillet until no longer pink in the center and the juices run clear, about 8 minutes. Remove skillet from the heat and set aside.

Combine sugar, vinegar, salt, mustard, and onion in a blender. Process for about 20 seconds. With the blender on high speed, gradually add oil in a slow and steady stream. Stir in poppy seeds.

Arrange spinach on 4 salad plates and top with strawberries, peas, pecans, and the cooked chicken. Serve with the poppy seed dressing.
## Ingredients

- 2 skinless, boneless chicken breast halves - chopped
- 2 tablespoons vegetable oil
- 1 teaspoon cayenne pepper, or to taste
- 1 (12 ounce) package corn tortilla chips, or as needed
- 1 (8 ounce) package shredded Mexican-style cheese blend
- 1 (7 ounce) can diced green chilies, drained

## Directions

In a medium bowl, stir together the chicken, vegetable oil, and cayenne pepper. Let stand for 15 minutes, or longer if desired.

Heat a skillet over medium-high heat. Add the chicken mixture, and fry until chicken is no longer pink. Remove from heat, and set aside.

Preheat the oven to 325 degrees F (165 degrees C). Spread a thin layer of tortilla chips in a 9x13 inch baking dish. Sprinkle 1/4 of the chicken, 1/4 of the chilies, and 1/4 of the cheese over the chips. Repeat layers ending with cheese on the top.

Bake for 15 to 20 minutes in the preheated oven, until the cheese is melted and everything is heated through. Serve with your favorite nacho toppings.
Greek Lemon Chicken Soup

**Ingredients**

- 1 recipe Fast Chicken Soup Base
- 1 cup small pasta, such as ditalini
- 1 (14.5 ounce) can diced tomatoes
- 2 teaspoons minced fresh rosemary
- 1/2 cup chopped fresh parsley
- 1/2 teaspoon salt and pepper to taste
- 1/2 cup grated Parmesan cheese

**Directions**

Prepare Fast Chicken Soup Base. Bring to a simmer.

Add these, then simmer until tender, 10-20 minutes: 2 16-ounce cans white beans, drained; 1 cup small pasta, such as ditalini; 1 14.5-ounce can diced tomatoes; 2 tsps. minced fresh rosemary.

Before removing from heat, stir in: 1/2 cup chopped fresh parsley.

Final touch: Add salt and pepper, to taste. Serve soup with grated Parmesan cheese.
Roasted Lemon Chicken

**Ingredients**

- 1 (3 1/2) pound broiler-fryer chicken
- 1 1/2 teaspoons salt-free lemon-pepper seasoning
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon seasoned salt
- 1/2 teaspoon dried thyme
- 1 medium lemon, halved
- 2 fresh rosemary sprigs

**Directions**

Loosen skin around chicken breast, leg and thigh. Combine the seasonings; rub half under skin. Cut half of the lemon into quarters and place in the cavity along with rosemary sprigs. Skewer openings; tie drumsticks together with kitchen string.

Place chicken breast side up on a rack in a roasting pan. Squeeze the remaining lemon over chicken; rub with remaining spice mixture. Bake, uncovered, at 375 degrees F for 1 to 1-1/2 hours or until chicken juices run clear and a meat thermometer reads 180 degrees F (cover loosely with foil if browning too quickly). Cover and let stand for 15 minutes. Remove and discard skin, and discard lemon and herbs from cavity before carving.
Tiny Chicken Turnovers

Ingredients

- 3 tablespoons chopped onion
- 3 tablespoons butter
- 1 3/4 cups shredded, cooked chicken meat
- 3 tablespoons chicken stock
- 1/4 teaspoon garlic salt
- 1/4 teaspoon poultry seasoning
- 1/4 teaspoon ground black pepper
- 1 (3 ounce) package cream cheese, diced
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1 cup butter, chilled
- 5 tablespoons cold water

Directions

In a large skillet saute the onion in the butter until tender. Stir in the chicken, chicken broth, garlic salt, poultry seasoning, pepper and cream cheese. Remove from heat and set aside.

Preheat oven to 375 degrees F (190 degrees C).

In a large bowl mix together the flour, salt and paprika; cut in butter until mixture resembles coarse crumbs. Gradually add water, tossing with a fork until a ball forms.

On a floured surface roll out the pastry to 1/16 inch thick. Cut with a 2 1/2 inch round cookie or biscuit cutter. Reroll scraps and cut more circles until the pastry is used up.

Mound a heaping teaspoon of filling on half of each circle. Moisten edges with water and fold pastry over filling to make a half moon shape. Press edges with a fork to seal. Prick tops with a fork for steam vents.

Place turnovers on a baking sheet and bake at 375 degrees F (190 degrees C) for 15 to 20 minutes or until golden brown.
## MinuteB® Rice Chicken a la King

### Ingredients

- 1 cup MinuteB® Rice, uncooked
- 1/3 cup salad dressing
- 2 tablespoons all-purpose flour
- 1 cup milk
- 2 (6 ounce) packages roasted chicken breast strips, diced
- 1 cup sliced mushrooms*
- 1 cup frozen peas*
- 1/2 medium red bell pepper, chopped*
- Dash black pepper

### Directions

Prepare rice according to package directions.

Mix salad dressing, flour and milk in medium saucepan. Bring to boil, stirring constantly. Reduce heat and cook until thickened, about 1 minute.

Stir in all remaining ingredients except rice; cook 10 minutes or until vegetables are tender. Serve over rice.
Crispy Chicken with Asparagus Sauce

**Ingredients**

- 1 egg
- 4 skinless, boneless chicken breast halves
- 1/2 cup dry bread crumbs
- 2 tablespoons vegetable oil
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Asparagus Soup
- 1/3 cup milk
- 1/3 cup water
- 4 cups hot cooked rice
- Grated Parmesan cheese

**Directions**

Beat the egg in a shallow dish with a fork or whisk. Dip the chicken into the egg. Coat the chicken with the bread crumbs.

Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook for 15 minutes or until well browned on both sides and cooked through. Remove the chicken from the skillet and keep warm.

Stir the soup, milk and water in the skillet and heat over medium heat until the mixture is hot and bubbling. Serve the chicken and sauce with the rice. Sprinkle with the cheese.
### Ingredients

1 (6.2 ounce) package fried rice mix  
2 cups cubed, cooked chicken  
1 1/2 cups cooked broccoli florets  
1 (8 ounce) can sliced water chestnuts, drained  
1 cup shredded mozzarella cheese

### Directions

Cook rice according to package directions. Stir in chicken, broccoli and water chestnuts; heat through. Sprinkle with cheese.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
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<tbody>
<tr>
<td>2 pounds skinless, boneless chicken thighs</td>
<td>Season chicken with salt and pepper. Heat a large, deep skillet over medium-high heat. Add 2 tablespoons oil, half the chicken pieces and half the garlic. Brown chicken 2 minutes on each side and remove from pan. Repeat with remaining oil, chicken and garlic.</td>
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<tr>
<td>1 1/2 pounds skinless, boneless chicken breast halves</td>
<td>Add vinegar to skillet; cook until evaporated. Add margarine, shallots and rosemary to skillet and cook 2 minutes. Add flour and cook 1 minute more. Whisk in wine and cook for 1 to 2 minutes, reducing liquid. Whisk in broth and bring liquid to a slow boil.</td>
</tr>
<tr>
<td>Salt and pepper</td>
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<tr>
<td>3 tablespoons olive oil</td>
<td>Return chicken to pan; simmer over medium heat 7 to 8 minutes or until chicken is no longer pink in center. Serve over pasta, if desired.</td>
</tr>
<tr>
<td>6 cloves garlic, crushed</td>
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<tr>
<td>3 tablespoons white wine vinegar</td>
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<tr>
<td>2 tablespoons margarine</td>
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</tr>
<tr>
<td>2 shallots, chopped</td>
<td></td>
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<tr>
<td>3 tablespoons chopped fresh rosemary</td>
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<tr>
<td>2 tablespoons flour</td>
<td></td>
</tr>
<tr>
<td>1 cup dry white wine</td>
<td></td>
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<tr>
<td>2 cups COLLEGE INNB® Beef Broth</td>
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</tbody>
</table>
Ingredients

4 eggs
1/4 cup cornstarch
1/4 cup white sugar
5 cloves garlic, minced
1/2 cup sweet rice flour (mochiko)
4 teaspoons salt
4 green onions, chopped
1/4 cup oyster sauce
5 pounds boneless chicken thighs, cut in half
2 cups vegetable oil, for deep frying

Directions

Combine eggs, cornstarch, sugar, garlic, rice flour, salt, green onions, and oyster sauce in a large bowl. Mix well. Stir in the chicken thighs, making sure to coat evenly. Cover and refrigerate overnight. Remove from refrigerator about 10 minutes prior to frying.

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Cook chicken in the hot oil in batches, until golden brown and no longer pink inside.
# Cashew Avocado Chicken Salad

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>4 cooked, boneless chicken breast halves, shredded</td>
<td>1/3 cup prepared Ranch salad dressing</td>
</tr>
<tr>
<td>11/2 tablespoons chopped fresh dill</td>
<td>1 cup cashews</td>
</tr>
<tr>
<td>1 avocado - peeled, pitted and diced</td>
<td>salt and pepper to taste</td>
</tr>
<tr>
<td>12 slices bacon</td>
<td>6 slices Swiss cheese</td>
</tr>
<tr>
<td>12 slices bread, toasted</td>
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## Directions

In a large bowl, mix the cooked chicken, dressing, dill, cashews, and avocado. Season with salt and pepper. Cover, and chill in the refrigerator at least 30 minutes.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown; drain.

Spread even amounts of the chicken mixture on 6 slices of toasted bread. Top each with 2 slices bacon and 1 slice Swiss cheese. Top with remaining bread slices to make sandwiches.
**Chicken Broccoli Spaghetti**

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 1/2 pounds skinless, boneless chicken breast halves</td>
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</tr>
<tr>
<td>1 (16 ounce) package spaghetti</td>
<td></td>
</tr>
<tr>
<td>2 cups fresh broccoli florets</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup, undiluted</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of mushroom soup, undiluted</td>
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<tr>
<td>1 1/4 cups water</td>
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<tr>
<td>1 pound process cheese (eg. Velveeta), cubed</td>
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<tr>
<td>1/4 teaspoon pepper</td>
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</tbody>
</table>

**Directions**

Place chicken in a large skillet and cover with water; bring to a boil. Reduce heat; cover and simmer for 12-14 minutes or until juices run clear. Meanwhile, cook spaghetti according to package directions; drain. Drain chicken and cut into cubes; set aside.

In a saucepan, cook broccoli in a small amount of water for 5-8 minutes or until crisp-tender. Drain and set aside. In the same pan, combine soups and water. Stir in cheese.; cook and stir until cheese is melted. Add the chicken, broccoli and pepper; heat through. Stir in spaghetti; mix well.

Transfer to two greased 8-in. square baking dishes. Cover and freeze for up to 3 months. Or bake, uncovered, at 350 degrees F for 30-40 minutes or until lightly browned and edges are bubbly.

To bake frozen casserole: Completely thaw in the refrigerator. Cover and bake at 350 degrees F for 45-50 minutes or until heated through.
Sundried Tomato Basil Pesto Chicken Wrap

Ingredients

- 4 Mission® Sundried Tomato Basil Wraps
- 4 (6 ounce) chicken breasts, boneless skinless
- Iodized salt to taste
- Coarse ground black pepper to taste
- 1 tablespoon olive oil
- 1 package spring mix lettuce
- Pesto (add to taste)
- 1 cup walnut halves
- 1 cup Gorgonzola cheese, crumbled
- 1 Granny Smith apple, thin slices

Directions

Season chicken breasts with salt and pepper. Broil or sauté in olive oil until done, approximately 10 minutes. Slice diagonally.

Heat Mission Wraps in a hot skillet 15 seconds on each side. Keep warm.

On each wrap, place a portion of spring mix in center. Arrange chicken slices on top of lettuce. Add pesto, walnuts, cheese and apples.

Fold bottom edge and roll from left to right, to leave one end open. Serve.
## Ingredients

- 6 bone-in chicken breast halves
- 2 cups ketchup
- 2 liters cola-flavored carbonated beverage

## Directions

Place chicken breast halves into a 2 quart or slightly larger pot. Pour in ketchup and cola. Simmer over medium heat until the sauce is thick and sticky, about 2 hours. Eat chicken plain, or shred and serve on buns.
Chicken, Asparagus, and Mushroom Skillet

Ingredients

- 3 tablespoons butter
- 2 tablespoons olive oil
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried basil
- 1/8 teaspoon dried oregano
- 1 1/2 cloves garlic, minced
- 1/4 teaspoon salt
- 1 1/2 teaspoons lemon juice
- 1 1/2 teaspoons white cooking wine
- 2 skinless, boneless chicken breast halves, sliced
- 1/2 pound fresh asparagus, trimmed and cut into thirds
- 1 cup sliced fresh mushrooms

Directions

Melt the butter with the olive oil in a skillet over medium-high; stir the parsley, basil, oregano, garlic, salt, lemon juice, and wine into the butter mixture. Add the chicken; cook and stir until the chicken is browned, about 3 minutes. Reduce heat to medium; cook, stirring occasionally, until the chicken is no longer pink inside, about 10 more minutes.

Add the asparagus; cook and stir until the asparagus is bright green and just starting to become tender, about 3 minutes. Stir in the mushrooms and cook an additional 3 minutes to let the mushrooms release their juice. Serve hot.
Chicken Penne with Asparagus, Sun-dried Tomatoes, and Artichoke Hearts

**Ingredients**
1 (12 ounce) package uncooked penne pasta  
2 tablespoons olive oil  
2 cups cooked, shredded chicken  
salt and black pepper to taste  
1 pinch garlic salt, or to taste  
2 tablespoons minced garlic  
1 small onion, diced  
1 bunch fresh asparagus, trimmed and cut into 2-inch pieces  
3 ounces chopped sun-dried tomatoes (not oil-packed)  
2/3 cup reduced-sodium beef broth  
1 (14 ounce) can artichoke hearts, drained and quartered  
2 tablespoons butter  
1 tablespoon grated Parmesan cheese

**Directions**

Bring a large pot of lightly salted water to a rolling boil. Cook the penne pasta uncovered in the boiling water, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain, set aside, and keep warm.

Heat the olive oil in a large skillet over medium-high heat; add the chicken to the skillet and season with salt, pepper, and garlic salt. Cook and stir for about 2 minutes; remove the chicken and set aside. Cook and the garlic and onion in the oil remaining in the skillet until the onion becomes translucent, about 3 minutes. Stir in the asparagus, sun-dried tomatoes, and beef broth; reduce heat to medium-low. Cook until the asparagus is bright green and starting to become tender, about 5 minutes. Return the chicken to the skillet and stir in the artichoke hearts. Cook and stir until hot, about 3 minutes.

Gently fold the pasta into the chicken and vegetables, cover the skillet, and turn off the heat. Allow the mixture to sit until the pasta has absorbed any excess broth, about 5 minutes. Mix butter into the pasta mixture until butter melts and coats the pasta; sprinkle with Parmesan cheese to serve.
Orange Chicken Stir-Fry

**Ingredients**

- 2 skinless, boneless chicken breast halves, cubed
- 2 green onions with tops, sliced
- 2 tablespoons vegetable oil
- 1/2 teaspoon cornstarch
- 1/2 cup orange juice
- 2 tablespoons soy sauce
- 1/4 teaspoon ground ginger
- Hot cooked rice
- 1 medium navel orange, peeled and sectioned
- 1/4 cup chopped walnuts
- 2 tablespoons minced fresh parsley

**Directions**

In a skillet or wok, cook the chicken and onions in oil until chicken juices run clear. In a small bowl, combine the cornstarch, orange juice, soy sauce and ginger until smooth. Pour over chicken mixture. Bring to a boil; cook and stir for 1 minute or until thickened. Serve over rice. Top with orange segments, walnuts and parsley.
Southwestern Chicken Salad

### Ingredients

- 2 (6 inch) flour tortillas, cut into 1/2 inch strips
- Butter-flavored nonstick cooking spray
- 1 pound boneless skinless chicken breasts, cut into 1-inch cubes
- 1 teaspoon olive oil
- 6 cups ready-to-serve salad greens
- 1 (15.25 ounce) can whole kernel corn, drained
- 1 (15 ounce) can black beans, rinsed and drained
- 2 cups chopped tomatoes, divided
- 1 medium green pepper, diced
- 1/2 cup cubed peeled jicama or sliced water chestnuts
- 1/3 cup chopped green onions
- 1/2 cup shredded reduced-fat Cheddar cheese
- 2/3 cup fat-free ranch salad dressing
- 4 teaspoons barbecue sauce

### Directions

Place tortilla strips on a baking sheet; spritz both sides of strips with butter-flavored cooking spray. Bake at 350 degrees F for 4-5 minutes or until crisp. Meanwhile, in a large nonstick skillet, cook chicken in oil over medium heat until no longer pink; set aside.

Combine the salad greens, corn, beans, 1 cup tomatoes, green pepper, jicama and onions; arrange on a serving platter. Place chicken in center of salad; sprinkle with cheese and remaining tomatoes. Arrange tortilla strips around chicken. In a small bowl, combine the ranch dressing and barbecue sauce; serve with salad.
Ingredients

1 cup orange juice  
1/2 cup dry white wine  
1/2 cup maple syrup  
2 teaspoons chopped fresh rosemary  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
4 skinless, boneless chicken breast halves  
2 tablespoons butter  
2 tablespoons olive oil

Directions

Bring orange juice and wine to a boil in a small saucepan. Reduce heat slightly, but keep high enough to continue a low boil for 5 minutes, stirring occasionally. Stir in maple syrup and continue boiling for another 5 to 6 minutes, stirring frequently, until glossy and just slightly thickened. Set aside.

In a small bowl mix together the rosemary, salt and pepper. Rub mixture on both sides of chicken breasts, and set aside.

Melt butter and olive oil in a large skillet over medium high heat. Add chicken breasts, cover skillet and saute for about 5 minutes on each side until lightly browned. Pour orange-maple mixture over chicken (mixture will boil and bubble). Reduce heat to simmer; cover and let cook for another 10 minutes, basting occasionally, until chicken is cooked through and sauce has turned into a rich, thick glaze.
## Slow Cooker Dump and Go Cheesy Chicken

### Ingredients

- 6 skinless, boneless chicken breast halves
- 2 (11 ounce) cans condensed cream of Cheddar cheese soup
- 1/2 cup milk
- salt and pepper to taste
- 1 teaspoon garlic powder

### Directions

Spray slow cooker with cooking spray. Place chicken breasts inside. In a medium bowl mix together soup and milk, and pour mixture over chicken. Season with salt and pepper to taste and garlic powder.

Cook on High for about 6 hours. Note: Do not lift lid while cooking!
Ingredients

3/4 cup butter, divided
2 tablespoons vegetable oil, divided
4 portobello mushroom caps, sliced
1 clove garlic, chopped
3/4 cup all-purpose flour, divided
1 (14.5 ounce) can beef broth
1/2 cup dry Marsala wine
kosher salt and ground black pepper to taste
1 tablespoon browning sauce
6 skinless, boneless chicken breast halves - pounded to 1/2 inch thickness

Directions

Preheat oven to 350 degrees F (175 degrees C).

Melt 1/2 cup butter and heat 1 tablespoon vegetable oil in a skillet over medium heat. Cook and stir the mushroom slices in the skillet until tender. Remove from heat, cover to keep warm, and set aside.

Melt the remaining butter and heat the remaining oil in a saucepan over medium-high heat. Cook and stir the garlic until tender, then gradually whisk in the flour. Increase heat to high, and pour in the beef broth and Marsala wine. Season with kosher salt and pepper, and whisk in the browning sauce. Bring to a boil, and reduce heat to low. Mix in the mushrooms, reserving remaining butter and oil in the skillet. Cover saucepan, remove from heat, and set aside.

Season chicken with salt and pepper, and dredge in the remaining flour. Over medium heat, reheat the remaining butter and oil in the skillet used to cook the mushrooms. Cook the chicken 2 minutes per side, until browned. Arrange the chicken in the bottom of a 9x13 inch baking dish, and cover with the sauce and mushroom mixture.

Cover baking dish, and bake 25 minutes in the preheated oven, or until chicken juices run clear.
Potato Chicken Stew

**Ingredients**

- 4 cups cooked, cubed chicken breast meat
- 2/3 cup sliced fresh mushrooms
- 1 cup chopped onion, sauteed in butter
- 1 1/2 cups chopped carrots
- 6 cups chicken stock
- 1 teaspoon dried sage
- 1 teaspoon dried basil leaves
- 1 teaspoon garlic salt
- 1 teaspoon dried parsley
- 1 (10 ounce) package frozen mixed vegetables, thawed
- 3 cups cooked, diced red potatoes
- 1/2 cup chopped celery
- 1/8 cup all-purpose flour

**Directions**

Combine chicken, mushrooms, onion, carrots and stock in a large saucepan over medium heat. Simmer until carrots are tender, about 10 minutes.

Stir in sage, basil, garlic salt, parsley, mixed vegetables, potatoes and celery and cook until heated through. Stir in flour to thicken sauce, then serve.
Thai-Style Chicken with Noodles

**Ingredients**
- 1 tablespoon dark sesame oil
- 1 tablespoon vegetable oil
- 1 cup (1 small) chopped onion
- 1 teaspoon minced fresh ginger root
- 1 fresh red chile pepper, seeded and chopped
- 4 skinless, boneless chicken breast halves - cut into strips
- 1 1/2 tablespoons fresh lime juice
- 1 teaspoon dark soy sauce
- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped fresh cilantro
- 1 (10 ounce) can coconut milk
- 1 tablespoon cornstarch
- 2 tablespoons water
- 1 (12 ounce) package dried rice noodles
- 1 tablespoon heavy cream
- 1 lime, cut into wedges

**Directions**

Heat the sesame oil and vegetable oil in a large wok over high heat. Fry the onion, ginger and chile pepper, stirring constantly until onion is tender. Add chicken strips, lime juice, soy sauce, basil and cilantro. Cook, stirring constantly until chicken pieces are golden and cooked through. Pour in the coconut milk, and bring to a boil. Stir together the cornstarch and water; stir into the sauce. Let simmer for 10 minutes, or until thickened.

Meanwhile, soak noodles in hot water for 3 minutes. Bring a large pot of water to a boil. Add soaked noodles, and cook for 3 minutes, or until tender; drain.

Serve the chicken mixture over noodles, and garnish with a twist of lime and a drizzle of cream.
# Spicy Chicken Corn Skillet

## Ingredients

1 pound boneless, skinless chicken breasts cut into thin strips  
1 tablespoon vegetable oil  
1 medium onion, chopped  
1 medium green pepper, chopped  
1 tablespoon butter or margarine  
1 (14.5 ounce) can stewed tomatoes, cut up  
1 cup frozen corn, thawed  
1/2 teaspoon salt  
1/2 teaspoon dried oregano  
1/2 teaspoon paprika  
1/4 teaspoon pepper  
1/8 teaspoon cayenne pepper  
1 cup cooked rice

## Directions

In a large skillet, stir-fry chicken in oil until no longer pink; remove and set aside. In the same skillet, saute onion and green pepper in butter until tender. Stir in the tomatoes, corn and seasonings. Bring to a boil. Stir in chicken and rice. Reduce heat; cover and cook until heated through.
**Ingredients**

- 2 cups cooked, boneless and skinless chicken, cut into bite-sized pieces
- 4 tablespoons chicken stock
- 9 (6 inch) corn tortillas, cut into strips
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 cup milk
- 1 (16 ounce) jar salsa
- 1 onion, shredded
- 8 ounces shredded Cheddar cheese

**Directions**

In a bowl, mix soups, milk, salsa, and onion.

Put 3 to 4 tablespoons of chicken stock in a 9 x 13 inch baking dish. Add a layer of tortilla strips, and then a layer of chicken. Pour soup mixture over chicken and tortillas. Continue to layer in this order until dish is full. Top with cheese. Cover and refrigerate for 24 hours.

Bake at 300 degrees F (150 degrees C) for 1 to 1 1/2 hours.
Mushroom, Leek, Chicken Sausage and Tortellini

**Ingredients**

- 1 tablespoon olive oil
- 5 large mushrooms, chopped
- 2 large leeks, cleaned, and cut into 1/4 inch thick rounds
- 6 cups chicken broth
- 4 chicken sausages, sliced in 1/3-inch rounds
- 1 (9 ounce) package cheese tortellini
- 3 cloves garlic, minced
- 3 tablespoons hot pepper sauce (e.g. Tabasco®), or to taste
- salt and pepper to taste
- 5 sprigs chopped fresh cilantro, for garnish

**Directions**

Place the olive oil in a skillet, and heat over medium-high heat. Stir in the mushrooms and leeks; cook and stir until they soften, about 5 minutes. Set aside until needed.

Meanwhile, pour the chicken broth into a large pan, and bring to a boil over medium-high heat. Add the sausage, tortellini, garlic, and hot sauce. Reduce heat to medium, and stir in the mushrooms and leeks. Cover, and simmer soup mixture for 30 minutes. Serve garnished with cilantro.
**Ingredients**

- 1 (2 to 3 pound) whole chicken, skin removed and cut into pieces
- 1 onion, chopped
- 1 carrot, peeled and sliced
- 1 stalk celery, chopped
- 6 black peppercorns
- 1 bay leaf
- salt and pepper to taste
- 1 quart water, or as needed
- 1 (8 ounce) can creamed corn

**Directions**

In a large saucepan or wok over medium heat, combine chicken, onion, carrot, celery, peppercorns, bay leaf, salt, pepper and water. Bring to a boil, then reduce heat and simmer 30 minutes. Strain stock and reserve chicken.

Return strained stock to pot and stir in creamed corn. Bring to a boil, then reduce heat and simmer 5 minutes. Shred cooked chicken meat and stir into pot. Heat through.
Chicken Fajita Pizza

Ingredients

- 1 (10 ounce) can refrigerated pizza crust
- 1 pound boneless skinless chicken breasts, cut into 2-inch strips
- 1 tablespoon vegetable oil
- 1 cup sliced green bell pepper
- 1 cup thinly sliced onion
- 2 teaspoons chili powder
- 1 garlic clove, minced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 cup salsa
- 2 cups shredded Monterey Jack cheese

Directions

Unroll the pizza crust onto a greased 15-in. x 10-in. x 1-in. baking pan; flatten dough and build up edges slightly. Prick dough several times with a fork. Bake at 425 degrees F for 10-15 minutes or until lightly browned.

Meanwhile, in a skillet, saute chicken in oil for 5 minutes. Add the green pepper, onion, chili powder, garlic, cumin and salt; cook 3 minutes longer or until vegetables are crisp-tender. Spoon over crust; top with salsa and cheese. Bake for 12-15 minutes or until crust is golden brown and cheese is melted.
Creamy Chicken Crescents

**Ingredients**

- 1 (8 ounce) package refrigerated crescent rolls
- 1 cup shredded cooked chicken
- 1/2 cup shredded Cheddar cheese, divided
- 2/3 cup condensed cream of chicken soup, undiluted
- 1/2 cup milk

**Directions**

Separate crescent dough into eight triangles. Combine the chicken and 2 tablespoons cheese; place about 2 tablespoonfuls on the wide end of each triangle. Roll up and place on an ungreased baking sheet. Bake at 375 degrees F for 18-20 minutes or until golden brown.

Meanwhile, in a saucepan or microwave-safe bowl, combine soup, milk and remaining cheese. Cook until heated through and cheese is melted. Serve over crescents.
Chicken with Ginger Sauce

Ingredients

2 skinless, boneless chicken breast halves - cut into cubes
3 tablespoons cooking oil, divided
2 cups broccoli florets
1 cup julienned carrots
1 cup sliced fresh mushrooms
1 cup fresh pea pods
1/4 cup sliced green onions
1/2 cup mayonnaise
1/4 cup chicken broth
1 garlic clove, minced
1 tablespoon soy sauce
1/2 teaspoon ground ginger
Hot cooked rice
Sliced almonds

Directions

In a large skillet or wok, stir-fry chicken in 1 tablespoon oil over medium-high heat for 5-7 minutes or until juices run clear. Remove chicken and set aside. In remaining oil, stir-fry broccoli, carrots, mushrooms, pea pod and onions for 8-10 minutes or until tender. Return chicken to skillet. Combine mayonnaise, broth, garlic, soy sauce and ginger; add to skillet. Reduce heat and cook until heated through. Serve over rice and sprinkle with almonds if desired.
Ingredients

8 slices bacon
4 skinless, boneless chicken breast halves - pounded to 1/2 inch thickness
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
1 cup crumbled blue cheese
2 tablespoons all-purpose flour
1/8 teaspoon ground black pepper
1/4 teaspoon salt
2 tablespoons olive oil

Directions

Cook bacon until crisp. I prefer to use an indoor grill. Bacon can also be cooked in a skillet over medium-high heat, or the microwave at about 1 minute per slice. Drain on paper towels, and set aside.

Preheat the oven to 350 degrees F (175 degrees C). In a medium bowl, stir together the spinach and blue cheese. Crumble in the bacon, and stir to distribute.

Lay the chicken breast halves out on a clean surface, and distribute the spinach mixture evenly onto the centers of them. Fold the chicken over the filling, and secure with toothpicks. Stir together the flour, salt and pepper on a dinner plate. Roll the chicken in the flour to coat.

Heat the oil in a skillet over medium-high heat. Quickly brown each piece of chicken on top and bottom. Remove to a lightly greased baking dish, and cover with a lid or aluminum foil.

Bake for 30 minutes in the preheated oven, until chicken juices run clear, and filling is hot.
### Ingredients

<table>
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<th>Item</th>
<th>Quantity</th>
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<td>3/4 pound boneless, skinless chicken meat</td>
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<tr>
<td>3 tablespoons vegetable oil</td>
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</tr>
<tr>
<td>2 (14 ounce) cans coconut milk</td>
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<tr>
<td>2 cups water</td>
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<td>2 tablespoons minced fresh ginger root</td>
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<td>4 tablespoons fish sauce</td>
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<td>1/2 teaspoon ground turmeric</td>
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<td>2 tablespoons thinly sliced green onion</td>
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<tr>
<td>1 tablespoon chopped fresh cilantro</td>
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### Directions

- Cut chicken into thin strips and sauté in oil for 2 to 3 minutes until the chicken turns white.
- In a pot, bring coconut milk and water to a boil. Reduce heat. Add ginger, fish sauce, lime juice, cayenne powder and turmeric. Simmer until the chicken is done, 10 to 15 minutes.
- Sprinkle with scallions and fresh cilantro and serve steaming hot.
## Easy Flake Chicken

### Ingredients
- Salt and pepper to taste
- 1/2 cup olive oil
- 1 cup milk
- 3 skinless, boneless chicken breast halves - cut into cubes
- 1 cup crushed corn flake cereal crumbs

### Directions
Preheat oven to 400 degrees F (200 degrees C).

In a small cup combine the salt, pepper, olive oil and milk. Mix well and pour the mixture into a 9x13 inch baking dish. Add the cubed chicken and cover with cornflake crumbs. Bake in the preheated oven for 25 minutes, until the crumbs are crisp.
Oven Barbecued Chicken

**Ingredients**

- 1/2 cup butter, melted
- 12 ounces chile sauce
- 2 tablespoons lemon juice
- 1 tablespoon salt
- 2 teaspoons prepared mustard
- 5 pinches curry powder
- 4 skinless, boneless chicken breast halves

**Directions**

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium mixing bowl, combine the melted butter/margarine, chili sauce, lemon juice, salt, mustard and curry powder. Mix well.
- Place chicken in a lightly greased 9x13 inch baking dish and pour mixture over chicken. Bake in preheated oven for 50 minutes or until tender and juices run clear.
### Ingredients

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<tr>
<td>(2 to 3 pound) whole chicken, cut into pieces</td>
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<tr>
<td>cup dried bread crumbs</td>
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<tr>
<td>teaspoon garlic powder</td>
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<td>teaspoon salt</td>
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<tr>
<td>teaspoon ground black pepper</td>
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</tr>
<tr>
<td>teaspoon dried thyme</td>
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</tr>
<tr>
<td>teaspoon paprika</td>
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</tr>
<tr>
<td>cup mayonnaise</td>
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</table>

### Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl or gallon size resealable plastic bag, mix together the bread crumbs, garlic powder, salt, pepper, thyme and paprika.

Coat the chicken pieces with mayonnaise. Place chicken pieces in bowl/bag with bread crumb mixture and coat/shake until well coated. Place chicken pieces in a lightly greased 9x13 inch baking dish and bake for 45 minutes or until juices run clear.
## Ingredients

- 5 potatoes, peeled and cubed
- 1 1/2 cups chopped fresh tomato
- 1 cup sliced carrot
- 1 onion, chopped
- 2 bay leaves
- 3 large skinless boneless chicken breast halves
- 2 (8 ounce) cans tomato sauce
- 1 (14.5 ounce) can chicken broth
- 1 1/2 teaspoons Italian seasoning
- 1/4 teaspoon red pepper flakes
- water, as needed

## Directions

Combine the potatoes, tomato, carrot, onion, and bay leaves in a slow cooker. Place the chicken breasts atop the vegetables. Stir the tomato sauce, chicken broth, and Italian seasoning in a bowl; pour over the chicken breasts. Add water as needed to assure the chicken is completely covered. Cook on Low for 6 hours. Remove the chicken breasts and cut into bite sized chunks and return to slow cooker. Continue cooking until the vegetables are tender, another 1 to 2 hours.
# Taco Chip Chicken Wings

**Ingredients**

- 1 (16 ounce) package chicken drumettes
- 1 (1.25 ounce) package taco seasoning mix
- 2 cups crushed tortilla chip crumbs

**Directions**

1. Preheat oven to 350 degrees F (175 degrees C).
2. Rinse chicken pieces and pat dry. In a shallow dish or bowl, mix together the taco seasoning mix and tortilla chip crumbs.
3. Roll chicken pieces in chip mixture and place coated chicken in a lightly greased 9x13 inch baking dish. Bake in the preheated oven for 20 minutes. Turn chicken pieces and bake for another 15 to 20 minutes.
Tomato Chicken Stir-Fry

**Ingredients**
- 2 tablespoons vegetable oil
- 1 pound skinless, boneless chicken breast, cut into strips
- 3 cups cut-up vegetables*
- 1/2 teaspoon garlic powder
- 1 (10.75 ounce) can Campbell's® Condensed Tomato Soup
- 2 tablespoons soy sauce
- 1 teaspoon vinegar
- 4 cups hot cooked rice

**Directions**
- Heat remaining oil. Add vegetables and garlic powder and stir-fry until tender-crisp.
- Add soup, soy and vinegar. Heat to a boil. Return chicken to skillet and heat through. Serve over rice.
Wild Rice Chicken Bake

**Ingredients**

- 1 (6 ounce) package long grain and wild rice mix
- 2 medium carrots, shredded
- 3/4 cup frozen peas
- 1 (8 ounce) can sliced water chestnuts, drained
- 1 1/4 cups water
- 1 (10.75 ounce) can reduced fat reduced sodium condensed cream of mushroom soup, undiluted
- 6 (4 ounce) skinless, boneless chicken breast halves
- 1/8 teaspoon paprika
- 1/8 teaspoon pepper
- 1 clove garlic, minced
- 1 tablespoon olive or canola oil

**Directions**

In a bowl, combine rice mix with contents of seasoning packet, carrots, peas and water chestnuts. Combine water and soup; pour over rice mixture and mix well. Transfer to a shallow 3-qt. baking dish coated with nonstick cooking spray. Cover and bake at 350 degrees F for 25 minutes.

Meanwhile, sprinkle chicken with paprika and pepper. In a large nonstick skillet, cook chicken and garlic in oil for 5-6 minutes on each side or until lightly browned. Arrange chicken over rice mixture. Cover and bake 10-15 minutes longer or until chicken juices run clear and rice is tender.
Quick Chicken Peanut Mole with Cilantro Rice

**Ingredients**

**Quick Chicken Peanut Mole:**
- Crisco® Original No-Stick Cooking Spray
- 2 pounds skinless, boneless chicken breasts and thighs cut into 1/2-inch strips
- 1 cup chopped onion
- 1 teaspoon chopped garlic
- 1 (14 ounce) can chicken broth
- 1 (14.5 ounce) can diced tomatoes and green chiles
- 1 teaspoon chili powder, or to taste
- 1/4 cup Jif® Creamy Peanut Butter
- 1 tablespoon baking cocoa
- 1/4 teaspoon ground cinnamon
- 2 tablespoons chopped fresh cilantro, for garnish (optional)

**Cilantro Rice:**
- 4 cups water
- 4 cups instant rice
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1/2 cup Smucker's® Orange Sugar Free Marmalade, or Smucker's® Sweet Orange Marmalade
- 2 tablespoons chopped fresh cilantro or parsley

**Directions**

**Chicken Peanut Mole:** Spray a large skillet with no-stick cooking spray. Heat over medium-high heat. Add chicken. Cook chicken until golden brown on all sides and cooked through. Remove chicken from skillet.

Spray skillet again with no-stick cooking spray. Add onion. Cook until softened. Add garlic. Cook an additional minute. Stir in broth, tomatoes, chili powder, peanut butter, cocoa and cinnamon. Bring to a boil. Reduce heat to a simmer. NOTE: Sauce may be pureed in the blender until smooth, if desired.

Place chicken in sauce, combining gently. Cook, uncovered, 5 minutes to combine flavors. Serve over Cilantro Rice. Sprinkle with additional chopped cilantro, if desired.

**Cilantro Rice:** Bring water to boil in a 3-quart saucepan. Add rice, cumin and salt. Let stand 5 minutes or until water is absorbed. Add marmalade and cilantro. Combine ingredients with fork.
Southwestern Chicken Salad

Ingredients

- 1 lemon, thinly sliced
- 1 bay leaf
- 1 teaspoon whole black peppercorns
- 3/4 teaspoon dried thyme, divided
- 2 skinless, boneless chicken breast halves
- 3/4 teaspoon paprika
- 1/3 cup light mayonnaise
- 1/4 cup sour cream
- 1/2 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- 1/8 teaspoon ground nutmeg
- 1 1/2 cups fresh corn, cooked and cut from the cob
- 2 tablespoons chopped fresh cilantro
- 3/4 cup diced orange bell pepper
- 1 jalapeno pepper, seeded and minced

Directions

Fill a large skillet with 1 inch (2.5 cm) of water. Add lemon slices, bay leaf, peppercorns and 2/3 of the thyme, and bring to boiling over high heat. Add chicken, reduce heat to low and simmer for 15-18 minutes, turning chicken once, until juices run clear and chicken is no longer pink. Remove chicken from liquid and set aside to cool.

In a small skillet, stir together the paprika and remaining thyme over medium-low heat for 2 minutes. In a small bowl, whisk together the toasted paprika mixture, mayonnaise, sour cream, salt, ground pepper and nutmeg until evenly blended.

Cube cooled chicken and transfer to a medium bowl. Add prepared dressing, corn, cilantro, orange pepper and jalapeno and toss until evenly coated. Serve warm, or refrigerate until ready to serve.
Ingredients

1 (8 ounce) package spaghetti
1 onion, chopped
6 stalks celery, chopped
1 large red bell pepper, chopped
1/4 cup vegetable oil
4 skinless, boneless chicken breast halves - cooked
2 (10.75 ounce) cans condensed cream of mushroom soup
1 (15 ounce) can chopped black olives
1 (4 ounce) jar sliced pimento peppers, drained
1 (4.5 ounce) can sliced mushrooms
1/2 pound processed cheese

Directions

Cook pasta in a large pot of boiling water until done.

Saute onion, celery, and bell pepper in oil until tender.

In a 9 x 13 inch baking pan, combine saute mixture with chicken, cooked spaghetti, soup, olives, pimentos, and mushrooms.

Bake at 350 degrees F (175 degrees C) for 30 minutes. Slice cheese, place evenly across top of casserole, and bake until cheese is melted. Cool and serve.
Cardamom Chicken with Salt and Pepper Crust

**Ingredients**

- 4 cloves garlic, crushed
- 3 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 2 teaspoons honey
- 1/4 teaspoon ground cardamom
- 6 chicken thighs
- 3/4 teaspoon kosher salt
- 3/4 teaspoon freshly ground black pepper

**Directions**

Place the garlic, soy sauce, rice vinegar, honey and cardamom in a resealable plastic bag. Place chicken thighs in the bag, and squeeze to coat. Press out most of the air, and seal the bag. Marinate in the refrigerator for 4 to 5 hours.

Preheat the oven to 400 degrees F (200 degrees C). Remove the chicken from the marinade, and discard the marinade. Place chicken on a broiling pan or baking sheet. Season with kosher salt and freshly ground black pepper.

Roast in the oven for 40 minutes, or until chicken is browned and crisp, and cooked through.
# Chicken with Sausage and Dried Fruit

## Ingredients

- 4 skinless, boneless chicken breast halves
- 1 (6 inch) smoked turkey sausage link, sliced
- 1 green bell pepper, seeded and chopped
- 1 small onion, chopped
- 3 cloves garlic, minced
- 3/4 cup chopped dried apples
- 1/2 cup sweetened dried cranberries
- 1 tablespoon dried parsley
- 2 teaspoons dried chives
- 1 cup chicken stock
- 1 pinch salt and pepper to taste

## Directions

Place the chicken breasts in the bottom of a slow cooker. They can still be frozen if you have those on hand. Layer the sausage, green pepper, onion, garlic, apples, and cranberries over the chicken. Sprinkle with parsley and chives. Pour the chicken stock over everything, and season with salt and pepper. Cover, and cook on Low for 8 to 9 hours.
Pierogi Chicken Supper

Ingredients
1 (16 ounce) package frozen pierogies
1 pound boneless skinless chicken breasts, cut into 2-inch strips
1/2 large Sweet Onion, thinly sliced
2 tablespoons butter
1/4 teaspoon salt
1/8 teaspoon pepper
1/2 cup shredded Cheddar cheese

Directions
Cook pierogies according to package directions. Meanwhile, in a large nonstick skillet, saute chicken and onion in butter until chicken juices run clear; remove and keep warm.

Drain pierogies; add to skillet. Cook over medium heat until lightly browned. Return chicken mixture to the pan. Stir in salt and pepper. Sprinkle with cheese. Cover and remove from the heat. Let stand for 5 minutes or until cheese is melted.
Joe's General Tso's Chicken

**Ingredients**

- 4 cups vegetable oil for frying
- 3 eggs
- 1/2 cup cornstarch
- 1 pound skinless, boneless chicken thighs, cut into bite-sized pieces
- 1 tablespoon vegetable oil
- 5 dried red pepper pods
- 1 1/2 tablespoons rice vinegar
- 2 tablespoons rice wine
- 3 tablespoons white sugar
- 3 tablespoons soy sauce
- 2 teaspoons cornstarch
- 3 green onions, thinly sliced

**Directions**

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Beat the eggs in a mixing bowl until smooth. Stir in 1/2 cup of cornstarch until no lumps remain, then mix in the chicken until evenly coated in batter.

In batches, carefully drop the chicken cubes into the hot oil one by one, cooking until the chicken turns golden brown and begins to float, about 3 minutes. Drain on a paper towel-lined plate.

Heat the vegetable oil in a wok or large skillet over high heat. Stir in the dried peppers, and cook for about 30 seconds until the color brightens. Add the chicken, and cook for a few minutes until the chicken turns a deep, golden brown. Stir the vinegar, rice wine, sugar, soy sauce, and 2 teaspoons of cornstarch together in a small bowl. Pour into the wok, and boil until the sauce thickens and is no longer cloudy, about 2 minutes. Garnish with green onions to serve.
### Ingredients

- 1/2 cup malt vinegar
- 1/4 cup plain yogurt
- 1 tablespoon vegetable oil
- salt and pepper to taste
- 1 teaspoon mixed spice
- 1/4 teaspoon freshly ground cardamom
- 8 skinless, boneless chicken thighs
- 1/2 cup tahini
- 1/4 cup plain yogurt
- 1/2 teaspoon minced garlic
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 tablespoon chopped fresh parsley
- salt and pepper to taste
- 4 medium tomatoes, thinly sliced
- 1/2 cup sliced onion
- 4 cups shredded lettuce
- 8 pita bread rounds

### Directions

In a glass baking dish, mix together the malt vinegar, 1/4 cup yogurt, vegetable oil, mixed spice, cardamom, salt and pepper. Place the chicken thighs into the mixture and turn to coat. Cover and marinate in the refrigerator for at least 4 hours or overnight.

Preheat the oven to 350 degrees F (175 degrees C). In a small bowl, mix together the tahini, 1/4 cup yogurt, garlic, lemon juice, olive oil, and parsley. Season with salt and pepper, taste, and adjust flavors if desired. Cover and refrigerate.

Cover the chicken and bake in the marinade for 30 minutes, turning once. Uncover, and cook for an additional 5 to 10 minutes, or until chicken is browned and cooked through. Remove from the dish, and cut into slices.

Place sliced chicken, tomato, onion, and lettuce onto pita breads. Roll up, and top with the tahini sauce.
Sour Cream Chicken Quiche

Ingredients

1 (9 inch) frozen prepared pie crust, thawed
1 tablespoon olive oil
1/4 cup chopped onion
1/4 cup chopped green bell pepper
1 tablespoon all-purpose flour
1 cup cooked, cubed chicken meat
1/4 teaspoon salt
1/4 teaspoon ground nutmeg
1/4 teaspoon ground black pepper
1/2 cup shredded sharp Cheddar cheese
1/2 cup shredded Swiss cheese
2 eggs, lightly beaten
3/4 cup milk
3/4 cup sour cream

Directions

Preheat oven to 400 degrees F (200 degrees C) and line a 9-inch pie plate with thawed pie crust; refrigerate until ready to fill.

Heat olive oil in a medium skillet over medium high heat. Saute onion and bell pepper for 3 minutes, stirring frequently. Add flour, then cook and stir for an additional 2 minutes. Finally, stir in chicken, salt, nutmeg and pepper and mix well.

Spread chicken mixture over the bottom of the unbaked pie shell, and top with Cheddar cheese and Swiss cheese. In a small bowl whip together the egg beat, milk and sour cream and pour mixture over chicken mixture.

Bake at 400 degrees F (200 degrees C) for 20 minutes, then reduce temperature to 350 degrees F (175 degrees C) and bake for another 30 to 35 minutes, or until a knife inserted into the pie comes out clean.
Ingredients

6 boneless, skinless chicken breast halves
1 cup thousand island salad dressing
1 (14 ounce) can sauerkraut, rinsed and well drained
6 slices Swiss cheese

Directions

Pound chicken between two pieces of waxed paper to flatten. Place in a greased 13-in. x 9-in. x 2-in. baking dish. Spoon salad dressing over chicken; cover with sauerkraut. Cover and bake 350 degrees F for 30 minutes. Uncover; top with cheese. Bake 20-30 minutes longer or until chicken juices run clear.
Apple Filled Chicken in Pecan Creme Sauce

Ingredients

2 skinless, boneless chicken breast halves
2 slices provolone cheese, halved
1 Granny Smith apple - peeled, cored and thinly sliced
1 shallot, sliced
2 tablespoons milk
1/2 cup Italian seasoned bread crumbs
3 egg yolks
1/3 cup white sugar
1/4 cup white wine
1/2 teaspoon vanilla extract
1/4 cup finely chopped pecans

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly oil a baking pan.

Using a sharp knife, carefully cut a large pocket in each chicken breast. (Hint: Cutting close to the smooth side of the breast ensures no holes in the chicken.) Place 1 half-slice of provolone inside each chicken, followed by half of the apple slices, and a small amount of shallot or onion, to suit your tastes. Top with the remaining half slice of provolone. Pull the chicken back together, sprinkle with a small amount of milk, and coat with breadcrumbs. Place stuffed breasts on baking pan.

Bake in preheated oven for 30 to 35 minutes, or until no longer pink, and juices run clear.

While the chicken bakes, you may start your sauce. In a double boiler over lightly simmering water, combine the egg yolks and sugar. Beat until the yolk lightens and froth forms. Slowly add the wine, stirring constantly, until the sauce thickens. Remove from the heat and stir in the pecans and vanilla. The sauce looks nice served under the chicken with a small amount drizzled over it.
Cambodian Chicken Soup

Ingredients

1 tablespoon vegetable oil
1 teaspoon chopped fresh ginger root
1 clove garlic, minced
2 teaspoons minced fresh serrano or other small hot green chile, including seeds
2 chicken breasts, cut into chunks
2 teaspoons red curry paste
1 tablespoon curry powder
1 tablespoon vinegar
1 tablespoon fish sauce
2 teaspoons white sugar
2 cups chicken broth
2 (13.5 ounce) cans coconut milk
1 (20 ounce) can pineapple tidbits, drained
4 cups cooked rice

Directions

Heat the cooking oil in a large pot over medium-high heat. Cook and stir the ginger, garlic, serrano pepper, and chicken in the hot oil about 5 minutes. Add the curry paste, curry powder, vinegar, fish sauce, sugar, chicken broth, coconut milk, pineapple, and rice; stir. Allow the soup to simmer until it thickens, about 15 minutes more.
Colombian Chicken Stew (Ajiaco)

**Ingredients**
- 1 (3 pound) whole chicken, cut into pieces
- 8 potatoes, peeled and cubed
- 1 onion, chopped
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- 1 (15.25 ounce) can whole kernel corn, drained
- 2 avocados, peeled, pitted, and diced
- 1/4 cup chopped fresh cilantro
- Sour cream, for topping (optional)

**Directions**

Put chicken pieces in a large pot over medium heat with enough water to cover the chicken; bring to a boil and let simmer until the chicken is falling off the bones, about 45 minutes. Remove chicken from pot, reserving the water in the pot. Allow the chicken to cool enough to be able to remove the meat from bones and shred into strands.

Return the water to medium heat; add the potatoes, onion, salt, pepper, and garlic powder to the water; cook until the potatoes and onion are soft; about 30 minutes. Once the potatoes are tender, use a masher to mash the potatoes into the broth, resulting in a thickened broth. Stir in the shredded chicken and corn; cook until heated through completely. Add the avocado and cilantro just before serving; garnish with sour cream.
**Ingredients**

- 1 (9x9 inch) pan cornbread, cut into 1 inch cubes
- 1 1/4 teaspoons salt, divided
- 1 teaspoon ground black pepper, divided
- 1 1/2 teaspoons dried basil, divided
- 1 1/2 teaspoons dried parsley, divided
- 1 1/2 teaspoons dried sage, divided
- 1 teaspoon dried oregano, divided
- 1 cup chopped onion
- 1/2 cup fresh parsley, chopped
- 1/4 cup margarine, melted
- 4 egg yolks, lightly beaten
- 1 (15 ounce) container ricotta cheese
- 3/4 cup freshly grated Parmesan cheese
- 4 large russet potatoes, peeled and cubed
- 3 tablespoons olive oil, divided
- 1 (6 pound) whole chicken

**Directions**

Preheat oven to 225 degrees F (110 degrees C).

Spread cornbread cubes out on a baking sheet. Sprinkle with 1 teaspoon salt, 1/2 teaspoon ground black pepper, 1/2 teaspoon basil, 1/2 teaspoon dried parsley, 1 teaspoon sage and 1/2 teaspoon oregano. Toast cornbread mixture in preheated oven for 1 1/2 hours, stirring occasionally (do not crumble, but dry completely).

In a large bowl, toss cornbread with chopped onion, fresh parsley, melted margarine, egg yolks, ricotta cheese, and Parmesan cheese. Increase oven temperature to 400 degrees F (200 degrees C).

In a large bowl, toss potatoes with 1/4 teaspoon salt, 1/2 teaspoon pepper, 1 teaspoon basil, 1 teaspoon dried parsley, 1/2 teaspoon sage, 1/2 teaspoon oregano and 2 tablespoons oil. Place in oiled roasting pan.

Fill chicken loosely with stuffing. If any is left over, put it in a greased baking dish. Brush with remaining 1 tablespoon olive oil. Cover, and bake for 1 hour, or until potatoes are tender. Reduce the heat to 350 degrees F. Leave the lid off, and bake for another hour, or until juices run clear. Baste chicken with pan juices every 15 minutes. If you have a baking dish of stuffing, bake it in the oven the last 30 minutes. When chicken is done, reheat the potatoes (I like to fry them in a little oil in a skillet to reheat).
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>2 tablespoons vegetable oil</td>
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</tr>
<tr>
<td>2 onions, finely chopped</td>
<td></td>
</tr>
<tr>
<td>1 pound tomatoes, chopped</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons chopped fresh parsley</td>
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</tr>
<tr>
<td>2 hot chile peppers, minced</td>
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</tr>
<tr>
<td>1 tablespoon finely chopped fresh cilantro</td>
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<tr>
<td>ground black pepper to taste</td>
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<tr>
<td>1/2 teaspoon white sugar</td>
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</tr>
<tr>
<td>3 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1/4 cup chopped fresh oregano</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon ground cinnamon</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon ground cumin</td>
<td></td>
</tr>
<tr>
<td>1 bay leaf</td>
<td></td>
</tr>
<tr>
<td>2 (1 ounce) squares unsweetened chocolate, grated</td>
<td></td>
</tr>
<tr>
<td>1/2 lime, juiced</td>
<td></td>
</tr>
<tr>
<td>1 bunch chopped cilantro</td>
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</tbody>
</table>

### Directions

Heat the oil in a large deep skillet over medium heat. Add onions, and cook for a few minutes, then stir in tomatoes, and cook until they release all of their juice. Stir in the hot chile peppers, cilantro, black pepper and sugar. Bring to a boil, and let it cook for about 10 minutes to thicken.

Add chicken breasts to the skillet, along with the oregano, cinnamon, cumin, bay leaf, chocolate and lime juice. Simmer over medium heat for 15 to 20 minutes or until chicken breasts are cooked through. Chicken breasts should have an internal temperature of 170 degrees F (75 degrees C) when fully cooked. Remove bay leaf, and serve chicken breasts smothered in sauce. Garnish with additional fresh parsley or cilantro.
Thai Breaded Chicken Filets

**Ingredients**

- 10 skinless, boneless chicken breast halves
- 4 green chile peppers, chopped
- 5 green onions, chopped
- 1 tablespoon grated lime zest
- 2 limes, juiced
- 3/4 cup chopped fresh cilantro
- 3 tablespoons fish sauce
- 1 lemon grass
- 1 teaspoon salt
- 2 teaspoons white sugar
- 1 tablespoon prepared Dijon-style mustard
- 1 cup dry bread crumbs
- 1 tablespoon grated Parmesan cheese
- 1 tablespoon toasted sesame seeds
- salt and pepper to taste

**Directions**

In a food processor, combine chile peppers, green onions, lime zest and juice, 1/2 of the cilantro, fish sauce, lemon grass, salt, sugar and mustard. Blend until smooth. Rinse chicken and cut to appropriate serving size. Place in a bowl with blended ingredients and refrigerate for 1 to 4 hours.

Preheat oven to 350 degrees F (175 degrees C).

In a shallow dish or bowl mix together the bread crumbs, cilantro, cheese, sesame seeds and salt and pepper to taste. Remove chicken from marinade (disposing of any remaining marinade) and roll in crumb mixture until well coated on both sides.

Place coated chicken in a lightly greased 9x13 inch baking dish (if desired, dab with olive oil on top for a crisp finish) and bake at 350 degrees F (175 degrees F) for 20 minutes or until chicken is cooked through and juices run clear.

NOTE: You can make a dipping sauce by blending 2 green chile peppers with some fish sauce and sugar and topping the blend with some sesame seeds.
**Ingredients**

- 3 ounces spreadable chive-and-onion cream cheese
- 3 tablespoons butter, softened, divided
- Dash pepper
- 1/2 cup cubed cooked chicken
- 1/2 cup sliced fresh mushrooms
- 1 (4 ounce) package refrigerated crescent rolls
- 3 tablespoons seasoned bread crumbs
- 2 tablespoons finely chopped pecans

**Directions**

In a small bowl, combine cream cheese, 1 tablespoon butter and pepper. Fold in chicken and mushrooms. Separate crescent dough into two rectangles; seal perforations. Spoon chicken mixture on each rectangle to within 1/2 in. of edges. Roll up, starting from a short side; pinch ends to seal.

In a shallow bowl, combine bread crumbs and pecans. Melt remaining butter; brush over entire surface of dough. Roll in crumb mixture. Place on an ungreased baking sheet. Bake at 350 degrees F for 30-35 minutes or until golden brown.
Tender Chicken Nuggets

Ingredients

1 cup crushed cornflakes
1/2 cup grated Parmesan cheese
1/2 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon garlic powder
1/4 cup prepared Ranch salad dressing
1 pound boneless skinless chicken breasts, cut into 1-inch cubes
Additional Ranch dressing

Directions

In a shallow bowl, combine the first five ingredients. Place dressing in another bowl. Toss chicken cubes in dressing, then roll in the cornflake mixture. Place in a greased 11-in. x 7-in. x 2-in. baking pan.

Bake, uncovered, at 400 degrees for 12-15 minutes or until juices run clear. Serve with additional dressing for dipping.
Grilled Chicken Thighs Tandoori

**Ingredients**
- 2 (6 ounce) containers plain yogurt
- 2 teaspoons kosher salt
- 1 teaspoon black pepper
- 1/2 teaspoon ground cloves
- 2 tablespoons freshly grated ginger
- 3 cloves garlic, minced
- 4 teaspoons paprika
- 2 teaspoons ground cumin
- 2 teaspoons ground cinnamon
- 2 teaspoons ground coriander
- 16 chicken thighs
- olive oil spray

**Directions**
In a medium bowl, stir together yogurt, salt, pepper, cloves, and ginger. Mix in garlic, paprika, cumin, cinnamon, and coriander. Set aside.

Rinse chicken under cold water, and pat dry with paper towels. Place chicken in a large resealable plastic bag. Pour yogurt mixture over chicken, press air out of bag, and seal. Turn the bag over several times to distribute marinade. Place bag in a bowl, and refrigerate 8 hours, or overnight, turning bag occasionally.

Preheat an outdoor grill for direct medium heat.

Remove chicken from bag, and discard marinade. With paper towels, wipe off excess marinade. Spray chicken pieces with olive oil spray.

Place chicken on the grill, and cook about 2 minutes. Turn, and cook 2 minutes more. Then arrange the chicken to receive indirect heat, and cook approximately 35 to 40 minutes, to an internal temperature of 180 degrees F.
# Cheddar and Onion Soup Chicken

## Ingredients
- 4 skinless, boneless chicken breast halves
- 1/2 cup all-purpose flour for coating
- 1 tablespoon vegetable oil
- 1 (1 ounce) package dry onion soup mix
- 2 cups boiling water
- 2 cups shredded Cheddar cheese

## Directions
Preheat oven to 350 degrees F (175 degrees C).

Place flour in a shallow dish or bowl; heat oil in a medium skillet over medium high heat. Dredge chicken in flour, then brown in hot oil; place browned chicken in a 9x13 inch baking dish.

Combine soup mix and boiling water in a small bowl; top chicken with cheese, then water/soup mix.

Bake at 350 degrees F (175 degrees C) for 45 minutes, or until chicken is cooked through and cheese is bubbly and brown.
Chinese Noodle Chicken

Ingredients

- 4 skinless, boneless chicken breasts
- 1 tablespoon vegetable oil
- 1/2 cup sliced onion
- 2 cups broccoli florets
- 2 carrots, julienned
- 2 cups snow peas
- 4 cups dry Chinese noodles
- 1/4 cup teriyaki sauce

Directions

In a large skillet brown chicken in oil, stirring constantly until juices run clear.

Add the onion, broccoli, carrots and peas. Cover skillet and steam for 2 minutes.

Add the Chinese noodles and teriyaki sauce. Stir noodles into chicken/vegetable mixture, making sure they are coated with sauce. When the noodles wilt, serve.
# Chicken Corn Chowder

## Ingredients

- 1 chicken carcass
- 1 bay leaf
- 2 tablespoons butter
- 1 onion, diced
- 3 shallots, diced
- 2 cubes chicken bouillon, crumbled
- 2 tablespoons dried parsley
- salt and pepper to taste
- 2 potatoes, peeled and diced
- 1 1/2 cups frozen corn kernels
- 2 tablespoons heavy cream

## Directions

Place chicken carcass (and any leftover skin and meat and other bones) in a large pot and cover with cold water. Add bay leaf, and bring to a boil. Reduce heat, and simmer 60 to 90 minutes. Remove from heat, cool slightly, and strain. Remove chicken meat from carcass, and chop into bite-size pieces.

In a large saucepan over medium heat, melt butter. Cook onion and shallots in butter until translucent. Pour in strained broth and chicken meat and stir in bouillon, parsley, salt, pepper, potatoes and corn. Simmer 15 minutes, until potatoes are cooked and corn is tender. Remove from heat and stir in cream.
Chicken with Peach Stuffing

**Ingredients**

- 1 (15 ounce) can sliced peaches
- 4 boneless, skinless chicken breast halves
- 2 tablespoons vegetable oil
- 2 tablespoons butter or margarine
- 1 tablespoon brown sugar
- 1 tablespoon cider vinegar
- 1/8 teaspoon ground allspice
- 3 cups instant chicken-flavor stuffing mix

**Directions**

Drain peaches, reserving juice; set the peaches aside. Add enough water to juice to measure 1 cup; set aside.

In a skillet, brown chicken on both sides in oil. Gradually stir in the peach juice mixture, butter, brown sugar, vinegar and allspice. Bring to a boil. Reduce heat; cover and simmer for 5 minutes or until chicken juices run clear.

Stir in stuffing mix and peaches. Cover and remove from the heat. Let stand for 5 minutes or until liquid is absorbed.
Leftover Roast Chicken Soup

Ingredients
1 leftover roast chicken frame - bones, giblets, etc
1 teaspoon whole black peppercorns
2 bay leaf
2 large carrots, chopped
1 large onion, diced
1 cup chopped fresh green beans
4 large potatoes, diced
salt and pepper to taste

Directions
In a large stock pot place chicken frame, bones, giblets etc. Add enough water to cover chicken frame and gently simmer for 90 minutes, covered.

Remove all bones and chicken frame, but leave any chicken pieces in the soup. Add peppercorns, bay leaves, carrots, onions, green beans and potatoes. Add enough water to ensure that all the vegetables are covered. Cover and simmer gently until the vegetables are soft.

Season to taste with salt and pepper and serve.
Stuffed Chicken Valentino

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 1 teaspoon dried Italian seasoning
- 2 tablespoons grated Parmesan cheese
- 1 (6 ounce) jar roasted red bell peppers, drained
- 1/4 cup chopped fresh chives
- 4 tablespoons shredded mozzarella cheese
- Salt and pepper to taste
- 2 tablespoons olive oil

**Directions**
Preheat oven to 350 degrees F (175 degrees C). Slice a chicken breast in half lengthwise, leaving the halves attached on one side: opened and laid flat, the chicken breast should resemble a butterfly. Place between two sheets of plastic wrap, and pound flat. Repeat with remaining chicken breasts.

Combine Parmesan cheese with Italian seasoning and chives, and sprinkle over chicken breasts. At one end of each breast, place 3 strips of roasted pepper. Top with 1 tablespoon shredded cheese. Roll each breast up, starting on the side with the peppers and cheese. Insert a toothpick in each roll to prevent unrolling. Place in prepared baking dish. Season rolls with salt and pepper to taste, and drizzle with olive oil.

Bake in preheated oven for 15 minutes. Set oven to broil, and continue cooking for 5 to 10 minutes. Remove from oven, slice to display the colorful filling, and serve.
## Ingredients
- 1/2 cup chopped onions
- 1 cup ketchup
- 1/2 cup distilled white vinegar
- 1/4 cup brown sugar
- 1 tablespoon dry mustard
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 6 skinless, boneless chicken breast halves

## Directions
Mix the onions, ketchup, vinegar, brown sugar, dry mustard, salt, and pepper in a saucepan over medium heat. Cook 15 minutes, stirring occasionally.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking dish.

Arrange chicken in the baking dish. Pour sauce over the chicken.

Bake 25 minutes in the preheated oven, or until chicken juices run clear.
Sour Cream Marinated Chicken I

Ingredients

4 skinless, boneless chicken breast halves
2 teaspoons prepared mustard
1/4 teaspoon lemon juice
1 pinch ground black pepper
1/4 cup wine vinegar
1/2 cup sour cream
1/2 teaspoon celery salt
1/2 cup shredded Cheddar cheese

Directions

Place chicken breasts in a 9x13 inch baking dish. Combine the mustard, lemon and ground black pepper, mix together, and brush the mixture on the chicken until each breast is well coated.

In a small bowl, mix together the vinegar, sour cream and celery salt and whisk all together until creamy. Pour this mixture over the coated chicken, covering the chicken as evenly as possible. Set aside any remaining sour cream mixture. Cover the chicken dish, put in the refrigerator and marinate for 6 to 8 hours.

TO BAKE: Preheat oven to 375 degrees F (190 degrees C). Remove chicken to a clean 9x13 inch baking dish. Cover and bake chicken in preheated oven for 45 minutes or so (depends on the size of the chicken breasts), until the chicken is well done and the juices run clear. While baking, brush occasionally with the remaining sour cream mixture. Remove cover for the last 5 minutes of baking and sprinkle with Cheddar cheese, if desired.

TO GRILL: Grill on an open grill until tender and well done, turning occasionally. When the chicken is almost done, brush on the remaining sour cream mixture until the chicken is well browned.

While chicken is still hot, sprinkle 1/2 cup of shredded Cheddar cheese over the top and wait for about 1 minute for the cheese to melt; then serve.
Crock Pot Cheesy Mushroom Chicken

Ingredients

- 6 skinless, boneless chicken breast halves
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1/2 cup cooking sherry
- 1 teaspoon minced garlic
- 1 teaspoon celery flakes
- 1/2 teaspoon paprika
- 1/2 cup grated Parmesan cheese
- 1 (8 ounce) can mushroom pieces, drained

Directions

Place the chicken breasts into a slow cooker. Whisk the cream of chicken soup, cream of mushroom soup, sherry, garlic, celery flakes, and paprika in a mixing bowl. Stir in the Parmesan cheese and mushroom pieces; pour over the chicken.

Cook on Low for 8 hours until the chicken is tender, and the sauce has reduced slightly.
Grilled Chicken and Veggies Over Rice

**Ingredients**

- 2 tablespoons I Can't Believe It's Not Butter!® Spread, melted
- 4 teaspoons Italian seasoning
- 2 1/2 pounds chicken parts
- 2 medium zucchini and/or yellow squash, sliced diagonally
- 1 medium onion, cut into 1/2-inch-thick slices
- 1 medium red bell pepper, quartered
- 1 (5.7 ounce) package Knorr® Rice Sides™ - Cheddar Broccoli, prepared according to package directions

**Directions**

- Blend spread with Italian seasoning in small bowl.
- Brush chicken and vegetables with seasoning mixture.
- Grill or broil chicken and vegetables, turning occasionally, until chicken is thoroughly cooked and vegetables are tender. Serve chicken and vegetables with hot Knorr® Rice Sides™ - Cheddar Broccoli.
## Ingredients

- 3 tablespoons vegetable oil
- 3 pounds boneless, skinless chicken thighs, rinsed and patted dry
- 6 cloves garlic, peeled and thinly sliced
- 1/2 cup soy sauce
- 1/2 cup apple cider vinegar
- 1/2 cup water
- 2 tablespoons pickling spice, wrapped in cheesecloth

## Directions

Heat oil in a large pot over medium heat until oil is shimmering. Cook garlic in oil for no more than 30 seconds. Add all of the chicken to the pot; cook, stirring frequently, until chicken is white all over. Do not brown.

Pour in soy sauce, vinegar, and water, and add the pickling spice. Make sure the spice ball is submerged. Bring to a boil, reduce heat to simmer, and place lid on pot so that some steam can escape. Simmer for 1 hour, or until chicken is very tender.
## Polynesian Chicken Fafa

### Ingredients

<table>
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<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>tablespoon butter</td>
<td>1</td>
</tr>
<tr>
<td>cup chopped onion</td>
<td>1/4</td>
</tr>
<tr>
<td>cloves garlic, minced</td>
<td>2</td>
</tr>
<tr>
<td>cup coconut milk</td>
<td>1</td>
</tr>
<tr>
<td>cups water</td>
<td>2</td>
</tr>
<tr>
<td>1/2 cups uncooked long grain white rice</td>
<td></td>
</tr>
<tr>
<td>pound skinless, boneless chicken breast halves - cut into 1 inch pieces</td>
<td>1</td>
</tr>
<tr>
<td>(10 ounce) package frozen chopped spinach, thawed and drained</td>
<td>1</td>
</tr>
<tr>
<td>cup shredded coconut</td>
<td>1/3</td>
</tr>
</tbody>
</table>

### Directions

In a large, deep skillet over medium-high heat, melt the butter. Stir in the onion and garlic, and cook 2 minutes. Mix in the coconut milk, water, rice, and chicken, and bring to a boil. Reduce heat to low, cover, and simmer 20 minutes, until rice is tender and chicken juices run clear.

Stir the spinach into the skillet, and cook just until heated through. Sprinkle with coconut, and serve.
# Stuffed Tomato Basil Chicken

**Ingredients**

- 4 (6 ounce) boneless, skinless chicken breasts
- 1/2 (12 ounce) bottle garlic and herb marinade
- 16 fresh basil leaves
- 1 large tomato, thinly sliced
- 4 slices provolone cheese
- 12 slices bacon
- 1/4 cup freshly grated Parmesan cheese

**Directions**

Place chicken breasts on a cutting board. With a sharp knife, slice chicken breasts horizontally, without slicing them completely in half. Open the chicken breasts like a book. Place chicken and marinade into a large resealable plastic bag. Refrigerate for 30 minutes.

Preheat oven to 500 degrees F (260 degrees C).

Place opened chicken breasts on a broiler pan. Place 4 basil leaves on the bottom half of each chicken breast. Top each with 2 or 3 tomato slices and 1 slice of cheese, and fold over top half of chicken (if necessary, fasten with toothpicks). Wrap 3 slices bacon around each chicken breast.

Cook in preheated oven for 15 minutes. Turn chicken, and cook 15 minutes more. Remove from oven, and sprinkle chicken with Parmesan. Return to oven, and cook until cheese is melted, about 2 to 3 minutes.
Party Size Potato Chip Chicken Bake

**Ingredients**

- 20 pounds cooked chicken breast - cut into bite size pieces
- 5 pounds celery, chopped
- 4 bunches green onion, diced
- 3 cups slivered, toasted almonds
- 1 gallon mayonnaise
- 2 cups fresh lemon juice
- Salt and pepper to taste
- 6 cups crushed potato chip crumbs
- 4 cups shredded Cheddar cheese

**Directions**

Preheat oven to 350 degrees F (175 degrees C) and lightly grease two 9x13 inch baking dishes.

In a large bowl combine the chicken, celery, green onion and almonds; mix well. In a separate large bowl mix together mayonnaise and lemon juice and season with salt and pepper to taste. Combine the two mixtures and blend all together.

Spread potato chips in the bottom of the prepared baking dishes, then spread 1/2 of chicken mixture in each dish.

Bake at 350 degrees F (175 degrees C) for 35 to 45 minutes, or until bubbly. Top with remaining potato chip crumbs and cheese and bake for another 5 to 10 minutes, or until cheese is melted and bubbly.
Ingredients

- 2 teaspoons vegetable oil
- 4 skinless, boneless chicken breast halves - cut into 1 inch pieces
- 1 1/2 cups distilled white vinegar
- 1 cup SPLENDA® No Calorie Sweetener, Granulated
- 1/2 cup soy sauce
- 1 tablespoon red pepper flakes, or to taste
- 2 tablespoons garlic powder, or to taste
- 1 tablespoon onion powder, or to taste
- 1/2 teaspoon ground ginger
- 1 (8 ounce) package button mushrooms, sliced
- 1 cup frozen green peas
- 3 green onions, chopped
- 3 teaspoons cornstarch
- 2 tablespoons cold water

Directions

Heat oil in a large heavy skillet over high heat. Add chicken pieces, and fry, stirring, until browned. Pour in the vinegar, soy sauce, and SPLENDA® Granulated Sweetener; stirring until sweetener is dissolved. Season with red pepper flakes, garlic powder, onion powder, and ginger. Reduce heat to low, cover, and simmer for 15 minutes. Taste the sauce at this point and adjust seasoning to taste. The sauce should be very sweet. If it is too tart, add more SPLENDA® Granulated Sweetener; if it is too sweet, add more vinegar.

Once the sauce is to your liking, add the mushrooms, peas, and green onions. Simmer gently over low heat for another 5 minutes, until the mushrooms shrink a bit. Stir together the cornstarch and water, and stir it into the sauce. Continue to simmer until it reaches the desired thickness.
Ingredients

1/2 pound bacon
1 pound fresh chicken livers
4 tablespoons honey

Directions

Preheat oven to broil setting.

Cut each slice of bacon in half and wrap around each chicken liver, securing with toothpicks.

Broil until bacon is cooked and crisp on one side, then turn and repeat (about 6 to 8 minutes each side). Serve with honey in a bowl, for dipping.
Indian Style Chicken with Apples

**Ingredients**

- 2 tablespoons olive oil
- 4 skinless, boneless chicken breast halves - cut into strips
- 1 large sweet onion, diced
- 2 Granny Smith apples - peeled, cored and sliced
- 1 red bell pepper, seeded and sliced into strips
- 1 tablespoon red curry paste
- 1 teaspoon ground cinnamon
- 1/2 cup chicken broth
- 1 cup plain yogurt
- salt and pepper to taste

**Directions**

Heat the olive oil in a large skillet over medium-high heat. Fry the chicken until golden brown, 5 to 10 minutes. Remove from the skillet and set aside.

Add the onion and apple to the skillet and reduce the heat to medium. Cook and stir until the onions are translucent, about 8 minutes. Add the bell pepper; continue to cook and stir for another 5 minutes. Season with curry paste and cinnamon; cook for a few more minutes to intensify the flavors.

Stir in the chicken broth and yogurt. Return chicken to the skillet and simmer for a few minutes to heat through. Remove from the heat, season to taste with salt and pepper, and let stand for 5 minutes before serving.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup</td>
<td>(Regular or 98% Fat Free)</td>
</tr>
<tr>
<td>3/4 cup water</td>
<td></td>
</tr>
<tr>
<td>1 (16 ounce) bag frozen vegetable pasta blend</td>
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<tr>
<td>2 cups cubed cooked chicken</td>
<td></td>
</tr>
<tr>
<td>1 cup Pepperidge Farm® Herb Seasoned Stuffing</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons butter or margarine</td>
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</tbody>
</table>

## Directions

Mix soup, water, vegetable pasta blend and chicken in 2-quart shallow baking dish. Mix stuffing and butter. Sprinkle on top.

Bake at 400 degrees F for 35 minutes or until hot.
## Basil Chicken and Pasta

### Ingredients

<table>
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<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>(12 ounce) package rotini pasta</td>
<td>1</td>
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<tr>
<td>2 tablespoons butter</td>
<td>2</td>
</tr>
<tr>
<td>1 pound skinless, boneless chicken breast</td>
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<tr>
<td>1/2 inch cubes</td>
<td>1/2</td>
</tr>
<tr>
<td>3 cloves garlic, minced</td>
<td>3</td>
</tr>
<tr>
<td>1/2 teaspoon ground black pepper</td>
<td>1/2</td>
</tr>
<tr>
<td>2 teaspoons dried basil</td>
<td>2</td>
</tr>
<tr>
<td>1 cup heavy cream</td>
<td>1</td>
</tr>
<tr>
<td>1/4 cup grated Parmesan cheese</td>
<td>1/4</td>
</tr>
</tbody>
</table>

### Directions

In a large pot with boiling salted water cook rotini pasta until al dente. Drain.

Meanwhile, in a large skillet melt the butter or margarine. Add the chopped chicken and garlic, saute until lightly brown and juices run clear. Stir in the ground black pepper, dried basil, heavy cream, and grated Parmesan cheese. Bring to a boil and simmer for 3 to 4 minutes.

Toss drained pasta with basil sauce and serve immediately.
### Ingredients

- 1 tablespoon butter
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 pounds skinless, boneless chicken breast meat - cut into bite-size pieces
- 3 tablespoons curry paste
- 1/2 cup mango chutney
- 1 (28 ounce) can diced tomatoes, drained

### Directions

Melt the butter in a skillet over medium-high heat; cook the onion and garlic in the butter until the onions are translucent, 2 to 3 minutes; add the chicken and cook about 30 seconds while stirring. Stir in the curry paste until the chicken is evenly coated. Pour the chutney and tomatoes into the pan; continue to cook until the chicken breasts is no longer pink in the center and the juices run clear, about 10 minutes.
Honey Mustard Chicken with Pretzel Crust

**Ingredients**

- cooking spray
- 1 tablespoon red wine vinegar
- 1 tablespoon prepared yellow mustard
- 1 tablespoon spicy mustard
- 1 tablespoon coarse-grained mustard
- 1 tablespoon honey
- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breast halves
- 4 cups salted pretzels
- 1/2 cup mayonnaise
- 2 tablespoons prepared yellow mustard
- 3 tablespoons honey
- 1/2 teaspoon salt

**Directions**

Preheat an oven to 400 degrees F (200 degrees C). Line a baking sheet with foil and spray with cooking spray.

In a bowl, mix together the red wine vinegar, 1 tablespoon yellow mustard, the spicy mustard, coarse-grained mustard, 1 tablespoon of honey, and the vegetable oil.

Place the chicken breasts between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to a thickness of about 1/4 inch. Coat the chicken well with the mustard mixture.

Place the pretzels into a resealable plastic zipper bag and roll the bag under a rolling pin to finely grind the pretzels. Place the coated chicken breasts, one at a time, into the bag, seal, and shake the bag to thoroughly coat each chicken breast with pretzel meal. Place the chicken breasts on the prepared baking sheet and spray each breast with cooking spray.

Bake the chicken in the preheated oven until the coating is golden brown and the meat is no longer pink in the center, about 25 minutes. Flip the chicken after about 12 minutes of cooking to brown both sides.

Mix together the mayonnaise, 2 tablespoons of yellow mustard, 3 tablespoons of honey, and salt in a bowl. Drizzle the honey-mustard sauce over the chicken to serve.

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Ingredients

3 bone-in chicken breast halves, with skin
1 cup barbecue sauce
6 slices ham
1/3 pound thinly sliced Monterey Jack cheese

Directions

Preheat the oven to 350 degrees F (175 degrees C). Place chicken breasts skin side up in a glass baking dish.

Bake chicken, uncovered, for 35 to 40 minutes in the preheated oven. Remove from the oven, and coat each piece generously with barbecue sauce. Lay 2 folded slices of ham over each breast, and top with slices of cheese.

Return to the oven, and continue baking for 10 to 15 minutes, until cheese is melted. Let stand 5 minutes before serving.
Aimee's Quick Chicken

Ingredients

- 4 skinless, boneless chicken breast halves
- 4 ounces Dijon mustard
- 1/4 cup teriyaki sauce
- 1/4 cup bacon bits
- 1/2 cup grated Parmesan cheese

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place chicken in a 9x13 inch baking dish. Slather mustard evenly over chicken, then pour teriyaki sauce evenly over all. Sprinkle with bacon bits, then cover with cheese.
- Bake at 400 degrees F (200 degrees C) for 30 minutes.
Spice Mix for Chicken

**Ingredients**
- 2 cups all-purpose flour
- 1 tablespoon salt
- 1 teaspoon celery salt
- 1 tablespoon black pepper
- 2 tablespoons dry mustard
- 4 teaspoons paprika
- 1 tablespoon garlic powder
- 5 teaspoons dried thyme
- 1 teaspoon dried savory
- 1 teaspoon ground ginger
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano

**Directions**

In a medium bowl, stir together the flour, salt, celery salt, pepper, dry mustard, paprika, garlic powder, thyme, savory, ginger, basil and oregano. Keep mixture in an airtight container.

To use: Steam chicken until tender, dip pieces in beaten egg then roll in the spice mixture. Deep fry for 3 minutes on each side.
Goof Proof Coconut Curry Chicken

**Ingredients**
- 1 potato, cubed
- 1/2 pound chicken thighs, cut into pieces
- 2 tablespoons vegetable oil
- 1 green bell pepper, seeded and cubed
- 1 small onion, chopped
- 1/2 cup coconut milk
- 5 tablespoons curry sauce
- 1/2 teaspoon salt
- 1 cup water, divided
- 1 teaspoon cornstarch

**Directions**

Place cubed potatoes in a microwave-safe dish and heat in the microwave on High for 5 minutes.

Heat oil in a large skillet over medium heat. Place chicken in oil and cook to brown. Then stir in green peppers and onions; cook about 4 minutes. Stir in potato, coconut milk, curry sauce, salt, and 3/4 cup water.

Mix together cornstarch and 1/4 cup water. Stir into skillet, and simmer 10 minutes.
### Mango Chicken Curry

#### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/2 cup chopped onion</td>
<td></td>
</tr>
<tr>
<td>1 medium sweet red pepper, julienned</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1 1/2 pounds skinless, boneless chicken breast halves - cut into thin strips</td>
<td></td>
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<tr>
<td>1 tablespoon curry powder</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons minced fresh gingerroot</td>
<td></td>
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<tr>
<td>1 teaspoon minced garlic</td>
<td></td>
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<tr>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1/8 teaspoon cayenne pepper</td>
<td></td>
</tr>
<tr>
<td>1 cup chopped peeled mango</td>
<td></td>
</tr>
<tr>
<td>3/4 cup coconut milk</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons tomato paste</td>
<td></td>
</tr>
<tr>
<td>Hot cooked rice</td>
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</tbody>
</table>

#### Directions

In a large skillet, sauté onion and red pepper in oil for 2-4 minutes or until crisp-tender. Add the chicken, curry, ginger, garlic, salt and cayenne. Cook and stir for 5 minutes. Stir in the mango, coconut milk and tomato paste; bring to a boil. Reduce heat; cover and simmer for 10 minutes or until chicken is no longer pink. Serve with rice if desired.
# Rosemary Chicken with Blueberry Sauce

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/2 cup dried rosemary</td>
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<tr>
<td>1/2 cup dried basil</td>
<td></td>
</tr>
<tr>
<td>1/2 cup fresh-ground black pepper</td>
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<tr>
<td>1 cup olive oil</td>
<td></td>
</tr>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons adobo seasoning</td>
<td></td>
</tr>
<tr>
<td>1 cup pomegranate juice</td>
<td></td>
</tr>
<tr>
<td>1/2 cup blueberry preserves</td>
<td></td>
</tr>
<tr>
<td>1 cup fresh blueberries</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons honey</td>
<td></td>
</tr>
<tr>
<td>1/2 cup prepared yellow mustard</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons mustard seeds</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon butter</td>
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</table>

## Directions

Mix together the rosemary, basil, and pepper in a small bowl. Pour the olive oil into a shallow dish.

Pound the chicken breast to about 3/4-inch thickness. Rub each breast with adobo sauce. Sprinkle both sides of each breast with the rosemary mixture and lie them in the olive oil; allow to marinate about 30 minutes.

Meanwhile, prepare the sauce. Heat the pomegranate juice in a saucepan over medium heat. Once the juice is warm, stir in the blueberry preserves, blueberries, honey, mustard, and mustard seeds. Cook and stir until the sauce thickens, 10 to 15 minutes.

Melt the butter in a skillet over medium heat. Cook the chicken in the melted butter until no longer pink inside, 3 to 5 minutes per side. Serve with sauce on the side.
Ingredients

- 2 (9 inch) deep dish frozen pie crusts, thawed
- 1 (15 ounce) can mixed vegetables, drained
- 2 cups cooked, diced chicken breast
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/2 cup milk

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a bowl combine the mixed vegetables, chicken, cream of chicken soup and milk. Pour mixture into one of the pie crusts. Turn the other crust over and pop out of the tin onto the top of the filled pie. Seal the edges and poke holes in top crust.

Bake at 350 degrees F (175 degrees C) for 30 minutes or until crust is golden brown.
## Ingredients

- 2 (14 ounce) cans chicken broth
- 1 (14.75 ounce) can cream-style corn
- 1/2 cup shredded, cooked chicken meat
- 1/4 teaspoon ground white pepper
- Salt to taste
- 2 tablespoons cornstarch
- 1/2 cup water
- 1 tablespoon sesame oil
- 1 egg white

## Directions

In a medium stock pot combine broth, corn and chicken. Bring to a boil, reduce heat and add pepper and salt. Bring back to a boil.

In a separate bowl mix the corn starch with water. While the soup is boiling add this mixture, and stir constantly until well mixed.

Season with sesame oil by adding a few drops at a time. Reduce heat, and slowly add egg white while swirling the soup with a fork in order to break egg pieces apart.

Add chopped scallion to garnish, and serve hot.
Baked Spiced Chicken

Ingredients

- 1 tablespoon mild paprika
- 1 tablespoon dried parsley
- 2 teaspoons brown sugar
- 1 teaspoon dry mustard powder
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 (3 1/2) pound whole chicken, cut into pieces
- 2 tablespoons vegetable oil

Directions

- Preheat an oven to 400 degrees F (200 degrees C). Combine the paprika, parsley, sugar, mustard, salt, and pepper in a small bowl; set aside.

- Place the chicken pieces in a 9x13 inch baking dish, and coat with the vegetable oil; arrange skin-side up. Sprinkle evenly with the spice mixture.

- Bake the chicken in the preheated oven until no longer pink at the bone and the juices run clear, about 45 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).
Chicken Gruyere with Sauteed Mushrooms

**Ingredients**
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon chopped fresh parsley
- 1/2 teaspoon dried dill weed
- 1/4 cup butter, divided
- 4 boneless, skinless chicken breast halves
- 1 pound fresh mushrooms
- 1 onion, sliced into rings
- 1/2 cup white wine
- 8 ounces Gruyere cheese, shredded

**Directions**

Preheat the oven to 350 degrees F (175 degrees C). In a shallow dish, stir together the flour, salt, pepper, parsley, and dill. Rinse chicken breasts, and pat dry. Dredge chicken in the flour mixture.

In a large skillet, heat 2 tablespoons of the butter over medium-high heat. Place chicken into the hot buttered skillet, and fry until brown on both sides. Transfer chicken breasts to a 1 quart glass baking dish. Add remaining butter to skillet, and fry the mushrooms and onion until wilted and lightly browned. Stir in the white wine, and reduce heat to medium. Simmer for 3 minutes to blend flavors. Pour the mushroom mixture over the chicken in the dish.

Cover dish, and bake for 20 minutes in the preheated oven. After 20 minutes, remove cover, and sprinkle with shredded cheese. Continue baking for 10 more minutes, or until cheese is lightly browned and bubbly.
## Garlic Ginger Chicken Strips

### Ingredients

- 1/4 cup sherry, or chicken broth
- 1/4 cup reduced-sodium soy sauce
- 3 garlic cloves, minced
- 1 tablespoon honey
- 1 tablespoon minced fresh basil
- 1/2 teaspoon ground ginger
- 1/2 teaspoon Chinese five-spice powder
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon pepper
- 1 pound boneless, skinless chicken breasts, cut into 1-inch strips

### Directions

In a bowl, combine the first nine ingredients. Remove 3 tablespoons for basting; cover and refrigerate. Place chicken in a large resealable plastic bag; add the remaining marinade. Seal bag and turn to coat. Refrigerate for at least 4 hours.

Drain and discard marinade. Broil chicken 3-4 in. from the heat for 3 minutes; turn strips over. Baste with reserved marinade. Broil 4-5 minutes longer or until chicken juices run clear, turning occasionally.
<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>2 cups all-purpose flour</td>
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<tr>
<td>1/2 cup dry bread crumbs</td>
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<tr>
<td>1 tablespoon salt (optional)</td>
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<tr>
<td>2 tablespoons lemon pepper</td>
<td></td>
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<tr>
<td>2 tablespoons seasoned salt</td>
<td></td>
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<tr>
<td>2 tablespoons paprika</td>
<td></td>
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<tr>
<td>2 beaten eggs</td>
<td></td>
</tr>
<tr>
<td>2 cups milk</td>
<td></td>
</tr>
<tr>
<td>5 pounds chicken drumsticks and thigh pieces</td>
<td></td>
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<tr>
<td>1 1/2 cups vegetable oil for frying</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Directions</th>
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</thead>
<tbody>
<tr>
<td>Place the flour, bread crumbs, salt, lemon pepper, seasoned salt, and paprika into a large resealable plastic zipper bag, and stir the mixture to thoroughly combine.</td>
<td></td>
</tr>
<tr>
<td>Whisk the eggs and milk together in a large shallow bowl. Rinse off the chicken pieces, and place 2 or 3 pieces at a time into the plastic bag. Seal the bag, shake several times to thoroughly coat the chicken with seasoned flour mixture, and dip into the egg mixture. Place the chicken pieces back into the flour, shake to coat, and dip; repeat one more time, giving each chicken piece 2 dips in egg mixture and 3 coatings of seasoned flour.</td>
<td></td>
</tr>
<tr>
<td>Heat oil in a large skillet with deep sides until the oil shimmers; gently add the chicken in batches, either all drumsticks or all thighs. Cover the skillet, and fry until the juices run clear and the coating is beginning to brown, 10 to 15 minutes; uncover and cook the chicken until the coating is golden brown, another 5 to 10 minutes.</td>
<td></td>
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</tbody>
</table>
Chicken Livers Stroganoff

**Ingredients**

- 3 tablespoons olive oil
- 1 pound chicken livers, rinsed and trimmed
- 2 cups chopped onion
- 4 ounces sliced fresh mushrooms
- 1 tablespoon paprika
- 1/3 cup dry sherry
- 1 1/2 cups sour cream
- salt and pepper to taste
- 1 (12 ounce) package medium egg noodles

**Directions**

Bring a large pot of lightly salted water to a boil. Add noodles, and cook until tender, about 8 minutes. Drain, and set aside.

While the noodles are getting started, heat olive oil in a large heavy skillet. Add onions, and cook, stirring until tender, about 5 minutes. Add mushrooms, and continue cooking for a few minutes, until starting to brown. Add the chicken livers, and season with paprika, salt and pepper. Cook for 8 to 10 minutes, until livers are nicely browned on the outside, but still slightly pink in the center. Do not over cook - the livers will become tough and leathery.

Remove the skillet from the heat, and gradually whisk in the sherry, then the sour cream until well blended. Serve over hot egg noodles.
Ingredients

- 2 large skinless, boneless chicken breast halves
- 3 cups water
- 1 tablespoon chili powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon cayenne pepper
- 1 (7 ounce) can chopped green chilies, divided
- 1/2 cup diced onion
- 3 large cloves garlic, minced
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 cup water
- 1 cube chicken bouillon
- 1/2 cup sour cream
- salt and pepper to taste
- oil for frying
- 8 (8 inch) flour tortillas
- 8 ounces shredded Monterey Jack cheese

Directions

Place the chicken breasts into a large saucepan. Pour in the water, and season with chili powder, 1/2 teaspoon salt, cumin, 1/4 teaspoon black pepper, garlic powder, onion powder, and cayenne pepper. Bring to a simmer over high heat, then reduce heat to medium-low, and simmer 15 minutes. After 15 minutes, stir in 4 ounces of green chiles, onion, and garlic; continue simmering until the liquid has reduced to 1 cup. Reserve remaining 3 ounces of chopped green chilies. Remove the chicken, shred with two forks, and return to the onion mixture.

Meanwhile, melt the butter in a small saucepan over medium heat. Stir in the flour, and cook for 1 minute. Whisk in the water and bouillon cube until the water has thickened and the bouillon cube has dissolved, about 4 minutes. Whisk in reserved 3 ounces of green chilies and the sour cream; season to taste with salt and pepper. Keep warm.

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Place a tortilla onto your work surface, then spoon about 1/3 cup of the filling halfway between the bottom edge and the center of the tortilla. Flatten the filling into rectangle shape with the back of a spoon. Sprinkle some of the Monterey Jack cheese over the filling. Fold the bottom of the tortilla snugly over the filling, then fold in the left and right edges. Roll the chimichanga up to the top edge, forming a tight cylinder; secure the ends with wooden toothpicks. Repeat with the remaining ingredients.

Cook the chimichangas, 2 at a time, in the hot oil until they are crisp and golden brown on both sides, about 1 minute per side. Drain on a paper towel-lined plate, and remove toothpicks. Top with sour cream sauce to serve.
**South Of The Sea Chicken and Bananas**

### Ingredients
- 1/4 cup lemon juice
- 1 (14 ounce) can sweetened condensed milk
- 1/3 cup milk
- 1/2 cup flaked coconut
- 1/8 teaspoon ground cardamom
- 6 very firm bananas, halved lengthwise
- 3 cups cornflakes cereal
- 6 pounds skinless, boneless chicken breast halves
- 3/4 cup butter, melted
- 1 kiwi, peeled and sliced for garnish

### Directions

Preheat oven to 350 degrees F (175 degrees C).

In a food processor or blender blend the lemon juice, condensed milk, milk, coconut and cardamom until smooth. Pour into a large bowl. Put cornflakes in a shallow dish for rolling.

Dip bananas in milk mixture, roll in cornflakes and set aside. Dip chicken pieces in remaining milk mixture and roll in the remaining cornflakes. Place the bananas in one 9 x 13 inch dish. Place the chicken pieces in another 9 x 13 inch dish. Drizzle both the bananas and the chicken with 1/2 cup of the melted butter and bake in the preheated oven, uncovered, for 1 hour.

Remove both dishes from the oven and arrange the bananas over the chicken in one dish. Drizzle with the remaining butter and bake for 15 more minutes or until the chicken juices run clear. Garnish with kiwi and pineapple slices if desired, and serve.
Creamy Chicken Casserole

Ingredients

- 2 (6.8 ounce) packages chicken flavored rice
- 4 cups cubed cooked chicken
- 2 cups sour cream
- 2 cups chow mein noodles

Directions

Prepare rice mix according to package directions. Remove from the heat; stir in the chicken and sour cream. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with the chow mein noodles. Bake, uncovered, at 350 degrees F for 25-30 minutes or until heated through.
Cheesy Chicken Pot Pie

**Ingredients**
1 1/2 cups chicken stock
1 cup cooked, shredded chicken
3/4 cup green peas
1/3 cup diced celery
1/3 cup diced carrots
1 1/2 cups shredded Cheddar cheese
2 tablespoons cornstarch
1/4 cup milk
1 recipe pastry for a 9 inch double crust pie

**Directions**

In a medium saucepan combine the stock, chicken, peas, celery and carrots. Bring to a boil.

Mix cornstarch with milk and stir into stock mixture. Cook stirring constantly for 5 minutes. Remove from heat and let cool for 1 hour.

Preheat oven to 325 degrees F (175 degrees C).

Stir cheese into filling mixture and pour into a 9 inch pie crust. Top with second crust, seal edges and cut slits in top crust. Place on a cookie sheet and bake for 35 to 40 minutes or until top crust is golden brown.
### Ingredients

- 2 1/2 pounds skinless, boneless chicken breast halves
- 4 tablespoons vegetable oil, divided
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 1/2 quarts chicken broth
- 3 cups water
- 1 teaspoon crumbled dried oregano
- 2 teaspoons salt
- 4 tablespoons chili powder, or to taste
- 3 cups white hominy, rinsed and drained
- 10 tostada shells

### Directions

Heat 2 tablespoons canola oil in a deep skillet over medium-high heat. Add chicken breasts, and cook until no longer pink and juices run clear, about 20 minutes. Remove from skillet, drain, and cool. When completely cooled, shred chicken with a fork.

Heat remaining 2 tablespoons canola oil in the same skillet over medium-high heat. Cook and stir onion and garlic until soft and transparent, about 5 minutes. Return shredded chicken to the skillet. Stir in the chicken broth, water, oregano, salt, and chili powder. Reduce heat to low, cover, and cook about 90 minutes. Stir in the hominy and cook until tender, about 15 minutes more. Taste to adjust seasonings, adding more salt and chili powder, if desired. Serve in soup bowls with 1 tostada shell per serving. Garnish as desired.
## Ingredients

- 4 skinless, boneless chicken breast halves
- Salt and pepper to taste
- 1 teaspoon dried rosemary
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- 6 cloves garlic
- 1 (12 fluid ounce) can or bottle beer
- 2 sprigs fresh parsley, for garnish

## Directions

1. Salt and pepper the chicken breasts and broil them until golden brown.

2. Place the chicken in a slow cooker with the rosemary, sage, thyme, garlic and beer. Cook on high for 3 to 4 hours. Remove the chicken breasts, garnish with parsley and serve.
Slow Cooker Chicken and Sausage Chili

Ingredients

3 (14.5 ounce) cans stewed tomatoes, chopped
1/2 cup beer
1/4 teaspoon hot sauce
2 beef bouillon cubes
1 tablespoon brown sugar
1/2 teaspoon chili powder
1/2 teaspoon paprika
1/4 teaspoon dried oregano
1/4 teaspoon garlic powder
1/8 teaspoon cayenne pepper

1 teaspoon olive oil
1/2 red onion, chopped
1 pound ground chicken
3/4 pound bulk Italian sausage
2 (6 ounce) cans tomato paste
1 (15 ounce) can kidney beans, rinsed and drained

Directions

Combine the stewed tomatoes, beer, hot sauce, bouillon cubes, brown sugar, chili powder, paprika, oregano, garlic powder, and cayenne pepper in a slow cooker; cook on High for 1 hour.

Heat the olive oil in a skillet over medium heat; cook the red onion in the hot oil until tender. Stir in the ground chicken; cook and stir until completely browned. Transfer the mixture to the slow cooker and return the skillet to the heat. Fry the sausage in the reheated skillet until completely browned and crumbly; add to the slow cooker. Mix the tomato paste and kidney beans into the chili. Continue cooking on High another 2 hours. Switch the heat to Low and simmer 4 hours more.
Ingredients

- 2 (6 ounce) packages stuffing mix
- 4 cups cubed cooked chicken
- 2 (10.75 ounce) cans condensed cream of celery soup, undiluted
- 1 cup milk
- 2 celery ribs, chopped
- 1 teaspoon dried minced onion
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions

Prepare stuffing mix according to package directions; set aside.
Place the chicken in a greased 13-in. x 9-in. x 2-in. baking dish.
Combine the soup, milk, celery, onion, salt and pepper until blended; pour over chicken. Top with stuffing. Bake, uncovered, at 350 degrees F for 30-35 minutes or until bubbly.
## Peanut Sesame Chicken with Mushrooms

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 cups water</td>
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<tr>
<td>1 cup uncooked glutinous white rice</td>
<td>(sushi rice)</td>
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<tr>
<td>2 tablespoons vegetable oil</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons sesame oil</td>
<td></td>
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<tr>
<td>5 green onions, chopped</td>
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<tr>
<td>3 cloves garlic, minced</td>
<td></td>
</tr>
<tr>
<td>3 skinless, boneless chicken breast halves - cubed</td>
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</tr>
<tr>
<td>8 ounces fresh mushrooms, chopped</td>
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</tr>
<tr>
<td>1 tablespoon rice vinegar</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons soy sauce</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons toasted sesame seeds</td>
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<tr>
<td>1 tablespoon cornstarch</td>
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<tr>
<td>2 tablespoons cold water</td>
<td></td>
</tr>
<tr>
<td>3/4 cup chopped unsalted dry-roasted peanuts</td>
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</tr>
</tbody>
</table>

### Directions

In a medium saucepan, bring the 2 cups water and rice to a boil. Cover, reduce heat to low, and simmer 20 minutes.

Heat the vegetable oil and sesame oil in a large skillet over medium-high heat, and saute the green onions and garlic until tender. Mix in the chicken and mushrooms, and continue to cook and stir about 5 minutes. Mix in the rice vinegar, soy sauce, and sesame seeds. Reduce heat to medium-low, and simmer 20 minutes, stirring occasionally.

In a bowl, mix the cornstarch and 2 tablespoons cold water. Stir the cornstarch mixture and peanuts into the skillet and cook for a few minutes over high heat to thicken. Serve over the cooked rice.
Ingredients

1 (7.5 ounce) jar hoisin sauce
4 bone-in chicken breast halves
4 chicken thighs

Directions

Pour hoisin sauce into a resealable plastic bag, and add the chicken breasts and thighs. Squeeze out excess air, and seal the bag. Marinate in the refrigerator for at least 4 hours, or overnight.

Prepare the grill for indirect heat, and lightly oil the grate.

Remove chicken from marinade. Discard marinade. Grill chicken over indirect heat, skin side down, for 20 minutes. Turn; grill until chicken is no longer pink in the center, and juices run clear, about 10 additional minutes.
Spicy Chicken Curry Soup

Ingredients
- 1 tablespoon peanut oil
- 1 clove garlic, minced
- 1/2 carrot, peeled and diced
- 1 (14 ounce) can coconut milk
- 1 tablespoon green curry paste
- 2 skinless, boneless chicken breast halves - cubed
- 2 cups chicken stock
- 1 lime, juiced
- 1/4 cup chopped green onions

Directions
Heat the oil in a medium pot over medium heat. Stir in the garlic and carrot, and cook 5 minutes. Mix in 1/4 the coconut milk. Stirring constantly, bring to a boil. Mix in curry paste. Place the chicken in the pot, and toss to coat.

Reduce heat to low, and pour in the chicken stock. Cook until heated through. Stir in remaining coconut milk, lime juice, and green onions. Continue to cook and stir at least 10 minutes before serving.
Chicken in Mushroom Sauce

Ingredients

- 4 boneless, skinless chicken breast halves
- 1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
- 1 cup sour cream
- 4 bacon strips, cooked and crumbled

Directions

Place chicken in a slow cooker. Combine soup and sour cream; pour over chicken. Cover and cook on low for 4-5 hours or until chicken is tender. Sprinkle with bacon.
Ingredients

- 5 dried red chile peppers, chopped
- 1 teaspoon coriander seeds
- 2 teaspoons chili powder
- 1 teaspoon poppy seeds
- 1 teaspoon cumin seeds
- 2 cloves garlic, minced
- 1 teaspoon ground cardamom
- 1 teaspoon anise seeds
- 3 green chile peppers, chopped
- 1 1/2 tablespoons tamarind pulp, seeded
- 1 slice fresh ginger root
- 1 teaspoon dried cilantro
- 4 tablespoons olive oil
- 2 onions, chopped
- 3 1/2 pounds shredded chicken meat
- 1/2 cup fresh shredded coconut

Directions

To Make Ground Masala: In a small skillet saute the red chili peppers, coriander, chili powder, poppy seed, cumin, garlic, cardamom and anise. Let cool and transfer to a small bowl, then grind together with the green chile peppers, tamarind, ginger and cilantro to make a smooth paste. Set aside.

Heat oil in a large skillet over medium heat and saute onions until brown. Add ground masala paste and saute for about 7 to 10 minutes.

Add chicken pieces, reduce heat to low and simmer for 25 to 30 minutes or until chicken is cooked through and juices run clear. Bring all to a boil, boil for 1 minute, then remove from heat. Garnish with shredded coconut and serve.
**Potluck Chicken Casserole**

**Ingredients**
- 1/2 cup chopped fresh mushrooms
- 3 tablespoons finely chopped onion
- 2 garlic cloves, minced
- 4 tablespoons butter, divided
- 3 tablespoons all-purpose flour
- 1 1/4 cups milk
- 3/4 cup mayonnaise
- 4 cups cubed cooked chicken
- 3 cups cooked long-grain rice
- 1 cup chopped celery
- 1 cup frozen peas, thawed
- 1 (2 ounce) jar diced pimientos, drained
- 2 teaspoons lemon juice
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3/4 cup coarsely crushed cornflakes

**Directions**

In a saucepan over medium heat, sauté mushrooms, onion and garlic in 3 tablespoons butter until tender. Stir in flour until thoroughly combined. Gradually add milk; bring to a boil. Cook and stir for 2 minutes or until thickened and bubbly.

Remove from the heat; stir in mayonnaise until smooth. Add chicken, rice, celery, peas, pimientos, lemon juice, salt and pepper; mix well. Spoon into an ungreased 13-in. x 9-in. x 2-in. baking dish. Melt remaining butter; toss with cornflakes. Sprinkle over casserole. Bake, uncovered, at 350 degrees F for 30-35 minutes or until bubbly.
Grilled Chipotle Marinated Chicken

**Ingredients**

- 3 cloves garlic
- 3/4 cup chopped onion
- 6 tablespoons chopped canned chipotle chilies with some of the adobo sauce
- 3/4 cup apple cider vinegar
- 1/2 cup water
- 1/3 cup lime juice
- 4 teaspoons ground cumin
- 3 tablespoons paprika
- 1 tablespoon salt (optional)
- 1/2 teaspoon black pepper
- hot sauce to taste (optional)
- 2 cups Worcestershire sauce
- 2 (3 pound) whole chickens, cut into pieces

**Directions**

Place garlic, onion, chipotle peppers, and vinegar into a blender. Puree until smooth, then add water, lime juice, cumin, paprika, salt, black pepper, and hot sauce. Blend until incorporated, then add Worcestershire until mixed. Pour marinade over chicken in a large bowl, and toss to coat. Cover, and marinate in refrigerator 6 hours to overnight.

Preheat an outdoor grill for medium heat and lightly oil grate. Remove chicken from marinade, and shake off excess; discard remaining marinade.

Grill chicken until juices run clear, turning frequently, about 20 minutes.
Chicken Stock Gumbo

**Ingredients**
- 1 pound bacon
- 1 cup all-purpose flour
- 1/2 cup vegetable oil
- 8 stalks celery, chopped
- 1 red bell pepper, chopped
- 2 cloves garlic, chopped
- 1/2 cup chopped fresh parsley
- 1 onion, chopped
- 1 pound smoked sausage of your choice, sliced
- 2 quarts chicken stock
- 2 quarts water
- 1 (14.5 ounce) can peeled and diced tomatoes with juice
- 1 (10 ounce) package frozen okra, thawed and sliced
- 1/2 cup Worcestershire sauce
- 1 tablespoon hot pepper sauce, or to taste
- 2 bay leaves
- 1 pinch cayenne pepper, or to taste
- 1 cup uncooked white rice
- 1 teaspoon brown sugar
- 1 tablespoon lemon juice

**Directions**

Place six slices of the bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Set aside the cooked bacon and reserve 1/2 cup of the grease in the skillet. Whisk in the flour and vegetable oil until smooth. Stir in the celery, bell pepper, garlic, parsley and onion. Simmer for 15 minutes, stirring constantly.

Transfer the sauce to a large stockpot or Dutch oven. Add the sliced sausage and cook for 8 more minutes. Slice remaining raw bacon and crumble the cooked bacon; add to the pot. Stir in the chicken stock and water until well blended with the gravy mixture. Add the tomatoes and okra. Season with Worcestershire sauce, hot pepper sauce, bay leaves, and cayenne pepper. Simmer uncovered for 2 1/2 hours, stirring occasionally.

Add the rice and cook for an additional 30 minutes, until thick. Stir in the brown sugar and lemon juice. This tastes great served over more rice.
# Bourbon Chicken Dish

## Ingredients
- 4 skinless, boneless chicken breast halves
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of celery soup
- 2/3 cup shredded mozzarella cheese
- 1/2 cup melted butter
- 1 1/2 cups dry bread crumbs
- salt and pepper to taste
- 1/3 cup bourbon whiskey

## Directions
Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a 9x13 inch baking dish. In a large bowl combine the cream of chicken soup, cream of celery soup and cheese and mix together. Pour mixture over chicken, then pour melted butter over top. Sprinkle with bread crumbs and season with salt and pepper to taste. Pour bourbon over all.

Bake in the preheated oven for 1 hour, or until browned and bubbly.
Heather's Best Ever Baked Chicken

**Ingredients**
- 6 bone-in chicken breast halves, with skin
- 1/2 cup ranch-style salad dressing
- 1 cup bread crumbs
- 1/2 cup grated Parmesan cheese
- 1 teaspoon cracked black pepper
- 1 teaspoon sage
- 1/2 teaspoon salt

**Directions**
- Marinate the chicken in the ranch dressing overnight (or for at least 4 hours).
- Preheat the oven to 450 degrees F (230 degrees C).
- Combine the bread crumbs, Parmesan cheese, black pepper, sage and salt and mix well. Coat the marinated breasts in the breading mixture and place in a 9x13 inch baking dish. Bake in the preheated oven for 20 minutes, then REDUCE HEAT to 350 degrees F (175 degrees C) and bake for 30 minutes or until done and juices run clear.
Thai Style BBQ Chicken

**Ingredients**

- 3 cloves garlic, minced
- 2 tablespoons minced fresh ginger root
- 1 lime, zested and juiced
- 1/4 teaspoon crushed red pepper flakes
- 1/2 cup water
- 1/4 cup soy sauce
- 1/4 cup Worcestershire sauce
- 1 tablespoon white sugar
- 6 skinless, boneless chicken breast halves

**Directions**

In a medium nonporous bowl, combine the garlic, ginger, lime zest, lime juice, crushed red pepper flakes, water, soy sauce, Worcestershire sauce and sugar. Mix well and place the chicken in the sauce, turning several times to coat. Cover and marinate in the refrigerator for 4 to 24 hours.

Preheat an outdoor grill for high heat and lightly oil grate.

Grill chicken over high heat for 6 to 8 minutes per side, or until internal temperature reaches 180 degrees F (80 degrees C). Discard any remaining marinade.
Lime Chicken with Cilantro Cream Sauce and Roasted Zucchini

**Ingredients**

- 1/4 cup lime juice
- 1/8 teaspoon garlic powder
- 1/8 teaspoon ground cumin
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 skinless, boneless chicken breast halves
- 1 (8 ounce) package linguine
- 2 tablespoons olive oil
- 1/4 cup grated Parmesan cheese
- 8 cherry tomatoes, quartered
- 1 tablespoon olive oil
- 1 large zucchini, quartered lengthwise
- 1 tablespoon olive oil
- 3 tablespoons butter
- 1/2 cup chopped fresh cilantro
- 3 cloves garlic, minced
- 1/4 cup white wine
- 1/4 cup chicken broth
- 2 tablespoons lime juice
- 1/2 cup heavy cream
- 1 bunch green onions, thinly sliced

**Directions**

Whisk together 1/4 cup lime juice, garlic powder, cumin, salt, and pepper in a large bowl; add the chicken breasts. Cover and refrigerate 1 to 2 hours, turning the chicken occasionally.

Preheat an oven to 425 degrees F (220 degrees C).

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well in a colander set in the sink. Transfer linguine to a large mixing bowl; add 2 tablespoons olive oil, the Parmesan cheese, and the quartered cherry tomatoes; toss until the pasta is evenly coated in oil.

Heat 1 tablespoon olive oil in a skillet over medium heat. Cook the chicken breasts, turning once, until no longer pink in the center and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Meanwhile, lie the zucchini on a baking sheet. Coat the zucchini with 1 tablespoon olive oil with a pastry brush. Place zucchini on middle rack in the oven, and bake, turning every 5 minutes, until nicely browned, 15 to 20 minutes.

Melt the butter in a saucepan over medium heat. Add the cilantro and garlic, cook and stir 1 minute. Pour in the wine, chicken broth, and 2 tablespoons lime juice, and return to a simmer. Transfer the mixture to a blender and blend until smooth. Return the mixture to the sauce pan and stir in the cream and green onions; bring to a boil and remove from heat.

Lie the zucchini pieces side by side on a serving platter; lie the chicken breasts on the zucchini; pour the cilantro cream sauce over the chicken. Serve with the pasta on the side.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>(10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular, 98% Fat Free or Healthy Request®)</td>
</tr>
<tr>
<td>1</td>
<td>cup milk</td>
</tr>
<tr>
<td>1</td>
<td>(8 ounce) can whole kernel corn, drained</td>
</tr>
<tr>
<td>1</td>
<td>(4 ounce) can chopped green chiles, drained</td>
</tr>
<tr>
<td>2</td>
<td>cups cubed, cooked chicken</td>
</tr>
<tr>
<td>4</td>
<td>cups Pepperidge Farm® Cornbread Stuffing</td>
</tr>
<tr>
<td>1</td>
<td>cup shredded Cheddar cheese or Monterey Jack cheese</td>
</tr>
<tr>
<td>Pace® Chunky Salsa</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

Stir the soup, milk, corn, chiles and chicken in a large bowl. Add the stuffing and mix lightly. Spoon the chicken mixture into a 2-quart shallow baking dish.

Bake at 350 degrees F for 25 minutes or until the chicken mixture is hot and bubbling. Stir the chicken mixture. Sprinkle with the cheese.

Bake for 5 minutes or until the cheese is melted. Serve with the salsa.
Kobete Chicken

Directions

To Make Dough: Combine flour, 1/2 teaspoon salt and 1 cup water. Mix together. Dough should be as soft as an ear lobe. Divide the dough into two pieces, cover with a wet cloth and set aside.

Fill a large pot with water. Add 1 teaspoon salt and a whole peeled onion. Bring water to a boil and boil whole chicken in water until it is tender. Remove chicken from pot, remove bones and cut chicken meat into small pieces.

Preheat oven to 350 degrees F (175 degrees C).

Melt 2 tablespoons butter/margarine in pot over medium heat. Add rice, turn heat to high and cook rice, stirring, for about 2 minutes. Add 1/2 teaspoon salt and 6 cups water. Cover pot. Bring water to a boil, then remove cover, reduce heat to low and simmer about 10 minutes, until the rice absorbs all of the water.

Roll 2 reserved dough pieces out into 2 separate rounds/circles to fit a 10 inch pie dish. Lay one round of dough in the lightly greased pie dish. Spoon in the rice mixture and season with fresh ground black pepper. Spread the chicken pieces on top of the rice and cover with the second dough round. Pinch the sides closed, trimming off any excess dough. Brush top with egg and bake in the preheated oven for about 30 minutes. Kobete is ready when the top is a nice yellowish brown.

Ingredients

3 cups all-purpose flour
1/2 teaspoon salt
1 cup warm water
1 (2 to 3 pound) whole chicken
water to cover
1 teaspoon salt
1 onion, peeled
2 tablespoons butter
3 cups uncooked white rice
1/2 teaspoon salt
6 cups water
freshly ground black pepper
1 egg, beaten
1 (10 inch) unbaked pie crust
Chicken Pesto Paninis

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 focaccia bread, quartered</td>
<td>Preheat a panini grill.</td>
</tr>
<tr>
<td>1/2 cup prepared basil pesto</td>
<td></td>
</tr>
<tr>
<td>1 cup diced cooked chicken</td>
<td>Slice each quarter of focaccia</td>
</tr>
<tr>
<td>1/2 cup diced green bell pepper</td>
<td>bread in half horizontally.</td>
</tr>
<tr>
<td>1/4 cup diced red onion</td>
<td>Spread each half with pesto.</td>
</tr>
<tr>
<td>1 cup shredded Monterey Jack cheese</td>
<td>Layer bottom halves with equal amounts Chicken, bell pepper, onion, and cheese. Top with remaining focaccia halves, forming 4 sandwiches.</td>
</tr>
<tr>
<td></td>
<td>Grill paninis 5 minutes in the preheated grill, or until focaccia bread is golden brown and cheese is melted.</td>
</tr>
</tbody>
</table>
Broccoli Cheese Chicken and Stuffing

Ingredients

- 4 1/2 cups Pepperidge Farm® Herb Seasoned Stuffing
- 2 tablespoons butter, melted
- 3/4 cup water
- 1 (10 ounce) package frozen chopped broccoli, thawed
- 6 skinless, boneless chicken breast halves
- Paprika
- 1 (10.75 ounce) can Campbell's® Condensed Broccoli Cheese Soup (Regular or 98% Fat Free)
- 1/3 cup milk

Directions

Crush 1/2 cup stuffing and mix with 1 tbsp butter in small bowl. Set aside.

Mix water, remaining butter and broccoli in large bowl. Add remaining stuffing and mix lightly. Spoon into 3-qt. shallow baking dish. Arrange chicken over stuffing. Sprinkle with paprika.

Stir soup and milk in small bowl. Pour over chicken. Sprinkle crushed stuffing mixture over soup mixture.

Bake at 400 degrees F for 40 minutes or until chicken is cooked through.
**Booyah Chicken**

### Ingredients

- 1 (4 pound) whole chicken, cut into pieces
- 2 1/2 pounds cubed beef stew meat
- 1 1/2 pounds pork shoulder roast
- 7 cups water
- 3 cups chicken broth
- 3 cloves garlic, whole
- 2 bay leaves
- water to cover
- 1 tablespoon vegetable oil
- 2 cups diced onion
- 2 cups diced carrots
- 2 stalks celery, diced
- 1 clove garlic, minced
- 6 potatoes, unpeeled and diced
- 1 1/2 cups fresh green beans, cut into 1 inch pieces
- 1 (14.5 ounce) can whole peeled tomatoes, drained
- 1 1/2 teaspoons salt
- 1 teaspoon dried rosemary
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon dried thyme
- 1/2 cup frozen green peas
- 1 1/2 teaspoons grated lemon zest
- 1/2 teaspoon crushed red pepper
- 1/2 cup chopped fresh parsley, for garnish

### Directions

Combine the chicken, beef, pork, water and broth in a large pot and bring to a boil. Add whole cloves of garlic and bay leaves, then reduce heat to low, cover and simmer for 2 hours.

Remove chicken, beef and pork. Strip meats from bones and cut into bite size pieces. Strain stock in pot and add water to yield 8 cups of stock. Return meats to broth.

Heat oil in a medium skillet and saute the onion, carrot, celery and minced garlic for about 5 minutes. Add saute mixture to pot along with the potatoes, beans, tomatoes, salt, rosemary, pepper and thyme. Bring to a boil, reduce heat to low and simmer uncovered for about 10 minutes. Stir in the peas, lemon zest and red pepper. Heat through and serve garnished with parsley.
Quick and Easy Chicken

Ingredients
2 tablespoons olive oil
1 onion, chopped
4 skinless, boneless chicken breast halves
3 tablespoons ketchup
2 tablespoons soy sauce
3 tablespoons white sugar
2 tablespoons lemon juice
1 teaspoon ground black pepper

Directions
Saute onion in oil until translucent.

Add chicken, and brown lightly.

Combine ketchup, soy sauce, sugar, lemon juice, and pepper; mix well. Pour over chicken, and bring to a boil. Cover, reduce heat, and simmer for 25 to 35 minutes.
Quick and Easy Chicken Noodle Soup

**Ingredients**

- 1 tablespoon butter
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 4 (14.5 ounce) cans chicken broth
- 1 (14.5 ounce) can vegetable broth
- 1/2 pound chopped cooked chicken breast
- 1 1/2 cups egg noodles
- 1 cup sliced carrots
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- Salt and pepper to taste

**Directions**

In a large pot over medium heat, melt butter. Cook onion and celery in butter until just tender, 5 minutes. Pour in chicken and vegetable broths and stir in chicken, noodles, carrots, basil, oregano, salt and pepper. Bring to a boil, then reduce heat and simmer 20 minutes before serving.
Quick Chicken Mole

**Ingredients**

- 2 tablespoons butter
- 1 onion, chopped
- 1 clove garlic, minced
- 1 bay leaf
- 6 black peppercorns
- 1/2 teaspoon ground cloves
- 1 cup tomato sauce
- 1 cup chicken broth
- 1/4 teaspoon anise seed
- 1/2 teaspoon ground cinnamon
- 1 teaspoon white sugar
- 3 tablespoons dried red chile pepper
- 2 tablespoons sesame seeds
- 1/2 cup slivered almonds
- 1 slice white bread, torn into pieces
- 1 1/2 ounces Mexican chocolate, grated
- 1 (4 pound) whole chicken, cut into pieces

**Directions**

Place butter, onion and garlic in a 3 quart microwave safe casserole dish. Cover and microwave on low for 2 to 3 minutes, or until butter is melted and onion is starting to soften.

Mix in the bay leaf, peppercorns, cloves, tomato sauce, chicken broth, anise seeds, cinnamon, sugar, red pepper flakes, sesame seeds, almonds and bread. Cover and microwave on high for 10 minutes, stirring after 5 minutes.

Stir in chocolate until it is melted, then add chicken pieces, coating each piece with mole sauce. Cover and microwave on high for about 30 minutes, or until chicken is cooked through and juices run clear (meat will be starting to fall away from the bone). Note: While cooking chicken, rearrange pieces after 10 and 20 minutes to ensure even cooking.
Potato-Crust Chicken Quiche

**Ingredients**

- 4 cups frozen shredded hash brown potatoes, thawed
- 3 tablespoons butter or margarine, melted
- 1 cup shredded Pepper Jack cheese
- 1 cup diced cooked chicken
- 4 eggs
- 1 cup half-and-half cream or milk
- 1/2 teaspoon salt

**Directions**

Pat hash browns with paper towels to remove excess moisture. Press into a well-greased 9-in. pie plate; brush with butter. Bake at 425 degrees F for 20-25 minutes or until lightly browned. Reduce heat to 350 degrees F.

Sprinkle cheese and chicken into the crust. In a bowl, beat the eggs, cream and salt; pour over chicken. Bake for 20-25 minutes or until a knife inserted near the center comes out clean. Let stand for 5 minutes before cutting.
## Chicken In a Tarragon Sauce

### Ingredients

- 1 (3 pound) whole chicken, cut into parts
- 1 cup all-purpose flour
- salt to taste
- ground black pepper to taste
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 3 cloves crushed garlic
- 1 tablespoon chopped fresh tarragon
- 1 3/4 cups dry white wine
- 1 tablespoon cornstarch
- 1/4 cup water
- 1 tablespoon sour cream

### Directions

Coat the chicken pieces in flour.

Heat the oil in a large sauté pan. Brown chicken on all sides in the oil, and remove from pan.

To the oil remaining in the pan, add the onion. Fry lightly for 2 minutes, then add the garlic. Deglaze pan by stirring in the wine, which should lift off the residue of the flour from the bottom of the pan. Add the tarragon, and salt and pepper to taste. Return the chicken to the pan. Cook over low heat for about 45 minutes, or until the chicken is well done.

When ready to serve, thicken the sauce with a cornstarch and water mixture; often this is not necessary as the initial flour coating thickens it naturally. Stir in the sour cream.
Ingredients

2 tablespoons vegetable oil
2 skinless, boneless chicken breast halves - cut into cubes
1/2 cup sour cream
1/2 cup half-and-half cream
3 teaspoons ground cumin
1/2 teaspoon ground nutmeg
1/2 teaspoon ground allspice
1 teaspoon ground white pepper
1 (14.5 ounce) can stewed tomatoes

Directions

In a large skillet over medium heat, warm oil and cook chicken for 5 to 10 minutes or until no longer pink.

Turn heat to low. Add sour cream, half and half, cumin, nutmeg, allspice, and ground white pepper to skillet; simmer for about 5 minutes or until sauce is smooth. Do not allow mixture to boil.

Stir stewed tomatoes into the mixture and simmer over low heat for 10 minutes; serve.
Stir-Fried Sweet and Sour Chicken

Ingredients

- 1 (8 ounce) can pineapple chunks, drained
- 2 green bell pepper, cut into 1 inch pieces
- 1/4 cup cornstarch
- 1 3/4 cups water
- 3/4 cup SPLENDA® No Calorie Sweetener, Granulated
- 1/2 cup distilled white vinegar
- 2 drops orange food color
- 8 skinless, boneless chicken breast halves - cut into 1 inch cubes
- 2 1/4 cups self-rising flour
- 2 tablespoons vegetable oil
- 2 tablespoons cornstarch
- 1/2 teaspoon salt
- 1/4 teaspoon ground white pepper
- 1 egg
- 2 cups water
- 1 quart vegetable oil for frying

Directions

In a saucepan, combine 1 1/2 cups water, SPLENDA® Granulated Sweetener, vinegar, reserved pineapple syrup, and orange food coloring. Heat to boiling. Turn off heat. Combine 1/4 cup cornstarch and 1/4 cup water; slowly stir into saucepan. Continue stirring until mixture thickens.

Combine flour, 2 tablespoons oil, 2 tablespoons cornstarch, salt, white pepper, and egg. Add 1 1/2 cups water gradually to make a thick batter. Stir to blend thoroughly. Add chicken pieces, and stir until chicken is well coated.

Heat oil in skillet or wok to 360 degrees F (180 degrees C). Fry chicken pieces in hot oil until golden. Remove chicken, and drain on paper towels.

When ready to serve, layer green peppers, pineapple chunks, and cooked chicken pieces on a platter. Pour hot sweet and sour sauce over top.
# Chicken Nut Puffs

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 1/2 cups finely chopped, cooked chicken meat</td>
<td></td>
</tr>
<tr>
<td>1/3 cup toasted and chopped almonds</td>
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</tr>
<tr>
<td>1 cup chicken broth</td>
<td></td>
</tr>
<tr>
<td>1/2 cup vegetable oil</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons Worcestershire sauce</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon dried parsley</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon seasoning salt</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon celery seed</td>
<td></td>
</tr>
<tr>
<td>1/8 teaspoon cayenne pepper</td>
<td></td>
</tr>
<tr>
<td>1 cup all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>4 eggs</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Combine chicken and almonds and set aside. Preheat oven to 450 degrees F (230 degrees C).

In a large saucepan, combine the chicken broth, vegetable oil, Worcestershire sauce, parsley, seasoned salt, celery seed and cayenne pepper. Bring to a boil. Add flour all at once; stir mixture until a smooth ball forms. Remove from heat and let stand for 5 minutes.

Add eggs, one at a time, beating well after each. Beat until smooth. Stir in chicken and almonds. Drop by heaping teaspoonfuls onto greased baking sheets. Bake in preheated oven for 12 to 14 minutes or until golden brown. Serve warm.
Fast and Easy Ricotta Cheese Pizza with Mushrooms, Broccoli, and Chicken

**Ingredients**

- 1 tablespoon butter
- 1 skinless, boneless chicken breast, cut into bite-sized chunks
- 1 (8 ounce) container ricotta cheese
- 1 tablespoon butter
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- salt and ground black pepper to taste
- 1 (12 inch) pre-baked pizza crust
- 2 cups shredded mozzarella cheese
- 1/2 cup chopped fresh broccoli
- 1 (3 ounce) can sliced mushrooms, drained

**Directions**

Preheat an oven to 325 degrees F (165 degrees C).

Melt 1 tablespoon butter in a skillet over medium heat. Cook the chicken in the butter until no longer pink and the juices run clear, 7 to 10 minutes; remove from heat and set aside.

Combine the ricotta cheese, 1 tablespoon butter, garlic powder, oregano, salt, and pepper in a microwave-safe bowl. Heat in microwave for 1 minute; stir to combine. Spread the mixture over the pizza crust. Scatter the mozzarella cheese evenly over the pizza. Arrange the cooked chicken, broccoli, and mushrooms evenly on top of the pizza.

Bake in the preheated oven until the cheese is melted, about 20 minutes.
**Ingredients**

4 bone-in chicken breast halves, with skin
1 medium onion, chopped
2 tablespoons all-purpose flour
1 cup chicken broth
1 tablespoon tomato paste
1 clove garlic, minced
1 tablespoon paprika
1/2 teaspoon salt
1/2 teaspoon dried thyme
1 dash hot pepper sauce
1 cup sour cream

**Directions**

Place chicken in a pressure cooker; top with onion. In a small bowl, combine flour and broth until smooth. Whisk in the tomato paste, garlic, paprika, salt, thyme and hot pepper sauce. Pour over the chicken.

Close cover securely; place pressure regulator on vent pipe. Bring cooker to low pressure over high heat. Reduce heat to medium-high; cook for 12 minutes. (Pressure regulator should maintain a slow steady rocking motion or release of steam; adjust heat if needed.)

Remove from the heat. Immediately cool according to manufacturer's directions until pressure is completely reduced. Remove chicken and keep warm. Stir sour cream into cooking juices; serve over chicken.
Ingredients

6 skinless, boneless chicken breast halves
1 teaspoon lemon pepper
1 pinch garlic powder
1 teaspoon onion powder

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a lightly greased 9x13 inch baking dish. Season with lemon pepper, garlic powder and onion powder to taste. Bake in preheated oven for 15 minutes.

Turn over chicken pieces and add more seasoning to taste. Bake for an additional 15 minutes, or until chicken is cooked through and juices run clear.
### Ingredients

- 3 pounds skinless, boneless chicken breast halves - cut into 1 inch cubes
- 1 cup fresh onion juice
- 4 tablespoons olive oil
- 1/4 cup lime juice
- 1/2 teaspoon powdered saffron
- 1 tablespoon salt
- 1/2 cup butter, melted
- Freshly ground black pepper

### Directions

In a large bowl combine fresh onion juice, olive oil, lime juice, saffron, salt and pepper. Mix in the cubes of chicken. Cover, and store in the refrigerator overnight.

The next day, slide the cubes of chicken onto skewers for grilling. Brush each side with melted butter.

Cook on the grill over medium heat until the chicken turns golden brown.
### Ingredients
- 1 (4 pound) chicken, cut into pieces
- 1 teaspoon garlic salt
- 1/4 cup brown sugar

### Directions
Preheat oven to 375 degrees F (190 degrees C).

Arrange chicken skin side up in a lightly greased 9x13 inch baking dish. Season with garlic salt to taste. Then sprinkle with brown sugar and bake in the preheated oven for 1 hour. If chicken appears to be browning too much and getting dry, cover with foil for the last 15 to 20 minutes of baking.
Kale, Swiss Chard, Chicken, and Feta Salad

**Ingredients**

- 1/2 cup cider vinegar
- 2 teaspoons honey
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon dried oregano (optional)
- 1/2 cup olive oil
- 1 bunch kale, torn into bite-sized pieces
- 1 bunch Swiss chard, torn into bite-sized pieces
- 1 pound grilled skinless, boneless chicken breast, sliced
- 1 (6 ounce) container crumbled feta cheese, or more to taste
- 1/3 cup raisins
- 1/3 cup chopped, toasted walnuts

**Directions**

Whisk the vinegar, honey, salt, pepper, and oregano in a bowl until the honey has dissolved. Whisk in the olive oil until evenly blended. Place the kale, Swiss chard, chicken, feta cheese, raisins, and walnuts into a bowl. Toss with the dressing to serve.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 skinless, boneless chicken breast halves</td>
<td>Preheat an oven to 350 degrees F (175 degrees C).</td>
</tr>
<tr>
<td>5 ounces sliced fresh mushrooms</td>
<td>Place chicken in a large baking dish. Scatter mushrooms around and sprinkle with Swiss cheese.</td>
</tr>
<tr>
<td>2 cups shredded Swiss cheese</td>
<td>In a small bowl, combine cream of mushroom soup, sour cream, and chicken broth. Pour sauce mixture over chicken.</td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of mushroom soup</td>
<td>Bake the chicken breasts in the preheated oven until no longer pink in the center and the juices run clear, about 50 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Remove from the oven and sprinkle with Parmesan cheese and return to oven. Bake for an additional 5 minutes.</td>
</tr>
<tr>
<td>1/4 cup sour cream</td>
<td></td>
</tr>
<tr>
<td>1/4 cup chicken broth</td>
<td></td>
</tr>
<tr>
<td>1/4 cup Parmesan cheese</td>
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</tbody>
</table>
Creamy Chicken Broccoli Noodles

Ingredients

- 2 (3 ounce) packages chicken flavor ramen noodle soup
- 1 (10.75 ounce) can Campbell’s® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
- 1/2 (10.75 ounce) can milk
- 1 1/2 cups cooked broccoli florets
- 1 1/2 cups cubed cooked chicken
- 6 cherry tomatoes, cut into quarters

Directions

Cook noodles in saucepan according to package directions. Stir in seasoning packets. Drain off most of liquid.

Add mushroom soup, milk, broccoli and chicken. Heat through. Stir in tomatoes.
Ingredients

- 1/4 cup Italian salad dressing
- 6 skinless, boneless chicken breasts
- 1 (10.75 ounce) can Campbell's® Condensed Cheddar Cheese Soup
- 1/2 cup Pace® Thick & Chunky Salsa
- 12 (8 inch) flour tortillas, warmed
- 4 green onions, thinly sliced
- 1 small avocado, peeled, seeded and sliced (optional)

Directions

Pour dressing into shallow nonmetallic dish. Add chicken and turn to coat. Cover and refrigerate 30 minutes, turning occasionally. Remove chicken from marinade. Discard marinade.

Grill or broil chicken 15 minutes or until done, turning once.

Mix soup and salsa in saucepan. Heat through.

Slice chicken into thin strips and place down center of each tortilla. Top with onions, avocado and soup mixture. Fold tortilla around filling.
Ingredients

1 (2 to 3 pound) whole chicken, cut into pieces
1/2 cup melted butter, divided
1 tablespoon paprika
1 teaspoon salt
1 1/2 teaspoons dry mustard
1/2 teaspoon chili powder
1 pinch cayenne pepper
1/4 cup water

Directions

Preheat oven to 350 degrees F (175 degrees C).

Dip chicken pieces into 1/4 cup melted butter and place in a 9x13 inch baking dish.

Bake at 350 degrees F (175 degrees C) for 30 minutes.

In a medium bowl combine remaining 1/4 cup melted butter with paprika, salt, mustard, chili powder, cayenne pepper water; mix together and pour mixture over chicken.

Bake at 350 degrees F (175 degrees C) for another 30 minutes.
Chicken Avocado Salad

**Ingredients**

3 avocados - peeled, pitted and diced
1 pound grilled skinless, boneless chicken breast, diced
1/2 cup finely chopped red onion
1/2 cup chopped fresh cilantro
1/4 cup balsamic vinaigrette salad dressing

**Directions**

In a medium bowl, combine the avocados, chicken, onion and cilantro. Pour the balsamic vinaigrette over everything, and toss lightly to coat.
Janet's Chicken Casserole

Ingredients

- 1/4 cup butter, melted
- 16 ounces herb-seasoned dry bread stuffing mix
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 cup mayonnaise
- 1 1/2 cups sour cream
- 1 (15 ounce) can peas, drained
- 1 (16 ounce) can sliced carrots, drained
- 1 pound fresh mushrooms, sliced
- 1 1/2 cups chicken broth
- 8 skinless, boneless chicken breast halves - cooked
- 1 (2.25 ounce) package blanched slivered almonds

Directions

In a medium bowl combine the melted butter or margarine and dry stuffing mix. Mix well and set aside. In a large bowl mix together the cream of chicken soup, cream of mushroom soup, mayonnaise and sour cream. Set aside.

Preheat oven to 350 degrees F (175 degrees C).

To Layer Casserole: Spread peas, carrots and 1/2 of the mushrooms in the bottom of a lightly greased 9x13 inch baking dish. Sprinkle 1/2 of the stuffing over the vegetable layer and press lightly with hand to compress. Ladle the chicken broth over the stuffing evenly. Next spread 1/2 of the soup mixture evenly over the stuffing. Add the chicken and spread to cover completely. Spread remaining mushrooms over chicken. Pour remaining soup mixture over all and top with remaining stuffing and slivered almonds.

Cover dish with aluminum foil and bake in the preheated oven for 1 hour. Remove foil and bake for another 15 minutes. Remove dish from oven, cover once more with foil and let stand about 20 minutes before cutting into individual pieces and serving. Keep covered in refrigerator.
Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large baking dish.

In a medium saucepan over medium heat, melt the butter and saute the green onion until tender (about 3 to 4 minutes). Add the garlic powder, then stir in the green chiles, cream of mushroom soup and sour cream. Mix well. Reserve 3/4 of this sauce and set aside. To the remaining 1/4 of the sauce in the saucepan, add the chicken and 1/2 cup of shredded Cheddar cheese. Stir together.

Fill each flour tortilla with the chicken mixture and roll up. Place seam side down in the prepared baking dish.

In a small bowl combine the reserved 3/4 of the sauce with the milk. Spoon this mixture over the rolled tortillas and top with the remaining 1/2 cup of shredded Cheddar cheese. Bake in the preheated oven for 30 to 35 minutes, or until cheese is bubbly.
### Ingredients

- 2 cups all-purpose flour
- 1 teaspoon salt
- 3/4 cup lard
- 6 tablespoons cold water
- 1/2 cup butter
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- Black pepper to taste
- 2 tablespoons finely chopped onion
- 3 cups chicken broth
- 1 1/2 cups sliced mushrooms
- 3 tablespoons butter
- 3 cups cooked chicken, chopped
- 2 carrots, finely chopped
- 2 stalks celery, finely chopped
- 2 potatoes, peeled and cubed

### Directions

In a large bowl, combine 2 cups flour and 1 teaspoon salt. Cut in lard until mixture resembles coarse crumbs. Stir in water until mixture forms a ball. Divide dough in half and shape into balls. Wrap in plastic and refrigerate for 4 hours or overnight. Roll one ball out to fit a 9 inch pie plate. Place bottom crust in pie plate. Roll out top crust and set aside.

Preheat oven to 400 degrees F (200 degrees C.)

In a large saucepan, melt 1/2 cup butter. Blend in flour, salt, pepper and onion. Gradually stir in chicken broth. Cook, stirring constantly until smooth and thickened. In a separate pan, saute mushrooms in 3 tablespoons of butter, then stir into saucepan. Stir in chicken, carrot, celery and potatoes. Mix well and pour into bottom pie crust. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.

Bake in the preheated oven for 30 minutes, or until pastry is golden brown, and filling is bubbly.
## Ingredients

- 4 skinless, boneless chicken breast halves
- 3 tablespoons vegetable oil
- 1/3 cup white wine
- 1/2 cup all-purpose flour for coating
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 quart fresh orange juice
- 4 cups heavy cream

## Directions

Poke each breast with a fork a few times. Season with salt and pepper. Dredge in flour.

In a large sauté pan, brown meat on both sides in oil. Drain off excess oil. Splash with white wine, and let reduce. Add orange juice to cover the bottom of the pan. Bring to a boil, turning the breasts often. When at a boil, add whipping cream, just to cover. Turn heat down to a simmer. Reduce the liquid by half.

Place each breast on a bed of rice or toast tips, if desired; garnish with mint leaf and orange slice.
Asian Chicken Noodle Salad

**Ingredients**

- 1 (3 ounce) package ramen noodle pasta, crushed
- 2 tablespoons butter, melted
- 1/2 cup sunflower seeds
- 1/2 cup pine nuts
- 3 cups shredded bok choy
- 5 green onions, thinly sliced
- 1 cup diced, cooked chicken breast meat
- 1 (5 ounce) can water chestnuts, drained
- 12 pods snow peas
- 1/2 cup vegetable oil
- 1/4 cup rice wine vinegar
- 1 tablespoon soy sauce
- 1/4 cup white sugar
- 1 tablespoon lemon juice

**Directions**

Preheat oven to 350 degrees F (175 degrees C). In a large bowl, mix the noodles, sunflower seeds, and pine nuts with melted butter until evenly coated. Spread the mixture in a thin layer on a baking sheet.

Bake 7 to 10 minutes in the preheated oven, stirring occasionally, until evenly toasted. Remove from heat, and cool slightly.

In a large bowl toss together the noodle mixture, bok choy, green onions, chicken, water chestnuts, and snow peas.

Prepare the dressing by blending the oil, vinegar, soy sauce, sugar, and lemon juice. Pour over salad, and toss to evenly coat. Serve immediately, or refrigerate until chilled.
# Tangy Rosemary Chicken

## Ingredients
- 2 pounds bone-in chicken breast halves
- 1 large onion, sliced
- 2/3 cup ketchup
- 1/3 cup vinegar
- 1/4 cup butter
- 1 clove garlic, minced
- 1 teaspoon dried rosemary
- 1 teaspoon salt, or to taste
- 1/2 teaspoon dry mustard

## Directions
1. Preheat oven to 375 degrees F (190 degrees C).
2. Place chicken breasts in a 9x13 inch baking dish. Put several slices of onion on top.
3. In a medium saucepan over medium heat, stir in ketchup, vinegar, butter, garlic, rosemary, salt, and mustard. Bring to a boil, then pour sauce over chicken.
4. Bake in a preheated oven for 30 minutes. Turn chicken breasts over, and continue baking until done, about 20 to 30 minutes.
Amber's Sesame Chicken

**Ingredients**

- 1 cup all-purpose flour
- 1/2 cup toasted sesame seeds, divided
- 1 teaspoon black pepper
- 1 teaspoon Chinese five-spice powder
- 1 teaspoon crushed red pepper flakes (optional)
- 5 (6 ounce) skinless, boneless chicken breast halves - cut into chunks
- 5 tablespoons vegetable oil
- 1/2 yellow onion, cut into wedges
- 1/2 cup green bell pepper, seeded and thinly sliced
- 2 tablespoons teriyaki sauce
- 2 tablespoons honey

**Directions**

In a large resealable plastic bag, combine flour, 1/4 cup sesame seeds, black pepper, five-spice powder, and red pepper flakes. Place a few pieces of chicken at a time into the bag, and shake to coat. Remove to a platter.

Heat oil in a large skillet or wok over medium-high heat. Place chicken into skillet, and brown on both sides, about 5 minutes. Remove chicken, and set aside. Stir onion wedges and bell pepper slices into skillet; cook until slightly browned, about 2 minutes. Remove, and set aside.

Return chicken to skillet, and reduce heat to low. Mix in teriyaki marinade, 1/4 cup sesame seeds, and honey; stir until sauce thickens. Return onion and bell pepper to the skillet. Warm through, and serve.
CRUST:
1 (.25 ounce) package active dry yeast
1 cup warm water (110 degrees to 115 degrees)
2 3/4 cups all-purpose flour
1 tablespoon vegetable oil
1 tablespoon sugar
1/2 teaspoon salt

TOPPING:
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 teaspoon paprika
1 teaspoon dried oregano
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon pepper
1 medium green pepper, chopped
1 small onion, chopped
1/2 pound fresh mushrooms, sliced
1 cup diced cooked chicken
1 1/2 cups shredded Cheddar cheese
2 1/2 cups shredded mozzarella cheese

In a large mixing bowl, dissolve yeast in water. Add 1-1/2 cups flour, oil, sugar and salt; beat until smooth. Add enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down. Divide in half and roll each half into a 13-in. circle. Place each piece on a lightly greased 12- to 13-in. pizza pan. Combine soup, paprika, oregano, garlic powder, salt and pepper; spread over each pizza. Layer with green pepper, onion, mushrooms and chicken. Combine cheeses; sprinkle over pizzas. Bake at 425 degrees F for 20-25 minutes or until crust is browned and cheese is melted.
**Chicken and Bacon Florentine**

**Ingredients**
- 3 slices bacon, chopped
- 2 (4 ounce) boneless skinless chicken breast halves
- 1/4 cup shredded Parmesan or Asiago cheese
- 1 (10 ounce) package baby spinach leaves
- 1 clove garlic, finely chopped
- 1 (13.5 ounce) package Bertolli® Premium Sun Ripened Tomato & Olive Pasta Sauce, heated according to package directions

**Directions**

Cook bacon in 12 inch nonstick skillet over medium-high heat, stirring occasionally, 4 minutes or until crisp. Remove bacon and reserve 2 tablespoons drippings.

Season chicken, if desired, with salt and black pepper. Cook chicken in reserved drippings over medium-high heat, turning once and sprinkling with cheese, 6 minutes or until chicken is thoroughly cooked. Remove chicken from skillet and keep warm.

Add spinach and garlic into same skillet and cook, stirring frequently, 2 minutes or until spinach is wilted.

Evenly spoon hot sauce onto serving plates. Top with spinach, then chicken and bacon. Garnish, if desired, with additional cheese.
Garlic Cheddar Chicken

Ingredients

1/2 cup butter
4 cloves garlic, minced
3/4 cup dry bread crumbs
1/2 cup freshly grated Parmesan cheese
1 1/2 cups shredded Cheddar cheese
1/4 teaspoon dried parsley
1/4 teaspoon dried oregano
1/4 teaspoon ground black pepper
1/8 teaspoon salt
8 skinless, boneless chicken breast halves - pounded thin

Directions

Preheat oven to 350 degrees F (175 degrees C).
Melt the butter in a saucepan over low heat, and cook the garlic until tender, about 5 minutes.
In a shallow bowl, mix the bread crumbs, Parmesan cheese, Cheddar cheese, parsley, oregano, pepper, and salt.
Dip each chicken breast in the garlic butter to coat, then press into the bread crumb mixture. Arrange the coated chicken breasts in a 9x13 inch baking dish. Drizzle with any remaining butter and top with any remaining bread crumb mixture.
Bake 30 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.
# Rosemary Chicken Noodle Soup

## Ingredients

- 8 cups water
- 2 pounds boneless, skinless chicken meat
- 2 tablespoons vegetable oil
- 2 tablespoons dried rosemary
- 1 tablespoon dried thyme
- 3 cloves crushed garlic
- 1 white onion
- 4 carrots, sliced
- 1 (16 ounce) package penne pasta
- Salt to taste
- Ground black pepper to taste

## Directions

In a large kettle, boil water, chicken, spices, onion, and garlic for 1 hour.

Add carrots, oil, and noodles; boil for 20 minutes. Salt and pepper to taste.
Chicken Chili Soup

Ingredients

1 3/4 pounds diced chicken breast meat
2 green bell peppers, diced
2 red bell peppers, diced
1 onion, diced
1/2 cup frozen corn kernels
4 (15 ounce) cans kidney beans with liquid
2 (14.5 ounce) cans diced tomatoes
1 (15 ounce) can tomato sauce
2 cups water
2 teaspoons chili powder
1 tablespoon dried parsley
1 teaspoon garlic powder
1/2 teaspoon ground cayenne pepper
1/2 teaspoon ground cumin

Directions

Coat a large pot with cooking spray and place over medium-high heat. Cook and stir chicken, bell peppers and onion until chicken is brown and peppers are just tender. Stir in corn, beans, tomatoes, tomato sauce and water. Season with chili powder, parsley, garlic powder, cayenne and cumin. Reduce heat, cover and simmer 30 minutes.
# Chicken a la Good

## Ingredients
- 4 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
- garlic salt to taste
- ground black pepper to taste
- 1/2 pound thinly sliced ham
- 4 slices Swiss cheese
- 8 slices bacon
- 1 (14.5 ounce) can chicken broth

## Directions
1. Preheat oven to 375 degrees F (190 degrees C).
2. Sprinkle each flattened breast with garlic salt and pepper to taste on both sides. Lay a slice of ham onto each breast, then a slice of Swiss cheese. Roll each breast up like a cinnamon roll. Secure with a toothpick if necessary. Wrap a piece of bacon loosely around each roll. Place the rolled breasts in a 2 quart glass baking dish and pour in chicken broth.
3. Bake for 30 to 35 minutes in the preheated oven, or until the juices run clear. Broil for a few minutes before serving to crisp up the bacon.
Forty Garlic Chicken

Ingredients

1 (2 to 3 pound) whole chicken
3 1/2 cups sweet vermouth
3 medium heads unpeeled garlic
1 bunch fresh parsley, chopped
1 1/4 cups chicken stock

Directions

Bring a large pot of salted water to a boil. Put in chicken, boil until meat falls away at the bone. Pull out as many bones and as much skin as you like.

Stir in the vermouth, garlic cloves (don't peel - you will use them for the bread), parsley and chicken stock. Reduce heat to low and let simmer and reduce for about 2 hours. Serve hot with slices of bread. Take the soft garlic and spread on fresh bread as 'garlic butter'. Yum!
Grilled Chicken Kabobs

Ingredients

- 1/2 cup olive or vegetable oil
- 1/4 cup lemon juice
- 4 garlic cloves, minced
- 2 teaspoons honey
- 1 1/2 teaspoons dried thyme
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon pepper
- 1 teaspoon salt
- 4 boneless, skinless chicken breast halves

Directions

In a small bowl, combine oil, lemon juice, garlic, honey, thyme, red pepper flakes, pepper and salt if desired. Reserve half of marinade for basting; cover. Cut chicken into 1-in. wide strips; weave on skewers. Place in an 11-in. x 7-in. x 2-in. glass baking dish. Pour remaining marinade over chicken. Cover and refrigerate for at least 4 hours. Drain, discarding marinade. Place skewers on grill over medium-low coals. Grill, turning and basting with reserved marinade, for 12 minutes or until juices run clear.
Polish Chicken and Dumplings

**Ingredients**

- 1 (3 pound) whole chicken
- 1 onion, chopped
- 1 stalk celery, with leaves
- 1 tablespoon poultry seasoning
- 1 teaspoon whole allspice
- 1 teaspoon dried basil
- 1/2 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon seasoning salt
- 1 (10.75 ounce) can condensed cream of chicken soup (optional)

**DUMPLINGS:**

- 4 eggs
- 2 tablespoons olive oil
- 1 tablespoon salt
- 1 teaspoon black pepper
- 2 cups water
- 4 cups all-purpose flour

**Directions**

Place chicken, onion, and celery in a large pot, and then fill pot with water. Season with poultry seasoning, whole allspice, basil, 1/2 teaspoon salt, 1 teaspoon pepper, and seasoning salt. Bring to a boil. Reduce heat, and simmer for approximately 2 hours, or until chicken is done.

Remove chicken from broth, and strain broth to remove seasonings and any bone. Return broth to pan, stir in cream of chicken soup, and continue simmering. Set chicken aside to cool.

In a medium bowl, stir together eggs, olive oil, 1 tablespoon salt, and 1 teaspoon pepper with 2 cups water. Gradually add flour, and stir until thick.

Using a large spoon and knife, scoop a spoonful of the dough and cut small pieces into the broth. Repeat until all the dough has been used. Stir, cover, and simmer for about 15 minutes.

Meanwhile, skin and debone the chicken. Cut the meat into small pieces, add to the broth, and heat through. Serve.
**Ingredients**

1/3 cup vegetable oil  
2 potatoes, peeled and cubed  
8 ounces diced chicken breast meat  
1 large onion, diced  
1 tablespoon harissa  
1 1/2 teaspoons ras el hanout  
1/2 cup water  
1 1/2 tablespoons tomato sauce  
1 tablespoon butter  
1 bunch fresh spinach, washed and chopped  
8 eggs  
1 cup frozen peas  
1/3 cup Parmesan cheese  
1 pinch salt and pepper to taste

**Directions**

Preheat oven to 400 degrees F (200 degrees C). Grease a 9x13 inch baking dish.

Heat the vegetable oil in a large skillet over medium-high heat. Fry the potatoes in the hot oil until golden brown and tender, about 7 minutes. Remove with a slotted spoon, and drain on a paper towel-lined plate. Stir the chicken into the remaining oil, and cook until white on the outside, but still pink on the inside, about 2 minutes. Add the onion, and continue cooking until the onion has softened and turned translucent, about 5 minutes. Stir in the harissa, ras el hanout, water, tomato sauce, and butter. Bring to a simmer, then stir in the spinach until wilted. Remove from the heat, and set aside.

Beat the eggs in a large mixing bowl until smooth. Stir in the peas, Parmesan cheese, and fried potatoes. Stir in the chicken mixture a spoonful at a time, season to taste with salt and pepper, then pour into the prepared baking dish.

Bake in preheated oven until the mixture is firm and golden brown, 15 to 20 minutes. Allow to cool slightly, then cut into 12 squares, and serve warm.
Chicken and Broccoli Pasta

**Ingredients**

- 3 tablespoons olive oil
- 1 pound skinless, boneless chicken breast halves - cut into 1 inch pieces
- 1 tablespoon chopped onion
- 2 cloves garlic, chopped
- 2 (14.5 ounce) cans diced tomatoes
- 2 cups fresh broccoli florets
- salt and pepper to taste
- 1 pinch dried oregano
- 18 ounces dry penne pasta
- 1/4 cup fresh basil leaves, cut into thin strips
- 2 tablespoons grated Parmesan cheese

**Directions**

In a large skillet over medium heat, warm oil and add chicken; cook until slightly brown. Add onion and garlic to cook for about 5 minutes or until garlic is golden and onions are translucent.

Add tomatoes, broccoli, salt, pepper and oregano; stir well and bring to a boil. Cover and turn down heat to simmer for about 10 minutes.

Meanwhile, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until tender; drain and add back into pot. Pour chicken sauce into pot and mix well.

Add basil and toss well; top with Parmesan cheese. Serve.
### Onion-Baked Chicken

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup spicy brown mustard</td>
<td>Combine mustard and soy sauce in a shallow bowl; set aside. In a small skillet, toast onion over medium heat until lightly browned, about 3 minutes. Pour into a shallow bowl. Add crumbs and bouillon; mix well. Dip chicken in mustard mixture, then coat with crumb mixture. Place on a rack over a greased baking sheet. Bake, uncovered, at 350 degrees F for 25 minutes or until juices run clear.</td>
</tr>
<tr>
<td>1/4 cup soy sauce</td>
<td></td>
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<tr>
<td>2 tablespoons dried minced onion</td>
<td></td>
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<tr>
<td>1 cup dry bread crumbs</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon chicken bouillon granules</td>
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<tr>
<td>4 boneless, skinless chicken breast halves</td>
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</tbody>
</table>
Mojo Roast Chicken (Pollo Asado)

**Ingredients**
- 1/2 cup extra-virgin olive oil
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon dried oregano
- 2 tablespoons minced garlic
- 3 tablespoons lime juice
- 3 tablespoons orange juice
- 1 (6 pound) whole chicken, cut into pieces

**Directions**

Heat the olive oil in a small saucepan over medium-high heat until very hot. While the oil heats, mash the cumin, salt, oregano, and garlic together into a paste in a heat-proof bowl; whisk the hot oil into the paste. Allow the mixture to cool slightly. Add the lime juice and orange juice; stir. Place the chicken in a large sealable bag; pour the marinade over the chicken and shake to assure an even coating. Refrigerate at least 4 hours, up to overnight.

Preheat an oven to 375 degrees F (190 degrees C). Arrange the marinated chicken in a roasting pan.

Bake the chicken in the preheated oven until no longer pink at the bone and the juices run clear, about 1 hour. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C).
**Ingredients**

4 skinless, boneless chicken breast halves
5 fluid ounces Worcestershire sauce
8 slices bacon
2 tablespoons butter
8 ounces fresh mushrooms, sliced
1 (8 ounce) package Monterey Jack cheese, shredded
1 (16 ounce) container honey mustard salad dressing

**Directions**

Place chicken in a glass dish or bowl; poke with a fork several times, then pour Worcestershire sauce in and turn to coat. Cover dish or bowl and refrigerate for about 1 hour.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, and set aside.

Heat butter in a small skillet over medium heat. Add mushrooms, and saute for about 10 minutes, or until soft; set aside.

Preheat oven to Broil.

Remove chicken from marinade (discard any remaining liquid), and broil for about 5 minutes each side. When chicken is almost finished, top each breast with 2 slices bacon, then cheese. Continue to broil until cheese has melted, then remove from oven. Serve with mushrooms and salad dressing for topping.
**Ingredients**

- 1 green bell pepper
- 4 teaspoons olive oil, divided
- 1 skinless, boneless chicken breast half - finely chopped
- 1 tablespoon jerk sauce, or to taste
- 3 cloves garlic, diced
- 1 portobello mushroom, finely chopped
- 1 (10 ounce) package pre-baked thin pizza crust
- 1/2 cup pizza sauce
- 1 (4 ounce) package thinly sliced salami
- 1 1/2 cups shredded mozzarella cheese

**Directions**

Preheat the oven broiler. Brush the green pepper with 1 teaspoon olive oil, and place on a baking sheet. Broil about 5 minutes on each side, until skin begins to scorch. Remove from heat, and seal in a plastic container for 15 minutes. Cut into strips, remove seeds, pulp, and skin, and dice.

Preheat oven to 350 degrees F (175 degrees C).

Heat the remaining olive oil in a skillet over medium heat, and cook the chicken 10 minutes, until juices run clear. Mix in the roasted green pepper, jerk sauce, garlic, and portobello mushroom. Cook and stir 5 minutes, until heated through.

Place the pizza crust on a pizza pan, and spread with pizza sauce. Arrange the salami, then the chicken mixture evenly over the sauce. Top with mozzarella cheese.

Bake pizza 10 minutes in the preheated oven, or until cheese is melted and bubbly.
Garlic Chicken with Orzo Noodles

Ingredients

1 cup uncooked orzo pasta
2 tablespoons olive oil
2 cloves garlic
1/4 teaspoon crushed red pepper
2 skinless, boneless chicken breast halves - cut into bite-size pieces
salt to taste
1 tablespoon chopped fresh parsley
2 cups fresh spinach leaves
grated Parmesan cheese for topping

Directions

Bring a large pot of lightly salted water to a boil. Add orzo pasta, cook for 8 to 10 minutes, until al dente, and drain.

Heat the oil in a skillet over medium-high heat, and cook the garlic and red pepper 1 minute, until garlic is golden brown. Stir in chicken, season with salt, and cook 2 to 5 minutes, until lightly browned and juices run clear. Reduce heat to medium, and mix in the parsley and cooked orzo. Place spinach in the skillet. Continue cooking 5 minutes, stirring occasionally, until spinach is wilted. Serve topped with Parmesan cheese.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup</td>
<td>(Regular or 98% Fat Free)</td>
</tr>
<tr>
<td>1/2 cup milk</td>
<td></td>
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<tr>
<td>4 skinless, boneless chicken breasts</td>
<td></td>
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<tr>
<td>2 tablespoons all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups Pepperidge Farm® Herb Seasoned Stuffing, finely crushed</td>
<td></td>
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<tr>
<td>2 tablespoons butter or margarine, melted</td>
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## Directions

Mix 1/3 cup soup and 1/4 cup milk in shallow dish. Coat chicken with flour. Dip into soup mixture. Coat with stuffing.

Place chicken on baking sheet. Drizzle with butter. Bake at 400 degrees F for 20 minutes or until done.

Mix remaining soup and milk in saucepan. Heat through. Serve with chicken.
**Honey Lime Chicken Wings**

**Ingredients**

- 18 whole chicken wings, split
- 1/4 cup honey
- 2 tablespoons fresh lime juice
- 1 tablespoon grated lime zest
- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup all-purpose flour
- 2 quarts vegetable oil for frying

**Directions**

In a large bowl, mix together the honey, lime juice, lime peel, garlic, salt and ground black pepper.

Place the flour in a plastic bag and shake the chicken wings in the flour to coat.

In a large skillet, fry the chicken wings in hot, 1 inch deep oil until cooked through. Place the cooked wings in the honey/lime mixture and toss to coat well. Serve immediately.
Directions
Preheat oven to 350 degrees F (175 degrees C).

Slice the top off of each bun, saving the tops. Hollow out each bun, leaving a shell.

In a medium bowl combine chicken, cream cheese, Pepper Jack cheese, Parmesan cheese, garlic and spinach. Spoon mixture into each bun, packing it tightly; cap with bun tops. Wrap each bun tightly in foil.

Bake in preheated oven for 20 minutes.
Chicken Hariyali Tikka

Ingredients
- 1 cup finely chopped fresh cilantro
- 1/2 cup finely chopped fresh mint leaves
- 1 tablespoon ginger garlic paste
- 1 tablespoon lemon juice
- 1 tablespoon green chile paste
- 1 tablespoon salt
- 1 pound skinless, boneless chicken breast halves - cut into chunks

Directions
In a large bowl, grind together the cilantro, mint leaves, ginger garlic paste, lemon juice, green chile paste, and salt. Place the chicken in the bowl, and rub with the mixture. Cover, and refrigerate 2 to 3 hours.

Preheat the oven broiler. Lightly grease a baking dish.

Place the chicken in the baking dish, and broil 20 minutes, or until chicken juices run clear.
**Chili-Lime Chicken Kabobs**

**Ingredients**
- 3 tablespoons olive oil
- 1 1/2 tablespoons red wine vinegar
- 1 lime, juiced
- 1 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- cayenne pepper to taste
- salt and freshly ground black pepper to taste
- 1 pound skinless, boneless chicken breast halves - cut into 1 1/2 inch pieces
- skewers

**Directions**

In a small bowl, whisk together the olive oil, vinegar, and lime juice. Season with chili powder, paprika, onion powder, garlic powder, cayenne pepper, salt, and black pepper. Place the chicken in a shallow baking dish with the sauce, and stir to coat. Cover, and marinate in the refrigerator at least 1 hour.

Preheat the grill for medium-high heat. Thread chicken onto skewers, and discard marinade.

Lightly oil the grill grate. Grill skewers for 10 to 15 minutes, or until the chicken juices run clear.
Mama's Dormant Chicken

**Ingredients**
- 1/4 cup butter
- 4 skinless, boneless chicken breast halves
- 1/4 cup all-purpose flour
- 2 cloves garlic, minced
- 1 (10.75 ounce) can beef consomme
- 3/4 cup sour cream
- 3 tablespoons Dijon mustard
- 1/4 cup grated Parmesan cheese

**Directions**

Melt butter in a large skillet over medium-high heat. Coat chicken breasts in flour, and place them in the skillet along with the garlic. Fry on both sides until browned. Pour in the beef consomme, and reduce heat to low. Cover and simmer for 45 minutes.

Preheat the oven to 300 degrees F (150 degrees C). Stir together the sour cream and Dijon mustard, stir into the skillet, and simmer for 10 minutes.

Remove the chicken breasts from the skillet, and place them in a shallow casserole dish. Stir sauce until smooth, and pour over chicken. Sprinkle Parmesan cheese over the top.

Bake for 10 minutes in the preheated oven, or until cheese is melted. Serve with your favorite flavored rice.
# Crunchy Chicken Casserole

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 cup chopped celery</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon butter or margarine</td>
<td></td>
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<tr>
<td>2 cups cubed, cooked chicken</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups cooked rice</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup, undiluted</td>
<td></td>
</tr>
<tr>
<td>3/4 cup mayonnaise</td>
<td></td>
</tr>
<tr>
<td>1 (8 ounce) can sliced water chestnuts, drained</td>
<td></td>
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<tr>
<td>1/2 cup sliced almonds</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons chopped onion</td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
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<tr>
<td>TOPPING:</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon butter or margarine, melted</td>
<td></td>
</tr>
<tr>
<td>1/2 cup crushed cornflakes</td>
<td></td>
</tr>
<tr>
<td>Sliced almonds</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

In a skillet, saute celery in butter until tender. Remove from the heat; add the next eight ingredients. Spoon into an ungreased 2-1/2-qt. baking dish. Combine melted butter and cornflakes: sprinkle on top of casserole. Sprinkle with almonds if desired. Bake, uncovered, at 350 degrees F for 30 minutes.
Ingredients
1 (3 pound) whole chicken, skin removed and cut into pieces
3 onions, chopped
1 teaspoon ground cinnamon
1 bay leaf
2 cloves crushed garlic
1/4 teaspoon ground ginger
1 teaspoon paprika
3 tablespoons curry powder
1/2 teaspoon white sugar
1/2 lemon, juiced
1/2 teaspoon cayenne pepper
1 tablespoon tomato paste
1 pinch salt
1/4 cup olive oil
water to cover

Directions
Fry the onions in olive oil until browned. Add the cinnamon and the bay leaf. Continue stirring and add the ginger, paprika, curry powder, sugar, salt, and garlic. Continue stirring for 2 minutes. Mixture will become much like a paste.

Add chicken pieces and tomato. Add enough water to just cover the chicken. Simmer until chicken is done, about 20 minutes.

Just before serving, add the lemon juice and the cayenne pepper. Simmer for 5 more minutes.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
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<tbody>
<tr>
<td>1/2 cup diced carrots</td>
<td></td>
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<tr>
<td>1/4 cup diced celery</td>
<td></td>
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<tr>
<td>1/4 cup chopped onion</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon butter or margarine</td>
<td></td>
</tr>
<tr>
<td>6 cups chicken broth</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups diced cooked chicken</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon dried marjoram</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon dried thyme</td>
<td></td>
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<tr>
<td>1/8 teaspoon pepper</td>
<td></td>
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<tr>
<td>1 1/4 cups uncooked medium egg noodles</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon minced fresh parsley</td>
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</tbody>
</table>

### Directions

In a large saucepan or Dutch oven, saute carrot, celery and onion in butter until tender. Add broth, chicken and seasonings; bring to a boil. Reduce heat. Add noodles; cook for 10 minutes or until tender. Add parsley.
Saucy Chicken

Ingredients

- 1/2 cup SMUCKER'S® Sweet Orange Marmalade
- 1/2 cup Dickinson's® Tomato Ketchup
- 1/2 cup soy sauce
- 1/2 cup water
- 2 1/2 pounds meaty chicken pieces

Directions

In a large bowl, combine marmalade, soy sauce, ketchup and water. Add chicken pieces and cover. Refrigerate for three to four hours, or overnight, turning chicken pieces occasionally.

Remove chicken and place in a single layer, skin side up, in a baking pan. Brush with marinade.

Bake, uncovered, in a 375 degrees F oven 45 to 50 minutes, or until chicken is tender. Brush with marinade several times during cooking, to within 15 minutes of removing from oven. Discard remaining marinade.
Chicken with Asparagus and Roasted Red

**Ingredients**

- 1/2 cup chicken broth
- 1 pound boned and skinned chicken breast halves
- salt and pepper to taste
- 1/2 pound fresh asparagus, trimmed and cut into 2 inch pieces
- 1 (7 ounce) jar roasted red peppers, drained and chopped
- 1 clove garlic, minced
- 1/2 cup chopped roma (plum) tomatoes
- 1 teaspoon balsamic vinegar, or to taste
- 1/2 cup shredded mozzarella cheese

**Directions**

Heat the broth in a large skillet over medium-high heat. Season chicken with salt and pepper, and place in the skillet. Cook 15 minutes, until chicken is almost done.

Place asparagus, red peppers and garlic in skillet. Continue cooking 10 minutes, or until chicken juices run clear and asparagus is tender. Place tomatoes in skillet during last 2 minutes of cook time. Sprinkle with vinegar. Top with mozzarella cheese to serve.
Sesame Pasta Chicken Salad

Ingredients

1/4 cup sesame seeds
1 (16 ounce) package bow tie pasta
1/2 cup vegetable oil
1/3 cup light soy sauce
1/3 cup rice vinegar
1 teaspoon sesame oil
3 tablespoons white sugar
1/2 teaspoon ground ginger
1/4 teaspoon ground black pepper
3 cups shredded, cooked chicken breast meat
1/3 cup chopped fresh cilantro
1/3 cup chopped green onion

Directions

Heat a skillet over medium-high heat. Add sesame seeds, and cook stirring frequently until lightly toasted. Remove from heat, and set aside.

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, or until al dente. Drain pasta, and rinse under cold water until cool. Transfer to a large bowl.

In a jar with a tight-fitting lid, combine vegetable oil, soy sauce, vinegar, sesame oil, sugar, sesame seeds, ginger, and pepper. Shake well.

Pour sesame dressing over pasta, and toss to coat evenly. Gently mix in chicken, cilantro, and green onions.
**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1/2 cup butter
- 1 pinch salt
- 1 pinch ground black pepper
- 1 (1 ounce) package dry onion soup mix
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 cup uncooked white rice
- 2 cups water

**Directions**

In a 9 x 13 inch baking dish, melt butter or margarine. Salt and pepper chicken pieces, and place them in dish. Sprinkle with onion soup mix, add mushroom soup, and spread dry rice evenly over all. Add 2 cups of water. Seal with foil.

Bake at 325 degrees F (165 degrees C) for approximately 1 hour.
**Ingredients**

- 3 pounds chicken wings, split and tips discarded
- 1/2 cup soy sauce
- 1/2 cup honey
- 1/4 cup molasses
- 2 tablespoons chile sauce
- 1 teaspoon ground ginger
- 2 cloves garlic, finely chopped

**Directions**

Place chicken in a shallow, medium dish.

In a medium bowl, mix soy sauce, honey, molasses, chile sauce, ground ginger and garlic. Pour the mixture over the chicken. Cover and refrigerate approximately 1 hour, turning occasionally.

Preheat oven to 375 degrees F (190 degrees C).

In a large baking dish, arrange chicken in a single layer. Bake in the preheated oven approximately 50 minutes, brushing with remaining soy sauce mixture often and turning once, until meat is no longer pink and juices run clear.
# Chicken, Stuffing and Green Bean Casserole

## Ingredients

- 2 cups cooked, cubed chicken breast meat
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (14.5 ounce) can green beans, drained
- Salt and pepper to taste
- 1 (12 ounce) package unseasoned dry bread stuffing mix
- 1 cup shredded Cheddar cheese

## Directions

In a medium bowl combine the chicken, soup, beans, salt and pepper; mix well and set aside. Prepare stuffing according to package directions.

Preheat oven to 375 degrees F (190 degrees C).

Spoon chicken mixture into a 9x13 inch baking dish, top with prepared stuffing and sprinkle with cheese.

Bake, covered, for 25 minutes; remove cover and bake another 5 minutes to brown the cheese.
Grilled Mediterranean Greek Pizza with Sundried Tomato Chicken Sausage

**Ingredients**

- 1 (12 ounce) package al fresco® All Natural Sun Dried Tomato with Basil Chicken Sausage
- 1 (14 ounce) package baked pizza crust (such as Boboli)
- 2 tablespoons garlic flavored olive oil
- 2/3 cup pizza sauce
- 1 cup shredded Italian cheese blend, reduced fat
- 1/3 cup crumbled feta cheese with basil and tomato
- 1 1/2 teaspoons dried oregano

**Directions**

Preheat grill on medium setting.

Place sausages on an oiled grill rack, set 4 to 5 inches over heat. Grill, using the direct grill method, turning links with tongs, until cooked throughout, about 7 to 9 minutes or until the internal temperature reaches 165 degrees F. Cool slightly and cut into 1/4 to 1/2-inch slices.

Brush both sides of pizza crust with olive oil. Gently place pizza crust, top-side down on grill rack. Grill for 2 to 3 minutes until crust is warm. Turn crust over.

Quickly spread pizza sauce on cooked side of pizza crust, then arrange sliced sausage on top of crust. Sprinkle with cheese and oregano. Grill over direct medium heat. Cover with grill lid or tent with foil.

Grill for 8 to 10 minutes or until toppings are warm and cheese has melted. Cut into wedges and serve.
**Hawaiian Chicken**

**Ingredients**
- 1 broiler/fryer chicken (3 to 4 pounds), cut up
- 1/4 cup butter or margarine, melted
- 1 (20 ounce) can pineapple chunks
- 1/4 cup packed brown sugar
- 2 tablespoons cornstarch
- 1 teaspoon salt
- 1/3 cup ketchup
- 1/4 cup cider vinegar
- 1 teaspoon chili powder
- 1 teaspoon Worcestershire sauce
- 1 teaspoon soy sauce
- 1 pinch ground ginger

**Directions**
Place chicken in a greased 13-in. x 9-in. x 2-in. baking dish; drizzle with butter. Drain pineapple, reserving juice; set pineapple aside. In a saucepan, combine brown sugar, cornstarch and salt; stir in reserved pineapple juice until smooth. Add the ketchup, vinegar, chili powder, Worcestershire sauce, soy sauce and ginger. Bring to a boil; cook and stir for 2 minutes or until thickened. Pour over chicken.

Cover and bake at 350 degrees F for 1 hour. Uncover and bake for 30 minutes. Top with reserved pineapple; bake 15 minutes longer or until chicken juices run clear and pineapple is heated through.
Grilled Hawaiian Chicken and Pineapple

Ingredients

- 6 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
- 1 cup Hawaiian style marinade
- 6 pineapple rings
- 6 slices provolone cheese
- 6 onion rolls, split
- 6 tablespoons thousand island salad dressing
- 6 leaves romaine lettuce
- 6 slices tomato

Directions

Place the chicken pieces into a large resealable bag and pour in the marinade. Marinate in the refrigerator for at least 1 hour or up to overnight.

Preheat a grill for medium-high heat. When hot, lightly oil the grate. Remove the chicken from the marinade and discard the marinade.

Grill the chicken pieces until cooked through, about 10 minutes, turning once. 5 minutes before they are done, place the pineapple rings on the grill and cook for a couple of minutes per side. Place the pineapple slices on top of the pieces of chicken and top with a slice of cheese. Close the lid to the grill and allow the cheese to melt for a minute. Toast the buns, if desired.

To assemble the sandwiches, place the chicken, pineapple and cheese onto the bottom buns. Top with lettuce and tomato. Spread the thousand island dressing onto the top buns and place onto the sandwiches.
Spiced Orange Chicken

Ingredients

- 6 boneless skinless chicken breast halves (1-1/2 pounds)
- 2 cups orange juice, divided
- 1 tablespoon dried minced onion
- 1 1/2 teaspoons dried parsley flakes
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1/4 teaspoon pepper
- 1 dash ground cinnamon
- 1 dash ground nutmeg
- 2 tablespoons cornstarch
- 1/4 cup water
- 6 cups hot cooked rice

Directions

Place chicken in a large nonstick skillet; add 1 cup of orange juice. Sprinkle with the seasonings. Bring to a boil. Reduce heat; cover and simmer for 20--25 minutes or until the chicken juices run clear. Remove chicken and keep warm.

Combine cornstarch, water and remaining orange juice until smooth; stir into cooking juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve over chicken and rice.
### Chicken Hobo

**Ingredients**
- 1 pound peppered bacon
- 3 medium potatoes, chopped
- 3 medium carrots, peeled and chopped
- 1 medium onion, chopped
- 4 skinless, boneless chicken breast halves
- 1/2 cup butter
- Garlic salt to taste

**Directions**

In a skillet over medium-high heat, cook the bacon until evenly brown. Drain, chop coarsely, and set aside.

On 4 large squares of heavy duty aluminum foil, evenly distribute the potatoes, carrots, and onion. Arrange the chicken breasts over the vegetables, and sprinkle with the chopped bacon. Top each with 2 tablespoons butter, and season with garlic salt. Fold the foil over the ingredients, and tightly seal.

Preheat an outdoor grill for medium-high heat.

Place foil packets on the grill, and cook for 20 minutes, or until chicken is no longer pink and juices run clear.
Tropical Chicken II

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 1 cup lime juice
- 3/4 cup lemon juice
- 3/4 cup orange juice
- 1/2 cup pineapple juice
- 1/2 cup cherry juice

**Directions**

Preheat outdoor grill for medium high heat and lightly oil grate; OR preheat oven to Grill/Broil.

Place chicken on grill/grate. In a medium bowl mix together the lime juice, lemon juice, orange juice, pineapple juice and cherry juice. Pour mixture over chicken a little bit at a time; turn after 5 to 7 minutes and repeat. Cook until chicken is cooked through (juices run clear), about 15 minutes.
Apricot Salsa Chicken

Ingredients

1/2 cup all-purpose flour
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon paprika
6 (4 ounce) boneless skinless chicken breast halves
3 tablespoons vegetable oil
1 (16 ounce) jar salsa
1 (12 ounce) jar apricot preserves
1/2 cup apricot nectar
Hot cooked rice

Directions

In a shallow bowl, combine the first four ingredients. Add chicken; turn to coat. In a skillet, brown chicken in oil; drain. Stir in salsa, preserves and nectar; bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until sauce thickens and meat juices run clear. Serve over rice.
Italian Chicken Spaghetti with Tequila

**Ingredients**
- 12 ounces spaghetti
- 2 tablespoons olive oil
- 4 skinless, boneless chicken breast halves - diced
- 1/4 cup Italian seasoning
- 2 teaspoons bottled minced garlic
- 1 (15.5 ounce) can diced tomatoes
- 1/2 cup tequila
- salt and ground black pepper to taste

**Directions**

Bring a large pot of lightly-salted water to a boil; add the pasta and cook until al dente, 8 to 10 minutes; drain. Place spaghetti in a large bowl.

Heat the olive oil in a skillet over medium heat. Cook and stir the chicken in the hot oil until browned; stir in the Italian seasoning and garlic and cook until the chicken is cooked through, about 5 minutes. Add the tomatoes and tequila; simmer another 5 minutes. Season with salt and pepper. Pour into the bowl with the spaghetti and stir to combine; serve immediately.
# Chicken Salad Puffs II

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 cup water</td>
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<tr>
<td>1/2 cup butter</td>
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<tr>
<td>1/8 teaspoon salt</td>
</tr>
<tr>
<td>1 cup all-purpose flour</td>
</tr>
<tr>
<td>4 eggs</td>
</tr>
<tr>
<td>1/4 cup red onion, chopped</td>
</tr>
<tr>
<td>1 stalk celery, chopped</td>
</tr>
<tr>
<td>1 tablespoon raisins</td>
</tr>
<tr>
<td>2 teaspoons Dijon mustard</td>
</tr>
<tr>
<td>1/3 cup mayonnaise</td>
</tr>
<tr>
<td>1/4 cup plain yogurt</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
</tr>
<tr>
<td>1/4 teaspoon dried dill weed</td>
</tr>
<tr>
<td>2 cups chopped cooked chicken breast</td>
</tr>
</tbody>
</table>

## Directions

1. Preheat an oven to 400 degrees F (200 degrees C). Grease a baking sheet.

2. Combine the water and butter with 1/8 teaspoon salt in a saucepan. Bring to a boil over medium-high heat. Once boiling, reduce heat to medium, and pour in the flour all at once. Stir vigorously until the mixture forms a semi-translucent ball. Remove from the heat and allow to cool for 10 minutes.

3. Mix in the eggs into the dough, one at a time, adding the next egg only after the first has been completely incorporated. Drop the dough onto the prepared baking sheet by the heaping tablespoon.

4. Bake in the preheated oven until puffed and golden brown, 30 to 35 minutes. The puffs should be hollow on the inside, and just browned on the bottom. Remove from the oven, and cool to room temperature on a wire rack.

5. To prepare the filling, stir together the onion, celery, raisins, mustard, mayonnaise, yogurt, 1/2 teaspoon salt, and dill in a bowl until combined. Fold in the chopped chicken meat until evenly combined. Cut the tops from the puffs, and spoon the chicken filling inside. Replace the tops before serving.
Chicken In Coconut Sauce

Ingredients

- 1 (15 ounce) can cream of coconut
- 1 cup hot water
- 3 tablespoons vegetable oil
- 4 skinless, boneless chicken breast halves
- 1 tablespoon lemon juice
- 1 teaspoon ground ginger
- 1 teaspoon chili powder
- salt and pepper to taste
- 2 onions, chopped
- 3 cloves garlic, peeled and crushed

Directions

Mix the cream of coconut with the hot water until smooth and well blended, and set aside.

Heat the oil in a large skillet over medium-high heat, and place the chicken breasts into the hot oil. Pan-fry the chicken breasts until they have begun to brown but are still pink inside, about 5 minutes per side. Remove the chicken breasts to paper towels, and sprinkle them with lemon juice, ginger, chili powder, salt, and pepper.

Place the onions and garlic into the skillet over medium heat, and cook and stir until they are soft and translucent, about 5 minutes. Return the chicken breasts to the skillet on top of the cooked onions and garlic, and pour the coconut cream mixture over the chicken. Reduce the heat to medium-low, and simmer until the chicken is cooked through and the sauce has thickened, about 35 minutes.
# Orange-Cinnamon Chicken

## Ingredients

- 1 1/2 tablespoons butter
- 4 skinless, boneless chicken breast halves
- 1 tablespoon all-purpose flour
- salt to taste
- 1 teaspoon ground cinnamon
- 1/2 cup orange juice
- 1/2 orange, sliced

## Directions

Preheat an oven to 375 degrees F (190 degrees C).

Melt the butter in a skillet over medium-high heat. Cook the chicken on both sides in the hot butter until golden brown on both sides, about 10 minutes; place the chicken into a shallow baking dish. Stir the flour, cinnamon, and orange juice into the skillet. Bring to boil, and cook until thickened. Season with salt to taste, then pour over the chicken breasts in the baking dish. Cover the chicken breasts with orange slices.

Bake the chicken breasts in the preheated oven until no longer pink in the center and the juices run clear, about 45 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
Easy Chicken Breast

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 2 (10.75 ounce) cans condensed cream of celery soup
- 1 cup sour cream
- 1/3 cup white wine

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Place chicken breasts in a lightly greased 9x13 inch baking dish. In a medium bowl, combine the soups, sour cream and white wine. Mix well and pour over the chicken. Cover with foil.

Bake at 350 degrees F (175 degrees C) for 1 hour.
### Ingredients

- 4 skinless, boneless chicken breast halves
- 2 tablespoons olive oil
- 1/4 cup all-purpose flour
- salt and pepper to taste
- 1 small onion, thinly sliced
- 2 portobello mushrooms
- 1/2 cup beef broth
- 2 teaspoons dried tarragon
- 5 canned quartered artichoke hearts
- 1/2 cup brandy
- 1/4 cup lemon juice

### Directions

Lightly pound chicken breasts to even thickness. Dust chicken with flour, and add salt and pepper to your taste.

In a heavy skillet, heat 1 tablespoon olive oil over medium heat. Place chicken in pan, brown on both sides, and cook through; this will take about 8 to 10 minutes. Remove from pan, and set aside.

Add remaining 1 tablespoon olive oil, and saute onions and mushrooms over medium heat for 3 to 5 minutes.

Add beef broth, lemon juice, tarragon, and artichoke hearts to the pan: heat for 2 to 3 minutes, stirring gently. Stir in brandy, and simmer for an additional 2 to 3 minutes. Return chicken to the pan, and heat through.
Classic Chicken Noodle Soup

**Ingredients**
- 1 recipe Fast Chicken Soup Base
- 3 cups egg noodles
- 1 cup frozen green peas
- 1/2 cup chopped fresh parsley
- Salt and freshly ground black pepper

**Directions**
- Prepare Fast Chicken Soup Base. Bring to a simmer.

- Add these, then simmer until tender, 10-20 minutes: 3 cups egg noodles.

- Before removing from heat, stir in: 1 cup (5 ounces) frozen green peas and 1/2 cup chopped fresh parsley.

- Final touch: Add salt and pepper, to taste.
Ingredients

2 pounds chicken wings
1 cup all-purpose flour, for dredging
2 tablespoons butter
1 onion, chopped
2/3 cup orange juice
1/3 cup ketchup
1 tablespoon brown sugar
1 tablespoon soy sauce
1/4 teaspoon ground ginger
1 teaspoon garlic salt (optional)

Directions

Preheat oven to 350 degrees F (175 degrees C).

Dredge chicken wings in flour and brown slowly in butter or margarine over medium heat. Place browned chicken in a 9x13 inch baking dish.

Add the onion, orange juice, ketchup, brown sugar, soy sauce, ground ginger and garlic powder/salt to the frying pan. Bring to a boil. Pour mixture over chicken and bake in preheated oven for 30 minutes. Turn chicken and continue baking for 30 additional minutes or until very tender.
Italian Chicken and Chickpeas

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>2 tablespoons olive oil</td>
</tr>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
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<tr>
<td>2 tablespoons dried rosemary</td>
</tr>
<tr>
<td>1 tablespoon olive oil</td>
</tr>
<tr>
<td>3 cloves garlic, minced</td>
</tr>
<tr>
<td>1 (15 ounce) can tomato sauce</td>
</tr>
<tr>
<td>1 teaspoon Italian seasoning</td>
</tr>
<tr>
<td>1/2 teaspoon cayenne pepper</td>
</tr>
<tr>
<td>1 1/2 teaspoons white sugar</td>
</tr>
<tr>
<td>1 bay leaf</td>
</tr>
<tr>
<td>1/4 teaspoon crushed red pepper flakes</td>
</tr>
<tr>
<td>1 (15 ounce) can garbanzo beans, drained and rinsed</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heat 2 tablespoons olive oil in a large skillet over medium heat. Season the chicken with the rosemary on both sides; cook the chicken in the hot oil until browned evenly, 3 to 4 minutes per side. Remove the chicken from the pan and set aside.</td>
</tr>
<tr>
<td>Pour 1 tablespoon olive oil into the skillet. Cook and stir the garlic in the hot oil until fragrant, about 1 minute. Add the tomato sauce, Italian seasoning, cayenne pepper, sugar, bay leaf, and red pepper flakes to the skillet; stir. Return the chicken to the skillet; cover and reduce heat to medium-low. Simmer until the chicken is no longer pink in the center and the juices run clear, 10 to 12 minutes.</td>
</tr>
<tr>
<td>Stir the garbanzo beans into the skillet; continue cooking until the beans are heated, 2 to 3 minutes more.</td>
</tr>
</tbody>
</table>
Ingredients

4 chicken breasts, rinsed and sliced in long, thin strips
2 1/2 cups Newman's Own Mesquite with Lime Marinade
1 cup Cheddar cheese, shredded
2 heads romaine lettuce, shredded
8 flour tortillas
1 cup Newman's Own Farmer's Garden Salsa
Sour cream

Directions

Rinse and slice chicken breasts into long, thin strips and let stand in a generous amount of Newmans Own Mesquite Lime Marinade (in covered dish in fridge for about an hour).

Rinse and chop romaine lettuce and shred Cheddar cheese. Open salsa jar.

Grill, bake, or saute chicken strips.

When done, place in tortillas with lettuce, cheese, and top with salsa and dollop of sour cream.
Hot Chicken Salad

**Ingredients**

- 2 1/2 cups chopped, cooked chicken meat
- 2 cups chopped celery
- 1/2 cup chopped salted almonds
- 1/4 cup chopped green bell pepper
- 2 tablespoons minced onion
- 2 tablespoons chopped pimento peppers
- 3/4 teaspoon salt
- 2 tablespoons lemon juice
- 1/2 cup mayonnaise
- 1/3 cup shredded Swiss cheese
- 3 cups crushed potato chips

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Combine the chicken, celery, almonds, bell pepper, onion, pimento, salt, lemon juice, and mayonnaise. Mix well and pour into a 1 1/2 quart casserole dish.

Top with grated cheese and the crushed potato chips. Bake for 25 minutes or until cheese is melted.
Texas BBQ Chicken

Ingredients

- 8 boneless, skinless chicken breast halves
- 3 tablespoons brown sugar
- 1 tablespoon ground paprika
- 1 teaspoon salt
- 1 teaspoon dry mustard
- 1/2 teaspoon chili powder
- 1/4 cup distilled white vinegar
- 1/8 teaspoon cayenne pepper
- 2 tablespoons Worcestershire sauce
- 1 1/2 cups tomato-vegetable juice cocktail
- 1/2 cup ketchup
- 1/4 cup water
- 2 cloves garlic, minced

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place the chicken breasts in a single layer in a 9x13 inch baking dish. In a medium bowl, mix together the brown sugar, paprika, salt, dry mustard, chili powder, vinegar, cayenne pepper, Worcestershire sauce, vegetable juice cocktail, ketchup, water and garlic. Pour the sauce evenly over the chicken breasts.

Bake uncovered, for 35 minutes in the preheated oven. Remove chicken breasts, shred with a fork, and return to the sauce. Bake in the oven for an additional 10 minutes so the chicken can soak up more flavor. Serve on a bed of rice with freshly ground black pepper.
Happy Roast Chicken

Ingredients

- 1/2 cup dry white wine
- 2 lemons, cut in half
- 6 large cloves garlic
- 1 (4 pound) whole chicken
- 1 1/2 teaspoons cold butter
- 2 tablespoons Dijon mustard
- salt and pepper to taste

Directions

Preheat an oven to 425 degrees F (220 degrees C). Pour the wine into a 10-inch cast-iron skillet; set aside.

Place the lemon halves and garlic cloves into the cavity of the chicken. Slide half of the butter underneath the skin of each breast. Rub the chicken all over with Dijon mustard, then season to taste with salt and pepper. Place into the cast-iron skillet.

Bake the chicken in the preheated oven for 15 minutes, then reduce heat to 350 degrees F (175 degrees C), and continue baking until no longer pink at the bone and the juices run clear, about 1 hour more. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C). Remove the chicken from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area for 15 minutes before slicing.
Southwest Chicken Salad II

Ingredients

1 (15 ounce) can black beans, drained and rinsed
salt and pepper to taste
1/2 head cabbage, chopped
1 (10 ounce) package romaine lettuce, torn
1/2 green bell pepper, chopped
1 (8.75 ounce) can corn, drained
1/4 cup shredded Cheddar cheese
2 cooked skinless, boneless chicken breast halves, cut into strips
1 cup finely crushed blue tortilla chips
1/2 cup prepared Ranch salad dressing

Directions

In a small saucepan over medium heat, cook the black beans until heated through. Season with salt and pepper.

In a large bowl, toss together the cabbage, romaine lettuce, green bell pepper, corn, and Cheddar cheese.

Transfer the tossed salad to serving bowls, and top with the warmed black beans, chicken, tortilla chips, and Ranch dressing.
Chicken a la King III

**Ingredients**

- 2 tablespoons butter
- 1 green bell pepper, chopped
- 1 cup sliced fresh mushrooms
- 1 cup chicken broth
- 2 tablespoons all-purpose flour
- 2 1/4 cups cooked, cubed chicken breast meat
- 1 cup sour cream
- 2 egg yolks
- 1 pimento, chopped
- 4 teaspoons cooking sherry
- salt and pepper to taste

**Directions**

Melt butter in a large skillet over medium high heat. Saute bell pepper and mushrooms until tender, then stir in broth and flour and cook, stirring, until thickened. Add chicken, heat through and remove from heat.

In a small bowl combine sour cream, egg yolks, pimento, sherry, salt and pepper and mix together. Add this mixture to chicken mixture in skillet and heat thoroughly, stirring. Serve hot.
Jerk Chicken and Pasta

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 2 teaspoons jerk paste
- 1 (12 ounce) package uncooked egg noodles
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 cup chicken stock
- 1 tablespoon jerk paste
- 1/2 cup dry white wine
- 1/4 cup chopped fresh cilantro
- 2 limes, quartered
- salt and pepper to taste
- 1/2 cup heavy whipping cream
- 4 sprigs fresh cilantro, for garnish

**Directions**

Rub each breast half with 1/2 teaspoon jerk paste, and place in a shallow dish. Cover, and refrigerate at least 1 hour.

Preheat the grill for high heat. Bring a large pot of lightly salted water to a boil, cook the egg noodles 6 to 8 minutes, until al dente, and drain.

Lightly oil the grill grate. Grill chicken 8 to 10 minutes on each side, until juices run clear.

Meanwhile, heat the olive oil in a large saucepan over medium heat, and cook the garlic for one minute. Mix in the chicken stock, 1 tablespoon jerk paste, white wine, chopped cilantro, juice of 1 lime, salt, and pepper. Bring to a boil, reduce heat to low, and stir in the heavy cream. Cook and stir until mixture is thickened, about 5 minutes. Do not allow it to boil.

Pour the cooked egg noodles into the saucepan, and toss with the cream sauce. Divide noodles onto 4 serving plates, and top with grilled chicken. Garnish each serving with a cilantro sprig and the juice of 1/4 lime.
Ingredients

- 4 ounces dry Chinese egg noodles
- 6 cups chicken stock
- 2 tablespoons fish sauce
- 4 cloves garlic, minced
- 2 teaspoons minced fresh ginger root
- 1 tablespoon minced lemon grass
- 5 green onions, chopped
- 2 cups cubed cooked chicken
- 1 cup bean sprouts
- 1 cup chopped bok choy

Directions

Bring a large saucepan of water to a boil over high heat. Add noodles and return water to boil. Boil until soft, about 8 minutes. Drain and reserve noodles.

Bring chicken stock, fish sauce, garlic, ginger, lemon grass, and green onions to a boil in a large pot. Reduce to a simmer; cook for 10 minutes. Stir in the chicken, bean sprouts, and bok choy. Cook pho until heated through, about 5 minutes.

Divide the cooked noodles between 2 large bowls. Pour pho over noodles; serve immediately.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>6 chicken thighs</td>
</tr>
<tr>
<td>6 slices bacon</td>
</tr>
<tr>
<td>2 cloves garlic, roughly chopped</td>
</tr>
<tr>
<td>2 green onions, chopped</td>
</tr>
<tr>
<td>1/2 teaspoon grated ginger root</td>
</tr>
<tr>
<td>1 (10 fluid ounce) bottle Russian-style salad dressing</td>
</tr>
<tr>
<td>salt and pepper to taste</td>
</tr>
</tbody>
</table>

### Directions

Heat a large skillet over medium-high heat. Cook chicken until well browned on both sides. Allow chicken to cool slightly.

Wrap each thigh in a piece of bacon, and place in slow cooker. Sprinkle garlic and ginger over the chicken; top with Russian dressing. Cook on Low heat for 5 to 6 hours. Season to taste with salt and pepper.
Restaurant-Style Buffalo Chicken Wings

Ingredients

- oil for deep frying
- 1/4 cup butter
- 1/4 cup hot sauce
- 1 dash ground black pepper
- 1 dash garlic powder
- 1/2 cup all-purpose flour
- 1/4 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 10 chicken wings

Directions

Heat oil in a deep fryer to 375 degrees F (190 degrees C). The oil should be just enough to cover wings entirely, an inch or so deep. Combine the butter, hot sauce, pepper and garlic powder in a small saucepan over low heat. Stir together and heat until butter is melted and mixture is well blended. Remove from heat and reserve for serving.

In a small bowl mix together the flour, paprika, cayenne pepper and salt. Place chicken wings in a large nonporous glass dish or bowl and sprinkle flour mixture over them until they are evenly coated. Cover dish or bowl and refrigerate for 60 to 90 minutes.

Fry coated wings in hot oil for 10 to 15 minutes, or until parts of wings begin to turn brown. Remove from heat, place wings in serving bowl, add hot sauce mixture and stir together. Serve.
Garden Chicken Stir Fry

Ingredients

1 tablespoon extra virgin olive oil
4 skinless, boneless chicken breast halves - cut into strips
1 cup julienned carrots
1 small onion, chopped
1 cup fresh sliced mushrooms
1 zucchini squash, peeled and cut into 1 inch rounds
2 yellow summer squash, peeled and sliced into 1 inch pieces
1/2 cup pecan halves
1 teaspoon coarse ground black pepper

Directions

Lightly coat the bottom of a nonstick skillet or wok with oil. Over medium heat, cook and stir the chicken strips until lightly brown. Add carrots and onion, and cook for 3 minutes.

Add mushrooms, zucchini, and squash. Cook until squash begins to soften. Add pecans, and sprinkle season with pepper. Toss in pan for 2 to 3 minutes and serve.
# Spicy Indian Chicken with Green Masala

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 fresh green chile peppers, diced</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tablespoon cumin seeds</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tablespoon ginger-garlic paste</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 1/2 teaspoons ground dried turmeric</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 teaspoon lime juice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 cups chopped fresh cilantro</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tablespoon plain yogurt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 chicken drumsticks, skin removed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tablespoon vegetable oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 small onion, thinly sliced</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Place chili peppers, cumin seed, ginger-garlic paste, salt, turmeric, lime juice, and cilantro into a blender. Puree until the cilantro is very finely chopped, then add yogurt, and puree until smooth. Pour over the chicken drumsticks in a resealable plastic bag, and mix to coat. Marinate in the refrigerator at least 2 hours.

To cook, heat vegetable oil in a large skillet over medium heat. Stir in onion, and cook until the onion softens and turns translucent, about 5 minutes. Add the chicken and marinade, and bring to a simmer. Reduce heat to medium-low, cover, and simmer until the drumsticks are tender, 30 to 40 minutes.
# Tender Onion Baked Chicken

## Ingredients
- 10 chicken breast tenderloins or strips
- 1/4 cup margarine, melted
- Salt and pepper to taste
- 1 (1 ounce) envelope dry onion soup mix

## Directions
- Preheat oven to 350 degrees F (175 degrees C).

  Place chicken in a 9x13 inch baking dish. Pour melted margarine over the chicken strips. Season with salt and pepper, and sprinkle with dry onion soup mix.

  Bake 40 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.
Avocado Chicken Wraps

**Ingredients**

- 1 1/2 cups chicken, cooked and chopped
- 1/2 cup corn kernels, cooked or canned
- 1/2 cup prepared barbecue sauce or salsa
- 4 large flour tortillas
- 1 large Chilean Hass avocado, peeled, pitted and mashed
- Additional barbecue sauce or salsa for dipping

**Directions**

In medium bowl, stir together chicken, corn and barbecue sauce or salsa. In each tortilla spread about 3 tablespoons mashed avocado, covering the entire tortilla. Spread chicken mixture evenly over mashed avocado. Roll up tightly.

For appetizer servings, place seam down on cutting board and cut each wrap into 6 pieces.

Serve with sauce or salsa for dipping.
## Cream Cheese, Garlic, and Chive Stuffed Chicken

### Ingredients
- 1 (8 ounce) package cream cheese, softened
- 2 tablespoons dried chives
- 1 clove garlic, minced
- 4 skinless, boneless chicken breast halves, butterflied
- 4 slices turkey bacon
- 2 tablespoons butter, melted

### Directions
1. Preheat oven to 350 degrees F (175 degrees C).
2. In a bowl, mix the cream cheese, chives, and garlic. Divide the mixture into 4 balls.
3. Place 1 cream cheese ball in the center of each butterflied chicken breast half. Fold the chicken over the cream cheese, wrap with a slice of turkey bacon, and secure with toothpicks. Arrange the chicken in a baking dish. Pour the butter over the chicken.
4. Bake 30 minutes in the preheated oven, or until the bacon is crisp and the chicken is no longer pink and juices run clear.
Creamy Tuscan Bean and Chicken Soup

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (10.75 ounce) can Campbell’s® Condensed Cream of Celery Soup</td>
<td></td>
<td>(Regular or 98% Fat Free)</td>
</tr>
<tr>
<td>2 cups water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 (15 ounce) can white kidney beans (cannellini), rinsed and drained</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 (14.5 ounce) can diced tomatoes, undrained</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 cups cubed cooked chicken</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/4 cup bacon bits</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 ounces fresh baby spinach leaves</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Olive oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grated Parmesan cheese</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Directions**

Heat the soup, water, beans, tomatoes, chicken and bacon in a 3-quart saucepan over medium-high heat to a boil.

Stir in the spinach. Cook for 5 minutes or until the spinach is wilted. Serve the soup with a drizzle of oil and sprinkle with the cheese.
Southern Fried Chicken Livers

Ingredients

- 1 pound chicken livers
- 1 egg
- 1/2 cup milk
- 1 cup all-purpose flour
- 1 tablespoon garlic powder
- salt and pepper to taste
- 1 quart vegetable oil for frying

Directions

Place the chicken livers in a colander, and rinse with water. Drain the livers well. Whisk together the egg and milk in a shallow bowl until well blended. Place the flour, garlic powder, and salt and pepper in a resealable plastic zipper bag, and shake to combine.

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Place the chicken livers in the bowl of egg and milk mixture, and coat each liver. Place the livers, one at a time, into the plastic bag of flour mixture, and shake the bag to coat the each liver completely.

Gently place the coated livers, a few at a time, into the hot oil. Cover the pan of oil with a frying screen to avoid getting burned by spatters of oil that will pop out as the livers fry. Deep fry the livers until crisp and golden brown, 5 to 6 minutes.
## Ingredients

- 8 bone-in chicken breast halves, skinless
- Salt and pepper to taste
- 1 tablespoon olive oil
- 2 onions, peeled and quartered
- 1 teaspoon finely chopped fresh ginger root
- 1 teaspoon crushed garlic
- 1 tablespoon hot (Madras) curry powder
- 1 (15 ounce) can tomato sauce
- 1 (10 ounce) can coconut milk
- 4 whole cloves
- 4 pods cardamom
- 1 cinnamon stick
- Salt to taste

## Directions

Rinse chicken and pat dry; season with salt and pepper to taste. Heat oil in a large skillet over medium high heat, then saute chicken until browned. Remove chicken from skillet and set aside.

Saute onions in skillet until translucent; add ginger and garlic and saute until fragrant, then stir in curry powder.

Return chicken to skillet and add tomato sauce, coconut milk, cloves, cardamom and cinnamon stick. Season with salt to taste and stir all together.

Reduce heat to low and simmer until chicken is tender and cooked through (no longer pink inside), about 20 to 25 minutes.
Desperation Chicken Dinner

Ingredients

- 2 1/2 cups water
- 2 (3 ounce) packages chicken
  ramen noodles
- 1 1/2 cups cubed cooked chicken
- 1/2 cup frozen peas
- 1/2 cup frozen corn
- 1 (4 ounce) can mushroom stems
  and pieces, drained

Directions

In a large saucepan, bring water to a boil. Add noodles with
contents of seasoning packets, chicken, peas and corn. Cook,
uncovered, for 4-6 minutes or until vegetables and noodles are
tender. Stir in the mushrooms; heat through.
My Thai Chicken Wraps

Ingredients

- 1 rotisserie chicken, skinned and boned, meat pulled into large chunks
- 1 tablespoon minced garlic
- 1 tablespoon minced fresh ginger
- 1 (12 ounce) package coleslaw mix with carrots
- 1 tablespoon chopped fresh basil
- 2 tablespoons white sugar
- black pepper to taste
- 1/2 cup hoisin sauce
- 1/4 cup soy sauce
- 2 tablespoons white vinegar
- 1 head green leaf lettuce, leaves separated, rinsed, and patted dry
- 1 cup Thai-style peanut sauce

Directions

Heat a large skillet over medium-high heat. Add chicken, garlic, ginger, coleslaw mix, basil, sugar, and pepper. Pour in hoisin sauce, soy sauce, and vinegar. Bring to a simmer, and cook and stir until the chicken is hot, and the liquid has been absorbed, about 10 minutes.

To serve, line a platter with lettuce leaves, and pour the chicken mixture into the center of the platter. Each diner assembles their own wraps by placing some of the chicken mixture onto a lettuce leaf, adding a little peanut sauce, then rolling into a cylinder.
### Ingredients

- 4 skinless, boneless chicken breasts
- 1/2 pound Monterey Jack cheese
- 8 jalapeno peppers
- 8 slices bacon
- Salt to taste
- Ground black pepper to taste
- 1 pinch garlic powder

### Directions

1. Soak skewers in water for 1 hour.

2. Pound breasts between 2 pieces of plastic wrap. It should be about 1/4 inch thick. Cut in half lengthwise. Sprinkle with salt, pepper, and garlic powder on both sides.

3. Cut cheese in to strips to fit lengthwise on pounded breast. Put a slice of jalapeno beside the piece of cheese. Roll the breast from the bottom, and set it down with the overlap down. Wrap with a whole piece of bacon around the ends to keep the cheese in as it cooks. Put on soaked wooden skewer.

4. Grill over medium heat until done.
Chicken Stuff

**Ingredients**

1 (4 pound) whole chicken  
1 (7 ounce) package corn muffin mix  
1 (10.75 ounce) can condensed cream of chicken soup  
1 (10.75 ounce) can condensed cream of celery soup  
salt and pepper to taste

**Directions**

In an 8x8 pan (NOT muffin tins), prepare muffin mix according to package directions.

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine shredded chicken, cream of chicken soup, cream of celery soup, salt and pepper and mix well. Pour mixture into a lightly greased 9x13 inch baking dish and crumble baked muffin mix on top.

Bake at 350 degrees F (175 degrees C) for 30 minutes or until bubbly.
Ingredients

- 1 (12 ounce) package spaghetti
- 1/3 cup butter or margarine
- 1/3 cup all-purpose flour
- 3/4 teaspoon salt
- 1/4 teaspoon white pepper
- 1 (14.5 ounce) can chicken broth
- 1 1/2 cups half-and-half cream
- 1 cup heavy whipping cream
- 4 cups cubed cooked chicken
- 3 (4 ounce) cans mushroom stems and pieces, drained
- 1 (4 ounce) jar sliced pimentos, drained
- 1/2 cup grated Parmesan cheese

Directions

Cook spaghetti according to package directions. Meanwhile, in a Dutch oven, melt butter. Stir in flour, salt and pepper until smooth. Gradually add the broth, half-and-half and whipping cream. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat. Stir in the chicken, mushrooms and pimientos. Drain spaghetti; add to the chicken mixture and toss to coat.

Transfer to two greased 11-in. x 7-in. x 2-in. baking dishes. Sprinkle with Parmesan cheese. Cover and freeze one casserole for up to 2 months. Bake the second casserole, uncovered, at 350 degrees F for 20-25 minutes or until heated through.
Greek Chicken with Rice

Ingredients

- 2 tablespoons olive oil
- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 small onion, chopped
- 1 medium red bell pepper, chopped
- 1/2 teaspoon dried oregano leaves, crushed
- 1 clove garlic, finely chopped
- 1 (10 ounce) bag baby spinach leaves
- 2 1/4 cups water
- 1 (5.3 ounce) package Knorr® Sides Plus™ Veggies - Roasted Chicken Rice With Harvest Vegetables
- 2 tablespoons lemon juice
- 1/4 cup crumbled reduced fat feta cheese (optional)

Directions

Heat 1 tablespoon olive oil in 12-inch nonstick skillet over medium-high heat and cook chicken, stirring occasionally, 5 minutes or until chicken is thoroughly cooked. Remove chicken and keep warm.

Add remaining 1 tablespoon olive oil to same skillet and cook onion, red pepper and oregano over medium heat, stirring occasionally, 4 minutes or until vegetables are tender. Add garlic and cook 1 minute. Add spinach; toss to coat. Cover and cook about 2 minutes, until spinach is partially wilted, stirring occasionally.

Stir in water and Knorr® Sides Plus™ Veggies - Roasted Chicken Rice With Harvest Vegetables. Bring to a boil. Reduce heat to low and cook covered 10 minutes or until rice is tender. Stir in chicken and lemon juice. Sprinkle with cheese.
# PHILLY Creamy Tomato and Chicken Spaghetti

## Ingredients

- 300 grams spaghetti, uncooked
- 2 cups fresh stir-fry vegetables
- 1 tablespoon oil
- 1 pound boneless skinless chicken breasts, cut into strips
- 1 1/2 cups diced tomatoes, undrained
- 1/4 cup KRAFT Zesty Italian Dressing
- 1/2 (250 g) tub PHILADELPHIA Cream Cheese Spread
- 1/4 cup KRAFT 100% Parmesan Grated Cheese

## Directions

Cook spaghetti as directed on package, adding stir-fry vegetables to the cooking water for the last 3 minutes of the spaghetti cooking time.

Meanwhile, heat oil in large nonstick skillet on medium-high heat. Add chicken; cook 6 minutes, stirring occasionally. Stir in tomatoes and dressing; bring to boil. Reduce heat to medium; simmer 4 minutes, stirring occasionally. Add cream cheese spread; cook and stir until cream cheese is completely melted and mixture is well blended.

Drain spaghetti mixture; place in large bowl. Add chicken mixture; toss to coat. Sprinkle with Parmesan cheese.
Holiday Chicken Pot Pie

**Ingredients**

- 6 skinless, boneless chicken breast halves - diced
- 2 (10.75 ounce) cans condensed cream of mushroom soup
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 1 onion, finely chopped
- 1 (14.5 ounce) can chicken broth
- 4 large potatoes, peeled and diced
- 6 carrots, peeled and sliced
- 1 (16 ounce) package frozen sweet peas, thawed
- 1/2 cup margarine
- 1/2 cup all-purpose flour
- 1 cup milk

**Directions**

Preheat oven to 400 degrees F (200 degrees C).

In a large bowl combine the chicken, cream of mushrooms soup, cream of chicken soup, onion, broth, potatoes, carrots and peas. Mix well and season with salt and pepper to taste. Pour mixture into three 1-quart baking dishes.

Melt margarine in a small saucepan over low heat. Remove from heat, stir in flour and whisk. Pour in milk and mix well, then pour mixture evenly over the chicken mixture.

Bake in the preheated oven for about 1 hour. Remove from oven and let cool about 5 to 10 minutes before serving.
## Ingredients

- 1 cup whole wheat couscous
- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 2 bay leaves
- 5 whole cloves, crushed
- 1/2 teaspoon cinnamon
- 1 teaspoon ground dried turmeric
- 1/4 teaspoon ground cayenne pepper
- 6 skinless, boneless chicken breast halves - chopped
- 1 (16 ounce) can garbanzo beans
- 1 (16 ounce) can crushed tomatoes
- 1 (48 fluid ounce) can chicken broth
- 2 carrots, cut into 1/2 inch pieces
- 1 zucchini, cut into 1/2-inch pieces
- salt to taste

## Directions

Prepare the couscous according to package directions.

Heat the oil in a large pot over medium heat, and cook onion until tender. Mix in bay leaves, cloves, cinnamon, turmeric, and cayenne pepper. Place chicken in the pot, and cook until well browned. Pour garbanzo beans, tomatoes, and broth into the pot, and bring to a boil. Reduce heat to low, and simmer 25 minutes.

Mix carrots and zucchini into pot. Season with salt. Continue cooking 10 minutes, or until vegetables are tender. Serve stew over cooked couscous.
**Sour Cream Chicken and Potatoes**

### Ingredients
- 2 large potatoes, quartered
- 1 cup freshly grated Parmesan cheese, divided
- 1 1/2 cups sour cream, divided
- 1/4 cup sun-dried tomatoes
- 2 tablespoons butter
- 1 cup fresh spinach leaves
- 1 clove garlic
- 2 tablespoons olive oil, or as needed
- 1 red onion, chopped
- 1/2 large green bell pepper, chopped
- 10 chicken tenders

### Directions
1. Preheat oven to 400 degrees F (200 degrees C). Lightly grease a medium casserole dish.

2. Place potatoes in a pot with enough water to cover, and bring to a boil. Cook 10 minutes, or until tender but firm. Cool, and partially mash together with 3/4 cup Parmesan cheese and 1/2 cup sour cream. Set aside.

3. Place sun-dried tomatoes, butter, spinach, garlic, and remaining 1/4 cup Parmesan cheese in a blender or food processor, and blend until almost smooth.

4. Heat the olive oil in a skillet over medium heat, and cook the onion and green bell pepper until tender. Reserve remaining oil in skillet, and spread onion and pepper over the bottom of the casserole dish. Top with the potato mixture.

5. Mix the sun-dried tomato mixture into the skillet with the remaining oil. Place chicken in skillet, and cook 4 minutes on each side over medium heat, until browned and juices run clear. Arrange chicken and sun-dried tomato mixture over the potato mixture in the casserole dish, and top with remaining 1 cup sour cream.

6. Bake 15 minutes in the preheated oven, until lightly browned.
**Ingredients**

- 1 cup uncooked Texmati® White Rice
- 1 cup orange juice
- 1 cup water
- 1 teaspoon salt
- 3 tablespoons butter, divided
- 1/4 cup sliced almonds
- 4 boneless, skinless chicken breast halves
- 1/4 cup orange marmalade
- 1/4 cup sliced green onions

**Directions**

Combine rice, orange juice, water and salt in a 2- to 3-quart saucepan. Heat to boiling; stir once or twice. Reduce heat; cover and simmer 15 minutes.

While rice is cooking, melt 1 tablespoon butter in large skillet over medium-high heat. Add almonds and cook and stir until golden, about 2 to 3 minutes. Remove almonds and set aside.

Melt remaining 2 tablespoons butter in skillet. Add chicken; cook until brown on both sides. Add orange marmalade to skillet and stir to coat chicken. To serve, spoon rice onto plate, top with chicken. Sprinkle with toasted almonds and green onions.
Poppy Seed Chicken

**Ingredients**

- 6 skinless, boneless chicken breast halves - diced
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (8 ounce) container sour cream
- 2 tablespoons dry sherry
- salt and pepper to taste
- 8 ounces buttery round crackers, crushed
- 1 1/2 tablespoons poppy seeds
- 1/2 cup butter, melted

**Directions**

Preheat to 350 degrees F (175 degrees C).

Place the diced chicken breasts on the bottom of a 9x13 inch baking dish sprayed with a nonstick cooking spray. In a bowl combine the soup, sour cream and sherry. Pour or spoon mixture over the chicken. Sprinkle salt and pepper on top.

Mix the poppy seeds and crushed crackers and sprinkle mixture over the chicken, salt and pepper. Drizzle the melted butter or margarine over the cracker/poppyseed layer and bake covered in the preheated oven for 30 to 45 minutes (take cover off for the last 5 minutes). Let stand a few minutes before servings.
## General Tso's Chicken

### Ingredients

- 4 cups peanut oil for frying
- 2 eggs
- 1 teaspoon sesame oil
- 1/2 cup cornstarch
- 1 pound skinless, boneless chicken thighs, cut into bite-sized pieces
- 1 1/2 tablespoons rice vinegar
- 2 tablespoons rice wine
- 3 tablespoons white sugar
- 3 tablespoons soy sauce
- 1 teaspoon sesame oil
- 1 tablespoon banana ketchup
- 2 tablespoons peanut oil
- 6 dried whole red chilies
- 1/2 cup diced onion
- 1 tablespoon minced garlic
- 1 tablespoon orange zest
- 2 tablespoons minced green onions
- 1 tablespoon toasted sesame seeds

### Directions

Heat 4 cups of peanut oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Beat the eggs in a mixing bowl; whisk in 1 teaspoon of sesame oil and the cornstarch. Mix in the chicken until all the pieces are coated with batter. Drop into the hot oil a piece at a time; cook until the chicken is golden brown on the outside and no longer pink on the inside, about 4 minutes. Drain on a paper towel-lined plate.

Stir together the vinegar, wine, sugar, soy sauce, 1 teaspoon sesame oil, and the banana ketchup in a small bowl until smooth; set aside. Heat 2 tablespoons peanut oil in a wok or large skillet over high heat. Stir in the dried chile peppers and cook for a few seconds until the peppers brighten. Stir in the onion, garlic, and orange zest. Cook and stir until the onion is beginning to brown. Stir in the sauce; bring to a boil before adding the fried chicken. Reduce the heat to medium and stir until the chicken pieces are well coated with the sauce, a few minutes longer. Serve sprinkled with green onions and toasted sesame seeds.
### Ingredients

- 1/4 cup lemon juice
- 1/4 cup vegetable oil
- 3/4 cup plain yogurt
- 4 cloves garlic, minced
- 2 teaspoons tomato paste
- 1 1/2 teaspoons salt
- 1 teaspoon dried oregano
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cardamom
- 2 pounds skinless, boneless chicken breast halves - cut into 2 inch pieces
- 2 onions, cut into large chunks
- 1 large green bell pepper, cut into large chunks
- 1 cup chopped fresh flat-leaf parsley

### Directions

Whisk together the lemon juice, vegetable oil, plain yogurt, garlic, tomato paste, salt, oregano, pepper, allspice, cinnamon, and cardamom in a large bowl; add the chicken and toss to coat. Transfer the chicken mixture into a large plastic bag; refrigerate at least 4 hours.

Preheat an outdoor grill for medium-high heat and lightly oil grate. Thread the chicken, onions, and pepper onto metal skewers. Cook on preheated grill until the chicken is golden and no longer pink in the center, about 5 minutes each side. Sprinkle the parsley over the skewers.
## Ingredients

- 2 (10.75 ounce) cans Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 1/2 cup water
- 1/4 cup lemon juice
- 1 tablespoon Dijon-style mustard
- 1 1/2 teaspoons garlic powder
- 8 large carrots, thickly sliced
- 8 skinless, boneless chicken breast halves
- 4 cups hot cooked egg noodles
- Chopped fresh parsley

## Directions

Stir the soup, water, lemon juice, mustard, garlic powder and carrots in a 3 1/2-quart slow cooker. Add the chicken and turn to coat.

Cover and cook on LOW for 7 to 8 hours* or until the chicken is cooked through. Serve with the noodles. Sprinkle with the parsley.
Chicken In Basil Cream

**Ingredients**

- 1/4 cup milk
- 1/4 cup dried bread crumbs
- 4 skinless, boneless chicken breasts
- 3 tablespoons butter
- 1/2 cup chicken broth
- 1 cup heavy whipping cream
- 1 (4 ounce) jar sliced pimento peppers, drained
- 1/2 cup grated Parmesan cheese
- 1/4 cup chopped fresh basil
- 1/8 teaspoon ground black pepper

**Directions**

Place milk and bread crumbs in separate, shallow bowls. In skillet, heat butter or margarine to medium heat. Dip chicken in milk, then coat with crumbs. Cook in butter or margarine, on both sides, until juices run clear (about 10 minutes). Remove and keep warm.

Add broth to skillet. Bring to a boil over medium heat, and stir to loosen browned bits from pan. Stir in cream and pimentos; boil and stir for 1 minute. Reduce heat.

Add Parmesan cheese, basil and pepper. Stir sauce and cook until heated through. Pour mixture over chicken and serve!
Malaysian Barbecue Chicken Wings

Ingredients

- 12 chicken wings
- 4 tablespoons soy sauce
- 2 tablespoons dark soy sauce
- 1 tablespoon sesame oil
- 2 tablespoons oyster sauce
- 1/2 tablespoon garlic powder
- 1/2 teaspoon onion powder
- ground black pepper to taste
- 1 tablespoon dried basil

Directions

In a shallow glass bowl combine the soy sauce, dark soy sauce, sesame oil, oyster sauce, garlic powder, onion powder, ground black pepper and dried basil. Mix together. Add chicken wings, cover and refrigerate overnight. Stir together again the next day.

Lightly oil grill and preheat to high heat.

Remove wings from marinade and discard remaining marinade. Grill chicken wings over preheated grill for 8 to 12 minutes each side, or until cooked through and juices run clear.
Ingredients

- 4 cups water
- 3 cubes chicken bouillon
- 1 onion, chopped
- 1 banana pepper, seeded and diced
- 1 (15.5 ounce) can hominy, drained
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can garbanzo beans, rinsed and drained
- 1 (14 ounce) can diced tomatoes with green chilies, undrained
- 1 (14.5 ounce) can diced tomatoes, undrained
- 2 (10.75 ounce) cans cream of chicken soup
- 2 (12.5 fl oz) cans white chicken, drained
- 4 1/2 teaspoons garlic powder
- 3 tablespoons lime juice
- 5 dashes hot pepper sauce (such as Frank's RedHot®)
- 3 tablespoons dried cilantro
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- Salt and pepper to taste

Directions

Bring the water to a boil in a large pot; stir the bouillon cubes into the water until dissolved. Add the onion, banana pepper, hominy, black beans, garbanzo beans, diced tomatoes with chilies, diced tomatoes, chicken soup, chicken, garlic powder, lime juice, hot pepper sauce, cilantro, chili powder, cumin, salt, and pepper; stir. Reduce heat to medium and cook the soup until the onions are soft and opaque, about 20 minutes.
**Ingredients**

- 1/2 teaspoon paprika
- 1/8 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground cumin
- 1/4 teaspoon dried thyme
- 1/8 teaspoon ground white pepper
- 1/8 teaspoon onion powder
- 2 skinless, boneless chicken breast halves

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet. Heat a cast iron skillet over high heat for 5 minutes until it is smoking hot.

Mix together the paprika, salt, cayenne, cumin, thyme, white pepper, and onion powder. Oil the chicken breasts with cooking spray on both sides, then coat the chicken breasts evenly with the spice mixture.

Place the chicken in the hot pan, and cook for 1 minute. Turn, and cook 1 minute on other side. Place the breasts on the prepared baking sheet.

Bake in the preheated oven until no longer pink in the center and the juices run clear, about 5 minutes.
Coconut Pecan Chicken

Ingredients

- 1 1/2 cups plain fat-free yogurt
- 2/3 cup sweetened coconut flakes
- 2/3 cup panko (Japanese-style bread crumbs)
- 1/2 cup finely chopped pecans
- 1 1/2 pounds chicken breast, cut in 1-inch wide strips

Directions

Preheat oven to 450 degrees.

Put yogurt in a small bowl, and set aside. In a shallow pie plate, combine coconut, panko and pecans.

Dip chicken strips in yogurt to cover, then roll in panko mixture. Place strips on an oil-sprayed baking sheet. Spray top of chicken. Bake 15 minutes. Reduce heat to 350, and bake 15 more minutes. Check that coating browns but does not burn. If desired, broil 2 minutes for an even crunchier top.
# Easy and Delicious Chicken and Rice Casserole

## Ingredients

- 1 cup uncooked white rice
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 7/8 cups water
- 1 (1 ounce) package dry onion soup mix
- 4 skinless, boneless chicken breast halves

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Spread rice in the bottom of a 9x13 inch baking dish. Rinse chicken and pat dry; arrange chicken pieces on top of rice.

Mix soup and water together and pour over chicken and rice. Sprinkle dry onion soup mix on top. Cover and seal TIGHTLY with foil. Bake in the preheated oven for 1 to 1 1/2 hours. Enjoy!
Walnut Chicken Skillet

Ingredients

- 2 teaspoons cornstarch, divided
- 3 tablespoons soy sauce, divided
- 1 pound boneless skinless chicken breasts, cut into 1/4-inch strips
- 1 tablespoon water
- 1 1/2 teaspoons vinegar
- 1 1/2 teaspoons sugar
- 1 dash hot pepper sauce
- 1/2 cup walnut halves
- 3 tablespoons vegetable oil
- 1 medium green pepper, cut into 1-inch pieces
- 1/2 teaspoon ground ginger
- Hot cooked rice

Directions

In a bowl, combine 1 teaspoon of cornstarch and 1 tablespoon soy sauce until smooth; add chicken and toss to coat. Cover and refrigerate for 30 minutes.

Meanwhile, in a bowl, combine water, vinegar, sugar, hot pepper sauce, and remaining cornstarch and soy sauce; set aside.

In a skillet, saute walnuts in oil until toasted; remove with a slotted spoon and set aside. In the same skillet, stir-fry chicken until juices run clear. Remove and keep warm. Add green pepper and ginger to skillet; cook and stir for 3 minutes or until pepper is crisp-tender.

Stir cornstarch mixture; add to skillet. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Return chicken and walnuts to pan. Serve over rice.
**Ingredients**

- 1 cup uncooked long grain white rice
- 2 cups water
- 2 tablespoons vegetable oil
- 4 skinless, boneless chicken breast halves - cut into strips
- 1 (15 ounce) can black beans, drained
- 1 (14.5 ounce) can diced tomatoes
- 1 (14.5 ounce) can green beans, drained
- 1 tablespoon Creole seasoning
- 1 1/2 tablespoons chili powder

**Directions**

In a pot, bring the rice and water to a boil. Reduce heat to low, cover, and simmer 20 minutes.

Heat the oil in a skillet over medium heat, and cook the chicken strips 10 minutes, or until browned and juices run clear.

In a saucepan over medium-low heat, mix the black beans, diced tomatoes, green beans, Creole seasoning, and chili powder. Cook, stirring occasionally, until heated through.

Mix the chicken into the bean and tomato mixture, and continue cooking 5 minutes. Serve over the rice.
Ingredients

1 tablespoon vegetable oil
1 (3 pound) chicken, cut into pieces
1 bay leaf
1/4 teaspoon black pepper
1/8 teaspoon cayenne pepper
1/2 teaspoon paprika
1/2 teaspoon ground cloves
1/2 teaspoon ground cinnamon
1 onion, chopped
2 cloves garlic, minced
1 (14.5 ounce) can diced tomatoes
2 teaspoons brown sugar
1 cup chicken broth
1/4 cup semisweet chocolate chips
1/4 cup raisins
2 tablespoons sesame seeds

Directions

Heat the vegetable oil in a Dutch oven or large pot over medium-high heat. Cook the chicken pieces in the hot oil until golden brown on all sides, about 10 minutes. Remove from the pan and set aside. Reduce heat to medium, and stir in the bay leaf, black pepper, cayenne pepper, paprika, cloves, and cinnamon until fragrant, about 30 seconds. Add the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes.

Stir in the tomatoes, brown sugar, and chicken broth, and bring to a simmer over medium-high heat. Once simmering, stir in the chocolate chips until melted, then return the chicken pieces to the pot. Reduce heat to medium-low, cover, and simmer until the chicken is tender and no longer pink at the bone, 15 to 20 minutes. Stir in the raisins, and cook 3 minutes longer. Sprinkle with sesame seeds to serve.
Honey-Dijon Chicken

Ingredients
4 (4 ounce) boneless skinless chicken breast halves
1/4 cup honey
2 tablespoons lemon juice
2 tablespoons reduced-sodium soy sauce
1 teaspoon Dijon mustard

Directions
Place chicken in an ungreased 11-in. x 7-in. x 2-in. baking dish. Combine remaining ingredients; pour over chicken. Bake, uncovered, at 350 degrees F for 35-40 minutes or until juices run clear, turning and basting with pan juices every 15 minutes.
Vermicelli Chicken Salad

**Ingredients**

1 (6.9 ounce) package chicken-flavored rice and vermicelli mix
2 cups cubed cooked chicken breast
1 1/2 cups mayonnaise
1 (6.5 ounce) jar marinated artichoke hearts, drained and chopped
1/2 cup finely chopped onion
1 (2.25 ounce) can sliced ripe olives, drained
1/2 teaspoon lemon-pepper seasoning

**Directions**

Cook rice mix according to package directions. Stir in the chicken, mayonnaise, artichokes, onion, olives and lemon-pepper. Cover and refrigerate until chilled.
**Ingredients**

2 cups chicken stock  
3 tablespoons cornstarch  
1 teaspoon poultry seasoning

**Directions**

Bring chicken stock to a boil. Dissolve cornstarch in a small amount of cold water and add to chicken stock. Season to taste with poultry seasoning and cook until thickened. Serve!
**Ingredients**

- 1 cup cubed cooked chicken
- 1 (10.75 ounce) can condensed cream of celery soup, undiluted
- 1/2 cup frozen peas and carrots
- 1/4 cup chopped onion
- 1/4 cup chopped green pepper
- 3 tablespoons chicken broth
- 2 tablespoons butter, melted

**TOPPING:**

- 1/3 cup self-rising flour
- 1/3 cup buttermilk
- 1/4 cup butter or margarine, softened
- 1/8 teaspoon pepper
- Refrigerated butter-flavored spray
- Paprika

**Directions**

In a bowl, combine the first seven ingredients. Transfer into two greased 12-oz. baking dishes. For topping, in a bowl, combine the flour, buttermilk, butter and pepper (batter will be thin). Spoon evenly over each dish; spread to cover top. Spritz each casserole with butter-flavored spray; sprinkle with paprika. Bake, uncovered, at 350 degrees F for 30-35 minutes or until bubbly and top is firm.
Ingredients

2 tablespoons vegetable oil, divided
8 ounces skinless, boneless chicken breast, cut into strips
1/2 red bell pepper, chopped
1/2 cup green onion, chopped
4 cloves garlic, minced
3 cups cooked brown rice
2 tablespoons light soy sauce
1 tablespoon rice vinegar
1 cup frozen peas, thawed

Directions

Heat 1 tablespoon of vegetable oil in a large skillet set over medium heat. Add the chicken, bell pepper, green onion and garlic. Cook and stir until the chicken is cooked through, about 5 minutes. Remove the chicken to a plate and keep warm.

Heat the remaining tablespoon of oil in the same skillet over medium-high heat. Add the rice; cook and stir to heat through. Stir in the soy sauce, rice vinegar and peas, and continue to cook for 1 minute. Return the chicken mixture to the skillet and stir to blend with the rice and heat through before serving.
## Chicken and Rice Dinner

### Ingredients
- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breasts
- 1 (10.75 ounce) can Campbell’s® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
- 1 1/2 cups water
- 1 1/2 cups uncooked instant white rice
- 2 cups fresh OR frozen broccoli flowerets

### Directions
## Ingredients

1 lemon  
1 tablespoon vegetable oil  
4 skinless, boneless chicken breasts  
1 (10.75 ounce) can Campbell's® Condensed Cream of Broccoli Soup or Campbell's® Condensed 98% Fat Free Cream of Broccoli Soup  
1/2 cup milk  
1/8 teaspoon ground black pepper  
4 cups hot cooked regular long-grain white rice

## Directions

Cut 4 thin slices of lemon. Squeeze 2 teaspoons juice from remaining lemon.  

Heat oil in skillet. Add chicken and cook until browned.  

Add soup, milk, lemon juice and pepper. Top chicken with lemon slices. Heat to a boil. Cover and cook over low heat 5 minutes or until done. Serve with rice.
Spinach Chicken Enchiladas

**Ingredients**

- 4 boneless skinless chicken breast halves, cut into thin strips
- 1/4 cup chopped onion
- 1 (10 ounce) package frozen chopped spinach, thawed and well drained
- 1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
- 3/4 cup milk
- 1 cup sour cream
- 1 teaspoon ground nutmeg
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 cups shredded mozzarella cheese
- 8 (8 inch) flour tortillas
- Minced fresh parsley

**Directions**

Coat a large skillet with nonstick cooking spray; cook and stir chicken and onion over medium heat for 6-8 minutes or until chicken is no longer pink. Remove from the heat; add spinach and mix well. In a bowl, combine soup, milk, sour cream and seasonings; mix well. Stir 3/4 cup into chicken and spinach mixture. Divide evenly among tortillas. Roll up and place, seam side down, in a 13-in. x 9-in. x 2-in. baking pan that has been sprayed with nonstick cooking spray. Pour the remaining soup mixture over enchiladas. Cover and bake at 350 degrees F for 30 minutes. Uncover and sprinkle with cheese; return to the oven for 15 minutes or until cheese is melted and bubbly. Garnish with parsley.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (8 ounce) package cream cheese, softened</td>
<td>In a small dip bowl combine the cream cheese, chicken, lemon juice and steak sauce. Mix together. Add salt and pepper to taste and serve.</td>
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<tr>
<td>1 (5 ounce) can chicken chunks, drained</td>
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<tr>
<td>1 teaspoon lemon juice</td>
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<tr>
<td>2 tablespoons steak sauce</td>
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<tr>
<td>salt and pepper to taste</td>
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</table>
Ingredients

1/2 teaspoon cider vinegar
1 teaspoon soy sauce
2 tablespoons ginger garlic paste
1 tablespoon chili sauce
salt to taste
1 pound skinless, boneless chicken breast meat - cut into bite-size pieces
1 tablespoon vegetable oil
1 onion, chopped
1 green bell pepper, chopped
1 tomato, chopped
1 teaspoon cornstarch
1/2 cup water

Directions

In a glass dish mix together the vinegar, soy sauce, ginger garlic paste, chili sauce and salt. Place chicken in dish, cover and marinate in the refrigerator for 3 to 4 hours.

Remove chicken pieces from dish and set marinade aside. Saute chicken pieces in a small skillet in a little bit of oil. Then heat oil in a medium skillet and saute onions, bell pepper and tomato. Add the marinade and sauteed chicken pieces. Cover skillet and let all simmer for 5 to 7 minutes, or until chicken is cooked through and no longer pink inside. Combine cornstarch and water and mix together to make a paste. Add paste to skillet and stir until mixture thickens.
# Grilled Chicken and Artichoke Soup

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 ounce dried porcini mushrooms</td>
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<tr>
<td>1 cup boiling water</td>
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<tr>
<td>1 pound skinless, boneless chicken breast halves</td>
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<tr>
<td>salt and pepper to taste</td>
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<tr>
<td>6 cups chicken broth</td>
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<tr>
<td>1/2 cup sun-dried tomatoes (not packed in oil), snipped into small pieces</td>
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<tr>
<td>2 tablespoons tomato paste</td>
<td></td>
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<tr>
<td>1/3 cup olive oil</td>
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<tr>
<td>2 cloves cloves garlic, minced</td>
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<tr>
<td>1 red onion, minced</td>
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<tr>
<td>2 (13.75 ounce) cans artichoke bottoms, drained and chopped</td>
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<tr>
<td>1/4 teaspoon black pepper</td>
<td></td>
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<tr>
<td>1/2 cup chopped fresh parsley</td>
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<tr>
<td>2 tablespoons fresh lemon juice</td>
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<tr>
<td>1/2 cup dry white wine</td>
<td></td>
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<tr>
<td>1/2 cup grated Parmesan cheese, or to taste</td>
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</tbody>
</table>

## Directions

1. Place the dried mushrooms into the boiling water and set aside until softened, about 20 minutes. Once softened, squeeze excess water from mushrooms and finely chop. Reserve the mushroom-flavored water.

2. Preheat an outdoor grill for medium-high heat and lightly oil grate.

3. Season chicken breasts with salt and pepper. Grill chicken breasts until no longer pink in the center, about 6 minutes per side. Once cooked, set aside.

4. Pour chicken broth into a large pot, and bring to a boil over high heat. Stir in sun-dried tomatoes, tomato paste, and reserved mushroom liquid. Reduce heat to medium-low, and simmer for 15 minutes.

5. Meanwhile, heat the olive oil in a large skillet over medium heat. Stir in garlic and onion, and cook until the onion has softened and turned translucent, about 5 minutes. Stir in the chopped mushrooms, artichokes, pepper, parsley, lemon juice, and white wine. Bring to a boil over high heat, then reduce heat and simmer 10 minutes; add to the simmering chicken broth.

6. Slice the grilled chicken breasts into strips and stir into the simmering soup. Sprinkle with Parmesan cheese before serving.
Chicken Breasts in Caper Cream Sauce

**Ingredients**

- 4 boneless, skinless chicken breast halves
- 1 teaspoon lemon pepper
- 1 teaspoon salt
- 1 teaspoon dried dill weed
- 1 teaspoon garlic powder
- 3 tablespoons butter
- 1/2 cup whipping cream
- 2 tablespoons capers, drained and rinsed

**Directions**

Season chicken breasts with lemon pepper, salt, dill weed, and garlic powder.

Melt butter in a large skillet over medium heat. Place breasts in skillet, and increase heat to medium-high. Turn chicken frequently, until brown, about 5 minutes. Reduce heat to medium, and cook 5 to 7 minutes, until breasts are cooked through. Remove chicken to a warm serving platter, and cover with foil.

Return skillet to stove, and increase heat to high. Whisk in whipping cream, whisking continuously until reduced to sauce consistency, about 3 minutes. Remove from heat. Stir in capers. Pour sauce over chicken, and serve.
**Ingredients**

- 1/4 cup pine nuts
- 1/4 cup butter
- 2 pounds skinless, boneless chicken breast halves, cut into bite size pieces
- 1 onion, chopped
- 4 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 (14 ounce) can unsweetened coconut milk
- 1 1/2 teaspoons paprika
- 1/4 teaspoon ground cumin
- 1 teaspoon curry powder
- 2 teaspoons cornstarch
- 1/4 cup cold water

**Directions**

Heat a skillet over medium-high heat. Add pine nuts, and cook stirring frequently, until evenly toasted. Remove from heat, and set aside.

Melt butter in a large skillet over medium heat. Stir in the chicken, and cook 5 to 10 minutes, until no longer pink and juices run clear.

Stir onion and garlic into the skillet, and cook until tender. Stir in the pine nuts, soy sauce, and coconut milk. Season with paprika, cumin, and curry powder.

In a small bowl, blend the cornstarch and water. Mix into the skillet. Stir constantly until a thick gravy has formed.
### Ingredients

- 10 saltine crackers, crushed
- 1/2 teaspoon Italian seasoning
- 2 skinless, boneless chicken breasts
- 1/4 cup egg substitute
- 1/2 cup julienned red bell pepper
- 1/2 cup julienned yellow bell pepper
- 1/2 cup julienned green bell pepper
- 1 small onion, cut into wedges
- 1 clove crushed garlic
- 1 1/2 tablespoons butter
- 1/2 cup chicken broth
- 1/2 tablespoon all-purpose flour

### Directions

In a shallow dish or bowl, mix together cracker crumbs and seasoning. Put egg substitute in a separate dish or bowl. Dip each chicken breast in the egg substitute, then coat with cracker mixture. Set aside.

In a large skillet sauté bell peppers, onion and garlic in butter or margarine over medium heat, until just crisp and tender. Remove pepper mixture from skillet and set aside, keeping warm.

In the same skillet, sauté coated chicken breasts in remaining butter or margarine until browned on both sides. Remove browned chicken breasts from skillet and keep warm.

Combine the chicken broth and flour and mix together. Pour broth mixture into pan drippings and heat through until mixture thickens and begins to boil. Stir in bell pepper mixture and heat through, stirring together. If desired, serve by placing chicken breast on a bed of hot cooked pasta and pouring bell pepper mixture over the top.
Ingredients

1 cup orange juice
1/4 cup olive or vegetable oil
3 garlic cloves, minced
1 tablespoon dried rosemary, crushed
1 tablespoon dried thyme
8 (4 ounce) skinless, boneless chicken breast halves

Directions

Combine the first five ingredients; pour half into a large resealable plastic bag. Refrigerate the remaining marinade for basting. Add chicken to bag; seal and toss to coat. Refrigerate for 8 hours or overnight. Drain and discard marinade. Grill chicken, uncovered, over medium heat or broil 4 in. from the heat for 3 minutes on each side. Baste with reserved marinade. Continue cooking for 6-8 minutes or until meat juices run clear.
Ingredients
8 chicken thighs
1 tablespoon vegetable oil
1 pinch ground black pepper
1 pinch salt
1 pinch paprika
1 (10.75 ounce) can condensed cream of mushroom soup
1 (1 ounce) package dry onion soup mix
1 cup sour cream
1 tablespoon lemon juice
1 teaspoon dried dill weed

Directions
Brown chicken in oil over medium heat. Place in a 9 x 13 inch greased baking dish. Sprinkle with salt, pepper, and paprika to taste.

Combine mushroom soup, onion soup mix, sour cream, lemon juice, and dill weed. Pour over chicken.

Bake at 350 degrees F (175 degrees C) for one hour, or until chicken is tender and sauce is brown.
## Wild Rice Chicken Salad

### Ingredients
- 2 1/2 cups cooked, cubed chicken breast meat
- 3 cups cooked wild rice
- 1 (8 ounce) can sliced water chestnuts, drained
- 1/3 cup thinly sliced green onions
- 2/3 cup reduced-fat mayonnaise
- 1/3 cup fat-free milk
- 2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon dried tarragon
- 1/8 teaspoon pepper
- 1 cup halved seedless red grapes
- 1/4 cup salted cashew halves

### Directions
In a large bowl, combine the chicken, rice, water chestnuts and green onions. In a small bowl, combine the mayonnaise, milk, lemon juice, salt, tarragon and pepper. Pour over chicken mixture; toss to coat. Cover and refrigerate for 2-3 hours. Just before serving, fold in grapes and sprinkle with cashews.
# Mediterranean Chicken with Pepperoncini and Kalamatas

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
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<tbody>
<tr>
<td>12 pepperoncini peppers, rinsed and drained</td>
<td>Layer whole pepperoncini on the bottom of a slow cooker. Sprinkle the olive slices and garlic on top of the peppers.</td>
</tr>
<tr>
<td>1 cup sliced pitted kalamata olives</td>
<td>Rinse chicken and pat dry. Place on top of pepperoncini mixture. Sprinkle chicken with 1 1/2 teaspoons paprika, the salt, pepper and lemon zest. Slowly pour in lemon juice.</td>
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<tr>
<td>8 cloves minced garlic</td>
<td>Cover and cook on low 6 to 6 1/2 hours or until meat easily pulls away from bone. Remove chicken to a warm plate and cover to keep warm.</td>
</tr>
<tr>
<td>3 1/2 pounds chicken leg quarters</td>
<td>Turn slow cooker on high. Skim fat from cooking liquid. Whisk in sour cream until blended. Cover and simmer on high until heated through 8 to 10 minutes depending on your cooker. Stir in pepper and paprika.</td>
</tr>
<tr>
<td>1 1/2 teaspoons paprika</td>
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<tr>
<td>1/4 teaspoon salt</td>
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<tr>
<td>1/4 teaspoon fresh ground pepper</td>
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<tr>
<td>1/2 teaspoon grated lemon zest</td>
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<tr>
<td>1/2 cup fresh-squeezed lemon juice</td>
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<tr>
<td>1 cup sour cream</td>
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<tr>
<td>1/2 teaspoon paprika</td>
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Dan's Favorite Chicken Sandwich

**Ingredients**

- 2 skinless, boneless chicken breast halves
- 2 tablespoons barbeque sauce
- 4 slices bacon
- 2 hoagie rolls, split lengthwise
- 2 tablespoons Ranch dressing
- 4 slices Swiss cheese
- 1 small avocado - peeled, pitted and diced

**Directions**

Preheat oven to 375 degrees F (190 degrees C). Coat a baking dish with cooking spray. Brush both sides of each chicken breast with barbeque sauce and place in the baking dish. Top each breast with 2 slices bacon.

Bake chicken 25 minutes in the preheated oven, until juices run clear. Drain bacon strips on paper towels, and slice breasts in half lengthwise.

Heat the oven broiler. Spread both halves of each hoagie roll with Ranch dressing. Place 2 breast halves on one half of each roll. Place 2 strips of bacon on each remaining roll half. Top each half with 1 slice Swiss cheese.

Arrange sandwich halves on the baking sheet, and broil 2 to 5 minutes, until the cheese is melted and bubbly. Layer chicken halves of sandwiches with avocado slices, and top with bacon halves to serve.
Buffalo Blue Cheese Chicken Burgers

**Ingredients**

- 1 pound ground chicken
- 1 cup dry bread crumbs
- 3/4 cup crumbled blue cheese
- 1 extra large egg
- 1/4 cup onion, chopped (optional)
- 1/3 cup buffalo wing sauce
- 4 hamburger buns, split and toasted

**Directions**

Mix together the chicken, bread crumbs, blue cheese, egg, onion, and wing sauce in a mixing bowl until evenly combined. Form into 4 patties and place between sheets of waxed paper or plastic wrap. Place into an airtight container and refrigerate overnight for best results.

Preheat an outdoor grill for medium-high heat, and lightly oil grate.

Cook the patties on the preheated grill until no longer pink in the center and the juices run clear, about 3 minutes per side. Serve on toasted buns with condiments of your choice.
Cathy's Creamy Chicken Bake

Ingredients

- 8 skinless, boneless chicken breasts
- 8 slices Swiss cheese
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/4 cup white wine
- 1 cup herb-seasoned stuffing mix
- 1/4 cup butter

Directions

Preheat oven to 350 degrees F (175 degrees C).

Arrange the chicken in a lightly greased 9x13 inch baking dish. Top with Swiss cheese slices. Combine the soup and wine and stir well. Pour over the chicken. Drizzle butter or margarine over all and top with stuffing mix crumbs. Bake in the preheated oven for 45 to 50 minutes.
Barbecue BLT Chicken Salad

**Ingredients**
- 1/4 cup reduced-fat mayonnaise
- 1/4 cup barbecue sauce
- 1 tablespoon lemon juice
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 2 cups chopped cooked chicken breast
- 2 medium tomatoes, chopped
- 1 celery rib, sliced
- 5 cups torn salad greens
- 4 bacon strips, cooked and crumbled

**Directions**
In a small bowl, combine the mayonnaise, barbecue sauce, lemon juice, pepper and salt. Cover and refrigerate for at least 1 hour. Just before serving, combine the chicken, tomatoes and celery; stir in dressing. Serve over salad greens; sprinkle with bacon.
**Camembert Chicken**

**Ingredients**

- vegetable cooking spray
- 3 skinless, boneless chicken breast halves
- 2 tablespoons butter
- 1 1/2 tablespoons all-purpose flour
- 1 green onion, chopped
- 3/4 cup milk
- 1 tablespoon coarse grained prepared mustard
- 3 ounces Camembert cheese, cubed
- 1 avocado - peeled, pitted and sliced

**Directions**

Spray a skillet with cooking spray, and place over medium heat. Fry chicken breasts in the skillet until cooked through, about 20 minutes.

While the chicken cooks, melt butter in a small skillet over medium heat, and stir in flour until smooth. Stir in green onion, and cook, stirring constantly, until the mixture starts to brown. Gradually mix in milk, and continue cooking and stirring until the sauce is thick and smooth. Remove from heat, and stir in the mustard and Camembert until melted and smooth.

Remove chicken to serving plates, and top with slices of avocado. Pour sauce over the chicken, and serve.
# Four Seasons Chicken Curry

## Ingredients
- 3 tablespoons vegetable oil
- 1 medium onion, chopped
- 3 cloves garlic, sliced
- 1 (1 inch) piece fresh ginger root, grated
- 1 (1 inch) piece stick cinnamon
- 3 bay leaves
- 1 tablespoon brown sugar
- 1 teaspoon coriander seeds
- 1 teaspoon fenugreek seeds
- 6 whole cloves
- 6 whole cardamom pods
- 1 teaspoon crushed red pepper flakes
- 10 whole black peppercorns
- 2 pounds skinless, boneless chicken breast halves - diced
- 3 tablespoons curry powder
- 1 1/2 cups water, or as needed
- 1 tablespoon lemon juice
- salt and pepper to taste
- 1/2 cup light cream

## Directions
Heat the oil in a wok over medium heat, and cook the onion until lightly browned. Mix in garlic, ginger, cinnamon, bay leaves, brown sugar, coriander, fenugreek, cloves, cardamom, red pepper, and peppercorns. Cook and stir about 3 minutes. Place chicken in the wok, and cook until lightly browned. Mix in curry powder. Pour in water, and bring to a boil. Reduce heat to low, cover, and simmer 30 minutes. Add more water as necessary to keep chicken covered.

Mix in lemon juice, season with salt and pepper, and continue cooking at least 15 minutes. Stir in cream and remove cinnamon stick and bay leaves before serving.
Pork and Chicken Adobo

Ingredients

1 1/4 pounds boneless pork loin roast, cut into 2-inch pieces
1 1/4 pounds boneless, skinless chicken breasts, cut into 2-inch pieces
3 tablespoons salt
1 tablespoon black peppercorns, coarsely ground
2 tablespoons crushed garlic
2 bay leaves, torn
1 cup white vinegar
1/4 cup soy sauce (optional)
1 tablespoon vegetable oil
2 cloves garlic, smashed

Directions

Season pork and chicken with salt and pepper and place in a stock pot. Rub with crushed garlic and torn bay leaf, and coat with vinegar (and soy sauce, if using). Cover, and marinate in the refrigerator for 8 hours, or overnight.

Bring meat and marinating liquid to a boil. Reduce to a simmer and cook for 1 1/2 hours, or until meat is fork-tender. If necessary, add a small amount of water to prevent drying out.

Strain liquid from meat. Return to the stock pot and bring to a simmer. In a skillet, cook and stir meat in 1 tablespoon of oil over medium high heat until brown on all sides, adding remaining 2 cloves of smashed garlic in the last 3 minutes. Add meats to cooking liquid, and continue simmering until slightly thickened. Serve hot.
Ingredients

1 (20 ounce) can pineapple chunks
10 skinless, boneless chicken breast halves
1 tablespoon vegetable oil
1 teaspoon ground cumin
1 teaspoon ground cinnamon
2 cloves garlic, minced
1 onions, quartered
1 (14.5 ounce) can stewed tomatoes
2 cups black olives
1/2 cup salsa
2 tablespoons cornstarch
2 tablespoons water
1 red bell pepper, thinly sliced
salt to taste

Directions

Drain pineapple, reserving juice. Sprinkle with salt.

In a large frying pan, brown chicken in oil. Combine cumin and cinnamon, and sprinkle over chicken. Add garlic and onion; cook until onion is soft. Add reserved pineapple juice, tomatoes, olives, and salsa. Cover, and simmer 25 minutes.

Mix cornstarch with water; stir into pan juices. Add bell pepper, and simmer until sauce boils and thickens. Stir in pineapple chunks, and heat through.
Ingredients
1/2 cup all-purpose flour
2 teaspoons Cajun seasoning
1 cup skim milk
4 skinless, boneless chicken breast halves

Directions
Preheat oven to 350 degrees F (175 degrees C).

In a shallow plate or bowl, mix together the flour and at least 1 teaspoon of Cajun seasoning (more if you really like the zip of Cajun seasoning!). Pour milk for dipping into a bowl and dip the chicken breasts into it. Dredge the chicken through the flour and seasoning mixture, coating evenly on both sides and around the edges.

Place the chicken breasts in a lightly greased 9x13 inch baking dish and bake in the preheated oven for 35 minutes.
Spanish Chicken and Rice

**Ingredients**
- 2 tablespoons all-purpose flour
- 1 teaspoon salt, divided
- 1/4 teaspoon pepper
- 2 bone-in chicken breast halves
- 1 tablespoon butter or margarine
- 1/2 cup chopped onion
- 1/4 cup chopped green pepper
- 1 garlic clove, minced
- 1 (2.5 ounce) jar sliced pimentos, drained
- 1/2 cup uncooked rice
- 1 1/4 cups chicken broth
- 1/2 teaspoon ground turmeric
- 1/8 teaspoon chili powder

**Directions**
Combine flour, 1/2 teaspoon of salt and pepper in a large resealable plastic bag. Add chicken and shake until well coated. In a skillet, brown chicken in butter over medium heat. Remove chicken; set aside and keep warm. In the pan drippings, saute onion, green pepper and garlic until tender. Add pimientos and rice. Reduce heat; cook for 2 minutes, stirring occasionally. Stir in broth, turmeric, chili powder and remaining salt; bring to a boil. Pour into an ungreased 2-qt. baking dish; top with chicken. Cover and bake at 350 degrees F for 45 minutes or until chicken juices run clear and rice is tender.
# Heavenly Chicken Salad

## Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (8 ounce) can</td>
<td>water chestnuts, drained and halved</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>fresh lemon juice</td>
</tr>
<tr>
<td>2 pounds</td>
<td>cooked and chopped chicken breast</td>
</tr>
<tr>
<td>1/2 bunch</td>
<td>celery, chopped</td>
</tr>
<tr>
<td>1 pound</td>
<td>red seedless grapes, halved</td>
</tr>
<tr>
<td>1 cup</td>
<td>toasted slivered almonds</td>
</tr>
<tr>
<td>1 cup</td>
<td>mayonnaise</td>
</tr>
<tr>
<td>1/2 (8 ounce) jar</td>
<td>Major Grey’s chutney</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>curry powder</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>salt</td>
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</tbody>
</table>

## Directions

Toss the water chestnuts with the lemon juice in a large bowl. Add the chicken, celery, grapes, and almonds to the water chestnuts. Stir the mayonnaise, chutney, curry powder, and salt together in a separate bowl. Fold the chicken mixture into the mayonnaise mixture; stir to coat evenly. Chill in refrigerator at least 30 minutes before serving.
Baked Chicken with Applesauce Stuffing

Ingredients

6 cups dry bread crumbs
1 onion, chopped
1 stalk celery, diced
1 (16 ounce) jar applesauce
1 (14 ounce) can chicken broth
2 tablespoons dried parsley
1 tablespoon dried rosemary
1 tablespoon dried thyme
1 tablespoon dried sage
salt and pepper to taste
1 (4 pound) whole chicken, cut into pieces
3/4 cup butter, melted

Directions

Preheat oven to 375 degrees F (190 degrees C). Spray a 9x13 inch baking pan with cooking spray.

In a large bowl, mix the bread crumbs, onion, celery, applesauce, and broth. Season with parsley, rosemary, thyme, sage, salt, and pepper. Transfer to the baking dish. Arrange chicken pieces in the dish so they are partially covered with the stuffing. Drizzle with butter. Cover the dish with aluminum foil.

Bake 1 hour in the preheated oven. Remove foil, and continue baking 30 minutes, until chicken juices run clear and stuffing is lightly browned.
Ingredients

2/3 cup dry bread crumbs
1 teaspoon onion powder
1 teaspoon dried basil
1/2 teaspoon garlic salt
1/2 teaspoon paprika
1 egg
1 tablespoon water
10 chicken wings

Directions

In a large resealable plastic bag, combine the bread crumbs, onion powder, basil, garlic salt and paprika. In a small bowl, whisk egg and water. Cut chicken wings into three sections; discard wing tips. Dip wings in egg, then place in bag and shake to coat. Place in a greased 15-in. x 10-in. x 1-in. baking pan. Bake at 425 degrees F for 30-35 minutes or until juices run clear, turning once.
Zippy Orange Rosemary Chicken

Ingredients
- cooking spray
- 4 (4 ounce) skinless, boneless chicken breasts
- salt and pepper to taste
- 1/2 cup orange marmalade
- 1 tablespoon prepared horseradish
- 1 tablespoon dried rosemary

Directions
- Preheat an oven to 375 degrees F (190 degrees C). Spray an 8x8 inch baking dish with nonstick cooking spray.

- Season chicken breasts with salt and pepper; place in prepared dish. Combine orange marmalade, horseradish, and rosemary in a small bowl; pour over chicken.

- Bake the chicken in the preheated oven until no longer pink in the center, and the juices run clear, 30 to 35 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
Ingredients

1 2/3 cups frozen mixed vegetables, thawed  
1 1/2 cups cubed cooked chicken  
1 (10.75 ounce) can condensed cream of chicken soup, undiluted  
1/4 teaspoon dried thyme  
1 cup biscuit/baking mix  
1/2 cup milk  
1 egg

Directions

In a bowl, combine vegetables, chicken, soup and thyme. Pour into an ungreased deep-dish 9-in. pie plate. Combine biscuit mix, milk and egg; pour over chicken mixture. Bake at 400 degrees F for 25-30 minutes or until golden brown.
Chipotle Marinated Grilled Chicken

**Ingredients**

Marinade:
- 3 chipotle peppers in adobo sauce
- 2 garlic cloves
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon paprika
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon ground cumin
- 2 tablespoons lime juice
- 2 tablespoons Worcestershire sauce
- 2 tablespoons honey
- 1/4 cup balsamic vinegar
- 1/4 cup olive oil
- kosher salt to taste
- 4 skinless chicken drumsticks

**Directions**

Place the chipotle peppers, garlic, cayenne pepper, paprika, black pepper, cumin, lime juice, Worcestershire sauce, honey, vinegar, and olive oil into a blender. Puree until no pieces of garlic remain. Pour 1/4 of the marinade into a small dish and set aside. Rub a pinch of kosher salt into each chicken drumstick and place into a resealable plastic bag. Pour in the marinade, shake, and seal. Marinade at least 2 hours in the refrigerator.

Preheat an outdoor grill for medium-high heat and lightly oil the grate. Remove the chicken from the marinade and shake off excess. Discard the remaining marinade.

Cook the chicken legs on the preheated grill until no longer pink at the bone and the juices run clear, about 8 minutes per side. An instant-read thermometer inserted near the bone should read at least 165 degrees F (74 degrees C). Once the legs are completely cooked, baste well with the remaining marinade, cover the grill, and cook and additional 2 minutes per side to glaze.
Ingredients

- 6 ounces uncooked spaghetti
- 1 (10.75 ounce) can reduced-fat, reduced-sodium condensed cream of chicken soup, undiluted
- 3/4 cup water
- 1 tablespoon lemon juice
- 1 1/2 teaspoons dried basil
- 3/4 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 (16 ounce) package frozen California blend vegetables, thawed
- 4 cups cooked, cubed chicken breast
- 3 tablespoons grated Parmesan cheese

Directions

Cook spaghetti according to package directions. Meanwhile, in a saucepan, combine the soup, water, lemon juice, basil, garlic powder, salt and pepper. Stir in vegetables; bring to a boil. Reduce heat; cover and simmer for 3-5 minutes or until vegetables are tender.

Stir in chicken; heat through. Drain spaghetti; add to chicken mixture and toss to coat. Sprinkle with Parmesan cheese.
Bacon-Wrapped Chicken Stuffed with Spinach

**Ingredients**

- 2 tablespoons extra-virgin olive oil
- 2 teaspoons minced garlic
- 1 (10 ounce) bag washed fresh spinach
- 4 skinless, boneless chicken breast halves
- 1/2 (15 ounce) container ricotta cheese
- 2/3 cup grated Parmesan cheese
- 1/2 teaspoon garlic salt
- 1/2 teaspoon onion powder
- 2 teaspoons Italian seasoning
- Salt and pepper to taste
- 8 slices thick sliced bacon

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Lightly oil a 9x13 inch baking dish.

Heat olive oil in a large skillet over medium-high heat. Add garlic; cook and stir until it begins to brown, about 30 seconds. Quickly stir in spinach, and continue cooking until the spinach has wilted. Transfer the mixture into a bowl, and set aside to cool.

Slice through the chicken breast horizontally to within 1/2 inch of one long edge, then open the meat like a book. Place each opened chicken breast in between two pieces of plastic wrap, and pound with a meat mallet to a thickness of 1/4 inch.

Stir the ricotta cheese, Parmesan cheese, Italian seasoning, garlic salt, and onion powder into the cooked spinach until blended. Evenly divide this mixture among the chicken breasts, then roll each into an oblong shape, like a burrito, tucking in the ends. Season to taste with salt and pepper, and sprinkle with Italian seasoning. Wrap each breast with 2 strips of bacon, and secure with toothpicks. Place into the prepared pan.

Bake in preheated oven until the bacon is brown and crispy, and the chicken is no longer pink, 45 to 60 minutes. Remove from oven, and allow to rest for 5 to 10 minutes before removing toothpicks and serving.
## Chicken Veggie Casserole

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Description</th>
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</thead>
<tbody>
<tr>
<td>3 cups cubed cooked chicken</td>
<td></td>
</tr>
<tr>
<td>4 medium carrots, cut into chunks</td>
<td></td>
</tr>
<tr>
<td>3 medium red potatoes, cut into chunks</td>
<td></td>
</tr>
<tr>
<td>3 celery ribs, sliced</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup, undiluted</td>
<td></td>
</tr>
<tr>
<td>2/3 cup water</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon pepper</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

Place chicken in a greased shallow 2-qt. baking dish. Top with the carrots, potatoes and celery. Combine the soup, water, salt and pepper; pour over vegetables. Cover and bake at 350 degrees F for 60-75 minutes or until vegetables are tender.
**Best Easy Chicken Croquettes**

**Ingredients**

- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 1/2 cups finely chopped, cooked chicken meat
- 1/4 cup Italian-style dry bread crumbs
- 2 tablespoons minced celery
- 1 tablespoon minced onion
- 1/4 teaspoon poultry seasoning
- 1 tablespoon shortening
- 1/2 cup milk
- 1/8 tablespoon poultry seasoning
- 1/2 cup Italian-style dry bread crumbs, for rolling

**Directions**

Combine 1/3 cup of the soup, chicken, bread crumbs, celery, onion and 1/4 teaspoon poultry seasoning. Mix well and shape into 6 croquettes (I make patties). Chill in refrigerator for about 1 hour.

Remove croquettes from refrigerator and roll in additional bread crumbs. In a large skillet, melt 1 to 2 tablespoons shortening. Brown the croquettes in the shortening. Meanwhile, in a small saucepan, combine the remaining soup, milk and 1/8 teaspoon poultry seasoning. Heat over low, stirring occasionally. Serve sauce over croquettes.
Santa Fe Chicken

**Ingredients**

- 1 1/2 cups instant white rice, uncooked
- 1 (19 ounce) can black beans, rinsed
- 1 yellow pepper, chopped
- 1 (10 ounce) can condensed cream of chicken soup
- 1 (10 ounce) can water
- 1/4 cup chopped cilantro
- 4 small boneless skinless chicken breasts
- 1/2 cup salsa
- 1 cup KRAFT Tex Mex Shredded Cheese

**Directions**

Heat oven to 400 degrees F.

Combine rice, beans and peppers in 13x9-inch baking dish. Mix soup, water and cilantro; pour over rice mixture.

Top with chicken and salsa.

Bake 35 minutes or until chicken is done (170 degree F). Top with cheese; bake 10 minutes or until melted.
Quick Chicken Pie

**Ingredients**
- 1 2/3 cups frozen mixed vegetables, thawed
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1 cup cubed cooked chicken
- 1 egg, beaten
- 1/2 cup milk
- 1 cup buttermilk biscuit dry mix

**Directions**
In a bowl, combine vegetables, soup and chicken. Transfer to an ungreased 9-in. pie plate. In another bowl, combine egg, milk and biscuit mix just until moistened. Pour over chicken mixture. Bake at 400 degrees F for 30-35 minutes or until golden brown.
### Ingredients

- 4 skinless, boneless chicken breast halves
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 egg
- seasoning salt to taste
- 1/2 cup all-purpose flour
- 1/2 cup cornstarch
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- salt and pepper to taste
- oil for frying

### Directions

In a shallow dish or bowl combine the soup, egg and seasoning salt (be careful, as soup is already salted); mix together. Dip chicken in mixture and turn to coat completely. Set aside.

In a resealable plastic bag mix together the flour, cornstarch, garlic powder, paprika, salt and pepper. One at a time, place chicken pieces in bag, seal and shake to coat. Add more flour and/or cornstarch as necessary, but add them in equal parts (there should be an equal amount of each in the mixture).

Place coated chicken on a platter and allow to sit until it becomes doughy (this is critical, to ensure crispiness when fried). Heat oil in a deep skillet over medium heat; be sure to use enough oil to cover chicken pieces. Once chicken is doughy, test oil by dropping a piece of the ‘dough’ into it; the oil is ready when it starts to fry immediately.

Fry chicken pieces in oil for about 7 to 10 minutes each, or until cooked through and juices run clear. Drain on paper towels and serve.
## Coconut Breaded Chicken with Crunchy Fruit

### Ingredients

- 1 2/3 cups Marzetti® Slaw Dressing, divided
- 2/3 cup apricot preserves
- 1/3 cup pecans, chopped
- 1/3 cup cucumber, remove seeds, chop and drain on paper towel
- 1 cup plain bread crumbs
- 1 cup flaked coconut
- 1 pound chicken breasts

### Directions

Preheat oven to 375 degrees F.

Sauce: Mix together 2/3 cup Marzetti® Slaw Dressing, apricot preserves, chopped pecans and chopped cucumber; set aside.

Mix the bread crumbs and flaked coconut together. Cut chicken breasts into bite size pieces. Spoon remaining slaw dressing over each piece, and roll the pieces in the bread crumb/coconut mixture.

Place on cookie sheet and bake 15 to 20 minutes or until chicken is done. Serve chicken with sauce on the side.
Andi's Apricot Almond Chicken

**Directions**

Place chicken between plastic wrap, and gently pound with a mallet to 1/2” thickness. Season with salt, and set aside. Strain apricot liquid into a small bowl and stir in orange juice, soy sauce, and sesame oil. Coarsely chop apricots and set aside. Place flour and cayenne pepper in a resealable plastic bag, and shake to combine. Add chicken breasts in batches, tossing to coat and dusting off excess flour.

Heat oil in a large skillet over medium high heat. Cook chicken, turning once, until no longer pink in center and juices run clear. Transfer to a paper towel-lined dish. Cook and stir shallot and garlic in the same pan until translucent, being careful not to burn the garlic and adding more oil if needed. Stir in orange juice mixture and chopped apricots. Bring to a boil, reduce heat, and simmer for 5 minutes.

In a small bowl, whisk together 1/4 cup simmering liquid and 2 tablespoons flour until well blended and no lumps of flour remain. Slowly stir back into skillet to thicken, repeating if necessary for desired consistency. Return chicken to skillet, spooning with sauce, until warmed through. Garnish with almonds, if desired.

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**Ingredients**

- 4 skinless, boneless chicken breast halves
- salt to taste
- 1 (16 ounce) can apricot halves
- 1/2 cup orange juice
- 2 tablespoons lite soy sauce
- 1 teaspoon sesame oil
- 3/4 cup all-purpose flour
- 1/2 teaspoon cayenne pepper
- vegetable oil
- 1 shallot, minced
- 1 garlic clove, minced
- 2 tablespoons all-purpose flour
- sliced almonds for garnish
Chicken and Green Bean Casserole

**Ingredients**

1 tablespoon olive oil  
4 skinless, boneless chicken breast halves  
2 (14.5 ounce) cans French-style green beans, drained  
1 (10.5 ounce) can condensed cream of chicken soup  
3/4 cup mayonnaise  
1 teaspoon garlic powder  
1/4 cup grated Parmesan cheese

**Directions**

Preheat the oven to 350 degrees F (175 degrees C).

Heat olive oil in a large skillet over medium-high heat. Quickly brown the chicken breast halves on both sides. Do not cook through. Remove from heat, and set aside.

Pour the green beans into a 2 quart casserole dish. Place the chicken on top of the beans. In a small bowl, mix together the cream of chicken soup and mayonnaise. Spread over the top of the chicken and beans. Sprinkle Parmesan cheese over the top.

Bake for 35 to 40 minutes in the preheated oven, until the chicken is no longer pink, and the cheese is browned.
### Ingredients
- 4 skinless, boneless chicken breast halves
- 1/4 cup chopped green onion
- 1 cup sliced fresh mushrooms
- 1/3 cup Marsala wine
- salt and pepper to taste
- 1/3 cup heavy cream
- 1/8 cup milk

### Directions
Saute chicken in a large skillet for 15 to 20 minutes, or until cooked through and juices run clear.

Add green onion and mushrooms and saute until soft, then add Marsala wine and bring to a boil.

Boil for 2 to 4 minutes, seasoning with salt and pepper to taste. Stir in cream and milk and simmer until heated through, about 5 minutes.
Savory Chicken Pot Pie

**Ingredients**

- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 8 ounces sliced mushrooms
- 2 cups frozen mixed vegetables
- 6 ounces diced cooked chicken
- 2 (10.5 ounce) cans condensed cream of chicken soup
- 2 (14.5 ounce) cans chicken broth
- 3 cups Minute® White Rice, uncooked
- 1 (8 count) can large flaky biscuits

**Directions**

Preheat oven to 375 degrees F.

Heat oil in large saucepan over medium-high heat. Add onions and mushrooms; cook and stir 5 minutes.

Mix in remaining ingredients except rice and biscuits; bring to a boil.

Stir in rice. Pour into a 13x9-inch baking dish. Separate biscuits and place on top of filling. Bake 10-12 minutes, or until biscuits are golden brown.
# Slow Cooker Chicken Parisienne

## Ingredients
- 6 skinless, boneless chicken breast halves
- Salt and pepper to taste
- Paprika to taste
- 1/2 cup dry white wine
- 1 (10.75 ounce) can cream of mushroom soup
- 1 (4.5 ounce) can sliced mushrooms, drained
- 1 cup sour cream
- 1/4 cup all-purpose flour

## Directions
Sprinkle chicken breasts lightly with salt, pepper, and paprika to taste. Place in slow cooker.

In a mixing bowl, combine the wine, condensed soup, and mushrooms. In another bowl, mix together sour cream and flour. Stir sour cream mixture into the mushrooms and wine. Pour over chicken in slow cooker. Sprinkle with additional paprika, if desired.

Cover, and cook on Low for 6 to 8 hours.
Ingredients

1 (2 to 3 pound) whole chicken, cut into pieces
1/2 cup barbecue sauce
3 tablespoons plum jam
1 (1 ounce) package dry onion soup mix

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, combine the barbecue sauce, plum jam and onion soup mix. Place the chicken pieces in a 9x13 inch baking dish and pour mixture over the chicken, coating thoroughly.

Bake at 350 degrees F (175 degrees C) for about 1 hour, or until chicken juices run clear.
Restaurant-Style Fried Chicken

Ingredients

- 2 eggs, beaten
- 2/3 cup milk
- 1 1/2 cups all-purpose flour
- 1 (.7 ounce) package dry Italian-style salad dressing mix
- 1 packet dry tomato soup mix
- 1 (4 pound) whole chicken, cut into pieces
- 2 tablespoons vegetable oil

Directions

In a small bowl, mix egg beat and milk together. Set aside. In a shallow dish or bowl, mix together the flour, salad dressing mix and soup mix. Dip chicken pieces in egg/milk mixture, then in flour mixture and roll until well-coated.

Heat oil in a large skillet over medium high heat and fry chicken in skillet, turning often, for 25 to 35 minutes or until juices run clear.
Ingredients

4 skinless, boneless chicken breasts
1/4 teaspoon garlic powder
1 tablespoon vegetable oil
1 (10.75 ounce) can Campbell’s® Condensed Cream of Chicken with Herbs Soup*
1 1/2 cups water**
1/4 teaspoon ground black pepper
1 1/2 cups uncooked instant white rice
2 cups frozen vegetable combination (broccoli, cauliflower, carrots)

Directions

Sprinkle chicken with garlic.

Heat oil in skillet. Add chicken and cook until browned. Remove chicken.

Add soup, water and pepper. Heat to a boil.

Stir in rice and vegetables. Top with chicken. Cover and cook over low heat 5 minutes or until done.
Basil Chicken Strips

Ingredients

- 1/2 pound skinless, boneless chicken breast halves - cut into strips
- 2 tablespoons all-purpose flour
- 3 tablespoons butter or margarine
- 2 tablespoons red wine vinegar or cider vinegar
- 1/2 teaspoon dried basil

Directions

In a large resealable plastic bag, shake chicken strips and flour until coated. In a large skillet over medium-high heat, melt butter. Add the chicken; saute for 5 minutes. Stir in the vinegar and basil; cook until chicken juices run clear.
Chicken and Shrimp Linguine

**Ingredients**

- 1 pound linguini pasta
- 1/4 teaspoon ground nutmeg
- 1 pinch cayenne pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon ground black pepper
- 4 tablespoons butter
- 1/2 cup milk
- 1 cup heavy cream
- 2 tablespoons olive oil
- 2 cloves garlic, chopped
- 4 skinless, boneless chicken breast halves - cut into cubes
- 3/4 cup white wine
- 1 pound medium shrimp - peeled and deveined

**Directions**

Bring a large pot of lightly salted water to a boil. Add linguini pasta and cook for 8 to 10 minutes or until al dente; drain.

In a small bowl, combine nutmeg, cayenne pepper, onion powder and pepper; set aside.

In a medium saucepan over medium heat, melt butter and add 1/2 of the spice mixture, milk and cream. Heat until sauce thickens; set aside.

In a large skillet over medium heat, warm olive oil and add garlic, chicken, wine and remaining spice; cook until chicken is no longer pink. Remove chicken from pan and cook shrimp.

Deglaze pan by adding some wine and heating it for 2 to 3 minutes; add the cream sauce and reheat if needed. Pour sauce over hot linguine and add chicken mixture and shrimp.
**Ingredients**

1 1/2 pounds skinless, boneless chicken breasts, cut into bite-size pieces  
1 teaspoon salt  
1/2 teaspoon black pepper  
2 tablespoons all-purpose flour  
2 tablespoons peanut oil  
15 cloves garlic, peeled  
3 tablespoons Shao-Hsing cooking wine or dry sherry  
2 tablespoons light soy sauce  
1 1/3 cups chicken stock

**Directions**

Season chicken with salt and black pepper. Toss with flour until coated.

Heat peanut oil in a wok or large skillet over high heat until it begins to smoke. Add chicken, and stir fry until the pieces are lightly browned on the outside, 3 to 5 minutes. Turn heat to medium and stir in whole garlic cloves; continue stir frying for 5 minutes.

Turn heat to low, and add Shao-Hsing wine, soy sauce, and chicken stock. Cover, and simmer for 20 minutes until the chicken is tender. Remove garlic cloves before serving.
Ingredients

4 skinless, boneless chicken breasts
1 cup sour cream
1/4 cup sherry
4 tablespoons butter
1 tablespoon chopped fresh rosemary
2 tablespoons chopped fresh thyme
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet, sauté chicken in butter/margarine until browned. Remove chicken and place in a 9x13 inch baking dish.

Add sour cream and sherry to butter/margarine in skillet. Stir together until smooth. Season chicken with rosemary, thyme salt and pepper to taste. Then pour the sherry/cream mixture over the chicken. Bake in the preheated oven for 1 hour.
Different Chicken Cordon Bleu

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 skinless, boneless chicken breast halves</td>
<td>Preheat oven to 350 degrees F (175 degrees C).</td>
</tr>
<tr>
<td>8 slices ham</td>
<td>Place chicken breasts in a lightly greased 9x13 inch baking dish. Lay a ham slice, then a cheese slice on top of each breast.</td>
</tr>
<tr>
<td>8 slices Swiss cheese</td>
<td>In a medium bowl combine the soup, sour cream, wine, garlic powder, parsley, salt and pepper. Mix well and pour mixture over chicken/ham/cheese pieces. Top all with the dry stuffing mix to cover.</td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup</td>
<td>Bake at 350 degrees F (175 degrees C) for about 30 minutes, or until chicken is cooked through and juices run clear.</td>
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<tr>
<td>1 cup sour cream</td>
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<tr>
<td>1/2 cup white wine</td>
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<tr>
<td>1 teaspoon garlic powder</td>
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<td>1 teaspoon dried parsley</td>
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<td>1 teaspoon salt</td>
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<tr>
<td>1 teaspoon ground black pepper</td>
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<tr>
<td>1 (6 ounce) package herb-seasoned dry bread stuffing mix</td>
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Hawaiian Baked Chicken

**Ingredients**

- 12 skinless, boneless chicken thighs
- 2 (8 ounce) cans unsweetened crushed pineapple, undrained
- 1/4 cup sherry, or chicken broth
- 1/4 cup spicy brown mustard
- 1/4 cup honey
- 2 tablespoons butter, melted
- 1/2 teaspoon paprika

**Directions**

Arrange chicken in a shallow baking dish coated with nonstick cooking spray. In a small bowl, combine the pineapple, sherry or broth, mustard, honey and butter; mix well. Spoon over chicken; sprinkle with paprika.

Bake, uncovered, at 400 degrees F for 35-45 minutes or until a meat thermometer reads 180 degrees F.
Chicken Salad My Way

Ingredients

1 (1 inch) piece fresh ginger root
1 star anise pod (optional)
2 skinless, boneless chicken breast halves

1/2 cup mayonnaise
1/8 teaspoon salt
1 pinch ground black pepper
1 pinch paprika
1/2 teaspoon honey

1/2 cup diced celery
1/2 cup diced apples
1/4 cup diced red onion
1/4 cup chopped raisins
1/4 cup chopped walnuts
2 teaspoons minced fresh ginger root

Directions

Place the 1-inch piece of ginger and star anise in a pot of water over medium-heat and bring to a boil. Add chicken to the water. Lower heat to medium-low; simmer until chicken is no longer pink in the middle, 10 to 12 minutes. Remove to a plate to cool. Once cool to the touch, dice into bite-sized pieces.

Make a dressing by whisking together the mayonnaise, salt, pepper, paprika, and honey; set aside.

Combine the diced chicken, celery, apple, onion, raisins, walnuts and 2 teaspoons minced ginger in a bowl. Drizzle dressing into the chicken mixture; stir until pieces are evenly coated. Cover and refrigerate overnight.
Ingredients

1 pound spaghetti
1 pound boneless chicken breast halves, cooked and chopped
1 (10.75 ounce) can condensed cream of mushroom soup
1 (4.5 ounce) can sliced mushrooms
1 onion, chopped
4 cups frozen cauliflower and carrots
1 (10 ounce) can diced tomatoes with green chile peppers (optional)
1 pound cubed processed cheese food

Directions

Cook pasta in a large pot of boiling, salted water until al dente.

In a large bowl, mix together cooked spaghetti, chopped chicken, cream of mushroom soup, canned mushrooms, onion, and vegetables. Mix in tomatoes with chilies, if desired. Pour mixture into a greased 2 quart casserole dish. Place cubed processed cheese food on top of dish.

Bake in a preheated 350 degree F (175 degrees C) for 30 minutes, or until cheese is bubbly and melted.
Ingredients

6 chicken pieces, skinned
2 tablespoons butter or margarine
1/4 cup chopped onion
1/4 cup minced fresh parsley
2 (10.75 ounce) cans condensed cream of mushroom soup, undiluted
1/2 cup sour cream
1/2 cup milk
1 tablespoon ground nutmeg
1/4 teaspoon rubbed sage
1/4 teaspoon dried thyme
1/4 teaspoon dried rosemary
Additional nutmeg

Directions

In a large skillet, brown chicken in butter. Remove chicken and set aside. In the same skillet, saute onion and parsley until onion is tender. Add soup, sour cream, milk, nutmeg, sage, thyme and rosemary; mix well. Return chicken to the skillet and spoon sauce over pieces. Simmer, uncovered, for 25-30 minutes or until chicken is no longer pink, basting occasionally. Sprinkle with nutmeg.
**Southwest Chicken Pie**

### Ingredients
- 2 unbaked pie crusts
- 1/4 (8 ounce) package shredded Cheddar cheese
- 1/2 pound skinless, boneless chicken breast halves, cut into bite size pieces
- 1/2 cup uncooked instant rice
- 1 (15 ounce) can black beans, drained
- 1 cup cooked corn
- 1 (2.25 ounce) can sliced black olives, drained
- 1 cup sour cream
- 3/4 cup prepared salsa
- 3/4 (8 ounce) package shredded Cheddar cheese
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- Salt and pepper to taste

### Directions
- Preheat oven to 400 degrees F (200 degrees C).
- Place a pie crust into a pie dish, and bake in the preheated oven for 5 minutes. Sprinkle 1/4 of an 8-ounce package of Cheddar cheese onto the crust, and set aside.
- In a bowl, combine the chicken, instant rice, black beans, corn, black olives, sour cream, salsa, 3/4 of 8-ounce package of Cheddar cheese, garlic powder, and cumin. Season to taste with salt and pepper, and pour the mixture into the partially-baked crust. Top the pie with the remaining crust, seal the edges of the pie, and cut slits into the top crust.
- Bake for 25 minutes, and check to see if the crust is becoming too brown. If it is, wrap a strip of aluminum foil around the edge of the crust. Bake until the pie is golden brown and bubbling, 15 to 20 more minutes.
- Allow the pie to sit for 10 minutes before serving.
Bacon-Wrapped Chicken

Ingredients

- 4 bacon strips
- 2 skinless, boneless chicken breast halves
- 1/4 teaspoon seasoned salt
- 2 ounces cream cheese, softened
- 1 (4 ounce) can chopped green chilies, drained
- 2 garlic cloves, minced

Directions

In a skillet, cook bacon over medium heat until cooked but not crisp. Remove to paper towels to drain; keep warm. Flatten chicken to 1/4-in. thickness. Sprinkle chicken breasts with seasoned salt. In a bowl, combine the cream cheese, chilies and garlic. Spread half of the mixture on each chicken breast. Roll up chicken and wrap with two bacon strips; secure with toothpicks.

Place chicken in a greased shallow 4-1/2 cup baking dish. Bake, uncovered, at 375 degrees F for 45 minutes. Cover and bake 10-15 minutes longer or until chicken juices run clear. Discard toothpicks before serving.
**Frank's® Red Hot® Buffalo Chicken Dip**

**Ingredients**
- 1 (8 ounce) package cream cheese, softened
- 1/2 cup blue cheese salad dressing
- 1/2 cup Frank's® Red Hot® Original Cayenne Pepper Sauce or Frank's® Red Hot® Buffalo Wing Sauce
- 1/2 cup crumbled blue cheese or shredded mozzarella cheese
- 2 (9.75 ounce) cans Swanson® Premium Chunk Chicken Breast in Water, drained
- Assorted fresh vegetables or crackers

**Directions**
- Heat the oven to 350 degrees F.
- Stir the cream cheese in a 9-inch deep dish pie plate with a fork or whisk until it’s smooth. Stir in the dressing, pepper sauce and blue cheese. Stir in the chicken.
- Bake for 20 minutes or until the chicken mixture is hot and bubbly. Stir before serving. Serve with the vegetables and crackers for dipping.
Ingredients

1 pound cubed skinless, boneless chicken breast meat
2 large potatoes, cubed
1 (10.5 ounce) can condensed chicken broth
2 1/2 cups water
2 tablespoons curry powder
1/2 (10 ounce) package frozen mixed stir-fry vegetables
1 tablespoon cornstarch

Directions

Combine chicken, potatoes, broth, water and curry powder in slow cooker.

Cook on Low setting for 8 hours (or on High setting for 4 hours).

During last hour of cooking (last 1/2 hour if cooking on High), add vegetables. Immediately after stirring in vegetables, dissolve cornstarch into some of the cooking broth and stir in. Cover and continue cooking to completion.
Raisin Rice Stuffed Chicken

**Ingredients**

- 2 tablespoons olive oil
- 2 (2 to 3 pound) whole chickens
- 3 cups cooked white rice
- 1 cup raisins
- 1 onion, chopped
- 1 tablespoon ground turmeric
- salt to taste
- ground black pepper to taste

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a small skillet, heat two tablespoons of olive oil. When oil is hot, saute the chopped onion. Add turmeric and raisins. Saute. Add cooked rice and salt. Mix well.

Butter the outside of both chickens and sprinkle a little pepper on both. Stuff the rice mixture into both chickens. Place in a greased 9x13 inch baking dish and bake in preheated oven for about 1 hour (or until chickens are nice and brown and the juices run clear).
Chicken Livers with Gorgonzola Polenta

### Ingredients
- 2 tablespoons olive oil
- 1 pound chicken livers, trimmed and chopped
- 1 medium onion, sliced
- 1 green bell pepper, chopped
- 4 cloves garlic, minced
- 7 mushrooms, sliced
- 1 (14.5 ounce) can peeled and diced tomatoes, drained
- 1 cup white wine
- salt and pepper to taste
- 2 cups chicken stock
- 3/4 cup milk
- 1 cup dry polenta
- 4 ounces Gorgonzola cheese, crumbled

### Directions
Heat olive oil in a large skillet over medium heat. Add the onion and bell pepper, and season with a little salt and pepper. Cook, stirring frequently, until tender. Add mushrooms and garlic to the skillet, and cook for a few minutes until fragrant. Move the vegetables to the sides of the skillet, and add the chicken livers. Cook livers for 5 minutes, turning frequently.

Stir tomatoes and wine into the skillet, and turn the heat to medium-high. Simmer for 20 minutes, or until most of the liquid is gone. Taste and season with salt and pepper.

Meanwhile, pour chicken stock into a saucepan, and bring to a boil. Slowly pour in polenta while stirring vigorously. Cook for a few minutes, then stir in milk. Reduce heat to low, cover and simmer for about 5 minutes, until thick. Stir gorgonzola into the polenta until melted.

Spoon polenta onto plates, and cover with the chicken liver sauce.
**Ingredients**

- 6 eggs, lightly beaten
- 3 pounds skinless, boneless chicken breast halves - cut into cubes
- 6 tablespoons butter
- 1 pound mushrooms, sliced
- 1 cup seasoned bread crumbs
- Vegetable oil
- 6 fluid ounces dry white wine
- 1/2 pound sliced Muenster cheese

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Lightly beat eggs in a small bowl. Soak the chicken pieces in the egg for at least 30 minutes. Meanwhile, melt the butter in a large skillet and add the mushrooms. Cook and stir the sliced mushrooms until softened.

Remove the chicken from the egg mixture. Roll the chicken pieces in bread crumbs and set aside. Heat a small amount of oil in a large skillet over medium-high. Place the chicken pieces in the pan and brown on all sides. Brown the pieces in batches if necessary.

Place the browned chicken pieces in a 9x13 inch glass baking dish. Cover the chicken with the sauteed mushrooms. Pour the wine into the baking dish, then cover the mixture with the sliced cheese.

Bake in preheated oven for 30 to 40 minutes, or until the chicken is cooked through.
### Ingredients

- 1 (20 ounce) can pineapple chunks, undrained
- 2 green bell peppers, cut into 1/2 inch strips
- 1/2 cup diced carrots
- 1/4 cup fresh shredded coconut
- 2 tablespoons coarsely chopped fresh basil
- 2 tablespoons coarsely chopped fresh ginger root
- 2 tablespoons minced garlic
- 1 teaspoon dried oregano
- 1 bay leaf
- 1 (12 fluid ounce) can or bottle ginger ale
- 2 pounds boneless, skinless chicken breasts, cut into strips
- 1/4 cup vegetable oil
- 2 teaspoons cornstarch
- 1/4 cup water

### Directions

In a large bowl, stir together pineapple chunks (with juices), peppers, carrots, and coconut. Mix in basil, ginger, garlic, oregano, and bay leaf. Pour in ginger ale, and stir in chicken strips. Cover, and refrigerate for about 1 hour.

Heat oil in a large skillet over medium heat. Pour in chicken and marinade; simmer, stirring occasionally, until chicken is fully cooked and lightly browned, about 25 minutes.

In a small bowl, mix together cornstarch and water; stir into sauce; cook to thicken, about 5 minutes more.
### Ingredients

- 2 tablespoons sesame oil
- 1/2 teaspoon ground turmeric
- 2 teaspoons chopped fresh ginger root
- 2 tablespoons chile paste
- 1 pound chopped cooked chicken breast
- 1 quart chicken broth
- 2 teaspoons sugar
- 1/4 cup soy sauce
- 1 cup chopped celery
- 1 (3 ounce) package ramen noodles
- 1 cup shredded lettuce
- 1/2 cup chopped green onion

### Directions

In a large pot, heat oil over medium heat. Cook turmeric, ginger and chile paste in oil until fragrant, 1 to 2 minutes. Stir in chicken, broth, sugar, soy sauce and celery. Bring to a boil, then introduce noodles and cook 3 minutes. Stir in lettuce and remove from heat. Serve garnished with green onions.
# Amateur's Light Breeze Chicken Chili

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 (10 ounce) cans chunk chicken, undrained</td>
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<tr>
<td>2 (16 ounce) cans chili beans, drained</td>
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</tr>
<tr>
<td>3 (14.5 ounce) cans Mexican-style stewed tomatoes</td>
<td></td>
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<tr>
<td>1 (12 ounce) jar sliced jalapeno peppers</td>
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<tr>
<td>1 large onion, chopped</td>
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<tr>
<td>2 large green bell peppers, seeded and chopped</td>
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<tr>
<td>1 1/2 tablespoons chili powder</td>
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<td>2 tablespoons ground cumin</td>
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<tr>
<td>10 cups water, or as needed</td>
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<tr>
<td>1 (14.5 ounce) can chicken broth</td>
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<tr>
<td>salt to taste</td>
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## Directions

In a large stockpot, combine the chicken, chili beans, tomatoes, jalapenos, onion and green bell pepper. Season with chili powder and cumin. Pour in the chicken broth, and enough water to cover the ingredients. Stir well, and bring to a boil. Reduce heat to medium, and let simmer for one hour. Season with salt to taste.
Cheesy Chicken Meatballs

**Ingredients**

- 1 pound ground chicken
- 2 eggs, lightly beaten
- 1/4 cup roasted garlic light cream cheese
- 1/4 cup grated Parmesan cheese
- 1 tablespoon dry bread crumbs
- 1 teaspoon crushed red pepper flakes
- 1 tablespoon Italian seasoning
- 1 tablespoon garlic powder
- 1 1/2 tablespoons vegetable oil
- 1 teaspoon salt
- 1 teaspoon ground black pepper

**Directions**

Preheat an oven to 450 degrees F (230 degrees C). Line a rimmed baking sheet with aluminum foil, and spray with cooking spray.

Combine the chicken, eggs, cream cheese, Parmesan cheese, bread crumbs, red pepper flakes, Italian seasoning, garlic powder, vegetable oil, salt, and pepper in a large bowl; mix well. Form mixture into 20 meatballs; place on prepared pan.

Bake in center of preheated oven until juices run clear, 17 to 18 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
# Jamaican Jerked Chicken

## Ingredients

1/2 green onion, minced  
1/4 cup orange juice  
1 tablespoon minced fresh ginger root  
1 tablespoon minced jalapeno peppers  
1 tablespoon lime juice  
1 tablespoon soy sauce  
1 clove garlic, minced  
1 teaspoon ground allspice  
1/4 teaspoon ground cinnamon  
1/2 teaspoon ground cloves  
1 (2 to 3 pound) whole chicken, cut into pieces

## Directions

Combine green onions, orange juice, ginger, hot pepper, lemon or lime juice, soy sauce, garlic, allspice, cinnamon and cloves. Add chicken, and marinate for 8 hours.

Prepare barbecue, medium heat. Cook chicken, and drizzle with left over marinade that has been boiled for 2 to 3 minutes.
# 1-2-3 Chicken Cacciatore

## Ingredients
- 2 tablespoons olive oil
- 2 pounds chicken legs and thighs
- 1 (26 ounce) jar Ragu® Chunky Pasta Sauce

## Directions
Heat oil in 12-inch skillet over medium-high heat and brown chicken. Stir in pasta sauce. Bring to a boil over high heat. Reduce heat to low and simmer covered 45 minutes or until chicken is thoroughly cooked.
Michelle's Roast Chicken

**Ingredients**

- 1 (4 pound) whole chicken
- 3 cloves garlic, chopped
- 6 tablespoons minced shallots
- 1 cup onion, chopped
- 2 slices fresh ginger root, chopped
- 3 tablespoons oyster sauce
- 1 tablespoon dark soy sauce
- 2 tablespoons light soy sauce
- 1 tablespoon ketchup
- 1 tablespoon hot chile sauce
- 1 teaspoon chili powder
- 1/4 cup cucumber slices, for garnish

**Directions**

Prick chicken all over with a fork to create openings for the seasonings to penetrate. In a small bowl combine the garlic, shallots, onion, ginger, oyster sauce, dark soy sauce, light soy sauce, ketchup, chili sauce and chili powder. Mix together.

Place chicken in a 9x13 inch baking dish and rub the sauce mixture into the chicken. Cover and refrigerate. Marinate for at least 4 hours or overnight if possible.

Preheat oven to 425 degrees F (220 degrees C).

Remove cover and roast chicken in preheated oven for 30 minutes. Turn to the other side and roast for another 30 minutes, or until chicken is cooked through, golden in colour and juices run clear. Baste frequently with marinade while roasting. Serve with sliced cucumbers.
Picnic Potato Chip Chicken

**Ingredients**
- 3 cups crushed ridged potato chips (any flavor)
- 3/4 teaspoon garlic powder
- 1 (3 1/2) pound broiler-fryer chicken, cut up
- 1/2 cup butter or margarine, melted

**Directions**
In a shallow bowl, combine potato chips and garlic powder. Dip chicken pieces in butter, then roll in potato chip mixture. Place in a greased 15-in.x 10-in. x 1-in. baking pan. Sprinkle with any remaining butter and coating. Bake, uncovered, at 350 degrees F for 1 hour or until juices run clear.
## Ingredients

- 2 1/2 cups diced cooked chicken
- 4 bacon strips, cooked and crumbled
- 1 (8 ounce) can sliced water chestnuts, drained
- 1/2 cup thinly sliced celery
- 1 cup halved green grapes
- 3/4 cup mayonnaise or salad dressing
- 1 tablespoon dried parsley flakes
- 2 teaspoons finely minced onion
- 1 teaspoon lemon juice
- 1/4 teaspoon ground ginger
- 1 dash Worcestershire sauce
- Salt and pepper to taste

## Directions

Combine chicken, bacon, water chestnuts, celery and grapes in large bowl; set aside. In another bowl, whisk together remaining ingredients; add to salad and toss to coat. Chill until serving.
Garlic Wine Chicken

Ingredients

1 skinless, boneless chicken breast half - pounded thin
1 tablespoon vegetable oil
1/4 cup all-purpose flour
ground black pepper to taste
1/2 tablespoon chopped garlic
4 mushrooms, chopped
1/2 lemon
1 1/2 cups Chablis wine
2 tablespoons butter, softened

Directions

In a medium skillet, heat oil for frying. Dredge chicken breast in flour and add to skillet. Saute until golden brown (presentation side down) and pepper to taste.

Turn chicken over (presentation side up) and add the garlic, mushrooms, juice from 1/2 lemon and wine. Stir all together. Turn heat up as high as possible and let liquids reduce until about 1/4 cup liquid remains in skillet.

Remove chicken from skillet and add the room temperature butter. Swirl it around in the skillet sauce until it is incorporated and the sauce is slightly thickened. Pour sauce over chicken and serve.
Cilantro Chicken and Rice

Ingredients

- 1/4 cup olive oil
- 8 skinless, boneless chicken breast halves
- 1/2 cup all-purpose flour
- 1 medium onion, diced
- 1 red bell pepper, diced
- 4 cloves garlic, minced
- 2 cups chicken broth
- 1 (10 ounce) package yellow rice
- 1 (28 ounce) can stewed tomatoes
- 1 (15 ounce) can pinto beans, drained and rinsed
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (15 ounce) can whole kernel corn, drained
- 1 (4 ounce) can diced green chile peppers, drained
- 3/4 cup coarsely chopped fresh cilantro
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon ground cayenne pepper

Directions

Heat the olive oil in a large skillet over medium heat. Dredge chicken in flour to coat. Place chicken in the skillet, and cook just until browned on all sides; set aside.

Stir onion, bell pepper, and garlic into the skillet. Cook 5 minutes, until tender. Pour in chicken broth. Mix in the yellow rice, stewed tomatoes, pinto beans, black beans, corn, diced green chile peppers, and cilantro. Season with salt, pepper, and cayenne pepper. Bring to a boil. Return chicken to skillet. Reduce heat to low, cover, and simmer 30 minutes, until rice is tender and chicken juices run clear.
Chili Chicken 'N' Rice

Ingredients

- 4 boneless, skinless chicken breast halves
- 2 cups cooked rice
- 1 (15 ounce) can chili with beans
- 2 tablespoons taco seasoning
- 4 slices processed American cheese

Directions

In a nonstick skillet, brown chicken over medium heat. Spread rice in a greased 11-in. x 7-in. x 2-in. baking dish. Combine the chili and taco seasoning; spoon over the rice. Top with chicken.

Cover and bake at 350 degrees F for 25 minutes. Top with cheese slices. Bake, uncovered, for 5 minutes or until juices run clear.
### Ingredients

- 1 tablespoon vegetable oil
- 1 pound skinless, boneless chicken breast, cut up
- 1 (10.75 ounce) can Campbell’s® Condensed Cream of Celery Soup (Regular or 98% Fat Free)
- 1 cup water
- 1/3 cup Caesar salad dressing
- 1 cup cherry tomatoes, cut in half
- 1 (8 ounce) package linguine, cooked and drained
- grated Parmesan cheese

### Directions

Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook until it’s well browned on all sides.

Stir the soup, water and dressing in the skillet. Heat to a boil. Add the tomatoes. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through.

Toss with the linguine. Sprinkle with Parmesan cheese.
Chicken Orzo Salad

**Ingredients**

- 1 1/2 cups uncooked orzo pasta
- 1/3 cup olive oil
- 1/4 cup orange juice
- 1 1/2 tablespoons vinegar
- 3/4 teaspoon salt
- 1 teaspoon grated orange zest
- 4 cups chopped cooked chicken breast
- 1 cantaloupe, cut into bite-size pieces
- 1 cup red seedless grapes, halved
- 1 cup low-fat mayonnaise
- 3/4 cup cashew halves
- 1 head lettuce leaves, for lining salad bowls

**Directions**

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes or until al dente. Rinse with cold water, drain, and set aside.

In a large bowl, whisk together oil, orange juice, vinegar, salt, and orange zest. Stir in cooked chicken until coated. Stir in cooked orzo, cantaloupe, grape halves, and mayonnaise. Cover and chill for 4 to 6 hours. Just before serving, stir in cashews. Serve in lettuce lined bowls.
Thai Pineapple Chicken Curry

**Ingredients**

- 2 cups uncooked jasmine rice
- 1 quart water
- 1/4 cup red curry paste
- 2 (13.5 ounce) cans coconut milk
- 2 skinless, boneless chicken breast halves - cut into thin strips
- 3 tablespoons fish sauce
- 1/4 cup white sugar
- 1 1/2 cups sliced bamboo shoots, drained
- 1/2 red bell pepper, julienned
- 1/2 green bell pepper, julienned
- 1/2 small onion, chopped
- 1 cup pineapple chunks, drained

**Directions**

Bring rice and water to a boil in a pot. Reduce heat to low, cover, and simmer 25 minutes.

In a bowl, whisk together curry paste and 1 can coconut milk. Transfer to a wok, and mix in remaining coconut milk, chicken, fish sauce, sugar, and bamboo shoots. Bring to a boil, and cook 15 minutes, until chicken juices run clear.

Mix the red bell pepper, green bell pepper, and onion into the wok. Continue cooking 10 minutes, until chicken juices run clear and peppers are tender. Remove from heat, and stir in pineapple. Serve over the cooked rice.
Chicken Veggie Stir Fry

**Ingredients**

- 3 tablespoons vegetable oil
- 3 skinless, boneless chicken breast halves - cut into strips
- 2 stalks celery, chopped
- 2 zucchini, quartered and sliced
- 10 mushrooms, sliced
- 2 cups chopped spinach
- 1 (3 ounce) package ramen noodle pasta with flavor packet
- 1 cup uncooked long-grain rice
- 1 tablespoon cornstarch
- 1/4 cup cold water
- 1 teaspoon vegetable oil
- 1/4 cup soy sauce

**Directions**

Heat oil in a large skillet or wok and saute chicken until cooked through (no longer pink).

Stir in celery and zucchini and stir fry for 3 minutes; then add mushrooms and spinach and stir fry another 2 minutes. Reduce heat to low and allow to simmer.

Meanwhile, bring salted water to a boil in a medium saucepan. Add rice, reduce heat, cover and simmer for 20 minutes. Prepare ramen noodles according to package directions, then stir ramen into prepared rice and set aside.

In a small bowl, combine the cornstarch, water, oil and soy sauce. Mix well and stir mixture into chicken and vegetables, then stir in rice and noodles. Mix all together and simmer for another 5 minutes. Serve hot.
Ingredients

1 recipe Creamy Macaroni and Cheese
4 cups small broccoli florets
2 cups shredded roasted chicken
1 cup fresh Italian plum tomatoes, seeded if desired
1/4 cup fresh basil leaves, torn into pieces or snipped with scissors

Directions

Follow recipe for Creamy Macaroni and Cheese, adding broccoli to the boiling pasta during the last 3 minutes of cooking. Drain, then proceed to make the cheese sauce as directed. Stir chicken, tomatoes and basil along with the sauce into the hot pasta. Serve hot.
Easy Chicken Tetrazzini

**Ingredients**

- 1 pound cooked and drained spaghetti
- 5 chicken breasts, cooked and cubed
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 2 1/4 cups water
- 1/4 cup butter
- 2 cubes chicken bouillon
- 1/4 cup shredded Cheddar cheese

**Directions**

Put cooked spaghetti into 9x13-inch baking dish. Place chicken on top of spaghetti.

In medium saucepan heat together soup, water, butter, and bouillon. Bring to a boil and then pour over the pasta and chicken. Put shredded cheese (to taste) on top and press down a bit.

Bake at 350 degrees F (175 degrees C) for 25 minutes.
Spicy Chicken Soup

**Ingredients**
- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 cup diced green bell pepper
- 2 cloves garlic, pressed
- 2 (14.5 ounce) cans chicken broth
- 1 cup chopped cooked chicken breast
- 1 (10 ounce) can diced tomatoes with green chile peppers

**Directions**
Heat olive oil in a large saucepan over medium heat. Saute onion, green pepper and garlic until tender. Stir in chicken broth, chicken pieces and the diced tomatoes and chilies. Simmer covered for at least 10 minutes. Serve hot.
Super Chicken Casserole

Ingredients

1/2 cup Pepperidge Farm® Herb Seasoned Stuffing, crushed
2 tablespoons grated Parmesan cheese
2 tablespoons butter, melted
1 (10.75 ounce) can Campbell's® Condensed Cream of Broccoli Soup or Campbell's® Condensed 98% Fat Free Cream of Broccoli Soup
1 cup milk
1/2 cup shredded mozzarella cheese
1/4 teaspoon garlic powder
1/8 teaspoon ground black pepper
1 cup elbow pasta, cooked and drained
2 cups cubed cooked chicken
1 (10 ounce) package frozen peas and carrots, cooked and drained

Directions

Heat the oven to 400 degrees F. Stir the stuffing, Parmesan cheese and butter in a medium bowl.

Stir the soup, milk, mozzarella cheese, garlic powder and black pepper in a 2-quart baking dish. Stir in the pasta, chicken and peas and carrots.

Bake for 20 minutes or until the chicken mixture is hot and bubbling. Stir the chicken mixture. Sprinkle with the stuffing mixture.

Bake for 5 minutes or until the stuffing mixture is golden brown.
Ingredients

2/3 cup water
2/3 cup white wine vinegar
1 tablespoon fresh-ground black pepper
2 tablespoons garlic salt
2 tablespoons Worcestershire sauce
1 tablespoon hot sauce
3 tablespoons margarine, melted
4 (10 ounce) bone-in chicken breast halves

Directions

Place the water, vinegar, pepper, salt, Worcestershire sauce, hot sauce, and melted margarine into a large, resealable plastic bag. Shake to combine ingredients, then add chicken, seal, and shake to coat. Place in refrigerator to marinate at least 4 hours.

Preheat an outdoor grill for medium-high heat, and lightly oil grate. Remove chicken from marinade, and shake off excess. Discard remaining marinade.

Cook on preheated grill until no longer pink in the center; about 10 minutes per side.
Old-Fashioned Chicken and Noodles

**Ingredients**

- 1 (2 to 3 pound) whole chicken, cut into pieces
- 4 stalks celery, diced
- celery tops
- 1 carrot, shredded
- 1 onion, halved - unpeeled
- ground black pepper to taste
- 3 (32 fluid ounce) containers chicken broth
- 2 eggs, beaten
- 1 cup warm water
- 2 tablespoons vegetable oil
- 1 teaspoon salt
- 3 cups all-purpose flour

**Directions**

In a large pot over medium heat, combine chicken, celery and their tops, carrot, onion and its peel, and pepper. Pour broth over and bring to a boil. Cover, reduce heat and simmer until chicken is tender and falls from the bone, about 45 minutes.

While chicken is cooking, make noodles. In a large bowl, combine eggs, water, oil, salt and enough of the flour to make a stiff dough.

Strain chicken stock, reserving meat, celery and carrots. Pull meat from bones and return strained stock and meat, celery and carrots to pot. Bring to a boil. Make noodles by cutting dough from a broth-dipped spoon or using scissors or your fingers to make small, chickpea sized, noodles and dropping them in the boiling water. When the noodles rise to the surface they are done.
Flavorful Chicken Rolls

Ingredients

- 5 large skinless, boneless chicken breast halves
- 2 cups fresh baby spinach
- 4 ounces cream cheese, softened
- 4 ounces crumbled feta cheese
- 2 tablespoons chopped fresh basil
- 1/4 teaspoon coarsely ground pepper
- 5 thin slices deli ham
- 1 egg
- 1 tablespoon milk
- 3/4 cup seasoned bread crumbs

Directions

Make a lengthwise slit through the thickest portion of each chicken breast to within 1/2 in. of the opposite side. Open chicken so it lies flat; cover with plastic wrap. Flatten to 1/4-in. thickness. Discard plastic wrap. Place a single layer of spinach over chicken.

In a small bowl, combine the cream cheese, feta cheese, basil and pepper; spread over spinach. Top each chicken breast with a ham slice, trimming if necessary. Roll up and secure with toothpicks.

In a shallow bowl, beat the egg and milk. Place bread crumbs in another bowl. Dip chicken rolls in egg mixture, then coat with crumbs. Place seam side down in a greased 15-in. x 10-in. x 1-in. baking pan. Bake, uncovered, at 375 degrees F for 30-35 minutes or until chicken juices run clear. Discard toothpicks before serving.
### Ingredients

- 6 skinless, boneless chicken breasts
- 1 (16 ounce) bottle Italian-style salad dressing

### Directions

To Marinate: Pour salad dressing into a large, resealable plastic bag. Add chicken breasts, seal bag and shake to coat. Place in refrigerator for at least 1 hour or overnight (the longer you marinate, the more taste the chicken will absorb).

Preheat oven to 350 degrees F (175 degrees C).

Remove chicken from bag, discarding remaining marinade. Place chicken in a lightly greased 9x13 inch baking dish and bake at 350 degrees F (175 degrees C) for 1 hour, or until chicken is cooked through and juices run clear. Note: Turn chicken occasionally while baking.
Ingredients

- 6 skinless, boneless chicken breasts
- 1 egg, lightly beaten
- 1 tablespoon water
- 1/2 cup dried bread crumbs
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon garlic powder
- 1/4 cup all-purpose flour
- 2 tablespoons butter or margarine
- 2 tablespoons vegetable oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons dry white wine
- 1 tablespoon chopped fresh parsley
- 2 lemons - cut into wedges, for garnish

Directions

Flatten chicken to 1/4 inch thickness between plastic wrap or waxed paper. Mix egg and water. Mix bread crumbs, salt, pepper and garlic powder. Coat chicken with flour, dip into egg mixture and coat with bread crumb mixture.

Heat butter or margarine and oil in 12 inch skillet over medium heat. Cook chicken for 8 to 10 minutes, turning once, until juice is no longer pink when centers of thickest pieces are cut. Remove chicken from skillet using tongs; keep warm.

Stir lemon juice and wine into drippings in skillet. Heat to boiling; pour over chicken. Sprinkle with chopped fresh parsley, and serve with lemon wedges for garnish.
### Picante Marinated Chicken

#### Ingredients
- 1/2 cup picante sauce
- 1/4 cup Dijon-style prepared mustard
- 2 tablespoons lemon juice
- 6 skinless, boneless chicken breast halves
- 2 tablespoons olive oil

#### Directions

In a large glass bowl combine the picante sauce, mustard and lemon juice. Add chicken and toss to coat. Cover and marinate in the refrigerator for 30 minutes.

Heat olive oil in a large skillet. Remove chicken from marinade and saute in hot oil until well browned on both sides. Add remaining marinade and let simmer until chicken is glazed and tender and juices run clear. Remove chicken to platter/serving dish. Boil remaining marinade for 5 minutes to remove possibility of bacteria, then pour over chicken.
**Hot Chicken Salad Casserole**

**Ingredients**

- 4 boneless chicken breast halves, cooked and diced
- 1 cup chopped celery
- 1 (8 ounce) can sliced water chestnuts
- 1 (4.5 ounce) can sliced mushrooms
- 3/4 cup mayonnaise
- 1 teaspoon lemon juice
- 1/2 teaspoon salt
- 3 teaspoons grated onion
- 1/2 cup sliced almonds
- 1/2 cup shredded Cheddar cheese
- 1 1/2 cups crushed potato chips

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

In a large bowl mix the chicken, celery, water chestnuts, mushrooms, mayonnaise, lemon juice, salt, onion, and almonds. Transfer to the baking dish, and top with Cheddar cheese and crushed potato chips.

Bake in the preheated oven for 30 minutes, until lightly browned.
Chicken and Mushroom Chowder

**Ingredients**

- 3 cups chicken broth
- 1/2 cup water
- 1 pound cubed cooked chicken breast meat
- 1 1/2 teaspoons dried oregano
- 1/4 teaspoon pepper
- 1/2 cup uncooked long grain rice
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 3/4 pound mushrooms, sliced
- 3 tablespoons all-purpose flour
- 1 cup milk

**Directions**

In a large saucepan, bring chicken broth and water to a boil. Stir in chicken, and season with oregano and pepper. Add rice, and reduce heat.

Heat olive oil in a medium saucepan over medium heat, and saute garlic, onion, carrot, and mushrooms until tender. Thoroughly mix in the flour. Transfer to the broth mixture.

Stir milk into the mixture, and continue to cook, stirring occasionally, until thickened, about 30 minutes.
Directions

Preheat an oven to 350 degrees F (175 degrees C).

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the rotini, and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander set in the sink.

Stir together the rotini, chicken, and mozzarella cheese in a large casserole dish. Pour the marinara sauce over the pasta mixture; sprinkle with bread crumbs. Cover the dish with aluminum foil.

Bake in the preheated oven until the cheese is entirely melted, about 35 minutes.
Lemon Cilantro Chicken

**Ingredients**

- 6 skinless, boneless chicken breast halves, cut into bite size pieces
- 3 large potatoes, peeled and sliced
- 1 bunch fresh cilantro, chopped
- 1 cup lemon juice
- 2 teaspoons lemon pepper
- 2 tablespoons olive oil

**Directions**

Marinate the chicken in a mixture of 1/2 cup lemon juice and 1/2 of the chopped cilantro for 1 hour.

Mix the rest of the chopped cilantro with the remaining lemon juice. Add the lemon pepper seasoning and 1 tablespoon olive oil. Set aside.

Spread 1 tablespoon olive oil into the bottom of a 9 X 12 inch glass baking pan. Layer the potatoes and the chicken in the dish. Pour lemon pepper mixture over. Cover.

Bake at 350 degrees F (175 degrees C) for 30 minutes. Uncover, and bake for 10 minutes more.
Ingredients

2 cups uncooked white rice
1 (10.75 ounce) can condensed cream of mushroom soup
2 cups chicken broth
1 cup fresh mushrooms, sliced
2 tablespoons chopped green bell pepper
3 tablespoons chopped fresh basil
1 tablespoon dried minced onion
1 teaspoon dried oregano
3 cloves garlic, minced
1/4 teaspoon ground black pepper
1/4 cup grated Parmesan cheese
4 chicken thighs
3 tablespoons Italian-style dry bread crumbs
2 tablespoons grated Parmesan cheese

Directions

Preheat oven to 325 degrees F (165 degrees C).

In a large bowl, combine the rice, mushroom soup, chicken broth, mushrooms, green bell pepper, basil, onion, oregano, garlic, ground black pepper and 1/4 cup cheese. Stir until all ingredients are well mixed.

Pour this mixture into a 9x13 inch baking dish. Place the chicken on top of the mixture and cover with foil. In a separate small bowl, combine the bread crumbs and remaining cheese and set aside.

Bake at 325 degrees F (165 degrees C) for 1 hour, remove from oven, uncover and sprinkle with the reserved bread crumb mixture. Return to oven and bake, uncovered, for 20 more minutes, or until golden brown.
### Ingredients
- 4 boneless skinless chicken breasts, cut into 1 inch pieces
- 1 cup butter
- 2 (10.75 ounce) cans condensed cream of mushroom soup
- 2 cups macaroni
- 1 pinch garlic salt
- 1/4 teaspoon lemon pepper
- 1 cup sliced fresh mushrooms (optional)

### Directions
In a large skillet, melt butter or margarine over medium heat. Lay chicken strips in butter or margarine, and sprinkle with garlic salt and lemon pepper. Cook, turning frequently, until chicken strips are golden brown on all sides; the chicken should be still soft, not fried hard. Stack cooked strips at outer edges of the skillet if you need to cook more strips.

When all chicken strips are browned, add condensed mushroom soup, 1 soup can of water, and mushrooms to skillet; blend well with pan drippings and chicken strips. Add macaroni noodles, and just enough water to cover noodles; stir well. Lower heat, and cover. Simmer until noodles are done, stirring frequently.
Sesame Chicken Stir-Fry

**Ingredients**

- 1 skinless, boneless chicken breast half - cut into thin strips
- 2 teaspoons vegetable oil
- 7 snow peas
- 1 cup fresh broccoli florets
- 1/3 cup julienned sweet red pepper
- 4 medium fresh mushrooms, sliced
- 3/4 cup chopped onion
- 1 tablespoon cornstarch
- 1 teaspoon sugar
- 1/2 cup cold water
- 3 tablespoons soy sauce
- Hot cooked rice
- 1 teaspoon sesame seeds, toasted

**Directions**

In a skillet or wok, stir-fry chicken in oil for 6-8 minutes or until juices run clear. Remove chicken and set aside. In the same skillet, stir-fry peas, broccoli and red pepper for 2-3 minutes. Add mushrooms and onion; stir-fry for 3-4 minutes. Combine cornstarch and sugar; stir in water and soy sauce until smooth. Add to the pan. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Return chicken to the pan; cook until mixture is heated through and vegetables are tender. Serve over rice. Sprinkle with sesame seeds.
Spinach Pesto Chicken Breasts

Ingredients

1 1/2 cups finely chopped fresh spinach
2 tablespoons basil pesto, or to taste
4 skinless, boneless chicken breast halves
2 tablespoons grated Parmesan cheese (optional)

Directions

Preheat an oven to 375 degrees F (190 degrees C).

Mix the spinach and pesto together in a bowl; spread half the mixture into the bottom of a glass baking dish. Place the chicken breasts onto the spinach mixture; top with the rest of the mixture. Cover the dish with aluminum foil.

Bake in the preheated oven until the chicken is no longer pink in the center and the juices run clear, about 30 minutes. Uncover and sprinkle the Parmesan cheese. Return to the oven and bake until the cheese has begun to melt and brown, about 15 minutes.
# Crunchy Chicken Balls

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 cup finely chopped cooked chicken</td>
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<tr>
<td>1/4 cup minced green onions</td>
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<tr>
<td>1/2 cup finely shredded sharp Cheddar cheese</td>
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<tr>
<td>1/4 teaspoon salt</td>
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<tr>
<td>1/8 teaspoon pepper</td>
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<tr>
<td>2 tablespoons mayonnaise</td>
<td></td>
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<tr>
<td>3/4 cup finely chopped pecans or chopped fresh parsley</td>
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</tbody>
</table>

### Directions

In a bowl, combine the first six ingredients; mix well. Shape into 3/4-in. balls. Roll in pecans or parsley. Cover and chill.
Chicken Lasagna

**Ingredients**

- 9 uncooked lasagna noodles
- 2 (10.75 ounce) cans condensed cream of chicken soup, undiluted
- 2/3 cup milk
- 2 1/2 cups frozen mixed vegetables
- 2 cups cubed, cooked chicken
- 18 slices process American cheese

**Directions**

Cook noodles according to package directions; drain. In a large saucepan, combine soup and milk. Cook and stir over low heat until blended. Remove from the heat; stir in vegetables and chicken. In a greased 13-in. x 9-in. x 2-in. baking dish, layer three noodles, a third of the soup mixture and six cheese slices. Repeat layers twice.

Cover and bake at 350 degrees F for 30 minutes. Uncover; bake 5 -10 minutes longer or until bubbly. Let stand for 15 minutes before cutting.
## Darn Good Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 (2 to 3 pound) whole chicken, cut into pieces</td>
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<tr>
<td>1/2 cup honey, warmed slightly</td>
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<tr>
<td>1/2 cup prepared mustard</td>
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<tr>
<td>1/2 teaspoon ground nutmeg</td>
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</table>

### Directions

In a small bowl combine the warm honey, mustard and nutmeg and mix until well blended. Smear onto the chicken pieces, coating well. Refrigerated and let sit for 1/2 hour.

Preheat oven to 375 degrees F (190 degrees C).

Bake in the preheated oven for 30 minutes, or until done and chicken juices run clear. You can also grill or broil for 30 minutes, turning chicken pieces after 15 minutes of cooking.
## Ingredients

4 tablespoons olive oil, divided  
1 onion, chopped  
1/4 cup balsamic vinegar  
1 1/2 cups uncooked Arborio rice  
1/4 cup dry white wine  
7 cups hot chicken broth  
2 tablespoons butter  
2 cups chopped cooked chicken breast  
salt and pepper to taste  
2 tablespoons chopped fresh thyme

## Directions

Heat 2 tablespoons of the oil in a medium saucepan over medium heat. Stir in the onions and saute for 15 to 20 minutes, or until the onions are a dark golden brown. Remove from heat, stir in the balsamic vinegar and set aside.

Heat the remaining oil in a separate large skillet over medium heat. Stir in the rice and mix well. Let heat for about 2 minutes, then pour in the wine. Reduce heat to medium low and start pouring in the broth about 1 cup at a time. Add more broth as each cup is absorbed. Continue in this manner until all the broth is absorbed and the rice is al dente, about 20 minutes.

Stir in the reserved onion mixture and allow to heat through. Remove from heat and stir in the butter and chicken. Season with salt and pepper to taste, and garnish each serving with fresh thyme.
Easy Moist Chipotle Chicken

**Ingredients**

- 1 quart oil for frying
- 1 cup bread crumbs
- 1/4 cup grated Parmesan cheese
- garlic salt and pepper to taste
- 1/2 cup mayonnaise
- 2 chipotle chilies in adobo sauce, or to taste
- 4 skinless, boneless chicken breast halves

**Directions**

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C). Combine the bread crumbs, Parmesan cheese, garlic salt, and pepper in a bowl; set aside.

Place the mayonnaise and chipotle peppers into a blender and puree until smooth. Scrape the mayonnaise mixture into a plastic bag; add the chicken breasts and coat evenly with the mayonnaise. Press the chicken breasts into the bread crumb mixture and shake off any excess.

Cook the chicken breasts in the hot oil until the breading is golden brown and the breasts are no longer pink on the inside, about 8 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
**Shortcut Chicken Manicotti**

**Ingredients**
- 2 skinless, boneless chicken breast halves - cubed
- 1 egg, beaten
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 1/2 cup drained, creamed cottage cheese
- 1/4 cup grated Parmesan cheese
- 10 manicotti shells
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (8 ounce) container sour cream
- 1 cup milk
- 1 teaspoon Italian seasoning
- 1 cup boiling water
- 1 cup shredded Cheddar cheese
- 2 tablespoons chopped fresh parsley

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a medium skillet over medium heat, cook chicken until opaque and juices run clear.

In a medium bowl, combine cooked chicken, egg, spinach, cottage cheese and Parmesan. Stuff uncooked manicotti shells with chicken mixture. Arrange shells, not touching one another, in a 9x13 inch baking dish.

In a medium bowl, combine soup, sour cream, milk and Italian seasoning and stir until smooth. Pour over shells in dish and spread to cover completely. Carefully pour boiling water around the edge of the dish. Cover tightly with foil.

Bake in preheated oven 60 minutes, or until pasta is tender. Sprinkle with Cheddar and parsley and let stand 10 minutes before serving.
Orange Caper Chicken

Ingredients

1/2 cup all-purpose flour
1/2 teaspoon ground black pepper
4 skinless, boneless chicken breast halves
1 tablespoon butter
1 tablespoon vegetable oil
1 1/3 cups orange juice
1 tablespoon orange zest
1/4 cup capers
1/4 cup chopped flat leaf parsley

Directions

In a medium bowl, mix flour and pepper. Dredge the chicken breasts in the mixture to coat, and set aside.

Melt butter and heat oil in a large skillet over medium heat. Place coated chicken in the skillet, and cook about 10 minutes per side, until no longer pink and juices run clear. Remove from heat, and set aside.

Increase skillet heat to high, and pour in the orange juice. Cook until reduced by about 1/2.

Stir in the orange zest, capers, and parsley. Return chicken to the skillet, and coat with the orange juice mixture to serve.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves - cubed</td>
</tr>
<tr>
<td>1 large green bell pepper, cut into 2 inch pieces</td>
</tr>
<tr>
<td>1 onion, cut into wedges</td>
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<tr>
<td>1 large red bell pepper, cut into 2 inch pieces</td>
</tr>
<tr>
<td>1 cup barbeque sauce</td>
</tr>
<tr>
<td>skewers</td>
</tr>
</tbody>
</table>

### Directions

Preheat grill for high heat.

Thread the chicken, green bell pepper, onion, and red bell pepper pieces onto skewers alternately.

Lightly oil the grill grate. Place kabobs on the prepared grill, and brush with barbeque sauce. Cook, turning and brushing with barbeque sauce frequently, for 15 minutes, or until chicken juices run clear.
## Orange Honey Garlic Chicken

### Ingredients
1 (2 to 3 pound) whole chicken, cut into pieces
3 tablespoons soy sauce
2 tablespoons honey
1/4 cup orange juice
2 cloves crushed garlic
1/2 teaspoon dried oregano
1/4 teaspoon ground black pepper
1/2 teaspoon paprika

### Directions
To Make Marinade: Combine the soy sauce, honey, orange juice, garlic, oregano, pepper and paprika. Mix all together and pour over chicken pieces. Refrigerate for 2 to 4 hours.

Preheat oven to 350 degrees F (175 degrees C).

Remove chicken from refrigerator. Place chicken and marinade in a 9x13 inch baking dish and bake, uncovered, in preheated oven for 1 1/2 hours. Baste once.
Golden Chicken and Autumn Vegetables

**Ingredients**

- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breast halves
- 1 cup Swanson® Chicken Stock
- 2 tablespoons minced garlic
- 1/2 teaspoon dried rosemary leaves, crushed
- 1/2 teaspoon dried thyme leaves, crushed
- 1/4 teaspoon ground black pepper
- 2 large sweet potatoes, cut into 1/2-inch pieces
- 2 cups fresh or frozen whole green beans

**Directions**

Heat the oil in a 12-inch skillet over medium-high heat. Add the chicken and cook for 10 minutes or until it's well browned on both sides. Remove the chicken from the skillet.

Stir the stock, garlic, rosemary, thyme, black pepper, potatoes and green beans in the skillet and heat to a boil. Cook for 5 minutes.

Reduce the heat to low. Return the chicken to the skillet. Cover and cook for 10 minutes or until the chicken is cooked through and the potatoes are tender. Season as desired.
Ingredients

- 4 cups dry bread stuffing mix
- 1 cup butter, melted
- 1 cup milk
- 2 1/2 cups cubed, cooked chicken meat
- 1 (10 ounce) package frozen green peas, thawed
- 1 onion, chopped
- 1 pinch ground black pepper
- 1 (4 ounce) jar sliced pimento peppers, drained
- 1 (8 ounce) can water chestnuts
- 1 cup chopped celery
- 2 (4.5 ounce) cans mushrooms, drained
- 2 (10.75 ounce) cans condensed cream of celery soup
- 1/2 cup slivered almonds for topping

Directions

Preheat oven to 375 degrees F (190 degrees C).

Combine the stuffing and melted butter/margarine. Put 1/2 of the stuffing mixture in a 9x13 inch baking dish.

In a large mixing bowl, combine the milk, chicken meat, peas, onion, ground black pepper, pimentos, water chestnuts, celery, mushrooms and soup. Mix well.

Pour chicken mixture over the stuffing in the baking dish, then add the other 1/2 of the stuffing mixture. Top with slivered almonds and bake in the preheated oven for 30 to 35 minutes. Let cool for 10 minutes and serve.
**Leddie Chicken**

**Ingredients**
- 6 skinless, boneless chicken breast halves
- salt and pepper to taste
- 1/4 cup butter
- 1/2 cup chopped green onion
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (10.75 ounce) can water

**Directions**
- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken in a lightly greased 9x13 inch baking dish and season with salt and pepper to taste. Melt butter in a small saucepan over low heat; add green onion and saute for 1 minute, then stir in soup and water. Mix well and pour mixture over chicken.
- Bake at 350 degrees F (175 degrees C) for 60 minutes, or until chicken is cooked through and no longer pink inside.
Crystal's Chicken Saltimbocca

**Ingredients**

- 8 skinless, boneless chicken breast halves - pounded thin
- 3 tablespoons olive oil, divided
- salt and black pepper to taste
- 1 (10 ounce) package frozen chopped spinach, thawed and drained well
- 8 slices thinly sliced prosciutto
- 8 slices provolone cheese
- 1/2 cup freshly grated Parmesan cheese
- 1 1/2 cups dry white wine

**Directions**

1. Brush each chicken cutlet with olive oil and season with salt and pepper.

2. Squeeze excess water out of the frozen spinach, then season with olive oil, salt, and pepper.

3. Place 1 piece of prosciutto, 1 piece of provolone, and a thin layer of spinach on each chicken cutlet. Then sprinkle Parmesan over the tops.

4. Beginning at the short, tapered end, roll up each chicken cutlet, and secure with a toothpick.

5. Heat 2 tablespoons olive oil in a large skillet over medium heat. Place chicken in the skillet, then pour in wine. Cook, turning the chicken, until the wine evaporates, and the chicken is cooked through and its juices run clear, about 20 minutes.
Family Favorite Chicken Lo Mein

**Ingredients**

- 1 (16 ounce) package angel hair pasta
- 3 tablespoons peanut oil, divided
- 4 boneless, skinless chicken breast, cut into 1/2 inch pieces
- 2 cups shredded carrots
- 2 cups sliced celery
- 6 green onions, chopped
- 3 tablespoons Chinese black bean and garlic sauce
- 1 1/2 cups chicken broth
- 1 teaspoon soy sauce
- 1 tablespoon cornstarch
- 1 tablespoon sesame oil

**Directions**

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the angel hair pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, 4 to 5 minutes. Drain well in a colander set in the sink.

Heat 1 tablespoon of peanut oil in a skillet over medium-high heat, then add chicken breast. Cook and stir chicken until no longer pink inside, about 10 minutes; set aside.

In the same skillet, heat the remaining 2 tablespoons of peanut oil over medium-high heat and mix in carrots, celery, and green onion. Cook and stir until tender yet still crisp, 5 to 6 minutes. Mix in Chinese black bean and garlic sauce; cook and stir for another minute. In a separate bowl, mix chicken broth, soy sauce, and cornstarch; add sesame oil. Pour mixture over vegetables and simmer until thickened. Toss in drained pasta, stirring until well-coated and heated through.
# Baked Beer Can Chicken

## Ingredients

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<tbody>
<tr>
<td>1/4 cup garlic powder</td>
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<tr>
<td>2 tablespoons seasoned salt</td>
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<td>2 tablespoons onion powder</td>
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<tr>
<td>1 tablespoon dried oregano</td>
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<tr>
<td>1 tablespoon salt</td>
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<tr>
<td>1 1/2 teaspoons ground black pepper</td>
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<tr>
<td>1 (12 fluid ounce) can light-flavored beer (such as Bud Light®)</td>
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<tr>
<td>1 (3 pound) whole chicken</td>
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<tr>
<td>4 green onions, sliced</td>
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<tr>
<td>4 green onions, cut in half crosswise</td>
</tr>
<tr>
<td>1 (12 fluid ounce) can light-flavored beer (such as Bud Light®)</td>
</tr>
</tbody>
</table>

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Mix the garlic powder, seasoned salt, onion powder, dried oregano, salt, and ground black pepper in a small bowl; set aside. Pour 1/3 of one can of beer into the bottom of a 9x13-inch baking dish. Place the open beer can in the center of the baking dish.

Rinse chicken under cold running water. Discard giblets and neck from chicken; drain and pat dry. Fit whole chicken over the open beer can with the legs on the bottom. With the breast of the chicken facing you, use a paring knife to cut a small slit on each side and press the tip of each wing into the slit to encourage even cooking.

Rub the prepared seasoning mixture over the entire chicken. Pat the sliced green onions around the whole chicken evenly. Some will fall into the beer, that’s fine. Press the halved green onions into the top cavity of the chicken. Open the remaining beer and pour 1/2 of it into the pan under the chicken. Reserve the remaining beer.

Bake the chicken in the preheated oven. After 45 minutes, pour remaining beer into the pan under the chicken. Continue baking until no longer pink at the bone and the juices run clear, about 30 additional minutes. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C). Remove the chicken from the oven and discard the beer can. Cover the chicken with a doubled sheet of aluminum foil, and allow to rest in a warm area for 10 minutes before slicing.
## Super Easy Slow Cooker Chicken

### Ingredients

- 1 (10.75 ounce) can condensed low fat cream of chicken and herbs soup
- 1 (4 ounce) can mushroom pieces, drained
- 1/2 red onion, chopped
- 1 1/2 pounds skinless, boneless chicken breast halves - cut into strips
- 1 dash Marsala wine

### Directions

Combine soup, mushroom pieces, onion, chicken, and wine in slow cooker.

Cook on Low setting for 2 1/2 to 3 hours.
### Ingredients

- 1 1/2 cups Dijon mustard
- 2/3 cup Worcestershire sauce
- 6 tablespoons chili powder
- 1/4 cup ground cumin
- 2 tablespoons ground ginger
- 1 teaspoon ground turmeric
- 10 pounds bone-in chicken pieces
- 6 cloves garlic, minced

### Directions

Whisk together the mustard, Worcestershire sauce, chili powder, cumin, ginger, and turmeric in a large bowl. Add the chicken to the bowl and toss until they are evenly coated. Scatter the minced garlic over the chicken and toss again. Cover and refrigerate 2 hours.

Preheat oven to 450 degrees F (230 degrees C).

Arrange the chicken pieces with the skin side facing up in a single layer in baking dishes or roasting pans. Pour the remaining marinade over the chicken. Cover with aluminum foil.

Bake in preheated oven until the juices run clear, 40 to 45 minutes.
Slow Cooker Lemon and Thyme Chicken

**Ingredients**
- 2 tablespoons olive oil
- 1 (3 pound) whole chicken
- salt and pepper to taste
- 2 lemons
- 1 onion, coarsely chopped
- 1 teaspoon dried thyme
- 1/2 cup dry white wine
- 1 teaspoon crushed garlic

**Directions**

Heat the olive oil in a large skillet over medium-high heat. Season the chicken with salt and pepper, then fry in the hot oil until browned on all sides.

Meanwhile, chop one of the lemons into chunks and place into a slow cooker along with the onion, thyme, white wine and garlic. Cut the remaining lemon into quarters and stuff into the cavity of the chicken. Place the chicken into the slow cooker breast side down on top of the onion and lemon mixture. Cover and cook on Low for 6 hours, or for 3 hours on High. Chicken is done when the legs move easily in their sockets and the internal temperature of the breast has reached 160 degrees F (70 degrees C).
**Ingredients**

4 (5 ounce) skinless, boneless chicken breast halves
1/4 cup shredded mozzarella cheese
1 (10.75 ounce) can condensed cream of chicken soup
1/4 cup white wine
1 cup stuffing mix
1/3 cup dried cranberries
1/4 cup melted butter

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Prepare a glass baking dish by spraying with cooking spray.

Place chicken breasts into baking dish and sprinkle with cheese. Stir together chicken soup and wine; pour over chicken. Sprinkle chicken with stuffing mix and cranberries; drizzle butter over top.

Bake in preheated oven until chicken has reached an internal temperature of 160 degrees F (70 degrees C), about 45 minutes.
### Ingredients

<table>
<thead>
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<th>Item</th>
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<tbody>
<tr>
<td>1/3 cup warm water</td>
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<td>1/4 cup packed brown sugar</td>
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<tr>
<td>2 tablespoons orange juice</td>
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<tr>
<td>2 tablespoons soy sauce</td>
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<tr>
<td>2 tablespoons ketchup</td>
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<tr>
<td>1 tablespoon white vinegar</td>
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<tr>
<td>4 cloves garlic, minced</td>
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<tr>
<td>1/2 teaspoon crushed red pepper flakes</td>
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</tr>
<tr>
<td>1/4 teaspoon Chinese five-spice powder</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon grated orange peel</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons olive oil</td>
<td></td>
</tr>
<tr>
<td>1 1/2 pounds skinless, boneless chicken breast halves, cubed</td>
<td></td>
</tr>
<tr>
<td>1 cup water</td>
<td></td>
</tr>
<tr>
<td>1 cup uncooked white rice</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons cornstarch</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons cold water</td>
<td></td>
</tr>
<tr>
<td>chopped green onions for garnish</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

In a bowl, stir together warm water, brown sugar, orange juice, soy sauce, ketchup, white vinegar, garlic, red pepper flakes, five-spice powder, and orange peel until the sugar has dissolved and the mixture is well combined.

Heat the olive oil in a large skillet or wok over medium heat, and cook and stir the chicken until the outside is golden brown and the inside is no longer pink, 10 to 12 minutes. Pour the sauce mixture over the chicken, bring to a boil, reduce heat to medium-low, and cover the skillet. Simmer for 30 minutes, stirring occasionally.

While the chicken and sauce are simmering, bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Set the rice aside and keep warm.

Whisk the cornstarch and 2 tablespoons of cold water in a small bowl until smooth, and stir into the chicken and sauce, a few teaspoons at a time. Let the chicken and sauce cook for about 2 minutes to thicken, then serve over hot cooked rice, sprinkled with green onion.
Layered Chicken and Black Bean Enchilada

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups diced chicken breast meat</td>
<td>Preheat the oven to 375 degrees F (190 degrees C).</td>
</tr>
<tr>
<td>1/2 teaspoon ground cumin</td>
<td>Heat a large skillet over medium heat, and spray with vegetable cooking spray. Saute chicken with cumin and coriander until chicken is cooked through. Transfer to a medium bowl. Stir in the cilantro, black beans, and green chile peppers.</td>
</tr>
<tr>
<td>1/2 teaspoon ground coriander</td>
<td>Spread half of the enchilada sauce over the bottom of an 11x7 inch baking dish. Place 4 tortillas over the sauce, overlapping if necessary. Spoon half of the chicken mixture over the tortillas, and sprinkle with half of the cheese and half of the sour cream. Spoon the remaining enchilada sauce over the cheese, and make another layer of tortillas. Layer the remaining chicken mixture over the tortillas. Cover dish with a lid or aluminum foil.</td>
</tr>
<tr>
<td>2 tablespoons chopped fresh cilantro</td>
<td>Bake for 30 minutes in the preheated oven. Remove the cover, and sprinkle the remaining cheese over the top and dot with sour cream. Continue cooking, uncovered, for an additional 5 to 10 minutes, or until cheese melts. Let stand 10 minutes before serving.</td>
</tr>
<tr>
<td>1 (15 ounce) can black beans, rinsed and drained</td>
<td></td>
</tr>
<tr>
<td>1 (4.5 ounce) can diced green chile peppers, drained</td>
<td></td>
</tr>
<tr>
<td>1 (10 ounce) can red enchilada sauce</td>
<td></td>
</tr>
<tr>
<td>8 (6 inch) corn tortillas</td>
<td></td>
</tr>
<tr>
<td>2 cups shredded Mexican blend cheese</td>
<td></td>
</tr>
<tr>
<td>1 (8 ounce) container sour cream</td>
<td></td>
</tr>
</tbody>
</table>
Lemon Thyme Chicken Tenders

**Ingredients**

- 2 tablespoons olive oil
- 1 clove garlic, minced
- 6 sprigs fresh thyme, leaves stripped and chopped
- 1 tablespoon lemon zest
- 1/4 cup lemon juice
- salt and pepper to taste
- 1 pound chicken breast tenders
- olive oil-flavored cooking spray

**Directions**

Combine the olive oil, garlic, chopped thyme, lemon zest, and lemon juice in a large mixing bowl. Season the chicken tenders with salt and pepper. Toss chicken with the olive oil mixture; allow to marinate for 5 minutes.

Spray a non-stick skillet with cooking spray, and place over medium-high heat. Cook chicken tenders in the hot pan until lightly browned and cooked through, about 4 minutes per side.
## Guinataan Chicken Adobo

### Ingredients
- 4 1/2 pounds chicken leg quarters
- 3/4 cup white vinegar
- 3/4 cup water
- 1 teaspoon white sugar
- 1/4 cup soy sauce
- 2 bay leaves
- 1 teaspoon whole black peppercorns, crushed
- 1 onion, chopped
- 2 cloves garlic, crushed
- Salt to taste
- 1 (14 ounce) can coconut milk

### Directions
Combine the chicken, vinegar, water, sugar, soy sauce, bay leaves, crushed peppercorns, onion, and garlic in a large pot; stir and bring the mixture to a boil for 2 minutes. Reduce heat to medium-low and cook at a simmer for 30 minutes.

Remove the chicken to a large serving platter and set aside. Increase the heat under the pot to medium and cook until the liquid reduces by about one-quarter, about 10 minutes. Season with salt; stir the coconut milk into the mixture. Cover and cook until the coconut milk appears oily, about 10 minutes. Pour the mixture over the chicken to serve.
Ingredients

1 (10 ounce) package yellow rice, cooked
2 skinless boneless chicken breast halves, cooked and cubed
1 (10 ounce) package chopped frozen broccoli, thawed
2 (10.75 ounce) cans condensed cream of chicken soup
3/4 cup milk
1 (8 ounce) package Cheddar cheese, shredded
1/2 cup butter
2 cups dried bread crumbs, seasoned

Directions

Preheat oven to 375 degrees F (190 degrees C).

Spread rice evenly over the bottom of a lightly greased 9x13 inch baking dish. Sprinkle cubed chicken evenly over rice, then sprinkle the broccoli over the chicken. Mix soup and milk together, and pour mixture evenly over chicken/broccoli mixture. Sprinkle cheese evenly over the soup.

Melt butter or margarine in a small saucepan or skillet over low heat; add bread crumbs and mix completely together. Spoon mixture evenly over cheese layer in baking dish and cover with aluminum foil.

Bake at 375 degrees F (190 degrees C) for 1 hour.
## Pastrami Chicken Bake

### Ingredients

- 1 cup uncooked long-grain white rice
- 1 1/3 cups chicken broth, divided
- 1 cup water
- 4 ounces sliced pastrami
- 5 skinless, boneless chicken breast halves
- 10 slices bacon
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 cup sour cream
- 1 (4.5 ounce) can mushrooms, drained

### Directions

In a saucepan bring 1 cup chicken broth and 1 cup water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes, or until rice is al dente and firm. Press cooked rice into the bottom of a 9x13 inch baking dish.

Preheat oven to 325 degrees F (165 degrees C).

Place a small piece of pastrami where chicken pieces will be placed on rice. Cut each chicken breast in half lengthwise, wrap each piece in a bacon slice and place atop pastrami and rice. In a medium bowl combine soup, sour cream and mushrooms. Pour over all, then pour 1/3 cup chicken broth around circumference of dish.

Bake uncovered in the preheated oven for 30 to 40 minutes, or until fork tender.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (3 pound) whole chicken</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon canola oil</td>
<td></td>
</tr>
<tr>
<td>2 medium carrots, cut into chunks</td>
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</tr>
<tr>
<td>1 medium onion, cut into chunks</td>
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</tr>
<tr>
<td>3 sprigs fresh parsley</td>
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</tr>
<tr>
<td>1 bay leaf</td>
<td></td>
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<tr>
<td>1/2 teaspoon dried thyme</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon dried rosemary</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon whole peppercorns</td>
<td></td>
</tr>
<tr>
<td>2 1/2 quarts cold water</td>
<td></td>
</tr>
<tr>
<td>1 celery rib with leaves, cut into chunks</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Cut chicken into parts, reserving back and neck. In a soup kettle, cook chicken breast halves in oil over medium heat until browned, about 5 minutes; remove and set aside. Cook remaining chicken pieces, including back and neck, in two batches until browned; set aside. In the same pan, sauté the carrots and onion until onion is tender.

Place seasonings on a double thickness of cheesecloth; bring up corners of cloth and tie with kitchen string to form a bag.

Return chicken to the pan. Add cold water, celery and spice bag, slowly bring to a boil over medium-low heat. Reduce heat; simmer, uncovered, for 30 minutes. Skim foam. Remove chicken breast halves from pan. Remove meat from bones; return bones to pan. Refrigerate chicken breast meat for another use.

Simmer stock, uncovered, 3-4 hours longer. Strain; discard chicken, bones, vegetables and spice bag. Refrigerate for 8 hours or overnight. Remove fat from surface.
Buffalo Chicken Wings

**Ingredients**

- 1 cup vegetable oil
- 1 pound chicken wings
- 1/2 teaspoon salt
- 1/2 teaspoon ground white pepper
- 1/2 cup butter
- 1/2 teaspoon hot pepper sauce
- 1 cup mayonnaise
- 4 tablespoons minced onion
- 3 cloves garlic, minced
- 1/3 cup chopped fresh parsley
- 1/2 cup sour cream
- 1 tablespoon lemon juice
- 1 tablespoon distilled white vinegar
- 1/2 cup blue cheese, crumbled
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a large frying pan or deep fryer, heat oil to 375 degrees F (190 degrees C). Fry wings for approximately 8 minutes. Transfer wings to a paper towel and let drain. Season with salt and white pepper. After the wings have drained, place them in a large mixing bowl.

In a small saucepan, melt butter or margarine. Stir in hot pepper sauce. Pour mixture over chicken wings, toss to coat the wings. Place wings in a baking dish.

Bake 15 to 20 minutes.

While the chicken wings are baking, make the blue cheese dressing: In a medium size mixing bowl, combine mayonnaise, onion, garlic, parsley, sour cream, lemon juice, vinegar and blue cheese. Blend the mixture well. Arrange the baked chicken wings on a serving platter. Serve with blue cheese dressing.
Vietnamese Chicken Cabbage Salad

### Ingredients
- 1 head cabbage, cored and shredded
- 2 onions, halved and thinly sliced
- 2 cups shredded, cooked chicken breast
- 1/4 cup olive oil
- Salt and pepper to taste
- 3 tablespoons lemon juice, or to taste

### Directions
In a large bowl, toss together the cabbage, onions, and chicken. Toss with olive oil until everything is lightly coated. Season with salt and pepper and continue to toss while adding lemon juice. Add enough lemon juice so that you can taste it in every bite. Cover and refrigerate for at least 4 hours before serving. The longer it sets the more the flavors mesh together and the better it tastes!
Spicy Chicken Spaghetti

**Ingredients**
- 3 tablespoons extra virgin olive oil, divided
- 10 chicken tenderloins
- Salt and pepper to taste
- 1 (26 ounce) jar spaghetti sauce with mushrooms
- 1 (14.5 ounce) can Italian diced tomatoes, undrained
- 1 red bell pepper, diced
- 1 (15 ounce) can whole kernel corn, drained
- 1 (10 ounce) can whole black olives, drained
- 1/4 cup canned jalapeno pepper slices, undrained
- 1 1/2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground black pepper
- 1 (16 ounce) package angel hair pasta
- 1 tablespoon butter

**Directions**

Heat 2 tablespoons olive oil in a skillet over medium-high heat. Place chicken in the skillet, season with salt and pepper, and cook 6 minutes on each side, until juices run clear. Set aside, and keep warm.

In a large pot, mix spaghetti sauce, tomatoes with liquid, red bell pepper, corn, olives, and jalapenos. Bring to a boil, and season with garlic powder, onion powder, and 1 teaspoon pepper. Place chicken in the pot. Reduce heat to low, cover, and simmer 15 minutes.

Bring a large pot of lightly salted water to a boil. Place pasta in the pot, and cook 2 to 4 minutes, until al dente. Drain, transfer to a bowl, and toss with remaining olive oil and butter. Spoon the sauce over the pasta to serve.
## Roasted Italian Herb Chicken

### Ingredients
- 4 skinless, boneless chicken breasts
- 2 cups Italian-style salad dressing
- 1 cup Italian-style dried bread crumbs

### Directions
- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken breasts in a 9x13 inch baking dish. Pour salad dressing over chicken. Cover dish and refrigerate for 30 minutes to 1 hour.
- Roll each chicken piece in stuffing crumbs. Return to baking dish. Cover with aluminum foil and bake in the preheated oven for about 45 minutes or until chicken is cooked through and juices run clear.
Mango Chicken Kabobs

**Ingredients**

- 1/4 cup olive oil
- 2 teaspoons minced fresh ginger root
- 1 teaspoon lemon juice
- 1 teaspoon orange juice
- 1 teaspoon brown sugar
- 1 pinch white sugar
- 4 skinless, boneless chicken breast halves - cut into bite-size pieces
- salt to taste
- 3 mangos - peeled, seeded, and diced
- skewers

**Directions**

In a shallow container, mix the olive oil, ginger root, lemon juice, orange juice, brown sugar, and white sugar. Place the chicken breasts in the mixture, and marinate at least 30 minutes in the refrigerator.

Preheat the grill for high heat. Season chicken with salt, and alternately thread chicken and mango onto skewers. Discard marinade.

Lightly oil the grill grate. Place skewers on the grill, and cook 15 minutes, turning to cook on all sides, until chicken juices run clear.
Ingredients
1 tablespoon vegetable oil
1 pound skinless, boneless chicken breast halves, thinly sliced
1 teaspoon red curry paste
1 tablespoon sugar
1 red bell pepper, cut into strips
1 green bell pepper, cut into strips
1 small onion, cut into strips
1 (10 ounce) can coconut milk
1 tablespoon fish sauce

Directions
Heat vegetable oil in a large skillet over medium heat. Stir in chicken, and cook until the pieces are no longer pink in the center, about 5 minutes. Remove chicken, then stir in the red curry paste and sugar; cook and stir for 1 minute. Add the bell peppers and onion to the pan, and cook for 2 minutes. Pour in the coconut milk, return the chicken to the pan, and bring to a simmer over medium-high heat. Cook until the onions and peppers are tender, about 5 minutes. Stir in the fish sauce and serve.
Ingredients

1 (3 pound) chicken - cooked, deboned and shredded
6 ounces spaghetti
1 (10.75 ounce) can condensed cream of mushroom soup
1 (10.75 ounce) can condensed cream of chicken soup
1/4 cup water
salt and pepper to taste
1 cup shredded mozzarella cheese

Directions

Cook spaghetti in a large pot of salted boiling water until it is al dente (about 8 to 10 minutes). Drain and set aside.

Preheat oven to 350 degrees F (175 degrees C).

In a 9x13 inch baking dish combine the shredded chicken, cooked spaghetti, soups, water, salt and pepper. Mix all together. Sprinkle cheese on top of mixture and bake in preheated oven for 20 to 25 minutes or until cheese is melted and turning slightly brown. Let cool 10 minutes and serve!
Ingredients

- 1/2 cup unsalted butter
- 1 large sweet onion, thinly sliced
- 2 tablespoons white sugar
- 1/2 cup all-purpose flour
- salt and freshly ground black pepper to taste
- 1 egg
- 1 tablespoon water
- 4 small skinless, boneless chicken cutlets, pounded to 1/4-inch thickness
- 1/4 cup olive oil
- 4 ounces triple cream Brie - thinly sliced and rind removed
- 2 tablespoons butter
- 1/2 cup vermouth
- 1 tablespoon dried thyme
- 2 tablespoons arrowroot

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Melt 1/2 cup butter in a large skillet; cook and stir the onion in the butter until caramelized, about 10 minutes. Stir in the sugar and cook until the sugar completely melts, about 5 minutes. Remove from heat and set aside to cool completely.

Mix together the flour, salt, and pepper in a shallow dish. Whisk together the egg and water in a small bowl. Dredge each chicken breast in the flour; shake off the excess flour and then dip the chicken in the egg and water mixture.

Heat the olive oil in a large skillet over medium-high heat; cook the chicken in the hot oil until completely browned, 5 to 7 minutes per side.

Place 2 of the chicken breast halves in the bottom of a baking dish. Top each with about half the brie and half the caramelized onions. Lie the remaining chicken breast halves atop the brie and onions.

Bake the chicken in the preheated oven until the cheese is melted and the chicken is no longer pink in the center, about 10 minutes.

While the chicken bakes, melt 2 tablespoons butter in a small skillet over medium heat. Allow the butter to brown slightly before adding the vermouth; bring to a simmer and allow to cook until the liquid reduces by about half. Season with the thyme, salt, and pepper. Stir the arrowroot into the mixture to thicken. Serve the sauce over the chicken.
Tender Tomato Chicken Breasts

Ingredients

1 tablespoon olive oil
3 skinless, boneless chicken breast halves
1 tablespoon ground black pepper, or to taste
3 tablespoons onion powder, or to taste
1 (28 ounce) can chopped stewed tomatoes, 1/2 the liquid reserved
1 (14 ounce) can chicken broth
1 (10 ounce) package frozen mixed vegetables
1/4 cup water

Directions

Heat the oil in a skillet over medium heat. Season chicken breasts on both sides with pepper and onion powder, and arrange in the skillet. Cook 2 minutes on each side, just until browned. Pour tomatoes and reserved liquid over the chicken. Pour in broth. Cover skillet, and continue cooking 15 minutes on each side, until chicken juices run clear.

While the chicken is cooking, place the frozen mixed vegetables and water in a pot. Scoop about 3/4 cup liquid from the skillet, and mix into the pot. Bring to a boil, and cook 5 minutes, or until vegetables are tender; drain. Arrange chicken breasts over the vegetables, and drizzle with liquid from the skillet to serve.
Betty's Best Hot Chicken Salad

Ingredients
2 cups chopped cooked chicken
1 cup chopped celery
1/2 cup cashews
1 cup mayonnaise
1 small onion, grated
1/2 teaspoon salt
2 tablespoons lemon juice
1/2 cup shredded Cheddar cheese
1 cup crushed potato chips

Directions
Preheat the oven to 400 degrees F (200 degrees C).

In a medium bowl, mix together the chicken, celery, cashews, mayonnaise, onion, salt and lemon juice. Transfer the mixture to a casserole dish, then top with shredded cheese and potato chips.

Bake uncovered for 20 minutes in the preheated oven, or until heated through and bubbly.
Chicken Livers Fandango

**Ingredients**

- 1/2 cup all-purpose flour for coating
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound chicken livers, trimmed and cut into bite sized pieces
- 3 slices bacon
- 3 green onions, chopped
- 1 cup chicken stock
- 1 (10.75 ounce) can condensed golden mushroom soup
- 1 (4.5 ounce) can sliced mushrooms, drained
- 1/4 cup dry white wine

**Directions**

In a medium bowl, mix together the flour, salt and pepper. Place chicken livers into the seasoned flour, and toss to coat.

Place bacon in a large skillet over medium-high heat. Fry until browned and crisp. Remove to paper towels to drain. Shake off excess flour from the livers, and fry in the bacon grease along with the green onions until lightly browned on the outside. Pour the chicken stock into the skillet, and stir to scrape up any bits of goodness from the bottom.

Transfer the mixture to a slow cooker, and crumble in the bacon. Stir in the golden mushroom soup, mushrooms and white wine. Cover, and cook on Low for 4 to 6 hours. Thicken the gravy with flour if desired before serving.
# Thai Chicken Cabbage Soup

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>8 cups chicken broth</td>
<td></td>
</tr>
<tr>
<td>2 leeks, sliced</td>
<td></td>
</tr>
<tr>
<td>6 carrots, cut into 1 inch pieces</td>
<td></td>
</tr>
<tr>
<td>1 medium head cabbage, shredded</td>
<td></td>
</tr>
<tr>
<td>1 (8 ounce) package uncooked egg noodles</td>
<td></td>
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<tr>
<td>1 teaspoon Thai chile sauce</td>
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</tbody>
</table>

## Directions

Place chicken breasts and broth in to a stockpot or Dutch oven. Bring to a boil and let simmer for about 20 minutes, or until chicken is cooked through. Remove the chicken from the broth and set aside to cool.

Put the leeks and carrots into the pot and simmer them for 10 minutes, or until tender. Shred the cooled chicken in to bite sized pieces and return it to the pot. Add the cabbage and egg noodles and cook another 5 minutes or until the noodles are soft. The soup should be thick like a stew. Serve hot and flavor to taste with Thai chili sauce.
Ingredients

- 12 chicken thighs
- 2 (12 ounce) packages andouille sausage, sliced
- 5 green onions, chopped
- 1 onion, chopped
- 1 cup vegetable oil
- 1 cup all-purpose flour
- 8 cups water
- 5 stalks celery, chopped
- 2 tablespoons Cajun seasoning
- 2 teaspoons cayenne pepper
- 2 teaspoons salt
- 2 teaspoons ground black pepper
- 1 teaspoon minced garlic

Directions

Saute chicken and sausage in a large skillet for 4 to 5 minutes. Remove meat from skillet, add green onions and onion and saute until soft. Set aside.

To Make Roux: In a small saucepan stir together oil and flour over low heat; cook until color is caramel and mixture is reduced to 1 cup of roux. Set aside.

Put water in a large pot. Add the chicken, sausage, onion mixture, celery, seasoning, cayenne pepper, salt, ground black pepper and garlic. Bring all to a boil and cook for 20 minutes. Add 1/2 cup roux and stir together; the mixture should have the consistency of chowder. If necessary, add the remaining 1/2 cup roux.

Reduce heat to medium low and simmer uncovered for 2 hours, stirring occasionally. Serve hot over rice, if desired.
# Scrumptious Chicken Vegetable Stew

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 pounds boneless, skinless chicken thighs or breasts</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups carrots, in 1/2-inch chunks</td>
<td></td>
</tr>
<tr>
<td>2 cups fresh spinach, shredded</td>
<td></td>
</tr>
<tr>
<td>1 (14.5 ounce) can diced tomatoes with juice</td>
<td></td>
</tr>
<tr>
<td>1 cup dry lentils</td>
<td></td>
</tr>
<tr>
<td>1/2 cup low-fat chicken broth</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon dried Italian herbs</td>
<td></td>
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<tr>
<td>1 teaspoon crushed fennel seed</td>
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</tr>
<tr>
<td>8 garlic cloves, peeled and sliced</td>
<td></td>
</tr>
<tr>
<td>Salt and pepper, to taste</td>
<td></td>
</tr>
<tr>
<td>Parsley sprigs for garnish</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Place all ingredients in a large microwave-safe bowl. Stir to combine. Cover; microwave on high power about 25 minutes, or until chicken and vegetables are done. Add more broth if needed. Garnish with parsley.
Chicken Souiza Cornbread Bake

**Ingredients**

- 1/2 cup margarine
- 1 onion, finely chopped
- 1 clove garlic, minced
- 1 (15.25 ounce) can whole kernel corn
- 1 (15 ounce) can cream-style corn
- 1/4 teaspoon salt
- 1/2 cup egg substitute
- 1 (8.5 ounce) package corn bread mix
- 2 1/3 cups chopped cooked chicken breast
- 2 tablespoons canned green chile peppers, chopped
- 1 (4 ounce) jar chopped mushrooms, drained
- 1 1/2 cups nonfat sour cream
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 (8 ounce) package Monterey Jack cheese, shredded

**Directions**

Preheat oven to 375 degrees F (190 degrees C). Grease 9x13 inch baking dish.

Melt margarine in a small skillet over med-high heat. Saute onion and garlic until tender, 4 to 6 minutes; set aside. In a large bowl, combine corn, cream style corn, salt and eggs. Beat in muffin mix. Fold in cooked onion mixture. Pour into prepared baking dish.

In a large bowl, combine chicken, green chiles, mushrooms, sour cream, salt and pepper. Spoon over corn mixture to within 1 inch from edge. Sprinkle top with cheese.

Bake in preheated oven for 35 to 40 minutes, or until edges are golden brown.
Baked Teriyaki Chicken

Ingredients

- 1 tablespoon cornstarch
- 1 tablespoon cold water
- 1/2 cup white sugar
- 1/2 cup soy sauce
- 1/4 cup cider vinegar
- 1 clove garlic, minced
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground black pepper
- 12 skinless chicken thighs

Directions

In a small saucepan over low heat, combine the cornstarch, cold water, sugar, soy sauce, vinegar, garlic, ginger and ground black pepper. Let simmer, stirring frequently, until sauce thickens and bubbles.

Preheat oven to 425 degrees F (220 degrees C).

Place chicken pieces in a lightly greased 9x13 inch baking dish. Brush chicken with the sauce. Turn pieces over, and brush again.

Bake in the preheated oven for 30 minutes. Turn pieces over, and bake for another 30 minutes, until no longer pink and juices run clear. Brush with sauce every 10 minutes during cooking.
### Irish Chicken and Leek Pie

#### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (9 inch) refrigerated pie crust</td>
<td></td>
</tr>
<tr>
<td>1 (4 pound) whole chicken, deboned and cut into bite size pieces</td>
<td></td>
</tr>
<tr>
<td>4 slices cooked ham</td>
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<tr>
<td>4 leeks, chopped</td>
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<tr>
<td>1 onion, chopped</td>
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<tr>
<td>salt and pepper to taste</td>
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<tr>
<td>1 pinch ground mace</td>
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<tr>
<td>1 1/4 cups chicken stock</td>
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<tr>
<td>1 tablespoon milk</td>
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<tr>
<td>1/2 cup heavy cream</td>
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</tr>
</tbody>
</table>

#### Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a 1 1/2 quart casserole dish, layer the chicken, ham, leeks and onion a couple of times each until the dish is full. Season each layer with a little salt, pepper and mace. Pour the chicken stock over the layers, and dampen the edges of the dish.

Roll the pie pastry out large enough to cover the top of the dish, and place over the top. Crimp the sides down with a fork, and trim the excess from the edges. Cut a round hole in the center of the pastry. Roll dough scraps out and cut into strips. Use the strips to form a design, and place lightly over the hole. Brush the entire top with milk.

Bake for 35 to 45 minutes in the preheated oven, until chicken is cooked through. If the top crust is getting too brown, cover it with parchment or aluminum foil. While the pie is baking, heat the cream over low heat. When the pie is cooked, remove from the oven, and carefully remove the design from the hole. Pour the cream into the hole, and replace the design. Let stand for a few minutes before serving.
Ingredients

- 6 lasagne noodles, cooked and drained
- 1 pound ground chicken
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (5 ounce) can evaporated milk
- 1 pound shredded mozzarella cheese
- 1 (8 ounce) container cottage cheese

Directions

Cook lasagna noodles in boiling salted water until al dente. Rinse with cool water, drain well.

In a large skillet, cook and stir ground turkey or chicken, chopped onions and green pepper over medium heat until golden brown. Drain excess grease. Mix in cream of mushroom soup, cream of chicken soup, and evaporated skim milk. Cook mixture until it comes to a low boil.

To assemble, in a buttered 13x9 inch casserole dish layer 1/2 cup of the sauce, 3 lasagna noodles, 1/2 cup of sauce, cottage cheese, one half of the shredded mozzarella cheese, 3 noodles, remaining sauce mixture. Finish with remaining shredded mozzarella cheese.

In a preheated 350 degree F(175 degree C) oven bake for 45 to 60 minutes. Cook until heated through and bubbly. Let stand for 10 to 15 minutes before serving.
Chicken and Red Bean Enchiladas

Ingredients
- 2 cups shredded rotisserie chicken
- 1 (15.5 ounce) can small red or pinto beans, drained
- 2 cups grated pepper Jack cheese
- 1 medium-large onion
- 2 tablespoons olive oil
- 1 (15 ounce) can tomato sauce
- 1 (14.5 ounce) can chicken broth
- 3 tablespoons sour cream
- 12 corn tortillas (about 5 1/2 inches in diameter)
- Optional garnish: chopped fresh cilantro
- Hot red pepper sauce

Directions
Adjust oven rack to middle position; heat oven to 375 degrees. In a medium bowl, mix chicken, beans and 1 cup cheese; set aside. Thinly slice 1/2 cup onion; set aside. Finely chop remaining onion.

Heat oil in a 12-inch skillet over medium-high heat. Add chopped onions and saute until golden, about 5 minutes. Add tomato sauce; simmer until very thick, about 12 minutes. (Stir frequently; reduce heat if sputtering dramatically.) Add broth; bring to simmer. Remove from heat; whisk in sour cream. Stir 1/2 cup sauce into chicken mixture.

Spread 1/2 cup sauce in a 13-by-9-inch ovenproof glass dish. Microwave tortillas on high power in a microwave-safe plastic bag until warm, about 1 minute. Fill each tortilla with a heaping 1/4 cup chicken mixture; roll and place in baking dish. Top with remaining sauce and cheese.

Bake until bubbly, about 20 minutes. Top with sliced onions and the optional cilantro. Serve hot. Pass pepper sauce separately.
Chicken Jerusalem II

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 2 cups chicken stock
- 2 cloves garlic, crushed
- 1/2 small onion, finely chopped
- 1 cup white wine
- 1 (8 ounce) package sliced fresh mushrooms
- 1 (10 ounce) can artichoke hearts, drained
- 1 cup heavy cream
- salt and pepper to taste

**Directions**

Preheat oven to 325 degrees F (165 degrees C).

Place chicken in a 9x13 inch baking dish. Bake for 25 to 30 minutes, or until chicken is no longer pink and juices run clear.

While the chicken is baking, place the chicken stock, garlic, and onion in a medium saucepan. Bring to a boil, and cook until liquid is reduced by half. Stir in wine, and continue to cook until reduced and slightly thickened.

Add the mushrooms and artichokes to the chicken stock mixture. Reduce heat, and simmer until mushrooms are tender. Stir in the heavy cream, and cook, stirring occasionally, until thickened. Season with salt and pepper, and serve over the baked chicken.
### Ingredients

- 4 chicken breast halves, bone in
- 1 (.7 ounce) package dry Italian-style salad dressing mix
- 2 tablespoons cold water
- 2 tablespoons olive oil

### Directions

Preheat oven to 400 degrees F (200 degrees C).

Empty contents of salad dressing mix package into a small bowl. Add water and mix well, then stir in olive oil and mix again. Note: DO NOT add vinegar as per package instructions.

Place chicken breasts 'wrong side up' in a lightly greased 9x13 inch baking dish. Put 1/2 teaspoon of the dressing mixture on each breast and spread over the surface.

Bake at 400 degrees F (200 degrees C) for 15 to 25 minutes, depending on the size of the breasts. Turn breasts over and spoon remaining mixture on to the topside. Bake for another 15 to 20 minutes, or until tops are golden brown and chicken is cooked through (juices run clear).
## Ingredients

1 (20 ounce) can pineapple chunks  
2 tablespoons cornstarch  
2 tablespoons sugar  
1 cup chicken broth  
1 tablespoon lemon juice  
1 teaspoon salt  
3 cups cubed cooked chicken  
1 medium green pepper, julienned  
1/4 cup flaked coconut, toasted  
1/2 cup slivered almonds, toasted, divided  
1 teaspoon rum extract

## Directions

Drain pineapple, reserving juice; set the pineapple aside. In a large skillet, combine the cornstarch, sugar, broth, lemon juice, salt and reserved juice until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened.

Stir in the chicken, green pepper, coconut, pineapple, 1/4 cup almonds and extract. Cook for 8-10 minutes or until chicken is heated through. Sprinkle with remaining almonds.
Chinese Chicken Salad

**Ingredients**

- 3 1/2 boneless chicken breast halves, cooked and diced
- 1 head lettuce, torn into small pieces
- 4 green onions, sliced
- 4 stalks celery, sliced thin
- 1/2 cup walnuts, chopped
- 2 tablespoons sesame seeds, toasted
- 6 ounces Chinese noodles, heated briefly to crisp
- 6 tablespoons seasoned rice vinegar
- 4 tablespoons white sugar
- 1 teaspoon salt
- 1/2 cup peanut oil

**Directions**

In a large salad bowl combine the chicken, lettuce, green onion, celery, nuts, seeds and noodles. Mix all together. Set aside.

To Make Dressing: Put vinegar in a small bowl. Dissolve sugar and salt in vinegar before adding oil. Shake/Beat well.

Add dressing to salad and toss to coat. Serve and enjoy!
## Chicken Lasagna with White Sauce

### Ingredients

- 2 cups shredded mozzarella cheese
- 2 (10.75 ounce) cans condensed cream of mushroom soup
- 1 1/2 cups milk
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 1 egg
- 1 pint part-skim ricotta cheese
- 12 lasagne noodles, cooked and drained
- 2 cups diced, cooked chicken meat
- 1/2 cup grated Parmesan cheese

### Directions

Preheat oven to 350 degrees F (175 degrees C).

Reserve 2/3 cup of the mozzarella cheese for the top layer of the lasagna. In a medium size bowl, combine remaining 1 1/3 cup mozzarella, soup and milk and set aside. In another medium size bowl, combine spinach, egg and ricotta. Mix well, then combine with soup mixture and mix all together.

In the bottom of a 13x9 inch baking dish, spread 1/3 of the mixture. Spread 1/3 of the chicken over the mixture and arrange 4 lasagna noodles over mixture and repeat. Top with remaining 1/3 of mixture, chicken, noodles and reserved 2/3 cup mozzarella cheese and Parmesan cheese.

Bake at 350 degrees F (175 degrees C) for 40 minutes or until hot and bubbling. Let stand 15 minutes before serving.
# Chicken Egg Pie

## Ingredients

- 1 (8 ounce) package refrigerated crescent rolls
- 2 cups shredded Cheddar cheese, divided
- 1/2 pound bacon, cooked and crumbled
- 1 cup cubed fully cooked ham
- 4 eggs
- 1/3 cup milk
- salt and pepper to taste

## Directions

Unroll crescent dough; separate into triangles. Arrange in a greased 9-in. pie plate, forming a crust; seal seams and perforations. Sprinkle with 1 cup cheese, bacon and ham. In a bowl, beat eggs, milk, salt and pepper. Pour over the ham. Sprinkle with remaining cheese. Cover edges of crust loosely with foil. Bake at 350 degrees F for 20-25 minutes. Remove foil. Bake 20 minutes longer or until knife inserted near the center comes out clean.
## Easy Stovetop Chicken Teriyaki in Orange Ginger

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons canola oil</td>
<td>Heat oil in a large nonstick skillet over medium-high heat, and brown the chicken breasts on both sides, about 6 minutes per side.</td>
</tr>
<tr>
<td>6 skinless, boneless chicken breast halves</td>
<td>Whisk together the teriyaki sauce, white wine, orange marmalade, garlic, ginger, and green onions in a bowl, and pour the sauce over the chicken. Cover the skillet, reduce heat to low, and simmer until chicken is no longer pink in the middle, turning the chicken in the sauce several times as it cooks, 10 to 15 minutes. Serve hot.</td>
</tr>
<tr>
<td>3/4 cup teriyaki sauce</td>
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<tr>
<td>3/4 cup dry white wine</td>
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<tr>
<td>1/2 cup orange marmalade</td>
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<tr>
<td>2 teaspoons minced garlic</td>
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<tr>
<td>1 teaspoon minced fresh ginger root</td>
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<tr>
<td>4 green onions, cut into 1/2-inch pieces</td>
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</tbody>
</table>
Chicken and Tomato Stew with Arugula and Cannellini

**Ingredients**

- 2 teaspoons lemon juice
- 2 teaspoons sherry vinegar
- 1 tablespoon white wine
- 1/8 teaspoon red pepper flakes
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt
- 2 skinless, boneless chicken breast halves - cubed
- 2 cups dried penne pasta
- 1/4 cup extra virgin olive oil, divided
- 1 clove garlic, chopped
- 1 cup white wine
- 1 tablespoon sherry vinegar
- 1 (14.5 ounce) can diced tomatoes
- 1 (15 ounce) can cannellini beans, rinsed and drained
- 1/2 cup torn fresh basil
- 2 cups torn arugula leaves
- 1/8 teaspoon red pepper flakes
- salt and freshly ground black pepper to taste
- freshly grated Romano cheese

**Directions**

In a medium bowl, stir together 2 teaspoons of lemon juice, 2 teaspoons of sherry vinegar, 1 tablespoon of white wine, 1/8 teaspoon of red pepper flakes, and 1/8 teaspoon of salt. Add the chicken cubes, and stir to coat. Set aside to marinate for at least 20 minutes.

Bring a pot of lightly salted water to a boil. Add the pasta, and cook until tender, about 8 minutes. Drain, and set aside.

Heat 1 tablespoon of olive oil in a Dutch oven or deep skillet over medium-high heat. Add the chicken, and cook, stirring occasionally, until browned, about 5 minutes. Remove from the pan, and set aside.

Pour in the remaining olive oil, and add the garlic. Cook and stir until fragrant. Mix in 1 cup of white wine, 1 tablespoon of sherry vinegar, tomatoes, and cannellini beans. Stir in the chicken, and reduce heat to low. Cover, and simmer for 15 minutes.

Stir in the pasta, basil, arugula, and red pepper flakes. Cover, and turn off heat. Let sit until the arugula and basil have wilted, about 5 minutes. Season with salt and pepper. Ladle into serving bowls, and top with Romano cheese to serve.
Spicy Chicken Spaghetti II

Ingredients
1 (16 ounce) package uncooked spaghetti
1 cup Worcestershire sauce
1 cup ketchup
1 cup tomato sauce
1 cup chopped green bell pepper
1 cup chopped onion
1/2 cup brown sugar
1 teaspoon chili powder
1 whole cooked chicken, deboned and chopped

Directions
Bring a large pot of lightly salted water to a boil. Place spaghetti in the pot, cook 8 to 10 minutes, until al dente, and drain.

In a separate pot, mix the Worcestershire sauce, ketchup, tomato sauce, green bell pepper, onion, brown sugar, and chili powder. Bring to a boil. Mix in the chicken, reduce heat to low, and simmer 10 minutes, or until chicken is heated through. Mix in the cooked spaghetti, and serve warm.
**Ingredients**

1 tablespoon vegetable oil
2 large carrots, chopped
2 stalks celery, chopped
2 (10.75 ounce) cans Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
2 cups milk
1 cup cubed cooked chicken
1 cup cooked medium egg noodles

**Directions**

Heat oil in 3-qt. saucepan over medium heat. Add carrots and celery and cook until tender.

Stir soup and milk into pan. Heat to a boil.

Add chicken and noodles. Reduce heat to low. Cook and stir for 5 min. or until vegetables are tender.
## Ingredients

1 (10.75 ounce) can condensed cream of mushroom soup, undiluted  
1 cup milk  
1 (6 ounce) package stuffing mix  
2 cups cubed cooked chicken breast  
2 cups fresh broccoli florets, cooked  
2 celery ribs, finely chopped  
1 1/2 cups shredded Swiss cheese, divided

## Directions

In a large bowl, combine soup and milk until blended. Add the stuffing mix with contents of seasoning packet, chicken, broccoli, celery and 1 cup cheese. Transfer to greased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 375 degrees F for 20 minutes or until heated through. Sprinkle with remaining cheese; bake 5 minutes longer or until cheese is melted.
### Ingredients

- 4 skinless, boneless chicken breast halves
- 1 teaspoon ground ginger
- 4 ounces soy sauce
- 2 tablespoons dried minced onion
- 1/2 cup packed brown sugar
- 3/8 cup bourbon
- 1/2 teaspoon garlic powder

### Directions

Place chicken breasts in a 9x13 inch baking dish. In a small bowl combine the ginger, soy sauce, onion flakes, sugar, bourbon and garlic powder. Mix together and pour mixture over chicken. Cover dish and place in refrigerator. Marinate overnight.

Preheat oven to 325 degrees F (165 degrees C).

Remove dish from refrigerator and remove cover. Bake in the preheated oven, basting frequently, for 1 1/2 hours or until chicken is well browned and juices run clear.
**Ingredients**

- 1 pound dry penne pasta
- 2 eggs
- 1/2 cup milk
- salt and pepper to taste
- 6 (4 ounce) skinless, boneless chicken breast halves
- 1 cup bread crumbs
- 1/2 cup olive oil for frying
- 2 tablespoons butter
- 2 tomatoes, diced
- 1 onion, diced
- 1 (18 ounce) bottle honey mustard barbecue sauce
- 3 tablespoons spicy brown mustard
- 1 (8 ounce) package shredded Monterey Jack cheese

**Directions**

Preheat the oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Transfer to a deep 9x13 inch baking dish.

In a medium bowl, whisk together the eggs and milk. Season with salt and pepper. Dip the chicken breasts in the egg mixture, then roll in bread crumbs to coat. Heat the olive oil and butter in a large skillet over medium-high heat. Fry chicken breasts until the juices run clear, and they are well browned on both sides. Remove to paper towels to drain. Drain excess oil from the chicken pan, leaving it coated.

While the chicken is cooking, place bacon in a large, deep skillet. Cook over medium-high heat until crisp. Remove bacon from pan, crumble and set aside.

Place the skillet that used to have chicken in it over medium heat. Add tomato, onion and bacon, and cook for about 5 minutes, or until onion is soft. Pour in the barbecue sauce and spicy mustard. Simmer for 5 minutes. Pour the sauce over the pasta in the dish, then place the chicken on the top, and cover with shredded Monterey Jack cheese.

Bake for 15 to 20 minutes in the preheated oven, until cheese is melted and dish is heated through.
## Ingredients

1 (16 ounce) package uncooked farfalle (bow tie) pasta  
3 tablespoons olive oil  
1 tablespoon hot chile paste  
1 pound skinless, boneless chicken breast halves - cut into 1 inch pieces  
6 tablespoons prepared basil pesto  
1/2 cup grated Parmesan cheese  
1/2 cup chopped cilantro

## Directions

Bring a large pot of lightly salted water to a boil. Place farfalle pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain.

Heat the olive oil in a large skillet over medium heat. Mix in the chile paste and chicken. Cook and stir chicken 10 minutes, or until evenly browned and juices run clear.

Toss the cooked farfalle, pesto, Parmesan cheese, and cilantro into the skillet, and continue cooking just until heated through.
Easy Thai Beef or Chicken Salad

Ingredients

1 cup white rice
2 1/2 cups water
2 tablespoons vegetable oil
1 pound skinless, boneless chicken breasts
salt to taste
garlic powder to taste
1 head lettuce - rinsed, dried and torn
3 large cucumbers, seeded and chopped
1 large onion, finely diced
2 tomatoes, diced
1 bell pepper, diced
1 cup chopped fresh cilantro
1 cup freshly squeezed lime juice
1/2 cup fish sauce
1 tablespoon sugar
1 tablespoon crushed red pepper flakes

Directions

Rinse rice in a fine mesh strainer under cold running water until no longer cloudy. Transfer to a medium saucepan and cover with 2 1/2 cups water. Bring to a boil, cover, and reduce heat to low. Simmer for 15 minutes, remove from heat and let stand for at least 10 minutes, or until all liquid has evaporated.

Preheat oven to 250 degrees F (120 degrees C).

Season chicken with salt and garlic powder. Heat 2 tablespoons vegetable oil in a skillet over medium-high heat. Cook chicken, reducing heat when necessary, until no longer pink in center and juices run clear. Transfer to preheated oven to keep warm.

Place lettuce, cucumbers, onions, tomatoes, bell peppers, and cilantro together in a large mixing or serving bowl. Toss to combine. In another bowl, stir together the lime juice, fish sauce, sugar, and crushed red pepper until well blended and sugar is dissolved.

Remove chicken from oven, slice into thin strips, and drizzle with dressing. Divide salad and rice among serving plates, and top each with chicken slices. Dressing may also be served at the table and each salad dressed individually.
Honey-Mustard Chicken Sandwiches

Ingredients

1/4 cup Dijon mustard
2 tablespoons honey
1 teaspoon dried oregano
1 teaspoon water
1/4 teaspoon garlic powder
1/8 teaspoon cayenne pepper
4 (4 ounce) boneless skinless chicken breast halves
4 sandwich buns, split
8 thin slices tomato slices
1 cup shredded lettuce

Directions

In a bowl, combine the first six ingredients. Broil chicken 4 in. from the heat for 3 minutes on each side. Brush with mustard sauce. Broil 4-6 minutes longer or until juices run clear, basting and turning several times. Serve on buns with tomato and lettuce.
Yummy Chicken

Ingredients

- 4 skinless, boneless chicken breast halves
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- ground black pepper to taste
- 1 tablespoon olive oil
- 1 1/2 teaspoons butter
- 1/2 cup sliced fresh mushrooms
- 4 green onions, chopped
- 1 clove garlic, finely minced
- 1/3 cup unsweetened apple juice
- 2 tablespoons lemon juice
- 1 teaspoon white sugar

Directions

Pound the chicken breast halves flat and to about 1/2 inch thick. Cut the flattened chicken breasts into several large pieces.

Place the flour, salt, and pepper into a plastic bag, and drop the chicken pieces into the bag. Shake gently to coat the chicken thoroughly with flour mixture.

Preheat an oven to 325 degrees F (165 degrees C). Grease an 8x8 inch baking dish.

Heat the olive oil and butter in a large skillet over medium heat, and brown the coated chicken pieces on each side until golden brown, about 5 minutes per side. Place the chicken pieces into the prepared baking dish, leaving the oil and butter in the skillet. Cook and stir the mushrooms, green onions, and garlic in the hot skillet until the mushrooms give up their juice and start to brown, about 10 minutes. Spread the cooked vegetables over the chicken pieces.

Pour the apple juice, lemon juice, and sugar into the skillet, stir to dissolve the sugar, and bring the mixture to a boil. Pour the sauce over the chicken and vegetables, cover the baking dish with foil, and bake in the preheated oven until the sauce has reduced and the chicken has absorbed the sauce, about 1 hour.
# Raspberry-Orange Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
</tr>
<tr>
<td>2 tablespoons butter, divided</td>
</tr>
<tr>
<td>1 small onion, chopped</td>
</tr>
<tr>
<td>3 tablespoons red wine vinegar</td>
</tr>
<tr>
<td>1/4 cup orange juice</td>
</tr>
<tr>
<td>1/2 cup chicken broth</td>
</tr>
<tr>
<td>2 tablespoons cornstarch dissolved in</td>
</tr>
<tr>
<td>2 tablespoons water</td>
</tr>
<tr>
<td>1 cup fresh raspberries, rinsed and drained</td>
</tr>
<tr>
<td>1 orange, peeled and sectioned</td>
</tr>
</tbody>
</table>

## Directions

Season the chicken breasts to taste with salt and pepper. Melt 1 tablespoon of butter in a large skillet over medium heat. Sear, and cook until browned on both sides and the juices run clear, about 10 minutes. Remove chicken and keep warm.

Melt remaining 1 tablespoon of butter in skillet; stir in onion and cook until translucent, 3 to 4 minutes. Pour in red wine vinegar, orange juice, and chicken broth; increase heat to medium-high, and bring to a boil. Stir in the cornstarch and water mixture, and cook until the sauce thickens and turns clear, 1 to 2 minutes. Reduce heat to medium, and stir in the raspberries and orange segments; cook for 2 minutes until softened. Add the chicken breasts to the sauce, and cook to reheat. Serve chicken with sauce spooned over it.
Restaurant Style Chicken Nachos

Ingredients

- 2 cloves garlic, crushed
- 6 green onions, sliced, white parts and tops separated
- 3 tablespoons canola oil
- 1 shredded, cooked, whole chicken breast
- salt and pepper to taste
- 1 cup salsa
- 1/2 (12 ounce) package tortilla chips
- 1 (8 ounce) package shredded Cheddar/Monterey Jack cheese blend
- 1/2 large tomato, diced

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a 12 inch skillet over medium heat, cook and stir the garlic and white parts of the green onions in canola oil until tender. Mix in shredded chicken, salt and pepper. Toss until well coated with oil. Stir in the salsa.

Arrange tortilla chips on a large baking sheet. Spoon the chicken mixture over tortilla chips. Top with Cheddar/Monterey Jack cheese blend and tomato. Bake in the preheated oven 10 minutes, or until cheese has melted. Remove from heat and sprinkle with green onion tops before serving.
Thai Chicken Bites With Dipping Sauce

Ingredients

- 2 teaspoons light or dark brown sugar
- 1 teaspoon ground coriander
- 1 teaspoon ground ginger
- 1 teaspoon turmeric
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1/2 cup prepared Thai peanut sauce
- 1/2 cup light coconut milk
- 1/2 cup chicken broth
- 4 boneless, skinless chicken breast halves
- 2 tablespoons vegetable oil
- 2 tablespoons coarsely chopped peanuts
- 2 tablespoons thinly sliced scallions

Directions

Mix sugar and dry seasonings in a small bowl. In a 2-cup measuring cup, mix peanut sauce, coconut milk and broth. Split each breast by cutting in half horizontally. Lightly pound to about a 1/2-inch thickness. Place chicken and oil in a medium bowl; toss to coat. Sprinkle seasoning mix evenly over chicken breasts.

Heat a 12-inch non-stick skillet over medium-high heat until very hot, then add chicken. Cook, turning once, until crusty brown and fully cooked, about 2 minutes per side. Transfer to a cutting board and let rest.

Add peanut mixture to empty skillet; cook, stirring constantly to loosen brown bits, until sauce reduces by half, about 2 to 4 minutes. Return to measuring cup. (Chicken and sauce can be made 2 hours ahead; reheat in a warm oven or microwave.)

To serve, cut each breast cutlet into 12 to 15 bite-sized pieces. Transfer to a serving platter. Drizzle with a little peanut sauce, then sprinkle with peanuts and scallions. Serve immediately with toothpicks and remaining dipping sauce.
Ingredients

- 1/4 cup all-purpose flour
- 2 eggs
- 1 cup finely crushed pretzels
- 1/4 cup grated Parmesan cheese
- 2 teaspoons dried Italian herb seasoning
- 1 teaspoon ground cayenne pepper
- 1 teaspoon ground paprika
- 4 skinless, boneless chicken breast halves
- 1/4 cup vegetable oil for frying

Directions

Place the flour in a bowl, and set aside. Beat the eggs in another bowl. Mix together the crushed pretzels, Parmesan cheese, Italian seasoning, cayenne pepper, and paprika in a third bowl.

Rinse the chicken breast halves, and pat them dry with paper towels. Gently press the chicken breasts into the flour to coat, and shake off the excess flour. Dip into the beaten egg, then press into the pretzel crumb mixture. Gently toss between your hands so any crumbs that haven't stuck can fall away. Place the breaded chicken breasts onto a plate while breading the rest; do not stack.

Heat the oil in a skillet over medium heat, and fry the coated chicken breasts about 5 to 7 minutes per side, until the coating is golden brown and the juices run clear.
**Ingredients**

- 1/2 cup sweetened condensed milk
- 3 tablespoons teriyaki sauce
- 1 tablespoon vinegar
- 1 tablespoon red curry paste
- 3 large skinless, boneless chicken breast halves - cut into thin strips
- 16 bamboo skewers, soaked in water for 20 minutes

**Directions**

In a medium bowl, stir together the sweetened condensed milk, teriyaki sauce, vinegar and curry paste. Coat chicken with the sauce, and marinate in the refrigerator for at least 1 1/2 hours.

Preheat a grill or broiler for high heat. Remove chicken from the marinade and thread onto skewers. Discard remaining marinade.

Grill or broil chicken for 3 minutes per side, or until cooked through.
Cheesy Buffalo Chicken Dip

Ingredients

- 2 bone-in chicken breast halves
- 1 teaspoon olive oil
- 1 stalk celery, finely diced
- 1 (8 ounce) package reduced-fat cream cheese
- 3/4 cup blue cheese dressing
- 3/4 cup ranch dressing
- 1/3 cup hot pepper sauce (such as Frank's RedHot®)
- 1 cup shredded Cheddar cheese

Directions

Place chicken breasts in a large saucepan; cover with water. Boil until cooked through, about 20 minutes. Remove from water, and cool. Pull meat from bones and skin. Shred meat and reserve.

Preheat oven to 350 degrees F (175 degrees C).

Heat olive oil in large skillet. Stir in celery; cook until soft. Mix in the cream cheese, blue cheese dressing, and ranch dressing. Cook and stir until smooth and creamy. Stir in the shredded chicken and hot sauce. Spoon mixture into an 8x8 baking dish. Sprinkle with the shredded cheese.

Bake in preheated oven until golden and bubbly, about 30 minutes.
Ingredients

2 (3 ounce) packages cream cheese, softened
4 tablespoons butter or margarine, melted, divided
2 tablespoons minced chives
2 tablespoons milk
1/2 teaspoon salt
1/4 teaspoon pepper
4 cups cubed cooked chicken
2 (8 ounce) cans refrigerated crescent rolls
1 cup crushed seasoned stuffing

Directions

In a mixing bowl, beat cream cheese, 2 tablespoons butter, chives, milk, salt and pepper until smooth. Stir in the chicken. Unroll crescent roll dough and separate into eight rectangles; press perforations together. Spoon about 1/2 cup chicken mixture onto the center of each rectangles. Bring edges up to the center and pinch to seal. Brush with remaining butter. Sprinkle with crushed croutons, lightly pressing down. Transfer to two ungreased baking sheets. Cover one baking sheet and freeze until firm; transfer squares to a covered container. May be frozen for up to 2 months. Bake remaining squares at 350 degrees F for 20-25 minutes or until golden brown. To use frozen squares: Thaw in the refrigerator and bake as directed.
Southern Apricot Chicken

Ingredients

- 12 boneless, skinless chicken breast halves
- 1 cup apricot preserves
- 1 cup sour cream
- 2 tablespoons Dijon mustard
- Salt and pepper to taste

Directions

Preheat the oven to 350 degrees F (175 degrees C). Arrange the chicken pieces in a single layer in the bottom of a 9x13 inch baking dish.

Bake uncovered for 25 to 30 minutes, or until no longer pink in the center, and juices run clear.

While the chicken is cooking, stir together the apricot preserves, sour cream, mustard, salt and pepper in a small bowl. When the chicken is done, remove from the oven, and coat with the sauce. Return to the oven for 10 to 12 minutes, or until sauce is bubbly and hot.
# Raspberry Vinegar Chicken Breasts

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 skinless, boneless chicken breasts</td>
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</tr>
<tr>
<td>2 tablespoons butter</td>
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<tr>
<td>1 tablespoon vegetable oil</td>
<td></td>
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<tr>
<td>3 tablespoons shallots, minced</td>
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<tr>
<td>1/3 cup chicken stock</td>
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<tr>
<td>1/4 cup raspberry vinegar</td>
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<tr>
<td>1/3 cup heavy whipping cream</td>
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<tr>
<td>salt and pepper to taste</td>
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</tbody>
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## Directions

In a large saucepan, heat the butter or margarine and oil over medium heat. Add the chicken and brown lightly on each side. Once the chicken breasts are cooked (the juices should run clear) remove them from the pan and set aside.

Add the shallots and the chicken stock to the pan. Simmer for 3 minutes. Add the raspberry vinegar. Bring all to a boil and simmer, stirring, until the mixture thickens. Stir in the cream and return the chicken to the pan. Heat for 1 minute to warm the chicken, turning the chicken pieces to coat with the sauce. Season with salt and pepper to taste.
Spinach Salad with Pistachio Chicken

**Ingredients**

- 1 cup shelled pistachio nuts
- 4 tablespoons olive oil
- 4 skinless, boneless chicken breast halves
- garlic powder to taste
- black pepper to taste
- 1 (10 ounce) package baby spinach leaves, rinsed and drained
- 1 pint cherry tomatoes
- 1 avocado - peeled, pitted and sliced
- 1 yellow bell pepper, julienned
- 2 green onions, sliced
- grated Parmesan cheese for topping
- bottled balsamic salad dressing, to taste

**Directions**

Place pistachio in a food processor or blender, and pulse until finely diced. Sprinkle half of diced pistachios onto a large plate.

Warm oil in a skillet over medium-high heat. Press chicken breast halves into the pistachio pieces, adding more diced nuts to the plate as needed. Sprinkle chicken breasts with garlic powder and black pepper. Place in the skillet, and cook until golden brown. Reduce heat to medium low, and cook for about 3 to 5 minutes on each side, until the chicken is no longer pink inside. Remove chicken to a cutting board, and slice into thin slices.

Into four bowls, place equal amounts of spinach leaves, tomatoes, avocado, bell pepper, and green onions. Place chicken slices on top. Sprinkle with Parmesan, pour on Balsamic vinegar, and season with black pepper.
**Chicken Supreme II**

**Ingredients**
- 2 tablespoons butter
- 2 tablespoons vegetable oil
- 6 skinless, boneless chicken breasts
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/2 cup light whipping cream
- 1/2 cup dry sherry
- 1 teaspoon dried tarragon
- 1 teaspoon Worcestershire sauce
- 1 teaspoon chopped fresh cilantro
- 1/4 teaspoon garlic powder
- 1 (6 ounce) can sliced mushrooms

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Pound the chicken breasts to an even thickness. Heat the butter or margarine and oil in a 9x13 inch baking dish and add the chicken. Coat the chicken with the butter or margarine mixture and bake in the preheated oven for 10 to 15 minutes or until breasts just cooked (the center should still be slightly pink).

In a medium saucepan over medium heat, warm the soup, cream, sherry, tarragon, Worcestershire sauce, cilantro, garlic powder and mushrooms. Pour sherry cream mixture over the baked chicken, return to oven uncovered and bake for an additional 15 to 20 minutes. Let cool slightly and serve.
# Slow Cooker Chicken with Leek Soup Mix

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 onion, chopped</td>
<td></td>
</tr>
<tr>
<td>6 skinless, boneless chicken</td>
<td></td>
</tr>
<tr>
<td>breast halves</td>
<td></td>
</tr>
<tr>
<td>1 (1.8 ounce) package dry leek</td>
<td></td>
</tr>
<tr>
<td>soup mix</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can cream of</td>
<td></td>
</tr>
<tr>
<td>mushroom soup</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can cream of</td>
<td></td>
</tr>
<tr>
<td>chicken soup</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Evenly spread onion in the bottom of a slow cooker. Place chicken on top of onion, and sprinkle with dry leek soup mix. Mix the cream of mushroom soup and cream of chicken soup in a bowl, and pour into the slow cooker.

Cover, and cook 7 to 8 hours on Low.
# Grilled Chicken and Angel Hair Pasta

## Ingredients

- 10 ounces angel hair pasta
- 2 boneless chicken breast halves, cooked and chopped
- 1 cup pesto
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 ounce toasted almonds

## Directions

Cook angel hair pasta in boiling water until al dente. Drain.

In a large saucepan over medium heat saute minced garlic in olive oil. Add chopped chicken, cooked and drained pasta, pesto sauce, and mix well.

Top with toasted almonds. Serve warm or cold.
Basic Chicken Stock

**Ingredients**

- 1 pound chicken parts
- 1 large onion
- 3 stalks celery, including some leaves
- 1 large carrot
- 1 1/2 teaspoons salt
- 3 whole cloves
- 6 cups water
- 1/4 cup cold water (optional)
- 1 egg

**Directions**

Quarter onion. Chop scrubbed celery and carrot into 1 inch chunks. Place chicken pieces, onion, celery, carrot, salt, and cloves in large soup pot or Dutch oven. Add 6 cups water. Bring to a boil. Reduce heat, cover, and simmer for 1 hour.

Remove chicken and vegetables. Strain stock. Skim fat off the surface.

To clarify stock for clear soup, removing solid flecks that are too small to be strained out with cheesecloth, follow this method. Separate the egg white from the egg yolk, and reserve the shell. In a small bowl, combine 1/4 cup cold water, egg white, and crushed eggshell. Add to strained stock, and bring to a boil. Remove from heat, and let stand 5 minutes. Strain again through a sieve lined with cheesecloth.

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Chicken Pepperoncini

**Ingredients**

- 2 eggs, beaten
- 1 cup Italian seasoned dry bread crumbs
- 1/2 cup Parmesan cheese
- ground black pepper to taste
- 1 1/2 pounds skinless, boneless chicken breast halves - cut into cubes
- 1/4 cup olive oil
- 1 pound fresh mushrooms, sliced
- 1 large onion, chopped
- 1/2 cup white wine
- 1/2 cup pepperoncini, or amount desired

**Directions**

Place the eggs in a shallow dish. Stir the bread crumbs, Parmesan cheese, and pepper together in a second shallow dish. Dip the chicken cubes first into the eggs, then coat evenly with the bread crumbs.

Heat about half of the oil in a large skillet over medium heat. Stir in the chicken, and cook until browned on all sides, about 10 minutes. Remove the chicken and drain on a paper towel-covered plate. Add more oil to the skillet if needed. Stir in the mushrooms, onion, and wine. Cook and stir until the mushrooms are tender and have cooked down. This may take a good 15 minutes.

Return the chicken to the skillet and stir into the mushroom mixture. Use scissors to cut the pepperoncini into slices over the skillet to retain the pepper juices. Discard any stems. Simmer the chicken mixture, stirring occasionally, 5 to 10 minutes more before serving.
# White Chicken Chili

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 medium yellow onion, chopped</td>
<td></td>
</tr>
<tr>
<td>6 cups water</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon lemon pepper</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons ground cumin</td>
<td></td>
</tr>
<tr>
<td>1 (15 ounce) can hominy, drained</td>
<td></td>
</tr>
<tr>
<td>1 (15 ounce) can Great Northern beans, drained and rinsed</td>
<td></td>
</tr>
<tr>
<td>1 (7 ounce) can white corn</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon light olive oil</td>
<td></td>
</tr>
<tr>
<td>2 (10 ounce) cans HORMEL® Premium Chunk Breast of Chicken</td>
<td></td>
</tr>
<tr>
<td>6 HERB-OX® Chicken Flavored Bouillon Cubes</td>
<td></td>
</tr>
<tr>
<td>1 (4.25 ounce) can CHI-CHI’S® Diced Green Chilies, drained</td>
<td></td>
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</tbody>
</table>

## Directions

In large saucepan or Dutch oven, heat oil over medium-high heat. Add onion. Cook 4 to 5 minutes or until softened. Add water, chicken, bouillon, cumin and lemon pepper. Bring to a boil; reduce heat to medium-low. Cover. Simmer 5 minutes.

Add hominy, beans, corn and chiles to saucepan. Cook 10 to 12 minutes or until hot and flavors are blended. Top with crushed tortilla chips and shredded cheese, if desired.
Creamy Garlic Mushroom Chicken

Ingredients

- 2 (10.75 ounce) cans condensed cream of mushroom soup
- 1 cup mayonnaise
- 1/4 cup sour cream
- 1/2 cup frozen corn kernels
- 1/2 cup grated Parmesan cheese
- 4 skinless, boneless chicken breast halves
- 1/2 cup shredded Cheddar cheese
- 1 cup seasoned dry bread crumbs

Directions

Preheat the oven to 375 degrees F (190 degrees C).

FOR THE SAUCE: In a medium size bowl combine the soup, mayonnaise, sour cream, corn and Parmesan cheese. Mix well.

Place the chicken breasts in a 9x13 inch baking dish and pour the sauce mixture over the chicken. Sprinkle with Cheddar cheese and bread crumbs for topping and bake in the preheated oven for 38 to 40 minutes. Let cool and serve.
## Ingredients
- 2 tablespoons vegetable oil
- 1/2 red onion, chopped
- 1 tablespoon finely minced garlic
- 4 ribs celery, minced
- 1/2 cup grated carrot
- 6 large mushrooms, chopped
- 1 cup cubed corn bread
- 1/2 cup freshly grated Parmesan cheese
- Salt and pepper to taste
- 2 (8 ounce) skinless, boneless chicken breast halves
- 12 asparagus spears, trimmed
- 2 slices thick sliced bacon

## Directions
Preheat oven to 350 degrees F (175 degrees C). Spray a small baking dish with cooking spray and set aside.

Heat vegetable oil in a skillet over medium heat. Stir in the onions and garlic; cook for 1 minute. Add the celery, carrot, and mushrooms; cook until the vegetables have softened. Stir in the cornbread and Parmesan cheese. Season to taste with salt and pepper, then set aside.

Lay the chicken breasts flat on a work surface. Create a pocket in each breast by using a paring knife to make a horizontal cut down one side; making sure not to cut all the way through. Stuff the breasts with enough cornbread mixture to make them quite plump. Sprinkle with salt and pepper, then place into the prepared baking dish.

Bake in preheated oven until a thermometer inserted into the center of the stuffing reads 160 degrees F (70 degrees C), about 45 minutes.

While the chicken is cooking, divide the asparagus spears into two, 6-piece portions, and wrap each bundle with a slice of bacon. Place into a shallow baking dish, and bake along with the chicken during the final 20 minutes. The asparagus should be soft, and the bacon crisp when done.

To serve, slice the breasts on the diagonal into 1/4-inch slices. Fan the slices out into a half-moon shape on one side of the plate, and place an asparagus bundle on the other.
# Greek Chicken Kozani

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>4 skinless chicken thighs</td>
<td></td>
</tr>
<tr>
<td>4 cups water</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons olive oil</td>
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<tr>
<td>3 large red onions, halved, then sliced lengthwise</td>
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</tr>
<tr>
<td>20 pitted prunes</td>
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<tr>
<td>1 1/2 tablespoons sweet paprika</td>
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<tr>
<td>2 bay leaves</td>
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</tr>
<tr>
<td>1 tablespoon salt, or to taste</td>
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<tr>
<td>ground black pepper to taste</td>
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</tbody>
</table>

## Directions

Place the chicken thighs and water into a saucepan. Bring to a boil over high heat, then reduce heat to medium-low, and simmer 10 to 15 minutes. Skim off any foam that floats to the surface.

Meanwhile, heat the olive oil in a large skillet over low heat. Stir in the onions, and cook covered until soft and translucent, about 10 minutes. Do not let the onions brown. Add the chicken to the onions along with 3 cups of the cooking liquid. Stir in the prunes, paprika, bay leaves, salt, and pepper. Return to a simmer, cover, and cook until the prunes are tender and the flavors have combined, 15 to 25 minutes.
Ingredients

2 small onions, chopped
1 pound fresh mushrooms
8 skinless, boneless chicken breast halves
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon paprika
2 teaspoons chopped fresh chives
2 teaspoons dried parsley
1/2 cup chicken broth
1/4 cup brandy
2 tablespoons prepared Dijon-style mustard

Directions

Saute onions and mushrooms in a large skillet over medium heat. Remove onion/mushroom mixture from skillet and reserve; add chicken breasts to skillet. Saute for 4 minutes, then turn over and add mushroom mixture on top.

In a small bowl mix salt, pepper, paprika, chives and parsley together then sprinkle mixture over chicken. In a medium bowl combine the broth, brandy and mustard and blend together. Pour over chicken, reduce heat to low and simmer for 20 to 25 minutes or until chicken is cooked through (no longer pink inside).
Ingredients

2 tablespoons vegetable oil
1 pound skinless, boneless chicken breast, cut into strips
2 cups sliced mushrooms
1 medium onion, chopped
1 (10.75 ounce) can Campbell's® Healthy Request® Condensed Cream of Chicken Soup
1/2 cup plain nonfat yogurt
1/4 cup water
4 cups hot cooked medium egg noodles, cooked without salt
Paprika

Directions

Heat half the oil in skillet. Add chicken and cook until browned, stirring often. Remove chicken.

Add remaining oil. Add mushrooms and onion and cook until tender.

Add soup, yogurt and water. Heat to a boil. Return chicken to skillet and heat through. Serve over noodles. Sprinkle with paprika.
## Easy Chicken and Pasta

### Ingredients
- 1 tablespoon vegetable oil
- 1 pound skinless, boneless chicken breast, cut up
- 1 (10.75 ounce) can Campbell’s® Condensed Cream of Mushroom Soup (Regular or 98% Fat Free)
- 2 1/4 cups water
- 1/2 teaspoon dried basil leaves, crushed
- 2 cups frozen vegetable combination (broccoli, cauliflower, carrots)
- 2 cups uncooked corkscrew-shaped pasta
- grated Parmesan cheese

### Directions
3. Add chicken. Cook 5 minutes or until pasta is done, stirring often. Sprinkle with cheese.
**Ingredients**

1 (4 pound) chicken, cut into pieces
1 eggplant, sliced into 1/2 inch rounds
5 tomatoes, sliced
1 onion, thinly sliced
2 tablespoons chopped fresh dill weed
2 tablespoons ground turmeric
salt to taste

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

In a large skillet, saute chicken until browned. Remove from skillet and set aside. In same skillet, saute eggplant slices until slightly browned.

Place sauteed chicken and eggplant in a lightly greased 9x13 inch baking dish. Top with tomato and onion slices, then sprinkle with dill weed, turmeric and salt to taste.

Bake at 375 degrees F (190 degrees C) for 45 minutes or until chicken is cooked through and juices run clear.
Scottish Chicken with Haggis

Ingredients

- 4 (6 ounce) skinless, boneless chicken breast halves
- 1 cup canned haggis
- 8 thin slices prosciutto

Directions

Preheat an oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil, and spray with cooking spray.

Lay a chicken breast flat onto your work surface. Use the tip of a sharp boning or paring knife to cut a pocket in the chicken breast through a 2 inch slit in the side. Repeat with the remaining chicken breasts. Stuff each chicken breast with 1/4 cup of the haggis. Wrap 2 pieces of the prosciutto tightly around each piece of chicken. Place the wrapped breasts onto the prepared baking sheet.

Cover the chicken breasts with a sheet of aluminum foil and place into the preheated oven. Bake for 15 minutes, remove the foil cover, and turn the breasts over. Continue baking until the chicken is no longer pink and the prosciutto has crisped, 10 to 15 minutes. An instant-read thermometer inserted into the center of the haggis should read at least 165 degrees F (74 degrees C).
### Ingredients

- 1/4 cup plain yogurt
- 1/2 teaspoon salt-free herb seasoning blend
- 1/2 teaspoon lemon juice
- 1/2 teaspoon Dijon mustard
- 1/2 cup cornflake crumbs
- 1/4 cup grated Parmesan cheese
- 2 bone-in chicken breast halves

### Directions

In a shallow bowl, combine yogurt, seasoning blend, lemon juice and mustard. In another bowl, combine the cornflake crumbs and Parmesan cheese. Roll the chicken in yogurt mixture, then in crumb mixture. Place in a greased 8-in. square baking pan. Bake, uncovered, at 350 degrees F for 35-45 minutes or until juices run clear.
### Ingredients

- 8 lasagna noodles
- 3 tablespoons butter
- 3/4 cup milk
- 1/4 cup chopped pimento peppers
- 1/2 teaspoon dried basil
- 3 cups diced, cooked chicken meat
- 1/2 cup grated Parmesan cheese
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped onion
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 1 (6 ounce) can sliced mushrooms, drained
- 1 (16 ounce) package creamed, small curd cottage cheese
- 2 cups shredded processed cheese

### Directions

Cook noodles in a large pot of boiling water until done. Rinse, and drain. Set aside.

In a medium saucepan, saute green pepper and onions in butter or margarine over medium heat. Stir in undiluted soup, milk, mushrooms, pasteurized cheese, pimento, and basil.

Place half of the noodles in 13 x 7 x 2 inch baking dish. Layer with half of the cream sauce, 1/2 cottage cheese, 1/2 diced chicken, and 1/2 Parmesan cheese. Repeat layers.

Bake at 350 degrees F (175 degrees C) for 45 minutes.
Ingredients

6 eggs
1/4 cup milk
3/4 cup all-purpose flour
1 cup finely chopped pistachio nuts
2 tablespoons minced shallots
1/2 cup dry white wine
1/2 cup chicken stock
1/2 cup heavy cream
1/4 cup butter
1 1/2 tablespoons pomegranate syrup
4 skinless, boneless chicken breast halves

Directions

Beat together the eggs and the milk. Dredge the chicken breasts in the flour, and then in the egg wash. Dredge in the pistachios.

Lightly fry chicken in 2 tablespoons butter or margarine over medium heat until slightly browned. Place in a lightly greased 9x13 inch baking dish.

Bake at 350 degrees F (175 degrees C) for 30 minutes.

When the meat is almost done, melt 2 tablespoons butter or margarine in a saucepan. Saute shallots until soft. Add cream, white wine, chicken stock, and pomegranate syrup. Simmer for a few minutes.

Place chicken on plates, and pour Athena sauce over.
Amazing Almond Chicken Casserole

**Ingredients**

1 (10.5 ounce) can condensed cream of chicken soup
1 (10.5 ounce) can water or chicken broth
4 cups cooked diced chicken
2 cups water chestnuts, drained (optional)
2 teaspoons lemon juice
1 1/2 cups mayonnaise
2 cups chopped celery
1 small onion, chopped
2 teaspoons salt
2 cups cooked rice
1/2 cup butter
1 1/2 cups crushed buttery round crackers
1 cup sliced almonds
1 cup shredded Colby cheese

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a large pan over medium heat, stir together cream of chicken soup and water (or broth). Stir in chicken, chestnuts, lemon juice, and mayonnaise. Stir in celery, onion, salt, and rice. Combine well, then pour into a casserole dish.

Melt butter in a skillet over medium heat. Pour in crushed crackers, and stir to coat with butter. Pour crackers over the top of casserole. Then sprinkle almonds and shredded cheese over the top.

Bake in preheated oven until cheese is melted, about 30 minutes.
Chicken or Turkey Crepes with Tarragon

Ingredients

3 recipes Basic Crepes
4 tablespoons butter
2 tablespoons finely chopped onion
4 tablespoons all-purpose flour
1 cup milk
3/4 cup chicken broth
1/4 cup dry white wine
1/4 teaspoon chopped dried tarragon
2 egg yolks
2 cups diced cooked chicken
salt to taste
1/4 cup milk

Directions

Prepare a basic crepe recipe in advance. Crepes can be made and frozen up to several weeks ahead of time.

Preheat oven to 350 degrees F (175 degrees C).

Melt butter in a saucepan over medium heat. Stir in onion, and cook 2 minutes. Stir in flour until blended. Slowly whisk in 1 cup milk, whisking constantly until smooth. Mix in broth, wine, and tarragon; stir over medium-low heat until thickened (about 4 minutes).

In a small bowl, gradually stir 3 tablespoons of the hot milk and broth sauce into the egg yolks; then pour egg mixture into sauce, whisking briskly. Cook 1 minute more, then remove from heat.

In a medium bowl, mix together half of the sauce with the chicken. Season with salt to taste.

Fill each crepe with 3 tablespoons of chicken mixture. Roll crepes, and place seam-side down in a 9x13 inch baking dish. Thin the remaining sauce with 1/4 cup milk, and pour over crepes.

Bake in a preheated oven 20 minutes, or until sauce begins to bubble.
Southwest Chicken and Pasta

Ingredients

3 cups uncooked corkscrew-shaped pasta or tube-shaped pasta
2 cups broccoli flowerets, cut in 1 inch pieces
1 medium green or red pepper, chopped
1 (10.75 ounce) can Campbell’s® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
3/4 cup Pace® Thick & Chunky Salsa OR Pace® Picante Sauce
1/4 cup milk
1 1/2 cups cubed cooked chicken
Grated Parmesan cheese

Directions

Cook pasta according to package directions. Add broccoli and pepper for last 4 minutes of cooking time. Drain.

Mix soup, milk, salsa, chicken and pasta mixture in same saucepot. Heat through. Top with cheese.
Cheddar Chicken Spirals

Ingredients

- 1 1/2 cups uncooked spiral pasta
- 1/2 cup mayonnaise*
- 1/3 cup milk
- 1/2 teaspoon salt
- 1/2 teaspoon dried basil
- 2 cups frozen mixed vegetables, thawed
- 1 1/2 cups cubed cooked chicken
- 1 1/2 cups shredded Cheddar cheese, divided

Directions

Cook noodles according to package directions. Meanwhile, in a bowl, combine the mayonnaise, milk, salt and basil. Stir in the vegetables, chicken and 1 cup cheese. Drain pasta; stir into vegetable mixture. Transfer to a greased 1-1/2-qt. microwave-safe dish. Sprinkle with remaining cheese.

Cover and microwave on high for 5-6 minutes or until heated through and the cheese is melted. Let stand for 5 minutes before serving.
**Ingredients**

- 1 pound skinless, boneless chicken breast, diced
- 1 (1.27 ounce) packet fajita seasoning
- 1 tablespoon vegetable oil
- 2 green bell peppers, chopped
- 2 red bell peppers, chopped
- 1 onion, chopped
- 10 (10 inch) flour tortillas
- 1 (8 ounce) package shredded Cheddar cheese
- 1 tablespoon bacon bits
- 1 (8 ounce) package shredded Monterey Jack cheese

**Directions**

Preheat the broiler. Grease a baking sheet.

Toss the chicken with the fajita seasoning, then spread onto the baking sheet. Place under the broiler and cook until the chicken pieces are no longer pink in the center, about 5 minutes.

Preheat oven to 350 degrees F (175 degrees C).

Heat the oil in a large saucepan over medium heat. Stir in the green bell peppers, red bell peppers, onion, and chicken. Cook and stir until the vegetables have softened, about 10 minutes.

Layer half of each tortilla with the chicken and vegetable mixture, then sprinkle with the Cheddar cheese, bacon bits, and Monterey Jack. Fold the tortillas in half and Place onto a baking sheet.

Bake quesadillas in the preheated oven until the cheeses have melted, about 10 minutes.
Lavender Chicken

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 12 sprigs fresh lavender
- 8 slices bacon
- Salt and pepper to taste
- 1 pinch red pepper flakes, or to taste
- 1 cup shredded Cheddar cheese

**Directions**

Preheat the oven to 400 degrees F (200 degrees C).

Place three sprigs of lavender on top of each chicken breast half. Wrap two slices of bacon around each piece of chicken keeping the lavender inside. Place chicken into a shallow baking dish. Season with salt, pepper, and red pepper flakes.

Position the baking dish on the top shelf in the preheated oven, and bake chicken for 20 minutes, turning once. Turn again so the lavender is on top, and sprinkle with shredded cheese. Continue baking 10 minutes, or until cheese has melted and chicken juices run clear.
Chicken Salad Sandwiches

**Ingredients**

- 2 cups cubed, cooked chicken
- 2 celery ribs, chopped
- 1/2 cup chopped green pepper
- 1/2 cup mayonnaise
- 1/3 cup slivered almonds, toasted
- 1/4 cup sweet pickle relish
- 1/4 cup sliced pimiento-stuffed olives
- 2 tablespoons chopped onion
- 2 teaspoons prepared mustard
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 12 English muffins, split and toasted
- 12 lettuce leaves
- 12 thin slices tomato

**Directions**

In a bowl, combine the first 11 ingredients. Top 12 muffin halves with lettuce leaves; spread with chicken salad. Top with tomato slices and remaining muffin halves.
Chicken Teriyaki with Asparagus

**Ingredients**

- 3/4 cup honey teriyaki sauce
- 1/4 cup white wine
- 4 skinless, boneless chicken breast halves
- 16 spears fresh asparagus
- 4 slices Swiss cheese

**Directions**

In a large bowl, mix the honey teriyaki sauce and wine. Place chicken in the bowl, and coat with the marinade. Cover, and marinate in the refrigerator at least 1 hour (it is best if you can marinate overnight).

Preheat oven to 375 degrees F (190 degrees C).

Discard marinade, and arrange chicken breasts in a baking dish. Bake 15 minutes in the preheated oven, until almost done.

Place the asparagus in a pot fitted with a steamer basket over 1 inch of boiling water, and steam 5 minutes, until tender.

Place 4 asparagus spears on each chicken breast, and top each breast with a slice of Swiss cheese. Return to oven, and continue baking 10 minutes, or until cheese is melted and chicken juices run clear.
Ingredients

1/4 cup butter, softened
1/8 teaspoon garlic powder
1 tablespoon chopped fresh parsley
5 cups honey-sweetened corn flake cereal
3 tablespoons chopped fresh parsley
1 1/2 teaspoons garlic powder
1 teaspoon paprika
1 teaspoon salt
6 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
1/4 cup buttermilk

Directions

In a small bowl, stir together the butter, 1/8 teaspoon garlic powder, and 1 tablespoon of parsley. Spread the butter mixture 1/2 inch thick onto a piece of aluminum foil, and place in the freezer to harden.

Place the cereal in a large plastic resealable bag, and crush with a rolling pin. Add the remaining parsley, 1 1/2 teaspoons garlic powder, paprika and salt, seal the bag, and shake to mix.

Preheat the oven to 375 degrees F (190 degrees C). Grease a 9x13 inch baking dish.

Remove the slab of butter mixture from the freezer, and slice into 6 strips. Place one strip onto the center of each pounded chicken breast, roll up and secure with toothpicks. Dip rolled chicken breasts into buttermilk, then into the cereal mixture. Place coated breasts into the prepared baking dish.

Bake, uncovered, for 30 to 40 minutes until chicken is no longer pink, and the juices run clear. The outside should be crispy and golden.
Smoky Mountain Chipotle Chicken

Ingredients

- 1 teaspoon olive oil
- 4 cloves garlic, minced
- 1/2 onion, grated
- 1/2 cup bourbon
- 1/4 cup cider vinegar
- 2 cups ketchup
- 1 tablespoon liquid smoke flavoring
- 1 chipotle pepper in adobo sauce, minced
- 1 teaspoon adobo sauce from canned chipotle peppers
- 1/4 cup brown sugar
- 4 (6 ounce) skinless, boneless chicken breast halves
- 2 tablespoons grill seasoning, or to taste
- 4 slices bacon, cut in half
- 4 thick slices red onion
- 1 teaspoon olive oil
- 4 slices provolone cheese

Directions

Heat 1 teaspoon olive oil in a large skillet over medium heat. Add garlic and onion; cook and stir until the onion softens and turns translucent, about 5 minutes. Pour in the bourbon, and simmer for 10 minutes. Have a lid ready to cover the skillet in case the bourbon catches fire.

Pour in the cider vinegar, ketchup, Worcestershire sauce, liquid smoke, minced chipotle pepper, adobo sauce, and brown sugar. Bring to a boil, then reduce heat to medium-low, and simmer 15 minutes. Pour sauce into a bowl, and refrigerate until no longer hot, about 30 minutes.

Season chicken breasts with grill seasoning, and place into a shallow glass dish. Pour all but 1 cup of the cooled sauce over the chicken breasts, and turn to coat. Refrigerate remaining sauce. Cover the chicken and refrigerate 2 hours. Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown and crispy. Drain on a paper towel-lined plate, and set aside.

Preheat an outdoor grill for medium-high heat.

Drain marinade from the chicken and discard. Cook chicken on preheated grill, basting with reserved sauce, until the chicken is no longer pink in the center, and the juices run clear, about 10 minutes per side. Meanwhile, brush onion slices with 1 teaspoon olive oil. Secure the rings with toothpicks to keep them from falling apart. Grill over indirect heat until soft, about 15 minutes.

To serve, place chicken onto serving plates and top with a slice grilled onion, 2 slices of bacon and then a slice of provolone cheese. Remove toothpicks before serving.
Ray's Chicken

Ingredients

1/4 cup distilled white vinegar
1/3 cup vegetable oil
1/3 cup soy sauce
1 lime, juiced
1/2 lemon, juiced
1/4 cup sherry
2 tablespoons ground mustard
2 teaspoons honey
4 cloves garlic, crushed
1/3 cup brown sugar
2 tablespoons lemon pepper
1 teaspoon dried oregano
1 teaspoon rosemary
1 teaspoon salt
6 skinless, boneless chicken breast halves

Directions

In a large glass bowl, stir together the vinegar, oil, soy sauce, lime juice, lemon juice, sherry, mustard, and honey. Mix in the garlic, brown sugar, lemon pepper, oregano, rosemary, and salt. Place the chicken in the mixture. Cover, and marinate in the refrigerator 8 hours or overnight.

Preheat the grill for high heat.

Lightly oil the grill grate. Discard marinade, and place chicken on the grill. Cook 6 to 8 minutes per side, until juices run clear.
Chicken Marsala

**Ingredients**

- 1/4 cup all-purpose flour for coating
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon dried oregano
- 4 skinless, boneless chicken breast halves - pounded 1/4 inch thick
- 4 tablespoons butter
- 4 tablespoons olive oil
- 1 cup sliced mushrooms
- 1/2 cup Marsala wine
- 1/4 cup cooking sherry

**Directions**

In a shallow dish or bowl, mix together the flour, salt, pepper and oregano. Coat chicken pieces in flour mixture.

In a large skillet, melt butter in oil over medium heat. Place chicken in the pan, and lightly brown. Turn over chicken pieces, and add mushrooms. Pour in wine and sherry. Cover skillet; simmer chicken 10 minutes, turning once, until no longer pink and juices run clear.
## Simple Sweet and Spicy Chicken Wraps

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>mayonnaise</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>cucumber</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>honey</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>chicken breast</td>
<td>1 1/2 pounds</td>
</tr>
<tr>
<td>salsa</td>
<td>1 cup</td>
</tr>
<tr>
<td>tortillas</td>
<td>8 (10 inch)</td>
</tr>
<tr>
<td>baby spinach leaves</td>
<td>1 (10 ounce)</td>
</tr>
</tbody>
</table>

### Directions

1. Mix together the mayonnaise, cucumber, 1 tablespoon of honey, 1/2 teaspoon of cayenne pepper, and black pepper to taste in a bowl until smooth. Cover and refrigerate until needed.

2. Heat the olive oil in a skillet on medium-high heat, and cook and stir the chicken breast strips until they are beginning to turn golden and are no longer pink in the middle, about 8 minutes. Stir in the salsa, 1 tablespoon of honey, and 1/2 teaspoon of cayenne pepper. Reduce the heat to medium-low and simmer, stirring occasionally, until the flavors have blended, about 5 minutes.

3. Stack the tortillas, 4 at a time, in a microwave oven and heat until warm and pliable, 20 to 30 seconds per batch.

4. Spread each tortilla with 1 tablespoon of the mayonnaise-cucumber mixture, top with a layer of baby spinach leaves, and arrange about 1/2 cup of chicken mixture on the spinach leaves.

5. Fold the bottom of each tortilla up about 2 inches, and start rolling the burrito from the right side. When the burrito is half-rolled, fold the top of the tortilla down, enclosing the filling, and continue rolling to make a tight, compact cylinder.
Ingredients

- 1 tablespoon olive oil
- 6 skinless, boneless chicken breast halves - chopped
- 1 cup chopped onion
- 1 1/2 cups chicken broth
- 1 (4 ounce) can chopped green chile peppers
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried cilantro
- 1/8 teaspoon crushed red pepper
- 2 (19 ounce) cans cannellini beans, drained and rinsed
- 2 green onions, chopped
- 3/4 cup shredded Monterey Jack cheese

Directions

Heat oil in a large pot over medium high heat. Add chicken and onion and saute for 4 to 5 minutes. Stir in broth, chile peppers, garlic powder, cumin, oregano, cilantro and red pepper. Reduce heat to low and simmer for 15 minutes.

Stir in beans and simmer for 10 minutes; top with green onion and cheese and serve.
# Slow-Cooked Oriental Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (3 1/2) pound broiler-fryer chicken, cut up</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1/3 cup soy sauce</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons brown sugar</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons water</td>
<td></td>
</tr>
<tr>
<td>1 garlic clove, minced</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon ground ginger</td>
<td></td>
</tr>
<tr>
<td>1/4 cup slivered almonds</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

In a large skillet over medium heat, brown the chicken in oil on both sides. Transfer to a slow cooker. Combine the soy sauce, brown sugar, water, garlic and ginger; pour over chicken. Cover and cook on high for 1 hour. Reduce heat to low; cook 4-5 hours longer or until the meat juices run clear. Remove chicken to a serving platter sprinkle with almonds. Spoon juices over chicken or thicken if desired.
Paul's Fettucini Chicken

Ingredients

- 1 tablespoon vegetable oil
- 2 bunches green onions, thinly sliced
- 1 (2 inch) piece fresh ginger root, thinly sliced
- 2 cloves garlic, thinly sliced
- 1 tablespoon white sugar
- 1/2 cup soy sauce
- 3 tablespoons sesame oil
- 1 (3 pound) whole chicken, boned and cut into pieces
- 1 (16 ounce) package dry fettuccini pasta

Directions

Heat vegetable oil in a skillet over medium heat. Stir in green onions, ginger, and garlic, and cook 5 minutes, until tender. Stir in sugar and soy sauce until sugar is dissolved. Remove from heat, and mix in sesame oil.

Place chicken pieces in a shallow bowl. Pour marinade over chicken. Cover bowl and marinate chicken 8 hours in the refrigerator.

Preheat oven to 350 degrees F (175 degrees C). Drain marinade into a pot and bring to a boil; set aside.

Arrange chicken on a baking sheet and bake 45 minutes in the preheated oven, or until juices run clear when chicken is pierced with a knife.

Bring a large pot of lightly salted water to a boil. Add fettuccini and cook for 8 to 10 minutes or until al dente; drain. In a large bowl, toss the cooked pasta with the boiled marinade. Top with chicken pieces to serve.
## Chicken and Dumplings I

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (2 to 3 pound) whole chicken</td>
<td>In a large stockpot or Dutch oven cover the chicken with salted water and simmer until cooked through. When tender, remove chicken from pot. Remove meat from bones and keep warm while making the dumplings.</td>
</tr>
<tr>
<td>2 cups all-purpose flour</td>
<td><strong>TO MAKE DUMPLINGS:</strong> Sift about 2 cups of flour and 1 teaspoon baking powder into a large mixing bowl. Make a well in the flour/powder mixture; pour in 1 cup of hot chicken broth, mixing first with a fork, then with your fingers. Add the egg and mix well again.</td>
</tr>
<tr>
<td>1 teaspoon baking powder</td>
<td>Knead the dough for a few seconds on a floured board. Separate the dough into 4 or 5 parts and roll as thin as possible. Cut into 1 1/2 or 2 inch wide pieces. Break these into 2 inch long strips. Drop into boiling chicken broth and simmer for 10 to 15 minutes. Serve with previously prepared meat.</td>
</tr>
<tr>
<td>1 cup hot chicken broth</td>
<td></td>
</tr>
<tr>
<td>1 egg</td>
<td></td>
</tr>
</tbody>
</table>

2036
Ingredients
1 tablespoon olive oil
2 tablespoons butter
1 clove garlic, minced
6 skinless, boneless chicken breast halves
1 (16 ounce) package linguini pasta
1 onion, chopped
1 cube chicken bouillon, crumbled
1/2 cup water
1 1/4 cups heavy cream
3/4 cup milk
4 green onions, sliced diagonally into 1/2 inch pieces
1 cup grated Parmesan cheese

Directions
In a large saute pan, heat oil, butter and garlic over medium heat. Add chicken and cook until juices run clear. Remove chicken from pan let cool and slice diagonally into long strips. Reserve oil in pan.

Meanwhile, cook pasta according to directions on package. Drain.

Reheat oil in pan, add onion and saute, stirring often, until onion is soft but still white. Add bullion cube and water; bring to a boil and simmer uncovered for approximately 10 minutes. Stir in cream, milk, green onions and Parmesan cheese.

Place pasta in a bowl, layer chicken slices in a decorative pattern over pasta, pour sauce over top of chicken and around pasta. Garnish with parsley or any herbs you desire. Serve immediately.
**Chicken Paprikash I**

### Ingredients

- 1 (2 to 3 pound) whole chicken, cut into pieces
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1 cup chopped onion
- 1 tablespoon paprika
- 1/4 cup white wine
- 1/4 cup chicken broth
- 1/2 cup sour cream

### Directions

In a 12 inch skillet, heat olive oil and brown chicken on all sides. Season chicken with salt and pepper. Remove chicken and set aside.

Add onion to skillet. Cook just until tender, but not brown. Stir in paprika. Return chicken to skillet, turning to coat with paprika/onion mixture. Add wine and broth. Bring to a boil; reduce heat, cover and simmer for 40 minutes or until chicken is fully cooked and tender. Remove chicken and keep warm.

Boil skillet drippings until reduced to 1/2 cup liquid, about 3 minutes. Stir in 1/2 cup sour cream. Heat through. Serve chicken atop pasta if desired, and pour sauce over all.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
</table>

2039
Ingredients

- 4 pounds skinless, boneless chicken breast halves
- 1/2 teaspoon Cajun seasoning
- 1 tablespoon vegetable oil
- 4 slices Swiss cheese
- 1/4 cup creamy Parmesan salad dressing
- 4 sandwich rolls, split and toasted
- 8 tomato slices
- 8 bacon strips, cooked

Directions

Flatten the chicken to 3/8-in. thickness; sprinkle with Cajun seasoning. In a skillet, cook chicken in oil for 5 minutes on each side or until juices run clear. Place cheese over chicken. Remove from the heat; cover and let stand for 1 minute or until cheese begins to melt. Spread dressing over both halves of rolls. Layer bottom halves with two slices of tomato, chicken and two strips of bacon; replace tops.
## Ingredients
- 2 pounds chicken drumsticks
- 2 (12 fluid ounce) cans Budweiser™ beer
- 1 teaspoon dried rosemary

## Directions
Preheat the oven to 350 degrees F (175 degrees C).

Place the chicken drumsticks in a 9x13 baking dish. Season with rosemary, salt and pepper. Pour the beers in with the chicken.

Bake for 1 hour in the preheated oven, until the chicken is browned and meat slides off the bone easily. Just you wait! You are going to love it!
**Chicken Liver and Pistachio Nut Pate**

**Ingredients**
- 1/2 cup unsalted butter
- 1 (1 ounce) envelope dry onion soup mix
- 1/4 cup white wine
- 1 pound chicken livers, rinsed and trimmed
- 1/2 cup shelled pistachio nuts
- 1 (8 ounce) package cream cheese
- 1/4 cup water
- onion powder to taste
- garlic powder to taste

**Directions**

In a skillet, melt butter over medium heat. Mix in soup mix and white wine. Arrange chicken livers in pan, and cook until browned and cooked through.

Place shelled pistachio nuts in food processor and pulse to grind. Add cream cheese and water; process until smooth. Add chicken livers, and process until smooth. Season to taste with onion and garlic powder. Chill.
Ingredients

2 cups all-purpose flour
1/4 cup paprika
2 tablespoons salt
2 tablespoons pepper
1 tablespoon ground mustard
1 tablespoon dried thyme
1 teaspoon ground ginger
1/2 teaspoon dried oregano
ADDITIONAL INGREDIENTS:
2 eggs
1/2 cup milk
1 (3 1/2) pound broiler-fryer chicken, cut up
vegetable oil

Directions

In a bowl, combine the first eight ingredients; mix well. Store in an airtight container in a cool dry place for up to 1 year.
Thai Chicken Stock

Ingredients

1 chicken carcass
3/4 cup thinly sliced galangal
2 kaffir lime leaves, or to taste
2 stalks lemon grass, crushed
2 chopped Thai chiles, or to taste
2 cloves peeled garlic
1 shallot, sliced
10 cups water

Directions

Place the chicken carcass into a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, and simmer for 5 minutes. Drain, and rinse the carcass under running water. Return the carcass to the pot along with the galangal, lime leaves, lemon grass, chile peppers, garlic, and shallot. Pour in 10 cups of water.

Return to a boil over high heat, then reduce heat to medium-low. Simmer uncovered for 1 1/2 hours, skimming the foam and fat often. Strain through cheesecloth before using.
Greek Style Garlic Chicken Breast

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1 cup extra virgin olive oil
- 1 lemon, juiced
- 2 teaspoons crushed garlic
- 1 teaspoon salt
- 1 1/2 teaspoons black pepper
- 1/3 teaspoon paprika

**Directions**

Cut 3 slits in each chicken breast to allow marinade to penetrate. In a small bowl, whisk together olive oil, lemon juice, garlic, salt, pepper, and paprika for about 30 seconds. Place chicken in a large bowl, and pour marinade over. Using your hands, work marinade into chicken. Cover, and refrigerate overnight.

Preheat grill for medium heat, and lightly oil grate.

Cook chicken on grill until meat is no longer pink and juices run clear.
## Ingredients

- 6 skinless, boneless chicken breast halves
- 1 1/2 tablespoons minced onion
- 2 tablespoons crushed garlic
- 1 1/2 teaspoons poultry seasoning
- 1/4 cup soy sauce
- 2 teaspoons artificial sweetener

## Directions

Preheat oven to 425 degrees F (220 degrees C).

Place chicken in a 9x13 inch baking dish; sprinkle with onion, garlic, seasoning, soy sauce and sweetener.

Place foil over pan and bake for one hour at 425 degrees F (220 degrees C). It's ready to serve!
Orange Juice Chicken

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 2 tablespoons prepared Dijon-style mustard
- 1/2 cup chopped onion
- 1/2 cup packed brown sugar, divided
- 2 cups orange juice
- 2 tablespoons butter
- 2 tablespoons all-purpose flour

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

Place chicken in a 9x13 inch baking dish. Spread mustard evenly over the chicken and sprinkle with chopped onion. Coat lightly with 1/4 cup of the brown sugar and pour in enough orange juice to cover chicken. Add butter on top.

Bake in preheated oven for 45 minutes, then remove leftover sauce from baking dish and pour into a saucepan. Sprinkle chicken with remaining 1/4 cup brown sugar and return to oven.

Whisk flour into sauce in saucepan. Add any leftover orange juice and heat on high until the sauce thickens. Remove chicken from oven and place on a serving dish; pour sauce over the chicken or into a gravy boat, and serve.
Sharyl's Spicy Chicken

**Ingredients**

- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon hot Hungarian paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon brown sugar
- 4 skinless, boneless chicken breast halves
- 1 tablespoon vegetable oil
- 1/2 cup orange juice

**Directions**

Combine the salt, pepper, hot paprika, cumin, cinnamon, and brown sugar in a small bowl. Sprinkle the spices on the chicken using all of the spice mixture.

Heat oil in a large skillet over medium-high heat. Cook the chicken in the hot oil for 4 minutes. Turn the chicken, and lower heat to medium-low. Pour in the orange juice; simmer until chicken is cooked through, about 7 minutes. Serve the chicken with a bit of the pan sauce spooned over the each piece.
Ingredients

- 6 chicken thighs
- 1 (16 ounce) can cranberry sauce
- 1 (8 ounce) bottle Russian-style salad dressing
- 1 packet dry onion soup mix

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken pieces in a lightly greased 9x13 inch baking dish. In a large bowl combine the cranberry sauce, salad dressing and soup mix and mix well. Coat chicken pieces with this mixture.

Cover dish and bake at 350 degrees F (175 degrees C) for 1 1/2 to 1 3/4 hours, or until chicken is cooked through and juices run clear. Remove cover for the last 15 minutes of baking time.
Buttermilk Pecan Chicken

Ingredients

1 cup ground pecans
1/4 cup sesame seeds
1 tablespoon paprika
2 teaspoons salt
1/8 teaspoon pepper
1 cup all-purpose flour
1/2 cup buttermilk
6 boneless, skinless chicken breast halves
2 tablespoons butter or margarine, melted
18 pecan halves

Directions

In a shallow bowl, combine the pecans, sesame seeds if desired, paprika, salt and pepper. Place flour and buttermilk in separate bowls. Coat chicken with flour, dip in buttermilk, then coat with pecan mixture.

Place in a greased 13-in. x 9-in. x 2-in. baking dish. Drizzle with butter. Top each with three pecan halves. Bake, uncovered, at 375 degrees F for 30-35 minutes or until juices run clear.
Ingredients

1 (2 to 3 pound) whole chicken
3 stalks celery, with leaves
4 carrots
2 onions
5 cloves garlic
10 whole cloves
3 cinnamon sticks
2 tablespoons chopped fresh cilantro
10 whole black peppercorns
1 bay leaf (optional)
2 cups white rice
salt and pepper to taste

Directions

Place chicken, celery, carrots, onions, garlic, cloves, cinnamon, cilantro, peppercorns, and bay leaf in a large stock pot and fill with cold water, (it is not necessary to peel the garlic or onion, just wash the outside.) Using low heat cook for 4 hours after boiling begins or until water line is an inch or two from the top.

Using a colander drain broth into another pot. Reserve chicken meat and discard the rest.

In a bowl put rice and 1 cup of water to soak. While it is soaking skim fat off the top of broth and remove usable meat from chicken.

Add rice to chicken broth and salt and pepper to taste. Boil at least 20 minutes and then add shredded chicken. Remove from heat and let sit until soup thickens.

Once soup has reached desired thickness heat through and serve.
**Fusion Chicken**

### Ingredients
- 2 tablespoons olive oil
- 4 skinless, boneless chicken breast halves - cut into strips
- 1 tablespoon red wine vinegar
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- 1/8 teaspoon ground nutmeg
- 1/4 cup chopped fresh cilantro
- 1 small onion, chopped
- 2 apples - peeled, cored and chopped
- 1/4 cup mild green tomatillo salsa

### Directions
Heat the olive oil in a skillet over medium heat. Place the chicken strips in the skillet, and sprinkle with the red wine vinegar. Season with 1/2 the pepper, 1/2 the oregano, 1/2 the garlic powder, and 1/2 the nutmeg. Cook 5 minutes, turn, and season with remaining pepper, oregano, garlic powder, and nutmeg.

Place the cilantro, onion, and apples over the chicken in the skillet. Cover, and continue cooking 5 minutes, until chicken juices run clear and apples are slightly tender.

Place the tomatillo salsa in a bowl, and cook in the microwave 2 minutes on High, or until heated through. Serve over the cooked chicken and apples.
## Oregano Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup butter or margarine, melted</td>
<td>1 envelope Italian salad dressing mix</td>
</tr>
<tr>
<td>2 tablespoons lemon juice</td>
<td>1 (3 1/2) pound broiler-fryer chicken, cut up</td>
</tr>
<tr>
<td>1 tablespoon dried oregano</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

Combine the butter, salad dressing mix and lemon juice. Place chicken in an ungreased 13-in. x 9-in. x 2-in. baking dish. Spoon butter mixture over chicken. Cover and bake at 350 degrees F for 45 minutes. Uncover. Baste with pan drippings; sprinkle with oregano. Bake 15-20 minutes longer or until the chicken juices run clear.
Muenster Chicken and Mushrooms

**Ingredients**

- 6 skinless, boneless chicken breasts
- 1 1/2 cups milk
- 2 cups dried bread crumbs, seasoned
- 6 slices Muenster cheese
- 1 cup fresh sliced mushrooms
- 1/2 cup chicken broth

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Dip chicken in milk, then in breadcrumbs. Lightly brown coated chicken in a large skillet, then arrange in a 9x13 inch baking dish.

Top each chicken with a slice of cheese. Top with mushrooms, then pour broth over and around chicken. Cover dish with aluminum foil.

Bake at 350 degrees F (175 degrees C) for 30 minutes; remove cover, baste with any remaining broth, and bake for another 15 to 20 minutes.
Honey-Mustard Chicken

Ingredients

- 1 cup pineapple juice
- 3/4 cup honey
- 1/2 cup Dijon mustard
- 1 teaspoon ground ginger
- 2 tablespoons cornstarch
- 1/4 cup cold water
- 1 (3 1/2) pound broiler-fryer chicken, cut up

Directions

In a small saucepan, combine pineapple juice, honey, mustard and ginger; bring to a boil. Combine cornstarch and water; whisk into honey mixture. Cook, stirring constantly, for 2-3 minutes or until thickened. Reserve 3/4 cup to serve with chicken if desired. Brush chicken with remaining glaze. Grill, covered, over medium-low coals for 30 minutes. Turn chicken; brush again with glaze. Grill, uncovered, for 20 minutes or until juices run clear. Serve with reserved glaze if desired.
## Chicken Wild Rice Soup II

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup uncooked wild rice</td>
<td>1</td>
</tr>
<tr>
<td>1 cup water</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons butter</td>
<td></td>
</tr>
<tr>
<td>2 skinless, boneless chicken breast halves - cubed</td>
<td></td>
</tr>
<tr>
<td>1 onion, diced</td>
<td></td>
</tr>
<tr>
<td>1/2 cup chopped celery</td>
<td></td>
</tr>
<tr>
<td>2 (10.75 ounce) cans condensed cream of chicken soup</td>
<td></td>
</tr>
<tr>
<td>2 2/3 cups milk</td>
<td></td>
</tr>
<tr>
<td>1 (14.5 ounce) can sliced carrots</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons sliced almonds</td>
<td></td>
</tr>
<tr>
<td>5 tablespoons butter</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons dried parsley</td>
<td></td>
</tr>
<tr>
<td>2 (10.75 ounce) cans condensed cream of chicken soup</td>
<td></td>
</tr>
<tr>
<td>2 2/3 cups milk</td>
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<tr>
<td>3 tablespoons sliced almonds</td>
<td></td>
</tr>
<tr>
<td>5 tablespoons butter</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons dried parsley</td>
<td></td>
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</tbody>
</table>

### Directions

Soak rice in 1 cup water for 6 to 8 hours. Drain.

Bring 1 cup water to a boil in a small saucepan. Stir in drained rice. Boil until water level dips below rice, 10 minutes. Set aside.

In a medium saucepan, melt 3 tablespoons butter over medium-high heat. Cook chicken, onion and celery in butter until browned and slightly crispy, 10 to 15 minutes. Set aside.

In a large pot, combine cream of chicken soup, milk, chicken mixture, carrots, almonds, 5 tablespoons butter and parsley. Bring to a boil, stirring, then reduce heat to low and stir in rice. Simmer, uncovered, 15 minutes, stirring occasionally and adding more water or milk to thin if needed. Serve at once.
Cook and stir drained mushrooms and green pepper in butter or margarine over medium heat for 5 minutes. Remove from heat.

Blend in flour, salt, and pepper. Cook over low heat, stirring constantly, until mixture is bubbly. Remove from heat.

Stir in instant bouillon, milk, water, and reserved mushroom liquid. Heat to boiling, stirring constantly. Boil and stir for 1 minute.

Stir in chicken and pimento. Heat through.
### Apricot Chicken

#### Ingredients
- 1/2 cup apricot preserves
- 2 tablespoons soy sauce
- 1 tablespoon chicken broth or sherry
- 1 tablespoon vegetable oil
- 1 tablespoon cornstarch
- 1/4 teaspoon ground ginger
- 1 medium green pepper, chopped
- 1/2 cup salted cashews
- Hot cooked rice

#### Directions
In a large bowl, combine the first seven ingredients. Add chicken and toss to coat. Transfer to a shallow microwave-safe dish. Cover and microwave on high for 3 minutes, stirring once.

Add green pepper and cashews. Cover and microwave on high for 2-4 minutes or until chicken juices run clear, stirring once. Let stand for 3 minutes. Serve with rice.
Hot Chicken Salad III

Ingredients

- 4 skinless, boneless chicken breast halves, cooked and cut into bite-sized pieces
- salt and pepper to taste
- 1 cup cooked white rice
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (16 ounce) can sliced mushrooms, drained
- 1 cup chopped celery
- 1/3 cup chopped onion
- 1/3 cup sliced almonds
- 1/3 cup chopped onion
- 3/4 cup mayonnaise
- 6 slices white bread
- 1 tablespoon butter, softened

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl combine the chicken, salt and pepper, rice, soup, mushrooms, celery, onion, almonds and mayonnaise. Mix well and spread mixture into an ungreased 9x13 inch baking dish.

Spread a generous layer of butter or margarine onto one side of each slice of bread, then tear bread into small pieces and place on top of chicken mixture to form a top ‘crust’.

Place baking dish on center oven rack and bake at 350 degrees F (175 degrees C) for about 30 minutes, or until crust is crisp and golden and mixture is bubbly around the edges.
**Ingredients**

- 2 tablespoons olive oil
- 8 skinless, boneless chicken thighs, cut into 1-inch pieces
- 1 eggplant, cut into 1 inch cubes
- 2 large onions, thinly sliced
- 4 large carrots, thinly sliced
- 1/2 cup dried cranberries
- 1/2 cup chopped dried apricots
- 2 cups chicken broth
- 2 tablespoons tomato paste
- 2 tablespoons lemon juice
- 2 tablespoons all-purpose flour
- 2 teaspoons garlic salt
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons ground ginger
- 1 teaspoon cinnamon
- 3/4 teaspoon ground black pepper
- 1 cup water
- 1 cup couscous

**Directions**

Heat olive oil in a skillet over medium-high heat. Place the chicken pieces and eggplant in the heated oil; stir and cook until the chicken is browned on all sides but not cooked through. Remove the skillet from the heat.

Place the browned chicken and eggplant on the bottom of a slow cooker. Layer the onion, carrots, dried cranberries, and apricots over the chicken.

Whisk together the chicken broth, tomato paste, lemon juice, flour, garlic salt, cumin, ginger, cinnamon, and ground black pepper in a bowl. Pour the broth mixture into the slow cooker with the chicken and vegetables.

Cook on High setting for 5 hours, or on Low setting for 8 hours.

Bring water to boil in a saucepan. Stir in couscous, and remove from heat. Cover, and let stand about 5 minutes, until liquid has been absorbed. Fluff with a fork.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup cubed cooked chicken</td>
<td>3/4 cup crushed nacho cheese-flavored tortilla chips</td>
<td>2/3 cup condensed cream of chicken soup, undiluted</td>
<td>1/2 cup sliced fresh mushrooms</td>
</tr>
<tr>
<td>1/4 cup sour cream</td>
<td>2 tablespoons 2% milk</td>
<td>1 tablespoon chopped green chilies</td>
<td>1/2 teaspoon finely chopped jalapeno pepper (optional)</td>
</tr>
<tr>
<td>1/4 cup shredded part-skim mozzarella cheese</td>
<td>1/4 cup shredded Cheddar cheese</td>
<td></td>
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</tr>
</tbody>
</table>

### Directions

In a bowl, combine the first eight ingredients. Combine the cheeses; stir half into the chicken mixture.

Transfer to a 1-qt. baking dish coated with nonstick cooking spray. Sprinkle with remaining cheeses. Bake, uncovered, at 350 degrees F for 25-30 minutes or until cheese is bubbly.
Hearty Homemade Chicken Noodle Soup Express

Ingredients

2 (10.75 ounce) cans Campbell's® Condensed Chicken Broth
1 cup water
Generous dash ground black pepper
1 medium carrot, sliced
1 stalk celery, sliced
1/2 pound skinless, boneless chicken breast, cut up
1/2 cup uncooked medium egg noodles

Directions

Mix broth, water, black pepper, carrot, celery and chicken in saucepan. Heat to a boil.

Stir in noodles. Cook over medium heat 10 minutes or until noodles are done.
Ingredients

1 cup sweet and sour sauce
1 pinch ground ginger
6 cups romaine lettuce - torn, washed and dried
1 cup fresh bean sprouts
4 boneless chicken breast halves, cooked and shredded
1/2 cup cornflakes cereal
1/4 cup toasted sliced almonds
1 pinch ground black pepper
2 tablespoons sesame seeds (optional)

Directions

Pour sweet and sour sauce into a large bowl. Sprinkle ground ginger into the bowl and mix it thoroughly with the sauce.

Place romaine lettuce and bean sprouts into the bowl of sauce and toss it a few times.

Add the shredded chicken to the bowl and toss it thoroughly with the lettuce and bean sprouts.

Transfer the salad into a large serving bowl or 4 separate serving bowls. Top with cornflakes, almonds and a pinch of black ground pepper. Sprinkle with sesame seeds, if desired.
### Ingredients

- 1 cup chicken broth
- 3 tablespoons soy sauce
- 1 tablespoon cornstarch
- 1 tablespoon ground ginger
- 2 tablespoons vegetable oil
- 4 large skinless, boneless chicken breast halves, cubed
- 2 cloves garlic, minced
- 1 1/2 cups sliced fresh mushrooms
- 2 (8 ounce) cans sliced water chestnuts, drained
- 3 cups snow peas
- 1 tablespoon sesame seeds

### Directions

Whisk the chicken broth, soy sauce, cornstarch, and ginger together in a small bowl; reserve.

Heat oil in a large skillet or wok. Cook and stir chicken and garlic in the oil until chicken is cooked through, 8 to 10 minutes. Stir in mushrooms, water chestnuts, and reserved chicken broth mixture. Cook until sauce begins to thicken, 3 to 5 minutes.

Stir snow peas into the pan and cook until tender, 3 to 5 minutes. Transfer to a platter and sprinkle with sesame seeds before serving.
Soy Braised Chicken

Ingredients

- 3 pounds bone-in chicken pieces
- 1 tablespoon roasted and ground Szechwan peppercorns
- 1 teaspoon chili oil
- 2 tablespoons minced fresh ginger root
- 3 cloves garlic, minced
- 5 tablespoons soy sauce
- 2 tablespoons sake
- 1 tablespoon brown sugar
- 2 teaspoons salt
- 2 tablespoons white sugar
- vegetable oil for frying
- 2 1/2 cups chicken broth
- 4 leaves leaf lettuce
- 3 green onions, chopped

Directions

In a large bowl, combine the Szechwan peppercorns, chili oil, ginger, garlic, soy sauce, sake and brown sugar. Mix to blend, then add chicken pieces and stir to coat. Cover and refrigerate for 2 to 3 hours to marinate.

Fill a wok about halfway full of oil for deep-frying. Heat to 365 degrees F (185 degrees C). Reserving marinade, fry chicken a few pieces at a time in the hot oil until golden, 5 to 6 minutes. Remove chicken and set on paper towels to drain.

Clean out the wok and add reserved marinade. Stir in the chicken broth and bring to a boil. Return chicken pieces to the wok, cover and simmer for about 35 minutes, turning the chicken at least once.

Remove the chicken and allow to sit for 10 minutes. Cut chicken into 1 inch pieces and arrange on a platter lined with lettuce leaves. Spoon sauce over the chicken and garnish with green onion.
**Ingredients**

- 2 tablespoons creamy peanut butter
- 1/2 cup soy sauce
- 1/2 cup lemon or lime juice
- 1 tablespoon brown sugar
- 2 tablespoons curry powder
- 2 cloves garlic, chopped
- 1 teaspoon hot pepper sauce
- 6 skinless, boneless chicken breast halves - cubed

**Directions**

In a mixing bowl, combine peanut butter, soy sauce, lime juice, brown sugar, curry powder, garlic and hot pepper sauce. Place the chicken breasts in the marinade and refrigerate. Let the chicken marinate at least 2 hours, overnight is best.

Preheat a grill to high heat.

Weave the chicken onto skewers, then grill for 5 minutes per side.
Old Fashioned Chicken and Dumplings

**Ingredients**
- 7 pounds cut up chicken pieces
- 4 cups chicken stock
- 2 onions, chopped
- 3 stalks celery, chopped
- 3 teaspoons celery salt
- 1 egg
- 1/4 cup milk
- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 2 tablespoons unsalted butter
- 2 tablespoons chopped fresh parsley
- 1 cup water
- 1/2 teaspoon ground black pepper

**Directions**

In a large pot place chicken pieces and add the chicken stock, onion, celery and 2 teaspoons of the salt. Put heat on medium low and simmer, partially covered, 15 to 20 minutes or until chicken is tender.

To Prepare Dumplings: In a large mixing bowl beat together the egg and milk. Add the flour, remaining salt and baking powder and mix all together. Cut the butter into the flour mixture until the mixture is crumbly. Add 1 tablespoon of the parsley and mix. In 6 large spoonfuls, drop dumpling mixture onto the top of the simmering chicken. Cover the pot and let all simmer for 10 minutes more.

To Make Gravy: Remove chicken and dumplings to a large serving bowl. Cover and set aside, keeping warm. Strain the stock left in the pot, pressing out any 'veggie liquid'. Return stock to pot. Combine water with remaining flour, then stir into the strained stock. Bring all to a boil, stirring constantly, to thicken. Return chicken and dumplings to pot, combing all gently. Serve with remaining parsley.
Ingredients

1 (2 to 3 pound) whole chicken
1 parsnip, sliced
1 turnip, quartered
2 carrots, quartered
2 stalks celery, quartered
1 leek, quartered
1 onion, quartered
3 sprigs fresh parsley
1 teaspoon chopped fresh dill
salt and pepper to taste

Directions

Place chicken, parsnip, turnip, carrots, celery, leek, onion, parsley and dill in an 8 quart stock pot; cover with water and bring to a boil. Reduce heat; cover, and simmer for 2 hours.

Remove whole chicken from soup, tear meat from bone, and set meat aside. Discard chicken bones, parsley and dill. Remove vegetables from stock pot. Using a food processor, puree vegetables and return to stock pot, along with chicken. Salt and pepper to taste.
# West Indian Curried Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Measure</th>
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<tbody>
<tr>
<td>3 tablespoons vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1 (3 pound) chicken, cut into pieces</td>
<td></td>
</tr>
<tr>
<td>1 large onion, diced</td>
<td></td>
</tr>
<tr>
<td>6 cloves garlic, minced</td>
<td></td>
</tr>
<tr>
<td>4 large potatoes - peeled and cubed</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons salt</td>
<td></td>
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<tr>
<td>1/4 cup Jamaican curry powder</td>
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<tr>
<td>hot pepper sauce to taste</td>
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</tbody>
</table>

## Directions

Heat the oil in a large pot over medium-high heat. Cook the chicken, onions, and garlic until the chicken has browned; about 5 minutes. Stir in potatoes, salt, and curry powder; add enough water to cover the chicken halfway. Cover, and simmer until tender, 30 to 40 minutes. Season to taste with hot pepper sauce.
## Ingredients

- 4 skinless, boneless chicken breasts
- 4 cups plain non-fat yogurt
- 2 cups cornflakes cereal

## Directions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Crush the cornflake crumbs between 2 pieces of wax paper.
3. Dip the chicken breasts in the yogurt, coating both sides. Roll in crushed cornflake crumbs to coat all sides, then place in a 9x13 inch baking dish. Bake the chicken in the preheated oven for 30 minutes.
# Hearty Chicken and Noodle Casserole

## Ingredients

- 1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
- 1/2 cup milk
- 1/4 teaspoon ground black pepper
- 1 cup frozen mixed vegetables
- 2 cups cubed, cooked chicken
- 2 cups medium egg noodles, cooked and drained
- 1/4 cup grated Parmesan cheese
- 1/2 cup shredded Cheddar cheese

## Directions

Stir soup, milk, black pepper, vegetables, chicken, noodles and Parmesan cheese in 1 1/2-quart casserole.

Bake at 400 degrees F for 25 minutes or until hot. Stir.

Top with the Cheddar cheese.
Ingredients
2 eggs
1/4 cup milk
1/2 cup all-purpose flour
1 tablespoon poultry seasoning
1 1/2 tablespoons ground cinnamon
1 cup chopped pecans
1 pinch white sugar
salt to taste
ground black pepper to taste
4 skinless, boneless chicken breast halves - pounded to 1/2 inch thickness
2 tablespoons olive oil

Directions
In a small bowl, mix the eggs with the milk. Put aside.

In a medium bowl, mix together flour, seasoning, cinnamon, pecans, sugar, and salt and pepper.

Dip the chicken in the egg mix, and press in the pecan mix.

Fry in hot olive oil until golden, about 5 minutes per side. Check to make sure pecans don't burn. Place on paper towel to drain.
Glazed Chicken and Carrots

Ingredients

1 teaspoon dill weed
1/2 teaspoon salt
1/4 teaspoon pepper
1 pound boneless, skinless chicken breasts, cut in 1/2-inch strips
3 celery ribs, thinly sliced
2 medium carrots, thinly sliced
1 tablespoon canola oil
4 teaspoons cornstarch
1 teaspoon chicken bouillon granules
1 cup apple juice
Hot cooked rice

Directions

In a bowl, combine the dill, salt and pepper; add chicken and toss to coat. In a large nonstick skillet or wok, stir-fry the chicken, celery and carrots in oil until chicken is no longer pink and vegetables are tender. In a small bowl, combine the cornstarch, bouillon and apple juice until smooth. Stir into chicken mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve over rice if desired.
# Orange Mango Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>3 tablespoons olive oil</td>
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<tr>
<td>4 skinless, boneless chicken breast halves</td>
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<tr>
<td>1/8 teaspoon ground thyme</td>
</tr>
<tr>
<td>salt and freshly ground black pepper to taste</td>
</tr>
<tr>
<td>1 lemon, juiced</td>
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<tr>
<td>1 cup orange juice</td>
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<tr>
<td>1 mango - peeled, seeded and sliced</td>
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<tr>
<td>1/4 teaspoon ground ginger</td>
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<tr>
<td>1/8 teaspoon ground cinnamon</td>
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</table>

## Directions

Heat the olive oil in a medium skillet over medium heat. Place chicken breast halves in the skillet, and cook 5 to 10 minutes on each side, until no longer pink and juices run clear. Season both sides with thyme, salt, and pepper. Remove from heat, and set aside.

Heat the lemon juice in the skillet over medium heat, and scrape up browned bits. Mix in orange juice, mango, ginger, and cinnamon. Over high heat, cook and continuously stir 4 to 5 minutes, until thickened. Spoon over the cooked chicken breast halves to serve.
## Ingredients

- 6 skinless, boneless chicken breasts
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- ground black pepper to taste
- 1/4 cup vegetable oil
- 1/2 cup chopped celery
- 1/2 cup chopped green bell pepper
- 1 clove crushed garlic
- 1 teaspoon dried rosemary
- 1/8 teaspoon dried thyme
- 1 bay leaf
- 1 (10.75 ounce) can fat free condensed cream of mushroom soup
- 1/2 cup water
- 1 cup chopped onion
- 1 (29 ounce) can sweet potatoes

## Directions

Mix together flour, salt, and paprika. Add black pepper to taste. Dust chicken with seasoned flour.

Heat oil over medium heat in a saucepan. Lightly brown chicken. Remove chicken from pan, and set aside.

Saute celery, green pepper, garlic, rosemary and thyme for 4 minutes in pan drippings. Stir in remaining seasoned flour, condensed soup, and water or chicken broth.

Arrange chicken in a casserole pan with a lid. Place potatoes and onions around chicken, and pour seasoned soup over. Cover.

Bake at 375 degrees F (190 degrees C) for about 45 minutes. Remove cover. Bake for about 20 more minutes, until meat is done.
Ingredients

1 tablespoon vegetable oil
1 onion
1 (4.5 ounce) can mushrooms, drained
2 pounds skinless, boneless chicken breast halves - cut into bite-size pieces
2 teaspoons garlic powder
1 (8 ounce) package egg noodles
2 cups sour cream
1 (26 ounce) can condensed tomato soup
salt and pepper to taste

Directions

Heat oil in a large skillet over medium heat. Saute onions until soft, then add mushrooms, chicken and garlic powder and stir together. Saute 15 to 20 minutes, or until chicken is cooked through and juices run clear.

Meanwhile, bring a large pot of salted water to a boil. Add noodles and boil for 8 to 10 minutes, or until al dente. Drain, return noodles to pot and set aside.

Mix sour cream and soup together in a medium bowl, then add to chicken mixture. Heat through, then add to noodles and stir all together. Season with salt and pepper to taste and serve hot.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/4 cup fresh orange juice</td>
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<td>1 teaspoon orange zest</td>
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<tr>
<td>1 tablespoon olive oil</td>
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<tr>
<td>1 tablespoon fresh lime juice</td>
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<tr>
<td>1 teaspoon minced fresh ginger</td>
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<td>root</td>
<td></td>
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<tr>
<td>2 cloves garlic, minced</td>
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<tr>
<td>1/4 teaspoon hot pepper sauce</td>
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<tr>
<td>1/2 teaspoon chopped fresh oregano</td>
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<tr>
<td>1 1/2 skinless, boneless chicken breasts</td>
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</tbody>
</table>

## Directions

In a blender, combine the orange juice, orange peel, olive oil, lime juice, ginger, garlic, hot pepper sauce and oregano. Blend into a marinade.

Place chicken breasts in a nonporous glass dish or bowl. Pour marinade over chicken, cover dish or bowl and refrigerate to marinate for at least 2 hours, or up to 24 hours.

Preheat oven to broil OR preheat grill to medium high heat and lightly oil grate.

Remove chicken from marinade (disposing of any leftover marinade) and grill or broil 6 inches from the heat source for about 7 minutes per side, or until chicken is cooked through and no longer pink inside.
Chinese Roasted Chicken

Ingredients

1 (4 pound) fresh or thawed whole roasting chicken
2 tablespoons Kikkoman Lite Soy Sauce
2 teaspoons dry sherry
1 teaspoon vegetable oil
1 large clove garlic, pressed
1/2 teaspoon fennel seed, crushed
1/2 teaspoon ground ginger
1/4 teaspoon sugar
1/8 teaspoon ground cloves

Directions

Remove and discard giblets and neck from chicken. Rinse chicken under cold running water; drain well and pat dry with paper towels. Pierce chicken thoroughly with fork. Place chicken, breast side up, in shallow, foil-lined roasting pan.

Combine lite soy sauce, sherry, oil, garlic, fennel, ginger, sugar and cloves. Brush cavity and skin thoroughly with sauce mixture.

Roast in 325 degrees F. oven 1 hour and 45 minutes, or until meat thermometer inserted into thigh registers 180, brushing chicken occasionally with remaining sauce mixture during last 40 minutes of roasting time.

Remove chicken from oven and let stand 10 minutes before carving.
**Ingredients**

3 tablespoons hoisin sauce  
2 tablespoons peanut butter  
2 teaspoons brown sugar  
3/4 teaspoon hot chile paste  
1 teaspoon grated fresh ginger  
3 tablespoons rice wine vinegar  
1 tablespoon sesame oil  
1 pound skinless, boneless chicken breast halves  
16 (3.5 inch square) wonton wrappers, shredded  
4 cups romaine lettuce - torn, washed and dried  
2 cups shredded carrots  
1 bunch green onions, chopped  
1/4 cup chopped fresh cilantro

**Directions**

To prepare the dressing, whisk together the hoisin sauce, peanut butter, brown sugar, chili paste, ginger, vinegar and sesame oil.

Grill or broil chicken until cooked, cool and slice.

Preheat oven to 350 degrees F (175 C). Spray a large shallow pan with nonstick vegetable spray, arrange shredded wontons in a single layer and bake 20 minutes or until golden brown. Cool.

In a large bowl, combine the chicken, wontons, lettuce, carrots, green onions and cilantro. Toss with dressing and serve.
Sweet and Spicy Picante Chicken

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1 1/2 cups Pace® Picante Sauce or Thick & Chunky Salsa
- 3 tablespoons packed light brown sugar
- 1 tablespoon Dijon-style mustard
- 3 cups hot cooked regular long-grain white rice

**Directions**

Place the chicken into a 2 quart shallow baking dish. Stir the picante sauce, brown sugar and mustard in a small bowl. Pour the picante sauce mixture over the chicken.

Bake at 400 degrees F for 20 minutes or until the chicken is cooked through. Serve with the rice.
### Ingredients
- 2 cups water
- 2 cubes chicken bouillon
- 1/2 cup butter
- 1 tablespoon dried Italian seasoning (optional)
- 1/2 teaspoon dried dill weed (optional)
- 1 teaspoon garlic salt, or to taste
- 4 skinless, boneless chicken breast halves

### Directions
Pour the water into a microwave-safe casserole dish, and place in the microwave. Heat until boiling, about 2 minutes. Stir in bouillon cubes, butter, italian seasoning, dill, and garlic salt.

Pierce the chicken breasts with a fork on one side, and place the pierced side down in the casserole dish. The chicken should be almost covered by the liquid, if not completely covered.

Cover the dish, and cook in the microwave for 10 minutes, or until chicken is no longer pink, and juices run clear. If the chicken is not done after the 10 minutes, continue to cook at 1 1/2 minute intervals.
## Mango Chicken Bake

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>2 tablespoons olive oil</td>
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<td></td>
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<tr>
<td>6 skinless chicken thighs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup chopped onion</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups water</td>
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<td></td>
</tr>
<tr>
<td>1/2 cup uncooked white rice</td>
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<tr>
<td>1 cup mango - peeled, pitted, and chopped</td>
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<td></td>
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<tr>
<td>1/2 cup chopped fresh cilantro</td>
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<td></td>
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<tr>
<td>1 green onion, chopped</td>
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<td></td>
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<tr>
<td>1 tablespoon minced fresh ginger root</td>
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<td></td>
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<tr>
<td>1 teaspoon red curry paste</td>
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<td></td>
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<tr>
<td>1 teaspoon chicken broth</td>
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<td></td>
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<tr>
<td>1 teaspoon tarragon vinegar</td>
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### Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x12-inch baking dish.

Heat the olive oil in a large skillet over medium heat, and cook the chicken thighs in the hot oil until lightly browned on both sides, about 3 minutes per side. Stir in the onion, and cook and stir until the onion begins to turn translucent, about 3 minutes. Stir in the garlic, and cook and stir an additional minute. Remove from heat.

Mix the water and rice together in the prepared baking dish, and combine the chicken, onion, and garlic, with any pan juices, with the rice. Stir in mango, cilantro, green onion, and ginger. In a small bowl, mash the red curry paste with the chicken broth and tarragon vinegar to make a thin paste, and stir into the dish. Cover the dish with foil.

Bake in the preheated oven until the vegetables are tender and the rice is cooked, about 1 hour.
Basil Chicken and Vegetables

**Ingredients**

- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breasts
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Broccoli Soup or Campbell's® Condensed 98% Fat Free Cream of Broccoli Soup
- 1/2 cup milk
- 1/4 teaspoon dried basil leaves, crushed
- 1/8 teaspoon ground black pepper
- 1 (16 ounce) bag frozen vegetable combination (broccoli, cauliflower, carrots)

**Directions**

Heat oil in skillet. Add chicken and cook until browned.

Add soup, milk, basil, black pepper and vegetables. Heat to a boil. Cover and cook over low heat 5 minutes or until done.
Spanish-Style Chicken and Sausage

Ingredients

1 tablespoon olive oil
1/2 pound sweet Italian sausage, sliced
1 (8 ounce) boneless, skinless chicken breast, cubed
1 medium onion, chopped
1 medium green bell pepper, chopped
2 cubes chicken bouillon
1 2/3 cups hot water
1/2 teaspoon salt
1/2 teaspoon ground thyme
1/4 teaspoon garlic powder
1 cup frozen green peas
1 1/2 cups instant rice
2 medium tomatoes, diced

Directions

Heat oil in a large skillet over medium heat. Stir in sausage, and brown well, about 5 minutes. Remove, and drain fat. Stir chicken, onion, and green pepper into skillet, and cook 5 minutes.

Meanwhile, in a small bowl, stir bouillon cubes into hot water to dissolve. Stir in salt, thyme, and garlic powder. Pour into skillet.

Stir peas into skillet, and bring to a boil. Cover, reduce heat to medium low, and simmer about 5 minutes. Stir in rice and tomatoes; cover, remove from heat, and let stand 5 minutes.
Chicken and Asparagus Bundles

**Ingredients**
- 4 (4 ounce) boneless skinless chicken breast halves
- 1 pound fresh asparagus spears, trimmed
- 4 1/2 teaspoons olive or canola oil
- 2 teaspoons lemon juice
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 1/4 teaspoon pepper
- 1/8 teaspoon salt
- 1/4 cup chopped green onions
- 2 teaspoons cornstarch
- 1 cup chicken broth

**Directions**
Flatten chicken breasts slightly. Wrap each around five asparagus spears; secure with toothpicks. Place in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Combine the oil, lemon juice and seasonings; pour over bundles. Cover asparagus tips with foil.

Cover and bake at 350 degrees F for 15 minutes. Uncover; sprinkle with the onions. Bake 12-15 minutes longer or until the chicken juices run clear and asparagus is crisp-tender. Remove bundles to a serving platter and keep warm.

In a saucepan, combine cornstarch and broth until smooth; stir in pan juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove toothpicks from bundles; top with sauce.
Mandarin Chicken Saute

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 1 tablespoon sesame oil
- 1/2 cup chicken broth
- 2 tablespoons rice vinegar
- 1 tablespoon honey
- 6 small orange jelly beans
- 1/4 teaspoon crushed red pepper flakes
- 1 clove garlic, minced
- 1/2 teaspoon minced fresh ginger root
- 2 tablespoons sliced almonds
- 2 tablespoons minced green onions
- 1 teaspoon fresh cilantro sprigs, for garnish

**Directions**

Heat oil in a large skillet over medium high heat. Brown chicken in oil for 2 to 3 minutes, then reduce heat to low. Cover and saute for 8 to 10 minutes or until cooked through and juices run clear. Remove chicken from skillet and keep warm.

In the same skillet, combine the broth, vinegar, honey, jelly beans, red pepper flakes, garlic and ginger root. Simmer over medium heat until liquid is reduced by half, then remove from heat and let stand 5 minutes.

Remove jelly beans from sauce; stir in almonds and green onion. Slice reserved chicken and place on a platter. Spoon sauce over the top and garnish with jelly beans and cilantro.
Pollo (Chicken) Fricassee from Puerto Rico

**Ingredients**

- 1 pound chicken drumsticks
- 1 tablespoon adobo seasoning
- 1/2 (.18 ounce) packet sazon seasoning
- 1/2 teaspoon salt
- 5 large red potatoes, peeled and thickly sliced
- 1 large red bell pepper, seeded and chopped
- 1 large green bell pepper, seeded and chopped
- 1 large onion, chopped
- 5 cloves garlic, minced
- 1 bunch fresh cilantro, chopped
- 2 tablespoons olive oil
- 1/2 cup dry red wine
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 2 fresh or dried bay leaves

**Directions**

Wash the chicken and pat dry; place into a large bowl. Season with adobo seasoning, sazon seasoning, and salt. Place the legs into a slow cooker, and cover with the potato slices.

Puree the red pepper, green pepper, onion, garlic, cilantro, olive oil, wine, cumin, and oregano in a blender. Pour over the chicken and add the bay leaves.

Cook on Low for 6 to 8 hours, until the chicken is easily removed from the bone.
Italian-Style Baked Crispy Chicken Breasts

**Ingredients**

- 2 tablespoons olive oil, divided
- 1 cup Hellmann's® or Best Foods® Real Mayonnaise
- 2 cloves garlic, finely chopped
- 1 tablespoon finely chopped fresh rosemary
- 2 teaspoons grated lemon peel
- 2 tablespoons lemon juice
- 1/2 cup panko bread crumbs
- 1/4 cup finely chopped almonds
- 1/4 cup grated Romano or Parmesan cheese
- 4 (5 ounce) boneless, skinless chicken breasts

**Directions**

Preheat oven to 375 degrees F. Grease 11 x 7-inch baking dish with 1 tablespoon olive oil; set aside.

Combine Hellmann's® or Best Foods® Real Mayonnaise, garlic, rosemary and lemon peel in small bowl. Remove 1/2 cup; reserve. Stir lemon juice into remaining mixture; refrigerate.

Combine bread crumbs, almonds and cheese in small bowl. Season, if desired, with salt and black pepper.

Season chicken, if desired, with salt and pepper. Arrange chicken in prepared baking pan. Brush one side chicken with reserved mayonnaise mixture, then evenly top with bread crumb mixture. Drizzle with remaining 1 tablespoon olive oil. Bake 25 minutes or until chicken is thoroughly cooked. Serve with refrigerated mayonnaise mixture.
**Broccoli Chicken**

**Ingredients**
- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breast halves
- 1/2 cup milk
- 1 (10.75 ounce) can condensed cream of broccoli soup
- 1 cup shredded Cheddar cheese
- salt and pepper to taste

**Directions**

Heat oil in a large skillet over medium heat. Fry chicken breasts until cooked through, about 15 to 20 minutes.

Combine the milk and cream of broccoli soup; pour over the chicken. Reduce heat to simmer and cook for a few more minutes. Stir in Cheddar cheese until well blended, and remove from heat. Serve immediately over rice or noodles.
## Ingredients

- 1 2/3 cups uncooked egg noodles
- 3 tablespoons butter
- 1 stalk celery, chopped
- 1/4 cup chopped onion
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 2 cups milk
- 2 cups shredded Cheddar cheese
- 1 (16 ounce) can diced carrots, drained
- 1 (4.5 ounce) can sliced mushrooms
- 3 cups cooked, cubed chicken or turkey meat
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup dry bread crumbs

## Directions

Bring a large pot of water to a boil. Cook noodles in boiling water for about 8 minutes, or until done. Drain.

Preheat oven to 350 degrees F (175 degrees C). Coat a 9x13 inch pan with cooking spray.

In a saucepan, melt butter over medium heat. Cook celery and onion in butter until tender, stirring frequently. Stir in soup, milk, and cheese. Cook, stirring, until cheese melts.

In a large bowl, mix together the noodles, cheese sauce mixture, carrots, mushrooms, chicken, and salt and pepper. Spread mixture evenly into the prepared baking dish. Top with bread crumbs.

Bake in preheated oven for 30 minutes, or until hot.
Ground Chicken Gumbo

Ingredients

- 1 cup uncooked long grain rice
- 1 pound ground chicken
- 1 cup chopped celery
- 1 cup chopped green pepper
- 1/2 cup chopped onion
- 2 tablespoons olive oil
- 1 (28 ounce) can crushed tomatoes
- 1 cup sliced fresh okra
- 1 cup chicken broth
- 1 teaspoon Cajun seasoning
- 1 teaspoon salt
- 1 teaspoon dried oregano
- 1 teaspoon ground thyme
- 1/4 teaspoon hot pepper sauce

Directions

Cook rice according to package directions. Meanwhile, in a Dutch oven, cook the chicken, celery, green pepper and onion in oil over medium heat for 8 minutes or until chicken is no longer pink; drain.

Stir in the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 20 minutes or until heated through. Serve over rice.
### Ingredients

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<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 (12.5 ounce) can vegetarian fried chicken (e.g., FriChik)</td>
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<tr>
<td>1 celery</td>
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<tr>
<td>1/2 small onion</td>
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<tr>
<td>1/4 large green bell pepper</td>
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<tr>
<td>4 eggs, beaten</td>
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<tr>
<td>1/2 cup dry bread stuffing mix</td>
</tr>
<tr>
<td>salt and pepper to taste</td>
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<tr>
<td>1 tablespoon olive oil</td>
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</table>

### Directions

Process the 'chicken' in a food processor and then transfer it to a medium mixing bowl. Run the celery, onion and green pepper through the processor. Add the vegetables to the mixing bowl and stir in the eggs, stuffing, salt and pepper; mix well. Form into patties.

In a medium frying pan heat olive oil over medium-high heat. Fry patties on each side until browned.
**Ingredients**

- 4 skinless, boneless chicken breast halves
- 5 tablespoons olive oil
- 2 eggs, beaten
- 1 cup Italian-style dry bread crumbs
- 1 (14.5 ounce) can chicken broth
- 1 (10 ounce) can asparagus, drained
- 4 slices provolone cheese

**Directions**

Heat oil in a large 2-inch deep skillet. Dip chicken in egg beat, then coat in bread crumbs. Brown in skillet on both sides.

When chicken is browned, add broth and place asparagus evenly over chicken. Lay a slice of cheese over each chicken piece.

Cover skillet and cook over medium heat for 15 minutes, or until chicken is cooked through and no longer pink inside.
Green Chicken Enchilada

**Ingredients**

- 1 pound skinless, boneless chicken breast halves
- 12 (10 inch) flour tortillas
- 1 (8 ounce) package shredded Monterey Jack cheese
- 1 (19 ounce) can green enchilada sauce

**Directions**

In a pot with enough water to cover, boil the chicken 25 minutes, or until juices run clear. Drain, cool, and shred.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.

Fill each tortilla with equal amounts of chicken and cheese, reserving 1/4 cup cheese for topping. Roll tortillas to form enchiladas. Arrange enchiladas in the prepared baking dish. Cover with the enchilada sauce.

Bake enchiladas 30 minutes in the preheated oven. Top with reserved cheese, and continue baking 5 minutes, until cheese is melted.
Orange Braised Bourbon Chicken

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/4 cup all-purpose flour
- 3 tablespoons butter
- 2 tablespoons brown sugar
- 2 tablespoons cornstarch
- 1/8 teaspoon ground allspice
- 1 cup hot water
- 1/4 cup orange juice
- 2 tablespoons bourbon whiskey
- 1/4 cup chopped raisins
- 4 slices orange

**Directions**

Sprinkle chicken with salt and pepper, then dredge in flour. Melt butter in a large deep skillet over medium heat and brown on both sides. Remove chicken from skillet and set aside.

Stir brown sugar, cornstarch and allspice into skillet; gradually stir in water. Reduce heat to low and simmer, stirring constantly, for about 5 minutes or until mixture is smooth and thick. Stir in orange juice, bourbon and raisins.

Return chicken to skillet and top each breast with an orange slice. Cover skillet and simmer for about 35 minutes, or until chicken is cooked through and no longer pink inside. Serve chicken with sauce.
## Ingredients

- 4 baking potatoes, peeled and cubed
- 2 skinless, boneless chicken breast halves - diced
- 2 medium red bell peppers, chopped
- 1 large white onion, chopped
- 3 celery ribs, chopped
- 2 cups favorite barbeque sauce

## Directions

Make four foil packets by the following method, using 1-foot squares of heavy duty aluminum foil: fold square in half and smooth flat. Seal each of the narrow ends by folding over each edge three times to make a 1/4-inch border, smoothing flat after every fold. You should now have a foil packet that is open on one long side. Repeat to form four packets.

In a bowl or resealable plastic bag, combine the potatoes, chicken cubes, red peppers, onion, celery, and barbeque sauce; mix well. Evenly divide the mixture among the foil packets. Roll up the open end of the packets to seal.

Place packets on a grill over the coals of a fire. Cook until the potatoes are tender and the chicken is fully cooked, about 25 minutes, depending on the intensity of the heat.
**Best Ever Chicken Casserole**

**Ingredients**
- 4 skinless, boneless chicken breasts
- 1 (8 ounce) can water chestnuts
- 1 onion, chopped
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 cup cornflakes cereal crumbs
- 1 cup mayonnaise

**Directions**
- Preheat oven to 350 degrees F (175 degrees C).
- In a large pot, boil the chicken until tender. Cut the breasts into cubes or small pieces.
- In a large bowl, combine the chicken pieces with the water chestnuts, onion, soup, most of the crushed corn flakes and mayonnaise. Mix well.
- Pour mixture into a 9x13 inch baking dish. Sprinkle the rest of the crushed corn flakes on top of the mixture. Bake in the preheated oven for 1 hour.
Pecan Dijon Chicken

Ingredients

- 6 tablespoons Dijon mustard
- 1/4 cup honey
- 1/4 cup orange juice
- 2 tablespoons milk
- 2 tablespoons butter
- 2 teaspoons lemon juice, to taste
- 1/4 teaspoon ground mustard (optional)
- 1/4 teaspoon salt
- 1 dash ground black pepper
- 1/2 cup chopped pecans
- 6 skinless, boneless chicken breast halves

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.

In a medium saucepan over medium heat, blend the Dijon mustard, honey, orange juice, milk, butter, and lemon juice. Season with ground mustard, salt, and pepper. Stir in the pecans.

Arrange chicken in the prepared baking dish, and cook in the preheated oven about 10 minutes. Cover with the Dijon mustard mixture, and continue cooking 20 minutes, or until chicken is no longer pink and juices run clear.
Bruschetta 'n Cheese Stuffed-Chicken Breasts

**Ingredients**

- 1 (19 ounce) can diced tomatoes with garlic and olive oil, undrained
- 1 1/4 cups KRAFT Mozzarella Shredded Cheese, divided
- 1/4 cup chopped fresh basil
- 1 (120 g) package STOVE TOP Stuffing Mix for Chicken
- 8 small boneless skinless chicken breasts
- 1/3 cup KRAFT Signature Roasted Red Pepper with Parmesan Dressing

**Directions**

Heat oven to 350 degrees F.

Mix tomatoes, 1/2 cup cheese and basil in medium bowl. Add stuffing mix; stir just until moistened.

Place 2 chicken breasts in large freezer-weight resealable plastic bag. Pound with meat mallet or side of heavy can until chicken is 1/4 inch thick. Remove from bag; place, top-sides down, on cutting board. Repeat with remaining chicken. Spread chicken with stuffing mixture. Starting at 1 narrow end, tightly roll up each breast. Place, seam-sides down, in 13x9-inch baking dish. Drizzle with dressing.

Bake 40 minutes or until chicken is done (170 degrees F). Sprinkle with remaining cheese; bake 5 minutes or until melted.
## Chicken and Snow Pea Pasta

### Ingredients
- 8 ounces farfalle (bow tie) pasta
- 2 tablespoons vegetable oil
- 4 skinless, boneless chicken breast halves, diced
- 2 cups fresh snow peas, trimmed
- 4 green onions, thinly sliced
- 1/2 cup black bean sauce with garlic
- 1/4 cup peanut butter
- 1/2 teaspoon toasted sesame seeds (optional)

### Directions
1. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the bow tie pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Drain well in a colander set in the sink.

2. Heat oil in a large skillet over medium heat until shimmering. Cook and stir the chicken breast meat until no longer pink, 5 to 8 minutes. Remove from skillet. Cook and stir the snow peas and green onions until the pea pods are slightly softened and bright green, 3 to 4 minutes. Reduce heat to medium-low, and stir the black bean sauce and peanut butter into the vegetables until well combined. Stir the chicken and bow tie pasta into the vegetable mixture, and allow to heat through, 2 to 3 minutes. Sprinkle with sesame seeds.
Upside-Down Chicken Pot Pie

**Ingredients**

1 (7.5 ounce) package refrigerated flaky buttermilk biscuits  
1 (10 ounce) box frozen mixed vegetables, thawed  
1 1/2 cups water  
1/2 cup milk  
1 (4.4 ounce) package Knorr® Pasta Sides™ - Chicken  
2 cups cut-up cooked chicken  
1 1/2 cups shredded Cheddar cheese, divided

**Directions**

Preheat oven to 450 degrees F. Spray deep dish pie plate with nonstick cooking spray. Pull biscuits apart and press on bottom and up sides of pie plate. Bake 8 minutes or until biscuits are golden; set aside. Decrease oven to 350 degrees F.

Bring vegetables, water and milk to a boil in medium saucepan over high heat. Stir in Knorr® Pasta Sides™ - Chicken and return to a boil over high heat. Reduce heat to medium and cook covered, stirring occasionally, 8 minutes or until pasta is tender. Stir in chicken and 1 cup cheese.

Spoon into prepared pie plate, then sprinkle with remaining 1/2 cup cheese. Bake uncovered 10 minutes or until cheese is melted.
Mediterranean Chicken Salad

**Ingredients**
- 1 1/2 cups sun-dried tomato and oregano salad dressing
- 4 skinless, boneless chicken breast halves
- 2 red bell peppers, halved and seeded
- 1 head romaine lettuce - rinsed, dried, and torn into bite-size pieces
- 1 cup black olives, drained
- 4 ounces feta cheese, crumbled
- 1/2 cup sun-dried tomato and oregano salad dressing

**Directions**

In a shallow dish, arrange chicken breasts and evenly cover with 1 cup of the salad dressing. Cover tightly and marinate in the refrigerator for 20 minutes to an hour.

Preheat your grill to high heat. While grill is preheating, arrange lettuce, olives and feta cheese in a salad bowl.

Remove chicken from marinade and place on grill. Cook chicken breasts for 6 to 8 minutes per side. Arrange peppers on grill, and baste with the reserved 1/2 cup dressing. (Don't use the leftover chicken marinade!) The peppers will need only a few minutes - be careful not to burn them!

Remove chicken and peppers from the grill and, when cool enough to handle, slice into strips. Arrange peppers and chicken on top of the salad and serve with the last 1/2 cup of dressing.
## Yogurt Chicken

### Ingredients

- 4 skinless, boneless chicken breasts
- 1 (6 ounce) container plain low-fat yogurt
- 1 lemon, juiced
- 1 cup dried bread crumbs, seasoned
- 1/2 teaspoon garlic powder
- Salt to taste
- 1/4 cup butter
- 1 tablespoon chopped fresh parsley

### Directions

Preheat oven to 350 degrees F (175 degrees C).

Place yogurt in a small bowl and stir until creamy smooth. Add lemon and stir together. (Note: If you do not stir the yogurt first, the lemon juice will make the yogurt curdle.) In a separate shallow dish or bowl combine the bread crumbs, garlic powder and salt to taste; mix together.

In a 9x13 inch baking dish place 1 scant pat of butter or margarine for each chicken breast. Rinse chicken breasts and pat dry. Dip each breast in the lemon/yogurt mixture, then in the bread crumb mixture (coating completely but not heavily).

Place coated chicken in the baking dish and top each breast with a full pat of butter or margarine. Sprinkle with chopped parsley and bake in the preheated oven for 1 hour. Let cool for 5 to 10 minutes before serving.
**Famous Butter Chicken**

### Ingredients
- 2 eggs, beaten
- 1 cup crushed buttery round cracker crumbs
- 1/2 teaspoon garlic salt
- Ground black pepper to taste
- 4 skinless, boneless chicken breast halves
- 1/2 cup butter, cut into pieces

### Directions
- Preheat oven to 375 degrees F (190 degrees C).

  Place eggs and cracker crumbs in two separate shallow bowls. Mix cracker crumbs with garlic salt and pepper. Dip chicken in the eggs, then dredge in the crumb mixture to coat.

  Arrange coated chicken in a 9x13 inch baking dish. Place pieces of butter around the chicken.

  Bake in the preheated oven for 40 minutes, or until chicken is no longer pink and juices run clear.
Easy Chicken and Biscuits

**Ingredients**

- 1 (10.75 ounce) can Campbell's® Condensed Cream of Celery Soup or Campbell's® Condensed 98% Fat Free Cream of Celery Soup
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Potato Soup
- 1 cup milk
- 1/4 teaspoon dried thyme leaves, crushed
- 1/4 teaspoon ground black pepper
- 4 cups cooked cut-up vegetables*
- 2 cups cubed cooked chicken
- 1 (7 ounce) can refrigerated buttermilk biscuits

**Directions**

Mix soups, milk, thyme, black pepper, vegetables and chicken in 3-quart shallow baking dish.

Bake at 400 degrees F for 15 minutes. Stir.

Cut each biscuit into quarters.

Arrange cut biscuits over chicken mixture. Bake 15 minutes or until biscuits are golden.
Mushroom Chicken Barley Risotto

**Ingredients**

- 2 skinless, boneless chicken breast halves
- 2 tablespoons balsamic vinegar
- 3 1/2 cups water
- 1 1/2 cups vegetable stock
- 1 tablespoon olive oil
- 1 large chopped onion
- 1 clove garlic, minced
- salt and pepper to taste
- 1 1/2 cups sliced fresh mushrooms
- 1 cup 1% milk
- 1/4 cup fat-free evaporated milk
- 1 cup pearl barley
- 1 teaspoon butter
- 1/2 cup grated Parmesan cheese
- 1/2 cup grated Romano cheese

**Directions**

Preheat an oven to 350 degrees F (175 degrees C). Place chicken breasts in a baking dish and coat with balsamic vinegar.

Bake the chicken breasts in the preheated until no longer pink in the center and the juices run clear, about 45 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Slice chicken into small pieces. Set aside.

In the meantime, bring the water and vegetable stock to a low boil in a saucepan, then turn off the heat. Heat the olive oil in a large, heavy-bottomed saucepan over medium-high heat. Add the onion and garlic; cook and stir until the onion begins to turn golden brown at the edges, about 2 minutes. Season with salt and pepper, then add mushrooms, cooking until mushrooms are tender. Pour the 1% milk and the evaporated milk into the same saucepan and heat for 2 minutes. Stir in the barley. Reduce the heat to medium and stir in 1 cup of the boiling vegetable broth; continue stirring until the barley has absorbed the liquid and turned creamy. Repeat this process until there is only 1 cup of broth left. Stir in the chicken with the last cup of broth. When finished, the barley should be tender, yet slightly firm, about 45 minutes. Stir in the butter, Parmesan cheese, and Romano cheese before serving.
# Parsley Spinach Chicken Stew

## Ingredients
- 1 cup chopped fresh parsley
- 8 ounces spinach, rinsed and chopped
- 1 onion, chopped
- 1 potato, cubed
- 4 skinless, boneless chicken breasts
- 6 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground turmeric
- 2 tablespoons tomato paste
- 1 cup water
- 3 tablespoons fresh lemon juice

## Directions

In a medium size frying pan, heat 4 tablespoons of the olive oil. Add the parsley and spinach and fry until wilted. Set aside.

Heat the other 2 tablespoons of olive oil in a large pot. Add the onion and saute, stirring occasionally, until tender. Add the chicken breasts and brown both sides of each breast. Add the salt, turmeric, fried parsley/spinach, water and tomato paste. Bring all to a boil and let boil for 10 minutes.

Add the cubed potatoes. Cover and let cook over low heat for 1 to 2 hours. Add the lemon juice, bring to a boil and let boil for 10 more minutes. Serve with steamed rice if desired.
### Ingredients
- 1 cup uncooked white rice
- 2 cups water
- 1 tablespoon vegetable oil
- 2 skinless, boneless chicken breast halves
- 1/2 head lettuce, chopped

### Directions
Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.

Heat the vegetable oil in a large skillet over medium heat. Cook the chicken breasts until no longer pink in the center and the juices run clear, about 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Cut the chicken into bite size pieces.

Toss chicken, rice, and lettuce in a large bowl. Serve immediately.
Oven-Baked Sesame Chicken

**Ingredients**

4 boneless, skinless chicken breast halves  
1 cup buttermilk  
1/3 cup butter or margarine, melted  
1 tablespoon lemon juice  
1 garlic clove, minced  
1 cup dry bread crumbs  
1/4 cup sesame seeds  
1 tablespoon grated Parmesan cheese  
1 teaspoon salt  
1/4 teaspoon white pepper

**Directions**

Place chicken in a large resealable plastic bag; add buttermilk. Seal bag and refrigerate for at least 4 hours. In a shallow bowl, combine butter, lemon juice and garlic. In another bowl, combine bread crumbs, sesame seeds, Parmesan cheese, salt and pepper. Drain chicken, discarding buttermilk; dry on paper towels. Dip chicken in butter mixture, then coat with crumb mixture. Place in an ungreased 11-in. x 7-in. x 2-in. baking dish. Drizzle with remaining butter mixture. Bake, uncovered, at 450 degrees F for 10 minutes. Reduce heat to 350 degrees F and bake an additional 20 minutes or until juices run clear.
Super Sunday Chicken

**Ingredients**
- 2 pounds boneless, skinless chicken breasts
- 8 slices Swiss cheese
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 12 ounces dry bread stuffing mix

**Directions**
- Preheat oven to 350 degrees F (175 degrees C).
- Cut chicken fillets into bite size pieces (or leave whole, if desired).
- Place chicken in a 9 x 13 inch pan, and put cheese slices on top.
- Spread mushroom soup over all.
- Mix stuffing according to package directions, and place on top of chicken dish.
- Bake uncovered for 1 hour at 350 degrees F (175 degrees C).
Auto Parts Chicken

Ingredients

- 1 tablespoon butter
- 1 tablespoon olive oil
- 4 skinless, boneless chicken breasts
- 2 cloves garlic, minced
- 1 leek, chopped
- 1/2 white onion, sliced into thin wedges
- 4 large potatoes, chopped
- 2 large carrots, sliced diagonally
- 1 (10.75 ounce) can herb seasoned chicken broth
- 2/3 cup water
- 1 bay leaf, crushed
- Ground black pepper to taste
- 2 teaspoons dried parsley
- 2 tablespoons all-purpose flour
- 2 tablespoons water

Directions

In a large skillet, heat the butter/margarine and oil over medium heat. Lightly brown the chicken breast halves. Add the garlic, leek and onion and sauté until they begin to soften. Add the potatoes and carrots, then add chicken broth, water, bay leaf, pepper and parsley. Simmer all together for 30 minutes or until vegetables are soft.

Combine 2 tablespoons each flour and water and mix together (done easily if you shake together in a jar). Turn up heat under skillet and add flour/water mixture to thicken the juices.
## Chicken Tortilla Soup IV

### Ingredients

- 2 1/2 teaspoons vegetable oil
- 6 (6 inch) corn tortillas, cut into 1/2 inch strips
- 3 cups chicken broth
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon dried oregano
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can whole kernel corn, drained
- 2 skinless, boneless chicken breast halves, cut into bite size pieces
- 1/2 cup salsa
- 1/2 cup chopped fresh cilantro

### Directions

Heat 2 teaspoons of the oil in a large pot over medium heat. Add half of the tortilla strips, stirring often, until crisp. Drain on paper towels. Repeat with remaining 1/2 teaspoon of oil and remaining tortilla strips and set aside.

Add the broth, cumin, chili powder and oregano to the pot. Raise heat to high and bring to a boil. Add the beans, corn, chicken and salsa. Reduce heat to low, stir and simmer for about 2 minutes, or until chicken is cooked through and no longer pink inside.

Add the cilantro and half of the reserved tortilla strips. Ladle into individual bowls and garnish each bowl with some of the remaining strips.
Green Chili Chicken Burgers

Ingredients

- 1 avocado, peeled and pitted
- 1/2 cup fresh cilantro leaves
- 2 tablespoons reduced-fat sour cream
- 1/2 teaspoon chili powder
- salt and pepper to taste
- 1 pound ground chicken breast
- 1 (4 ounce) can chopped green chile peppers, drained
- 1 fresh jalapeno pepper, seeded if desired and finely diced
- 3 green onions, finely chopped
- 1 tablespoon dried oregano
- 1 teaspoon salt
- 1 teaspoon garlic powder
- ground black pepper to taste
- 4 slices Cheddar cheese
- 4 hamburger buns, split
- 1 cup shredded lettuce
- 1/3 cup salsa

Directions

To make the guacamole, place the avocado, cilantro, sour cream, chili powder, salt, and pepper in a food processor and pulse until smooth.

Mix chicken, canned chiles, jalapeno pepper, green onions, oregano, salt, garlic powder, and pepper in a bowl. Form the mixture into 4 patties.

Preheat an outdoor grill for medium heat.

Lightly oil the grill grate. Grill each patty 5 minutes per side, until well done. Move the patties to a cooler area of the grill to keep warm, and top each patty with a slice of Cheddar cheese. Lightly grill the buns while the cheese is melting.

Spread the bottom of each bun with guacamole, and top with 1/4 cup of shredded lettuce and a grilled chicken burger. Spoon 1 tablespoon of salsa on each burger and top with the other half of the bun to serve.
### Ingredients
- 2 tablespoons vegetable oil
- 2 skinless chicken leg quarters
- 1/2 cup chopped onion
- 2 quarts water
- 3 cubes chicken bouillon, crumbled
- 1 stalk celery, chopped
- 3 carrots, chopped
- 1 clove roasted garlic, minced
- salt and pepper to taste
- 1 (12 ounce) package thin egg noodles

### Directions
In a large pot over medium heat, cook chicken pieces in oil until browned on both sides. Stir in onion and cook 2 minutes more. Pour in water and chicken bouillon and bring to a boil. Reduce heat and simmer 45 minutes.

Stir in celery, carrots, garlic, salt and pepper. Simmer until carrots are just tender. Remove chicken pieces and pull the meat from the bone. Stir the noodles into the pot and cook until tender, 10 minutes. Return chicken meat to pot just before serving.
Ingredients

2 tablespoons smoked paprika
2 cloves garlic, minced
1 teaspoon ground cumin
1 teaspoon caraway seeds
1 chipotle pepper in adobo sauce
1 teaspoon adobo sauce from chipotle peppers
4 skinless, boneless chicken breast halves
1 tablespoon extra-virgin olive oil
salt and black pepper to taste

Directions

Place the smoked paprika, garlic, cumin, caraway seeds, chipotle pepper, and adobo sauce into a mortar, and grind together with a pestle to make a paste. Smear the paste all over the chicken breasts, place into a bowl, cover, and refrigerate at least 4 hours or overnight.

Preheat an outdoor grill for medium heat, and lightly oil the grate.

Remove chicken from marinade, and discard the excess marinade. Brush the chicken breasts with olive oil, and sprinkle with salt and pepper. Grill the chicken breasts until the meat shows grill marks and the inside is no longer pink, about 5 minutes per side.
## Ingredients

- 4 cups cubed, cooked chicken meat
- 1 1/2 cups chicken broth
- 1 1/2 cups frozen green peas
- 4 carrots, sliced
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 cups baking mix
- 1 1/4 cups milk
- 1 teaspoon garlic powder
- 1/2 teaspoon celery seed
- 1/4 teaspoon paprika

## Directions

In a saucepan combine chicken, broth, peas, carrots, soup, salt and pepper. Bring to a boil, stirring occasionally.

Meanwhile, combine biscuit mix, milk, garlic powder and celery seed (mixture will be thin).

Pour hot chicken mixture into 9x13 greased oven proof dish. Immediately spoon biscuit mixture evenly over the top of chicken mixture. Sprinkle with paprika.

Bake, uncovered at 350 degrees F (175 degrees C) for 30-35 minutes or until topping is golden brown.
**Baked Chicken**

**Ingredients**
- 1 cup sour cream
- 2 tablespoons Dijon mustard
- 2 cloves garlic, minced
- 1/2 teaspoon black pepper
- 4 skinless, boneless chicken breast halves
- 1 cup crushed cornflakes cereal
- 1 (1 ounce) package dry onion soup mix
- 3 tablespoons butter, melted

**Directions**

Preheat an oven to 400 degrees F (200 degrees C). Butter a baking dish.

Whisk the sour cream, Dijon mustard, garlic, and pepper together in a large bowl. Add the chicken and turn to assure the breasts are well coated. Refrigerate 20 to 30 minutes.

Combine the cornflakes and onion soup mix in a bowl. Gently press the chicken breasts into the cornflakes mixture to coat and shake off any excess. Lie the coated breasts in the buttered baking dish. Drizzle the melted butter over the chicken.

Bake in the preheated oven until the chicken is golden brown, 20 to 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
## Avocado Tapenade with Mediterranean Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 chicken breasts, skinless, boneless, halved</td>
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</tr>
<tr>
<td>2 lemons, zested and juiced (juice divided)</td>
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<tr>
<td>2 1/2 tablespoons olive oil, divided</td>
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<tr>
<td>1 clove garlic, finely chopped</td>
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<tr>
<td>1/4 teaspoon black pepper, freshly ground</td>
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<tr>
<td>Tapenade:</td>
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<tr>
<td>2 cloves garlic, roasted and mashed</td>
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<tr>
<td>1/2 teaspoon salt</td>
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<tr>
<td>1 large firm-ripe Chilean Hass avocado, halved, pitted, peeled and finely chopped</td>
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<tr>
<td>1 medium tomato, seeded and finely chopped</td>
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<tr>
<td>1/4 cup pimiento-stuffed green olives, thin-sliced</td>
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<tr>
<td>2 tablespoons fresh basil, chopped</td>
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### Directions

In a sealable plastic bag combine lemon zest, 2 tablespoons of the lemon juice, 2 tablespoons of the olive oil, garlic, salt and pepper. Add chicken breasts, seal and refrigerate for 30 minutes.

Tapenade: In medium bowl, whisk together remaining lemon juice (about 3 tablespoons), 1/2 tablespoon olive oil, roasted garlic, salt and pepper. Stir in avocado, tomato, olives and basil. Cover tightly by pressing plastic wrap onto surface of tapenade. Set aside.

Lift chicken breasts from marinade and grill or cook in skillet until done, about 5 minutes per side. Serve each chicken breast topped with one quarter of the tapenade.
Greasy Chicken

**Ingredients**

- 6 chicken thighs
- 1/4 cup soy sauce
- 2 lemons
- 2 tablespoons butter
- 5 cloves garlic, peeled and chopped
- Salt and ground black pepper to taste

**Directions**

In a shallow dish, soak chicken thighs in soy sauce. Squeeze juice from the lemons into the dish. Let stand for at least 10 minutes.

While the chicken is marinating, melt butter in a large skillet or wok. Add garlic and fry until tender. Add chicken thighs and cook on medium high until the juices run clear, about 20 to 25 minutes.

Serve over white rice with pan drippings.
Artichoke and Sun-dried Tomato Chicken

**Ingredients**

- 4 skinless, boneless chicken breast halves
- salt and pepper to taste
- 2 teaspoons olive oil
- 1 (14.5 ounce) can diced tomatoes with green peppers and onions
- 1/4 cup sun-dried tomato pesto
- 1 (14 ounce) can artichoke hearts in water, drained and quartered

**Directions**

Season both sides of chicken breasts with salt and pepper. Heat oil in a large skillet over medium-high heat. Place chicken in skillet; cook, turning once to brown each side. Remove chicken from pan, and set aside.

Pour tomatoes into pan; cook for 1 minute, stirring constantly, and incorporating any brown bits from bottom of pan. Stir in pesto and artichokes, and return chicken to pan. Cover, and reduce heat to medium. Simmer for 5 to 10 minutes, or until chicken is cooked through.
Season the chicken with salt and pepper. Rinse the mushrooms and pat dry. Season the flour with salt and pepper and dredge the chicken breasts in the flour mixture. Heat oil in a skillet over medium high heat and saute the chicken until it is nicely browned on one side (about 3 minutes).

Add the garlic. Turn the chicken breasts and scatter the mushrooms over them. Continue frying, shaking the skillet and stirring the mushrooms. Cook for about 3 minutes, then add the vinegar, broth, bay leaf and thyme. Cover tightly and simmer over medium low heat for 10 minutes, turning occasionally.

Transfer the chicken to a warm serving platter and cover with foil. Set aside. Continue simmering the sauce, uncovered, over medium high heat for about 7 minutes. Swirl in the butter or margarine and discard the bay leaf. Pour this mushroom sauce mixture over the chicken and serve.
## Ingredients

- 1 cup creamy salad dressing, e.g. Miracle Whip
- 1/4 cup sour cream
- 1 tablespoon lemon juice
- 1/2 teaspoon lemon pepper
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 4 cups cubed, cooked chicken
- 2 cups sliced snow peas
- 1 cup finely diced red onion
- 1 cup shredded lettuce
- 1 cup blanched slivered almonds, toasted

## Directions

In a large bowl, whisk together the salad dressing, sour cream, lemon juice, lemon pepper, basil and parsley. Add chicken, peas, onion, lettuce and almonds and stir until evenly coated. Refrigerate until serving.
# Spicy Tomato Chicken

## Ingredients

- 6 skinless, boneless chicken breast halves
- 7 ounces vermicelli pasta
- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 (10 ounce) can diced tomatoes with green chile peppers
- 1 (15 ounce) can baby peas, drained
- 1 (8 ounce) package processed cheese, shredded

## Directions

1. Bring a large pot of salted water to a boil. Add chicken breasts and boil until cooked through and juices run clear. Remove chicken from pot, chop into bite size pieces and set aside.

2. Strain remaining cooking broth, return to pot and bring to a boil. Break pasta in half (will make it easier to mix) and add to boiling broth. Cook for 8 to 10 minutes or until al dente. Drain and return pasta to pot.

3. Meanwhile, saute onion and bell pepper in butter or margarine in a small saucepan. Add tomatoes with green chile peppers, sauteed onion/bell pepper mixture, peas and reserved chicken to pasta. Top with cheese and mix together well.

4. Preheat oven to 350 degrees F (175 degrees C).

5. Pour chicken mixture into a 9x13 inch baking dish and bake in the preheated oven for 25 to 35 minutes.
**Ingredients**

- 2 (5 ounce) skinless, boneless chicken breast halves
- 2 lemon wedges
- Freshly ground pepper to taste
- Chipotle powder to taste (optional)
- 2 slices Brie cheese
- 2 tablespoons chopped fresh chives
- 6 slices prosciutto

**Directions**

Preheat oven to 400 degrees F (200 degrees C). Prepare a small baking dish or sheet by spraying with cooking spray.

Slice each chicken breast horizontally nearly in half to butterfly. Open up, and sprinkle with lemon juice on both sides. Sprinkle with pepper and chipotle powder to taste, then add a slice of Brie, and sprinkle with chives. Fold the chicken breasts back together firmly.

Place 3 slices of prosciutto side by side, pointing away from you, with each overlapping by 1/3. Place a stuffed breast upside down onto the bottom edge of the prosciutto. Roll one complete turn (so the breast is upside down again) fold in the sides, then continue rolling to the end of the prosciutto.

Place chicken packets seam-side down onto oiled baking dish. Bake in preheated oven until the internal temperature of the chicken reaches 160 degrees F (70 degrees C), about 40 minutes. Allow to rest for 5 minutes before serving.
**Ingredients**

- 1/2 cup honey
- 1/4 cup hot pepper sauce
- 1 teaspoon ground black pepper
- 4 bone-in chicken breast halves, with skin

**Directions**

Preheat an outdoor grill for high heat and lightly oil the grate.

In a small bowl, combine the honey, hot pepper sauce and ground black pepper and mix well. Cover each chicken breast with the sauce and put on the grill, basting occasionally.

Grill for 10 to 15 minutes per side, or until internal temperature reaches 180 degrees F (80 degrees C). Chicken will have a nice, brown color from the sauce.
**Ingredients**

- 1 cup pineapple juice
- 1/2 cup packed brown sugar
- 1/3 cup light soy sauce
- 2 pounds chicken breast tenderloins or strips
- skewers

**Directions**

In a small saucepan over medium heat, mix pineapple juice, brown sugar, and soy sauce. Remove from heat just before the mixture comes to a boil.

Place chicken tenders in a medium bowl. Cover with the pineapple marinade, and refrigerate for at least 30 minutes.

Preheat grill for medium heat. Thread chicken lengthwise onto wooden skewers.

Lightly oil the grill grate. Grill chicken tenders 5 minutes per side, or until juices run clear. They cook quickly, so watch them closely.
Crispy Baked Cereal Chicken

**Ingredients**
- 4 cups crispy rice cereal squares (such as Rice Chex®)
- 1 1/2 teaspoons garlic salt
- 1 1/2 teaspoons seasoned salt
- 1 egg
- 1 1/2 cups milk
- 4 skinless, boneless chicken breast halves

**Directions**

Preheat an oven to 375 degrees F (190 degrees C); grease a 9x12 inch baking dish.

Place the cereal in a large plastic zipper bag and crush the cereal into crumbs. Add the garlic salt and seasoned salt; shake the mixture together in the bag to combine. Pour the cereal crumb mixture out into a shallow bowl.

In another shallow bowl, beat the egg with the milk. Dip each chicken breast half into the milk mixture, then into the crumb mixture, coating the chicken well with crumbs. Place the coated chicken breasts into the prepared baking dish.

Bake in the preheated oven until the cereal coating is golden brown, the chicken is no longer pink in the center, and the juices run clear, about 40 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
Olive Chicken II

**Ingredients**
- 8 skinless, boneless chicken breasts
- salt to taste
- 2 tablespoons vegetable oil
- 4 cloves garlic, crushed
- 1 bay leaf
- 1/4 teaspoon dried thyme
- 1/4 teaspoon ground black pepper
- 4 tomatoes, peeled and quartered
- 20 pimento-stuffed green olives
- 1 1/4 cups dry white wine
- 1 1/4 cups chicken broth

**Directions**
Season chicken with salt. Heat oil in a large skillet over medium high heat; brown chicken in oil, about 5 minutes each side. Add garlic, bay leaf, thyme and pepper and mix well, then stir in tomatoes, olives, wine and broth.

Reduce heat to low and simmer, uncovered, for 45 minutes or until chicken is cooked through and juices run clear. Remove garlic and bay leaf and serve.
Cinnamon and Lime Chicken Fajitas

Ingredients

- 4 boneless, skinless chicken breast halves
- 1 tablespoon ground cinnamon
- salt and pepper to taste
- 2 large baking potatoes, peeled and cubed
- 1/4 cup canola oil
- 1 large yellow onion, chopped
- 1 large clove garlic, peeled and minced
- 1 tablespoon chopped jalapeno peppers
- 1 lime, juiced
- 12 (6 inch) corn tortillas, warmed

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place potatoes in a shallow baking dish. Drizzle with about 1/2 the oil, and season with salt. Bake 30 to 40 minutes in the preheated oven, until tender.

Meanwhile, season chicken with cinnamon, salt, and pepper. Arrange in a separate baking dish, and bake 30 minutes in the preheated oven, until no longer pink and juices run clear. Cool and shred.

Heat remaining oil in a skillet over medium heat, and saute onion and garlic until tender. Mix in shredded chicken, jalapeno, and lime juice. Cook until heated through.

Serve the chicken and potatoes in warmed tortillas.
Chicken and Leek Casserole

**Ingredients**

- 4 whole skinless, boneless chicken breasts
- 2 leeks, chopped
- 1 (10.5 ounce) can condensed vegetable soup
- 1 cup white wine
- 1 tablespoon cornstarch
- 1 recipe pastry for a 9 inch single crust pie

**Directions**

In a medium size frying pan, brown the chicken pieces over medium high heat. Add the chopped leeks. Once the leeks are soft, add the soup and wine and sprinkle the cornstarch over the top. Mix in. Simmer for about 20 minutes or until the mixture starts to really thicken.

Preheat oven to 350 degrees F (175 degrees C).

Pour the mixture into a 2 quart casserole dish and cover with the pie pastry. Use a fork to make 'breathing' holes in the pastry. Bake in the preheated oven for about 30 minutes or until the pastry is brown. Let cool and serve.
Pasta, Chicken and Artichokes

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>4 ounces uncooked pasta</td>
</tr>
<tr>
<td>1 teaspoon olive oil</td>
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<tr>
<td>1 teaspoon minced garlic</td>
</tr>
<tr>
<td>3 skinless, boneless chicken breast halves - cut into strips</td>
</tr>
<tr>
<td>1/4 cup chicken broth</td>
</tr>
<tr>
<td>1/4 cup fresh chopped broccoli</td>
</tr>
<tr>
<td>1/4 cup chopped tomatoes</td>
</tr>
<tr>
<td>1/4 (14 ounce) can artichoke hearts, drained and sliced</td>
</tr>
<tr>
<td>1/4 cup fresh sliced mushrooms</td>
</tr>
<tr>
<td>1/4 cup chopped red bell pepper</td>
</tr>
<tr>
<td>salt and pepper to taste</td>
</tr>
<tr>
<td>4 tablespoons grated Parmesan cheese</td>
</tr>
<tr>
<td>1 tablespoon chopped fresh parsley</td>
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<table>
<thead>
<tr>
<th>Directions</th>
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<tbody>
<tr>
<td>Bring a large pot of water to a boil. Cook pasta in boiling water until done. Drain, and set aside.</td>
</tr>
<tr>
<td>In a large saute pan, heat olive oil over medium high heat; brown the chicken and garlic in oil (about 5 minutes). Remove from the pan, and set aside.</td>
</tr>
<tr>
<td>Pour the chicken broth into the pan; then add the broccoli and tomato, and cook for about 5 minutes. Stir in the artichoke hearts, mushrooms, red bell pepper, cooked chicken, and pasta; cook for 3 to 5 more minutes, or until hot. Season to taste with salt and pepper.</td>
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<tr>
<td>Transfer to a serving bowl, and top with Parmesan cheese and parsley. Serve.</td>
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Apple Stuffed Chicken

**Ingredients**

<table>
<thead>
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<th>Item</th>
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<tbody>
<tr>
<td>1 (6 ounce) package chicken-flavor stuffing mix</td>
</tr>
<tr>
<td>1 (3 1/2) pound broiler-fryer</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
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<tr>
<td>1/4 teaspoon pepper</td>
</tr>
<tr>
<td>1 tablespoon vegetable oil</td>
</tr>
<tr>
<td>1 cup chopped, peeled apple</td>
</tr>
<tr>
<td>1/4 cup chopped celery</td>
</tr>
<tr>
<td>1/4 cup chopped walnuts</td>
</tr>
<tr>
<td>1/4 cup raisins</td>
</tr>
<tr>
<td>1/2 teaspoon grated lemon peel</td>
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**GLAZE:**

<table>
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<tbody>
<tr>
<td>1/2 cup apple jelly</td>
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<tr>
<td>1 tablespoon lemon juice</td>
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<tr>
<td>1/2 teaspoon ground cinnamon</td>
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</tbody>
</table>

**Directions**

Prepare stuffing according to package directions. Meanwhile, sprinkle inside of chicken with salt and pepper; rub outside with oil.

In a large bowl, mix stuffing with the apple, celery, nuts, raisins and lemon peel. Lightly stuff chicken. Place chicken breast side up on a rack in a shallow roasting pan. Bake, uncovered, at 350 degrees F for 1 hour.

In a saucepan, combine the glaze ingredients. Bring to a simmer; heat, uncovered, for 3 minutes. Brush over chicken. Bake 20-30 minutes longer or until chicken juices run clear, brushing occasionally with glaze. Cover with foil and let stand for 10-15 minutes. Remove stuffing, then carve chicken.
Caribbean Canadian Glazed Chicken

**Ingredients**
- 1/2 cup ketchup
- 4 tablespoons unsweetened pineapple juice
- 4 tablespoons molasses
- 2 tablespoons dark rum
- 2 tablespoons prepared Dijon-style mustard
- 2 cloves garlic, chopped
- salt and pepper to taste
- 8 chicken thighs

**Directions**

To Make Glaze: In a medium bowl combine the ketchup, pineapple juice, molasses, rum, mustard and garlic. Season with salt and pepper to taste and mix well.

Place chicken pieces in a lightly oiled 9x13 inch baking dish; brush both sides with prepared glaze, using about 1/2 of the glaze. Cover dish and refrigerate to marinate for at least 2 hours or overnight. Also, refrigerate remaining glaze.

Preheat oven to 375 degrees F (190 degrees C).

Lightly brush chicken pieces on one side with some of the reserved glaze and bake uncovered in preheated oven for about 25 minutes. Turn pieces, brush with remaining glaze and bake for another 25 minutes or until chicken is tender.

Preheat oven to broil.

Put chicken under broiler and lightly brown on both sides, about 2 to 3 minutes each side. (Note: Watch chicken carefully, as this ‘sugary’ glaze burns easily!)
## Chicken Skewers with Thai Chili Sauce

### Ingredients
- 1 1/2 pounds ground chicken
- 1/4 cup finely chopped fresh cilantro
- 1/3 cup VH® Sweet Thai Chili Sauce (plus extra for pitas)
- 1/2 cup dry bread crumbs
- 1 egg
- 2 tablespoons VH® Soya Sauce
- 8 wooden skewers, soaked in water for 20 minutes
- Pita bread, shredded lettuce, diced tomato and slivered onion for garnishing

### Directions
Mix together the chicken, cilantro, VH® Sweet Thai Chili Sauce, bread crumbs, egg and VH® Soya Sauce until well combined.

With wet hands form 8 equal portions onto skewers and form into a sausage-like shape, covering the pointed end of skewer.

Roast skewers on a foil lined baking sheet in a 500 degrees F (260 degrees C) oven for 20 minutes or until cooked through.

Serve with additional chili sauce for dipping or serve in warmed pita bread garnished with shredded lettuce, diced tomato and slivered onion.
**Skillet Garlic Chicken Dinner**

**Ingredients**
- Vegetable cooking spray
- 4 skinless, boneless chicken breast halves
- 2 cloves garlic, minced
- 1 3/4 cups Swanson® Chicken Stock
- 3/4 cup uncooked regular long-grain white rice
- 1 (16 ounce) bag frozen vegetable combination (broccoli, cauliflower, carrots)
- 1/3 cup grated Parmesan cheese
- Paprika

**Directions**

Spray a 12-inch skillet with the cooking spray and heat over medium-high heat for 1 minute. Add the chicken and garlic and cook for 10 minutes or until the chicken is well browned on both sides. Remove the chicken from the skillet.

Stir the stock, rice and vegetables in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes. Stir in the cheese.

Return the chicken to the skillet. Sprinkle the chicken with the paprika. Cover and cook for 10 minutes or until the chicken is cooked through and the rice is tender.
## Ingredients

- 4 bone-in chicken breast halves, with skin
- 2 teaspoons salt
- 2 tablespoons butter
- 3 cloves garlic, chopped
- 3 tablespoons Dijon mustard
- 2 tablespoons white wine
- 2 cups seasoned dry bread crumbs

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Season chicken with salt. In a small skillet or saucepan, saute butter, garlic, mustard, and wine together for 3 to 4 minutes over medium low heat; spread mixture over chicken.

Place bread crumbs in a shallow dish or bowl and dredge chicken in crumbs, leaving skins on. Place coated chicken pieces in a lightly greased 9x13 inch baking dish.

Bake at 350 degrees F (175 degrees C) for 1 hour or until chicken is cooked through and juices run clear.
### Ingredients

- 2 tablespoons olive oil
- 2 yellow squash, chopped
- 1 small eggplant, cut into 1 inch cubes
- 1 (10 ounce) package sliced fresh mushrooms
- 1 small onion, chopped
- 4 cloves garlic, chopped
- 2 (10.75 ounce) cans condensed cream of chicken soup with herbs
- 1 (14.5 ounce) can chicken broth
- 1 teaspoon garlic salt
- 1 teaspoon ground black pepper
- 8 boneless, skinless chicken thighs
- 2 cups shredded Swiss cheese

### Directions

Preheat the oven to 350 degrees F (175 degrees C).

Heat olive oil in a large skillet over medium-high heat. Add the squash, eggplant, mushrooms, onion and garlic. Cook and stir for about 5 minutes, until lightly browned. Transfer to a 9x13 inch baking dish.

In a medium bowl, stir together the condensed soup, chicken broth, garlic salt and pepper. Pour half of this mixture over the vegetables. Place chicken thighs over the top of the vegetables, and sprinkle with Swiss cheese. Pour the rest of the soup over all.

Bake uncovered for 45 minutes in the preheated oven, or until chicken is cooked through and juices run clear.
## Garlic-Brown Sugar Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 (3 1/2) pound broiler-fryer chicken, cut up</td>
</tr>
<tr>
<td>1 cup packed brown sugar</td>
</tr>
<tr>
<td>2/3 cup vinegar</td>
</tr>
<tr>
<td>1/4 cup lemon-lime soda</td>
</tr>
<tr>
<td>2 tablespoons minced garlic cloves</td>
</tr>
<tr>
<td>2 tablespoons soy sauce</td>
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<tr>
<td>1 teaspoon pepper</td>
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</table>

### Directions

Place chicken in a 13-in. x 9-in. x 2-in. glass baking dish or large resealable plastic bag. Combine remaining ingredients; pour over chicken. Cover or close bag and refrigerate 2-4 hours. Transfer chicken and marinade to a large skillet; bring to a boil. Reduce heat; cover with lid ajar and simmer 45 minutes or until juices run clear.
Ingredients

- 2 tablespoons vegetable oil
- 2 cloves garlic, minced
- 2 cups chopped onion
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 2 cups chopped celery
- 1 cup julienned carrots
- 1 cup minced leek (optional)
- 4 cups chicken stock
- salt and pepper to taste
- 1/4 teaspoon hot pepper sauce
- 1/4 teaspoon soy sauce (optional)
- 6 ounces spinach, rinsed
- 1/2 cup egg noodles
- 1/2 pound skinless, boneless chicken breast halves, cut into bite size pieces

Directions

Heat oil in a large soup pot over medium heat. Add garlic, onion, red bell pepper, green bell pepper, celery, carrot and leek. Saute until onions are translucent and balance of veggies has been tossed through with hot oil. Add stock and season with salt and pepper to taste. If using hot pepper sauce and soy sauce, add now. Bring soup to a simmer and allow to simmer over low heat for about 40 minutes.

Add spinach and cover pot. (Note: Volume of spinach will appear to be too great for the pot; don’t worry, just put it in - within a few minutes it will be reduced to size). Stir soup; add noodles. Stir again and add chicken strips. Make sure soup is still simmering. Exactly 5 minutes later, you will have a terrific hot soup. Serve hot!
Ingredients

6 (4 ounce) skinless, boneless chicken breast halves
4 tablespoons olive or vegetable oil, divided
8 ounces fresh mushrooms, sliced
4 garlic cloves, minced
3 tomatoes - peeled, seeded and chopped
2 medium eggplants, peeled and diced
2 large green peppers, diced
2 medium zucchini, diced
1 large onion, diced
1 (8 ounce) can tomato sauce
1 bay leaf
1 teaspoon dried basil
1 teaspoon dried oregano
1/2 teaspoon dried marjoram
1/2 teaspoon dried thyme
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

In a large skillet or Dutch oven over medium heat, brown chicken in 1 tablespoon of oil; set chicken aside. Add remaining oil to skillet; saute mushrooms, garlic, tomatoes, eggplant, green pepper, zucchini and onion for 10-15 minutes or until vegetables are tender. Add remaining ingredients; bring to a boil. Return chicken to skillet. Reduce heat; cover and simmer for 30-40 minutes or until chicken juices run clear. Remove bay leaf before serving.
Ingredients

3 cups water
2 cubes chicken bouillon
1 tablespoon olive oil
1 large onion, chopped
2 tablespoons butter
1 1/2 cups uncooked white rice
salt and pepper to taste

Directions

Preheat oven to 450 degrees F (230 degrees C).

In a medium saucepan heat water and bullion to a slow boil over medium-high heat. In a large oven safe skillet, heat oil over medium heat. Saute onions until transparent. Increase heat to high and add butter and rice. Stir constantly until the rice becomes starchy, about 3 minutes, and then carefully pour the chicken bouillon stock into the skillet.

Place the skillet in the oven and bake for 20 minutes. Season with salt and pepper to taste.
Italian Ranch Chicken Strips

**Ingredients**
- 2/3 cup crushed cornflakes
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/3 cup reduced-fat ranch salad dressing
- 1 teaspoon water
- 1/2 pound skinless, boneless chicken breast halves - cut into strips

**Directions**
In a shallow bowl, combine the cornflake crumbs, Italian seasoning and garlic powder. In another shallow bowl, combine dressing and water. Dip chicken into dressing mixture, then coat with crumb mixture. Arrange chicken on a baking sheet coated with nonstick cooking spray. Lightly spray top of chicken with nonstick cooking spray. Bake, uncovered, at 400 degrees F for 12-15 minutes or until juices run clear.
Chicken a la King II

**Ingredients**

- ½ cup butter
- 1 green bell pepper, chopped
- 3 ounces fresh mushrooms, sliced
- ½ cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup milk
- 1 ¼ cups chicken broth
- 2 cups cooked, diced chicken breast meat
- 1 (4 ounce) jar sliced pimento peppers, drained
- 3 cups cooked white rice

**Directions**

Melt the butter or margarine in a 3 quart saucepan over medium high heat. Saute the bell pepper and mushrooms, stirring occasionally, until the bell pepper is crisp yet tender.

Stir in the flour, salt and pepper and saute over medium heat, stirring constantly, until bubbly. Remove from heat. Stir in the milk and broth. Heat to boiling, stirring constantly. Boil and stir for 1 minute. Stir in the chicken and pimentos and cook until hot. Serve over the rice.
Baked Chicken Reuben

**Ingredients**

- 6 skinless, boneless chicken breast halves
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 (16 ounce) can sauerkraut, drained and pressed
- 4 slices Swiss cheese
- 1 1/4 cups thousand island salad dressing
- 1 tablespoon chopped fresh parsley

**Directions**

Preheat oven to 325 degrees F (165 degrees C).

Place chicken in a lightly greased 9x13 inch baking dish. Sprinkle with salt and pepper. Place sauerkraut over chicken and top with cheese slices. Pour dressing over all and cover dish with aluminum foil.

Bake in preheated oven for 90 minutes, or until chicken is cooked through (fork can be easily inserted and juices run clear). Sprinkle with chopped parsley and serve.
Apple Cider Chicken 'n' Dumplings

Ingredients

8 chicken thighs, skin removed
2 tablespoons butter or margarine
1 medium red onion, chopped
1 celery rib, chopped
2 tablespoons minced fresh parsley
salt and pepper to taste
3 tablespoons all-purpose flour
3 cups chicken broth
1 cup apple cider or apple juice

DUMPLINGS:
2 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon salt
1 tablespoon cold butter
1 egg, lightly beaten
2/3 cup milk

Directions

In a Dutch oven, brown chicken in butter; remove and set aside. In the same pan, combine the onion, celery, parsley, salt and pepper; cook and stir until vegetables are tender. Sprinkle with flour and mix well. Add broth and cider. Bring to a boil; cook and stir for 2 minutes or until thickened. Add chicken. Cover and bake at 350 degrees F for 45-50 minutes.

Increase heat to 425 degrees F. For dumplings, combine the flour, baking powder and salt in a bowl; cut in butter until crumbly. Combine the egg and milk; stir into dry ingredients just until moistened. Drop batter into 12 mounds onto hot broth. Bake, uncovered, at 425 degrees F for 10 minutes. Cover and bake 10 minutes longer or until a toothpick inserted into a dumpling comes out clean.
# Creamy Chicken Peanut Soup

## Ingredients
- 1/4 cup margarine
- 1 cup chopped celery
- 1/3 cup chopped onion
- 3 (14.5 ounce) cans chicken broth
- 1 tablespoon all-purpose flour
- 1 cup crunchy peanut butter
- 2 cups heavy whipping cream

## Directions
In a 4 quart saucepan saute celery and onion in butter over medium-high heat. Saute until celery and onion are tender, approximately five minutes.

Remove from heat and add the flour and peanut butter, stirring until melted. Once melted gradually stir in chicken broth.

Return to medium-high heat and bring to boil for two minutes. Reduce heat and simmer uncovered approximately 10 minutes, stirring occasionally.

Stir in heavy cream and heat through.
## Potato Gratin With Chicken Broth, Garlic and Thyme

### Ingredients
- 6 garlic cloves, peeled
- 1/2 cup extra-virgin olive oil
- 1 1/2 teaspoons dried thyme leaves
- 4 pounds starchy potatoes, such as russets, peeled
- Salt and freshly ground black pepper
- 3 cups canned or cartoned chicken broth

### Directions
Adjust oven rack to lowest position. Heat oven to 350 degrees.

With motor running, drop garlic through the feeder tube of a food processor to mince. Scrape down sides of bowl. With motor running, add oil through feeder tube; continue to process. Transfer to a small bowl, stir in thyme and set aside. Switch to the slicing blade and slice the potatoes (or thinly slice them with a knife).

Brush a little of the garlic oil over the bottom of a 9-by-13-inch (or similar size) baking dish. Make 4 layers in this order: potatoes, a generous brushing of the oil, a sprinkling of salt and pepper. Slowly add broth at one corner to avoid washing off garlic and herbs.

Bake until most of the broth has been absorbed, about 45 minutes. To brown, move pan to middle rack and broil until spotty brown, about 5 minutes.

Let rest so potatoes continue to absorb liquid, about 10 minutes. May be made ahead, held at room temperature while roast cooks, then reheated.
Chicken with Figs in a Port Wine Sauce

**Ingredients**
- 1/2 cup flour for dredging
- 5 skinless, boneless chicken breast halves
- 2 tablespoons butter
- 1/4 cup port wine
- 1/2 cup dry white wine
- 1/2 cup chicken stock
- 6 dried figs (stems removed)
- 2 tablespoons heavy cream

**Directions**
1. Place the flour in a shallow dish. Dredge the chicken breasts in the flour.
2. Melt the butter in a large skillet over medium-high heat. Cook the chicken in the preheated skillet until golden brown, about 2 minutes per side. Pour the port, white wine, and chicken stock over the chicken, and scatter the figs around the skillet.
3. Bring the liquid to a boil and reduce heat to low, simmer until chicken is fully cooked, about 15 minutes. Remove the chicken from the skillet and cover with foil.
4. Bring the sauce in the skillet to a boil over medium-high heat. Reduce the heat to medium-low and simmer for 5 minutes. Whisk in the cream and pour over the chicken to serve.
Angel Hair Pasta Chicken

**Ingredients**
- 2 tablespoons olive oil, divided
- 2 skinless, boneless chicken breast halves - cubed
- 12 ounces angel hair pasta
- 1 carrot, sliced diagonally into 1/4 inch thick slices
- 1 (10 ounce) package frozen broccoli florets, thawed
- 2 cloves garlic, minced
- 2/3 cup chicken broth
- 1 teaspoon dried basil
- 1/4 cup grated Parmesan cheese

**Directions**

Heat 1 tablespoon oil in a medium skillet over medium heat. Add chicken and saute for 5 to 7 minutes, or until chicken is cooked through (no longer pink). Remove from skillet and drain on paper towels.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 2 to 4 minutes, or until al dente; drain and set aside.

While pasta is cooking, heat 2nd tablespoon oil over medium heat in same skillet used for chicken. Stir fry carrots for about 4 minutes, then add broccoli and garlic and stir fry for another 2 minutes. Finally, stir in broth, basil and cheese and return chicken to skillet. Reduce heat to low and simmer for about 4 minutes.

Place drained pasta in a large serving bowl. Top with chicken/vegetable mixture and serve immediately.
Ingredients

1 (3 pound) whole chicken
3 dashes garlic powder
2 pinches salt
1 pinch ground black pepper
1 onion, thinly sliced
1/4 cup butter
1 cup orange-flavored carbonated beverage

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a lightly greased 9x13 inch baking dish. Season with garlic powder, salt and pepper and garnish with onion slices. Place 1/8 cup of butter or margarine on top of the chicken and bake in the preheated oven for 45 minutes.

Raise oven temperature to 375 degrees F (190 degrees C); Place remaining 1/8 cup butter or margarine on top of the chicken and bake for 30 minutes.

Pour orange-flavored beverage all over chicken, bake for 5 more minutes, and serve.
Chicken and Garlic Stew

Ingredients

- 3 tablespoons olive oil
- 50 cloves garlic, peeled
- 6 chicken legs, halved
- 1/2 cup chopped fresh parsley
- 1/2 cup chopped celery
- 1 teaspoon dried tarragon
- 1 tablespoon salt
- 1 teaspoon ground white pepper
- 1/2 teaspoon ground allspice
- 1/4 teaspoon ground cinnamon
- 1 1/2 cups white wine

Directions

Preheat oven to 375 degrees F (190 degrees C).

Place olive oil in a heavy oven-safe Dutch oven which can be tightly covered. Add 1/3 of the chicken, garlic, parsley, celery leaves, tarragon, salt, white pepper, allspice, cinnamon and dry white wine. Mix. Repeat two more times.

Cover pot tightly and place in preheated oven, cook for about 1 1/4 hours. The chicken will not be brown, but moist and succulent. If desired, serve with crusty bread to mop up the sauce.
### Ingredients

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<th>Item</th>
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<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
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<tr>
<td>1 cup tzatziki sauce</td>
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<tr>
<td>1/2 cup chopped red onion</td>
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<tr>
<td>1 tablespoon cumin</td>
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<tr>
<td>salt and pepper to taste</td>
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### Directions

Arrange the chicken breasts into the bottom of a baking dish. Stir the tzatziki sauce, red onion, cumin, salt, and pepper together in a bowl; pour evenly over the chicken. Allow to marinate at least 30 minutes.

Preheat an oven to 375 degrees F (190 degrees C).

Bake the marinated chicken in the preheated oven until no longer pink in the center and the juices run clear, about 45 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
Lemon Chicken Piccata

**Ingredients**

- 3 large skinless, boneless chicken breast halves - cut into 1/2-inch medallions
- salt and pepper to taste
- 1/2 cup all-purpose flour
- 2 tablespoons vegetable oil, or as needed
- 1 clove garlic, minced
- 1 cup low sodium chicken broth
- 1/2 lemon, thinly sliced
- 1/4 cup fresh lemon juice
- 2 tablespoons capers, drained and rinsed
- 3 tablespoons butter
- 2 tablespoons minced Italian (flat-leaf) parsley

**Directions**

Preheat oven to 200 degrees F (95 degrees C). Place a serving platter into the oven to warm.

Season the chicken breast pieces with salt and pepper and dredge them in flour. Shake off excess flour. Heat the vegetable oil in a skillet; pan-fry the chicken pieces until golden brown on both sides, about 3 minutes per side. Work in batches and do not crowd skillet, adding oil as needed. Place the chicken pieces onto the warmed platter in the oven. When finished with all the chicken, drain most of the oil from the skillet, leaving a thin coating on the surface of the pan.

Cook and stir the minced garlic in the skillet until fragrant, about 20 seconds. Pour in the chicken broth. Scrape and dissolve any brown bits from the bottom of the skillet. Stir in the lemon slices and bring the mixture to a boil. Let cook, stirring occasionally, until the sauce reduces to about 2/3 cup, 5 to 8 minutes. Add the lemon juice and capers; simmer until the sauce is reduced and slightly thickened, about 5 minutes more. Drop the butter into the skillet and swirl it into the sauce by tilting the skillet until the butter is melted and incorporated. Add the parsley; remove from heat and set aside.

Arrange the chicken medallions on serving plates and spoon sauce over each portion to serve.
## Chicken Pot Pie Soup with Toasted Almonds

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (10 ounce) package frozen puff pastry shells</td>
</tr>
<tr>
<td>2 tablespoons butter</td>
</tr>
<tr>
<td>1 1/2 pounds skinless, boneless chicken breast meat - cubed</td>
</tr>
<tr>
<td>2 (10.5 ounce) cans chicken broth</td>
</tr>
<tr>
<td>2 teaspoons chicken soup base</td>
</tr>
<tr>
<td>1/4 teaspoon dried thyme leaves</td>
</tr>
<tr>
<td>1/4 cup chopped fresh parsley</td>
</tr>
<tr>
<td>2 tablespoons butter, softened</td>
</tr>
<tr>
<td>3 tablespoons all-purpose flour</td>
</tr>
<tr>
<td>1 (4 ounce) can mushroom pieces, drained</td>
</tr>
<tr>
<td>1 (10 ounce) package frozen mixed peas and carrots</td>
</tr>
<tr>
<td>1/2 cup heavy cream</td>
</tr>
<tr>
<td>1/4 cup toasted sliced almonds</td>
</tr>
</tbody>
</table>

### Directions

Preheat oven to 400 degrees F (200 degrees C). Place frozen puff pastry shells, top-side-up on an ungreased baking sheet 2 inches apart.

Bake shells in preheated oven until puffed and golden-brown, 20 to 25 minutes. Remove to cool on a wire rack.

Meanwhile, melt 2 tablespoons of butter in a large pot over medium heat. Stir in the cubed chicken, and cook, until firmed and no longer pink in the center, about 10 minutes. Remove chicken meat and set aside.

Pour in the chicken broth and bring to a boil over high heat. Reduce heat to medium, and whisk in the chicken soup base, thyme, and parsley. Mix together the softened butter and flour in a small bowl to form a paste. Whisk this paste into the simmering soup, and cook 10 minutes or until thickened.

Stir in the cooked chicken, mushroom pieces, peas and carrots, cream, and toasted almonds. Return soup to a simmer, and cook a few minutes until hot. Ladle soup into serving bowls, and top with puff pastry to serve.
Celery Chicken a la Koch

**Ingredients**
- 3 cups cooked egg noodles
- 4 cups chopped chicken breast meat
- 4 (10.75 ounce) cans condensed cream of celery soup
- 3 (12 fluid ounce) cans evaporated milk
- 1 cup chopped celery
- 5 cups crushed potato chips

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a large mixing bowl combine the noodles, chicken meat, soup, 2 cans of the milk and celery. Mix well and spread mixture into the bottom of a 9x13 inch baking dish.

Pour the remaining can of milk over all; do not mix in. Then top all with potato chip crumbs.

Bake at 350 degrees F (175 degrees C) for 50 minutes. Serve hot.
Quick Chicken Cassoulet with Artichoke and Olives

**Ingredients**

- 1 tablespoon olive oil
- 1 pound skinless, boneless chicken breast meat - cut into bite-size pieces
- 3 cloves crushed garlic
- 3/4 cup white wine
- 3/4 cup chicken stock
- 3 (16 ounce) cans great Northern beans, drained
- 1 (14 ounce) bag baby spinach
- 1 (14 ounce) can artichoke hearts in water, drained and quartered
- 1 (8 ounce) can whole black olives, drained
- 1 tablespoon chopped fresh tarragon
- 1 sprig fresh rosemary
- ground black pepper to taste

**Directions**

Heat the oil in a large pot over medium-high heat. Stir in the chicken breast, and cook 3 minutes, stirring occasionally. Add the garlic, and continue cooking until the chicken has turned golden brown on all sides. Pour in the white wine, and simmer for 1 minute, then stir in the chicken stock, great Northern beans, spinach, artichokes, olive, tarragon, and the whole rosemary sprig. Season with ground black pepper.

Bring the mixture to a simmer, then reduce heat to medium-low, cover, and simmer 30 minutes, stirring occasionally. Remove the rosemary sprig before serving.
## Hot Chicken Liver and Fennel Salad

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 cups spinach, rinsed and chopped</td>
<td></td>
</tr>
<tr>
<td>1 bulb fennel - trimmed, quartered and sliced</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons butter</td>
<td></td>
</tr>
<tr>
<td>1/4 cup olive oil</td>
<td></td>
</tr>
<tr>
<td>2 cloves garlic, minced</td>
<td></td>
</tr>
<tr>
<td>1 pound chicken livers, trimmed and sliced</td>
<td></td>
</tr>
<tr>
<td>1/2 cup chicken broth</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon capers, chopped</td>
<td></td>
</tr>
<tr>
<td>4 anchovy filets, rinsed and chopped</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon dried sage</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon ground black pepper</td>
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</tbody>
</table>

### Directions

Divide spinach between 4 salad plates.

In a large deep skillet, melt 1 tablespoon butter over medium heat; add fennel and cook for about 3 minutes or until tender. Remove from skillet; set aside.

In same skillet, heat remaining butter with olive oil; add garlic and cook for 1 minute. Add chicken livers; cook for 3 to 4 minutes or until no longer pink in center.

Return fennel to skillet. Add stock, anchovies, capers, sage, salt and pepper; cook over high heat for 2 to 3 minutes or until sauce is reduced slightly.

Spoon mixture over individual salads and garnish with fennel leaves. Serve immediately.
**Ingredients**

- 3 cups diced cold, cooked chicken
- 1 cup diced apple
- 1/2 cup diced celery
- 2 green onions, chopped
- 1/2 cup chopped walnuts
- 3 tablespoons balsamic vinegar
- 5 tablespoons olive oil
- Salt and pepper to taste

**Directions**

In a large bowl, toss together the chicken, apple, celery, onion and walnuts.

In a small bowl, whisk together the vinegar and oil and pour over the salad. Season with salt and pepper to taste and mix well. Let rest 10 to 15 minutes, mix again and chill.
Ingredients

2 (9 inch) pie shell
1 (10.75 ounce) can condensed cream of chicken soup
1 (8 ounce) package cream cheese, softened
1/2 (16 ounce) package frozen mixed vegetables, thawed
3 cups cooked, diced chicken meat

Directions

Preheat oven to 425 degrees F (220 degrees C).

In a large mixing bowl combine soup and softened cream cheese. Mix until thoroughly blended. Stir in vegetables and chicken.

Pour chicken mixture into pastry-lined pie pan. Cover with top crust. Seal and cut steam vents in top. Cover edges of crust with aluminum foil to prevent overbrowning.

Bake in preheated oven for 35 to 40 minutes. Remove foil halfway through baking to allow edges of crust to brown. Check often late in cooking time to ensure crust is not burning.
Korean BBQ Chicken Marinade

**Ingredients**
- 1 cup white sugar
- 1 cup soy sauce
- 1 cup water
- 1 teaspoon onion powder
- 1 teaspoon ground ginger
- 1 tablespoon lemon juice (optional)
- 4 teaspoons hot chile paste (optional)

**Directions**

In a medium saucepan over high heat, whisk together the sugar, soy sauce, water, onion powder, and ground ginger. Bring to a boil. Reduce heat to low, and simmer 5 minutes.

Remove the mixture from heat, cool, and whisk in lemon juice and hot chile paste. Place chicken in the mixture. Cover, and marinate in the refrigerator at least 4 hours before preparing chicken as desired.
## Grilled Mojo Chicken Salad With Asparagus and Oranges

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup orange juice concentrate</td>
<td></td>
</tr>
<tr>
<td>1/3 cup fresh lime juice</td>
<td></td>
</tr>
<tr>
<td>2 large garlic cloves, chopped</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon chopped fresh mint</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon dried oregano</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon ground ginger</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon salt, and pepper, to taste</td>
<td></td>
</tr>
<tr>
<td>6 tablespoons extra-virgin olive oil, plus extra for drizzling</td>
<td></td>
</tr>
<tr>
<td>1 3/4 pounds boneless skinless chicken breasts</td>
<td></td>
</tr>
<tr>
<td>3 oranges</td>
<td></td>
</tr>
<tr>
<td>1 bunch medium asparagus, tough ends snapped off</td>
<td></td>
</tr>
<tr>
<td>12 cups mixed salad greens</td>
<td></td>
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</tbody>
</table>

### Directions

Whisk first seven ingredients plus 2 Tbs. oil in a 2-cup measuring cup. Pour all but 3/4 cup of mixture into a gallon-sized zipper bag. Add chicken; seal and refrigerate 30 minutes to 4 hours. Whisk 1/4 cup of oil into remaining mixture for dressing. Peel and section oranges. Sprinkle asparagus with oil, salt, pepper.

Build a fire on only one side of grill (to conserve charcoal). When coals are covered with white ash, place chicken on rack over direct heat, cover and grill until well browned, 4 to 6 minutes. Turn, cover and grill another 4 to 6 minutes. Remove chicken and add asparagus, spears perpendicular to rack. Grill 3 to 5 minutes, until well browned and just cooked through.

Remove chicken and let stand for 5 minutes or up to 1 hour. Cut, crosswise, into 1/2-inch-thick slices. Toss greens, oranges, salt and pepper with most of the dressing. Arrange salad in six shallow bowls. Place chicken and asparagus over each. Drizzle with remaining dressing.
Homemade Chicken A La King

**Ingredients**
- 3 tablespoons butter
- 1 green bell pepper, finely chopped
- 1/2 cup chopped celery
- 1 (4.5 ounce) can mushrooms, drained
- 1 small onion, chopped
- 3 tablespoons all-purpose flour
- 2 cups milk, divided
- 2 egg yolks, beaten
- 2 cups diced, cooked chicken breast meat
- 1 tablespoon lemon juice
- 1 tablespoon sherry
- 1 teaspoon paprika
- Salt and pepper to taste
- 1 (8 ounce) can peas, drained
- 1 (4 ounce) jar diced pimento peppers, drained

**Directions**

Melt butter in a large skillet over medium heat. Saute bell pepper, celery and mushrooms until soft, about 5 minutes. Stir in onion; mix flour and 1/2 cup of milk in a small bowl and stir mixture into skillet. Beat egg yolks into remaining 1 1/2 cups milk and pour into skillet. Cook, stirring, until thickened.

Add chicken and cook for 3 to 5 minutes, stirring constantly. Stir in lemon juice, sherry, paprika, salt and pepper. Finally, stir in peas and pimento peppers. Heat through and serve.
Chicken Creole with Chile Cream Sauce

**Ingredients**

- 4 skinless, boneless chicken breasts
- 2 teaspoons Creole or Cajun seasoning
- 1 tablespoon olive oil
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 1/2 cup water
- 1 (4 ounce) can chopped green chilies
- 1 teaspoon lime juice
- 1/4 cup sour cream
- Hot cooked regular long-grain white rice

**Directions**

- Season chicken with Creole seasoning.
- Heat oil in skillet. Add chicken and cook until browned.
- Add soup, water, chiles and lime juice. Heat to a boil. Cook over low heat 5 minutes or until done.
- Stir in sour cream and heat through. Serve over rice.
Ingredients

- 1 (10.75 ounce) can Campbell's® Condensed Tomato Soup (Regular or 25% Less Sodium)
- 1 cup Pace® Chunky Salsa or Pace® Picante Sauce
- 1/2 cup milk
- 2 cups cubed cooked chicken or turkey
- 8 (6 inch) corn tortillas, cut into 1-inch pieces
- 1 cup shredded Cheddar cheese

Directions

Mix soup, salsa, milk, chicken, tortillas and half the cheese in 2-quart shallow baking dish. Cover.

Bake at 400 degrees F for 30 minutes or until hot. Top with remaining cheese.
Cream of Chicken Breasts

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1 pinch poultry seasoning
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can milk

**Directions**

- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken in a 9x13 inch baking dish and season to taste.
- Mix soup with soup can of milk/half-and-half/water (if desired, use 2 cans to make sauce thicker). Pour soup mixture evenly over chicken and bake in the preheated oven for about 1 1/2 hours or until chicken is no longer pink and is tender.
Slow Cooker Butter Chicken

**Ingredients**

- 2 tablespoons butter
- 2 tablespoons vegetable oil
- 4 large skinless, boneless chicken thighs, cut into bite-sized pieces
- 1 onion, diced
- 3 cloves garlic, minced
- 2 teaspoons curry powder
- 1 tablespoon curry paste
- 2 teaspoons tandoori masala
- 1 teaspoon garam masala
- 1 (6 ounce) can tomato paste
- 15 green cardamom pods
- 1 (14 ounce) can coconut milk
- 1 cup plain yogurt
- salt to taste

**Directions**

Melt the butter and vegetable oil in a large skillet over medium heat. Stir in the chicken, onion, and garlic. Cook and stir until the onion has softened and turned translucent, about 10 minutes. Stir in the curry powder, curry paste, tandoori masala, garam masala, and tomato paste until no lumps of tomato paste remain. Pour into a slow cooker, and stir in the cardamom pods, coconut milk, and yogurt. Season to taste with salt.

Cook on High 4 to 6 hours, or on Low 6 to 8 hours until the chicken is tender and the sauce has reduced to your desired consistency. Remove and discard the cardamom pods before serving.
### Fast Chicken Divan

**Ingredients**

- 2 (10 ounce) packages frozen broccoli florets or chopped broccoli
- 3 cups cubed cooked chicken
- 2 (10.75 ounce) cans condensed cream of chicken soup, undiluted
- 1 cup mayonnaise
- 1 teaspoon lemon juice
- 1 cup shredded sharp Cheddar cheese
- 3/4 cup dry bread crumbs
- 3 tablespoons butter or margarine, melted
- 1 tablespoon sliced pimento (optional)

**Directions**

Cook the broccoli in boiling water for 1 minute; drain. Transfer to a greased 11-in. x 7-in. x 2-in. baking dish; top with chicken. Combine soup, mayonnaise and lemon juice; spread over chicken. Sprinkle with cheese. Combine bread crumbs and butter; sprinkle over top. Bake, uncovered, at 325 degrees F for 30 minutes or until heated through. Let stand for 10 minutes before serving. Garnish with pimientos if desired.
## Homemade Chicken Fettuccine

### Ingredients
- 8 ounces fettuccini pasta
- 2 tablespoons butter
- 3 skinless, boneless chicken breast halves - cut into chunks
- 8 ounces mushrooms, sliced
- 1 teaspoon garlic salt
- 1/8 teaspoon ground black pepper
- 1 1/2 cups heavy cream
- 1/4 cup grated Parmesan cheese

### Directions
Bring a large pot of lightly salted water to a boil. Add fettuccine and cook for 8 to 10 minutes or until al dente; drain.

In a large skillet, brown chicken and mushrooms in butter until chicken is cooked through. Season with garlic salt and pepper. Add whipping cream and cook until thick, stirring constantly. Add parmesan cheese when at desired consistency. Serve over noodles.
Flock of Geese Chicken Salad

**Ingredients**

- 8 skinless, boneless chicken breast halves - cooked and cubed
- 2 cups seedless red grapes, halved
- 2 cups salted cashew halves
- 2 celery ribs, sliced
- 3/4 cup mayonnaise
- 1/2 cup sour cream
- 1 tablespoon tarragon vinegar or white-wine vinegar
- Lettuce Leaves

**Directions**

In a large bowl, combine the first four ingredients; set aside. In a small bowl, combine mayonnaise, sour cream and vinegar; mix well. Pour over chicken mixture; toss to coat. Cover and refrigerate for at least 1 hour. Serve in a lettuce-lined bowl if desired.
Chicken Pasta - Shannon Style

**Ingredients**

1 pound farfalle (bow tie) pasta  
4 tablespoons olive oil, divided  
1 egg  
2 tablespoons water  
1 cup Italian seasoned bread crumbs  
1 pound skinless, boneless chicken breast halves - cut into bite-size pieces  
1 clove garlic, minced  
1 onion, chopped  
1/2 green bell pepper, chopped  
1/2 red bell pepper, chopped  
1/2 yellow bell pepper, chopped  
1/2 cup chopped fresh mushrooms  
1 cup Greek salad dressing  
1/2 pint grape tomatoes  
1/2 cup grated Parmesan cheese

**Directions**

Bring a large pot of lightly salted water to a boil, and stir in the pasta. Cook 8 to 10 minutes, until al dente, and drain.

Heat 3 tablespoons olive oil in a skillet over medium heat. Whisk together the egg and water in a bowl. Place bread crumbs in a separate bowl. Dip chicken pieces first into the egg mixture, then into the bread crumbs to coat. Place coated chicken pieces in the skillet, and cook 5 minutes on each side, or until coating is golden brown and juices run clear. Drain on paper towels.

Heat remaining 1 tablespoon olive oil in a separate skillet over medium heat. Mix in garlic, onion, green bell pepper, red bell pepper, yellow bell pepper, and mushrooms. Cook and stir until vegetables are tender.

In a large bowl, toss the pasta, chicken, and vegetables with the Greek dressing. Serve topped with tomatoes and Parmesan cheese.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 teaspoons yeast extract spread, e.g. Marmite/Vegemite</td>
<td></td>
</tr>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td>Preheat oven to 350 degrees F (175 degrees C).</td>
</tr>
<tr>
<td></td>
<td>Cut 3 partial slits in each chicken breast. Place 1/2 teaspoon of the yeast extract spread into each slit.</td>
</tr>
<tr>
<td></td>
<td>Bake in the preheated oven for 35 to 45 minutes, or until the chicken is cooked through and juices run clear.</td>
</tr>
</tbody>
</table>
Quick Chicken and Noodles

Ingredients

- 4 skinless, boneless chicken breasts
- 1/4 teaspoon garlic powder
- 2 cups chicken broth
- 1/2 teaspoon dried basil
- 1/8 teaspoon ground black pepper
- 2 cups frozen mixed vegetables, thawed
- 1 (16 ounce) package wide egg noodles

Directions

In a medium skillet, saute chicken breasts over medium high heat for about 10 minutes, or until browned. If the chicken sticks at all, you can add a little of the broth. When chicken is browned, remove from skillet and cut into 1 inch cubes. Sprinkle with garlic powder.

In the same skillet heat the broth, basil, pepper and vegetables. Bring to a boil. Stir in the uncooked noodles and return the chicken to the skillet. Reduce heat to low. Cover skillet and simmer all together, stirring occasionally, for 10 minutes or until chicken meat is no longer pink and noodles are soft. Serve.
Chicken Jambalaya

**Ingredients**

1 small onion, chopped
1 garlic clove, minced
1 tablespoon butter or margarine
1/4 pound fully cooked smoked sausage, cut into 1/2-inch slices
1/2 cup chicken broth
1/2 cup canned diced tomatoes, with juices
1/4 cup chopped green pepper
1 bay leaf
1/8 teaspoon dried thyme
1 dash cayenne pepper
1/4 cup uncooked long grain rice
1/2 cup cubed cooked chicken breast meat
1/4 pound medium shrimp, peeled and deveined

**Directions**

In a skillet, sauté onion and garlic in butter until crisp-tender. Add the sausage, broth, tomatoes, green pepper, bay leaf, thyme and cayenne. Bring to a boil; add rice. Reduce heat; cover and simmer for 15 minutes. Add chicken and shrimp; cook 5-10 minutes longer or until shrimp turn pink and rice is tender. Discard bay leaf before serving.
### Monterey Chicken Fajitas

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons vegetable oil</td>
<td>Heat the oil in a 10 inch skillet over medium-high heat. Add the chicken and cook and stir until it is well browned.</td>
</tr>
<tr>
<td>1 pound skinless, boneless chicken breast, cut into strips</td>
<td>Reduce the heat to medium. Add the pepper and onion. Cook and stir until the vegetables are tender-crisp. Stir in the soup and salsa. Cook until the chicken is cooked through*.</td>
</tr>
<tr>
<td>1 medium green pepper, cut into 2-inch strips</td>
<td>Spoon about 1/2 cup of the chicken mixture down the center of each tortilla. Top with the cheese and additional salsa. Fold the tortilla around the filling.</td>
</tr>
<tr>
<td>1 medium onion, sliced</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)</td>
<td></td>
</tr>
<tr>
<td>1/2 cup Pace® Thick &amp; Chunky Salsa</td>
<td></td>
</tr>
<tr>
<td>8 (8 inch) Mission® Fajita Size Flour Tortillas, warmed</td>
<td></td>
</tr>
<tr>
<td>1 cup shredded Monterey Jack cheese</td>
<td></td>
</tr>
</tbody>
</table>
## Onion-Chicken Stuffing Bake

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (6 ounce) package seasoned stuffing mix</td>
<td></td>
</tr>
<tr>
<td>3 cups cubed cooked chicken</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup, undiluted</td>
<td></td>
</tr>
<tr>
<td>1 cup sour cream</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons onion soup mix</td>
<td></td>
</tr>
<tr>
<td>1 (4 ounce) can mushroom stems and pieces, drained</td>
<td></td>
</tr>
<tr>
<td>1 (8 ounce) can sliced water chestnuts, drained</td>
<td></td>
</tr>
<tr>
<td>1/4 cup grated Parmesan cheese</td>
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</tr>
</tbody>
</table>

### Directions

Prepare stuffing mix according to package directions; set aside.
Place chicken in a greased 2-qt. baking dish. Combine the soup, sour cream and soup mix; spread over the chicken.

Sprinkle with mushrooms and water chestnuts. Spread stuffing over top. Sprinkle with Parmesan cheese. Bake, uncovered, at 350 degrees F for 30-35 minutes or until bubbly.
Easy Creamy Chicken Mushroom Sauce

**Ingredients**

1 tablespoon butter  
1 onion, chopped  
1 pound fresh mushrooms, sliced  
5 cloves garlic, minced  
1 pound small shell pasta  
1 (10.75 ounce) can condensed cream of mushroom soup  
1/8 cup heavy cream  
5 teaspoons ground black pepper, or to taste  
2 tablespoons paprika  
1 pinch salt  
3 cups shredded Medium Cheddar cheese  
2 cups chicken breasts, cooked and chopped

**Directions**

In a large skillet, melt butter over medium heat and add onion, mushrooms and garlic; saute until golden brown.

Bring a large pot of lightly salted water to a boil; add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large saucepan over medium-low heat, combine soup, cream, ground black pepper, paprika and salt; heat until sauce thickens.

Add mushroom mixture to sauce and bring to a slow boil over medium heat; stir in cheese and chopped chicken.

Pour sauce onto pasta; serve.
Creamy Swiss Chicken

Ingredients

- 4 skinless, boneless chicken breast halves
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 1/4 cups white wine
- 1 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 1 teaspoon mustard seed
- 1/2 cup sour cream
- 4 slices Swiss cheese
- 1/2 cup seasoned croutons
- 2 tablespoons butter, melted

Directions

Preheat oven to 350 degrees F (175 degrees C).

Arrange chicken in a lightly greased 9x13 inch baking dish. In a medium bowl, combine the soup, wine, garlic powder, cayenne pepper, mustard seed and sour cream and blend together; set aside.

Top each chicken breast with a slice of Swiss cheese and pour sour cream mixture evenly over the chicken. Crush the bag of croutons and sprinkle evenly over all, then drizzle with melted butter.

Bake at 350 degrees F (175 degrees C) for 50 minutes, or until chicken is cooked through and juices run clear.
Mediterranean Chicken Orzo

Directions

Cook orzo pasta according to package directions. Drain and transfer to a large bowl.

Fold in chicken, sundried tomatoes, olives, basil, lemon juice, olive oil and Parmesan cheese.

Season to taste with salt and ground black pepper.
## Ingredients

- 3 tablespoons olive oil
- 1/2 cup flour
- 2 skinless, boneless chicken breast halves - pounded to 1/2 inch thickness
- 2 fluid ounces orange flavored liqueur, or to taste
- 1/2 cup canned mandarin orange segments, drained
- 1/4 cup chopped fresh chives
- 1/2 cup heavy cream

## Directions

Heat olive oil in a skillet over medium-high heat. Lightly coat chicken breasts in flour, shaking off excess, and brown in oil on both sides. Stir in cointreau, oranges, and heavy cream. Reduce heat to medium, and simmer until liquid has reduced by half. Remove chicken from pan when not longer pink in center, and allow the sauce to reduce another 5 minutes.

Stir in chives, season to taste with salt and pepper.
Cajun Chicken and Sausage Gumbo

Ingredients

1 cup vegetable oil
1 cup all-purpose flour
1 large onion, chopped
1 large green bell pepper, chopped
2 celery stalks, chopped
1 pound andouille or smoked sausage, sliced 1/4 inch thick
4 cloves garlic, minced
salt and pepper to taste
Creole seasoning to taste
6 cups chicken broth
1 bay leaf
1 rotisserie chicken, boned and shredded

Directions

Heat the oil in a Dutch oven over medium heat. When hot, whisk in flour. Continue whisking until the roux has cooked to the color of chocolate milk, 8 to 10 minutes. Be careful not to burn the roux. If you see black specks in the mixture, start over.

Stir onion, bell pepper, celery, and sausage into the roux; cook 5 minutes. Stir in the garlic and cook another 5 minutes. Season with salt, pepper, and Creole seasoning; blend thoroughly. Pour in the chicken broth and add the bay leaf. Bring to a boil over high heat, then reduce heat to medium-low, and simmer, uncovered, for 1 hour, stirring occasionally. Stir in the chicken, and simmer 1 hour more. Skim off any foam that floats to the top during the last hour.
Chicken Fricasee

Ingredients

1 tablespoon vegetable oil
2 (3 pound) whole chickens, cut into pieces
2 onion, peeled and sliced into rings
6 baking potatoes, peeled and quartered
2 teaspoons dried parsley
1 teaspoon freshly ground black pepper
2 (14.5 ounce) cans fat-free chicken broth
1 (10 ounce) package frozen green peas

Directions

Heat oil in a large pot or Dutch oven, over medium-high heat. Briefly brown chicken pieces in batches. When all of the pieces have been browned, return them all to the pot and cover with a layer of sliced onions, and then potatoes. Season with pepper and sprinkle with parsley. Pour the chicken broth over all.

Cover and simmer on low heat for 45 minutes, pushing potatoes down into the liquid occasionally. When potatoes are tender but not mushy, add frozen peas and simmer for 5 more minutes.
Saucy Chicken Squares

**Ingredients**
- 2 cups soft bread crumbs
- 2 cups chicken broth
- 4 eggs, lightly beaten
- 1 celery rib, chopped
- 1 (4 ounce) jar diced pimientos, drained
- 2 tablespoons finely chopped onion
- 1/2 teaspoon salt
- 1/4 teaspoon poultry seasoning
- 3 cups cubed cooked chicken
- 1 cup cooked rice
- 1 cup sliced fresh mushrooms
- 1/3 cup butter or margarine
- 3 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/2 cups milk

**Directions**

In a bowl, combine bread crumbs, broth, eggs, celery, pimientos, onion, salt and poultry seasoning. Add the chicken and rice; mix well. Transfer to a greased 8-in. square baking dish. Bake, uncovered, at 350 degrees F for 55-65 minutes or until bubbly and golden brown.

Meanwhile, in a saucepan, saute mushrooms in butter. Stir in the flour, salt and pepper until blended. Gradually add the milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Cut chicken casserole into squares and serve with mushroom sauce.
Brown Chicken Stock

## Ingredients
- 2 1/2 pounds chicken bones
- 1/4 cup olive oil
- 2 red onions, sliced
- 1 stalk celery
- 2 carrots, diced
- 8 cups water, or as needed
- 1 head garlic, halved
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried basil
- 4 teaspoons kosher salt
- 1 tablespoon cracked black peppercorns

## Directions
1. Preheat the oven to 450 degrees F (220 degrees C). Arrange the chicken bones on a baking sheet. Roast for about 45 minutes in the preheated oven, or until well browned.

2. Heat the olive oil in a stock pot over medium heat. Add the onions, celery and carrots; cook and stir until browned. If they scorch, just add a bit of water and scrape up all the bits.

3. Add the roasted chicken bones to the pot, and fill with enough water to cover the bones by 2 inches. Bring to a boil, and add the garlic, thyme, parsley, basil, salt, and pepper. Reduce heat to low, and simmer uncovered for 2 hours. Add more water if needed.

4. Strain out all of the solids from the broth, drain off the fat, and refrigerate. You can also remove the fat after it has chilled. The stock will be thick. Use full strength for soups and gravies, or dilute with water for a milder flavor. I like to use freezer bags for longer storage.
Stir-Fried Chicken and Rice Noodles

**Ingredients**

- 2 1/2 teaspoons cornstarch
- 1/3 cup reduced-sodium soy sauce
- 1/4 cup white wine or chicken broth
- 2 teaspoons sesame oil
- 1 1/2 pounds boneless skinless chicken breast halves, cut into 1-1/2-inch pieces
- 1/2 cup reduced-sodium chicken broth
- 2 tablespoons sugar
- 1 tablespoon Worcestershire sauce
- 3/4 teaspoon chili powder
- 3 ounces uncooked Asian rice noodles
- 4 teaspoons canola oil, divided
- 3 cups fresh broccoli florets
- 2/3 cup chopped green onions
- 3 garlic cloves, minced
- 2 teaspoons minced fresh gingerroot
- 1/4 cup unsalted dry-roasted peanuts

**Directions**

In a small bowl, combine the cornstarch, soy sauce, wine or broth and sesame oil until smooth. Pour 1/4 cup marinade into a large resealable plastic bag; add the chicken. Seal bag and turn to coat; refrigerate for 20 minutes. Add the broth, sugar, Worcestershire sauce and chili powder to remaining marinade; set aside.

Cook rice noodles according to package directions. Meanwhile, drain and discard marinade from chicken. In a large nonstick skillet or wok, stir-fry chicken in 2 teaspoons canola oil until juices run clear; remove and keep warm.

Stir-fry broccoli in remaining canola oil for 5 minutes. Add the onions, garlic and ginger; stir-fry 3-5 minutes longer or until broccoli is tender. Return chicken to the pan. Stir reserved broth mixture and stir into pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Drain noodles; toss with chicken mixture. Garnish with peanuts.
Roast Chicken with Thyme and Onions

Ingredients

- 2 lemons
- 2 (2.5 pound) whole chickens, peeled and quartered
- 6 shallots, coarsely chopped
- 8 cloves garlic, unpeeled
- 3 tablespoons olive oil
- Salt and pepper to taste
- 1/2 cup butter, softened
- 8 sprigs fresh thyme

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking dish.

- Pierce lemons several times with a fork, and place 1 inside each chicken cavity. Arrange chickens in the center of the prepared baking dish. Place onions, shallots, and garlic around the chickens. Sprinkle vegetables with olive oil, and season with salt and pepper. Spread butter over the chickens, and line each with thyme sprigs.

- Bake 20 minutes in the preheated oven. Increase temperature to 400 degrees F (200 degrees C), and continue baking 30 minutes, or until exterior of chicken is golden brown, meat is no longer pink, and juices run clear. Allow to cool about 15 minutes before serving.
## Chicken Stuffed Shells

### Ingredients
- 1 (6 ounce) package dry bread stuffing mix
- 1 (12 ounce) package jumbo pasta shells
- 1 (10.75 ounce) can condensed cream of celery soup
- 1 (10.75 ounce) can condensed cream of chicken soup
- 2 (14 ounce) cans chicken broth
- Salt and pepper to taste (optional)
- Garlic powder (optional)
- 1 whole cooked chicken, boned and shredded

### Directions
Preheat oven to 350 degrees F (175 degrees C). Prepare the stuffing according to package directions.

Bring a large pot of lightly salted water to a boil. Place pasta shells in the pot, cook 8 to 10 minutes, until al dente, and drain.

In a saucepan, mix the cream of celery soup, cream of chicken soup, and chicken broth. Season with salt, pepper, and garlic powder. Cook and stir 5 minutes, or until heated through.

In a bowl, mix the chicken and prepared stuffing. Fill the cooked pasta shells with the chicken mixture, and arrange in a 9x13 inch baking dish. Pour the soup mixture over the stuffed shells. Cover baking dish with aluminum foil.

Bake 30 minutes in the preheated oven, until bubbly.
**Chicken Pot Pies with Puff Pastry**

**Ingredients**

- 1/2 cup unsalted butter
- 4 cups chicken broth
- 1/2 cup all-purpose flour
- 1/4 cup dried onion flakes
- 1 dash hot pepper sauce
- 1 teaspoon ground black pepper
- 1/2 teaspoon dried thyme
- 1 bay leaf
- 1 (8 ounce) can carrots, drained
- 1 (8 ounce) can white potatoes
- 2 cups diced cooked chicken
- 4 slices Swiss cheese
- 1 sheet frozen puff pastry, cut into four squares
- 1 egg, beaten with
- 1 tablespoon water

**Directions**

Preheat oven to 400 degrees. Spray 4 small, oven-proof bowls with cooking spray.

In a saucepan over medium heat, melt butter. Stir in 2 cups chicken broth, and whisk in all of the flour, gradually adding the remaining chicken broth until you have a smooth, slightly thick base. Mix in onion flakes, hot pepper sauce, pepper, thyme, bay leaf, and carrots. Cook about 5 minutes. Stir in potatoes and chicken, and cook for another 5 minutes.

In the bottom of each prepared bowl, place a slice of Swiss cheese. Divide the chicken mixture equally into the four bowls, over the cheese. Place a puff pastry square over the top of each bowl, pressing lightly around the rim. Brush the pastry with the egg and water mixture. Place the four bowls on a baking sheet.

Bake for about 25 minutes, or until pastry is puffed and golden brown. Let rest at least 5 minutes before serving.
Tender Barbecued Chicken

**Ingredients**

- 1 broiler/fryer chicken (3 to 4 pounds), cut up
- 1 medium onion, thinly sliced
- 1 medium lemon, thinly sliced
- 1 (18 ounce) bottle barbeque sauce*
- 3/4 cup regular cola

**Directions**

Place chicken in a slow cooker. Top with onion and lemon slices. Combine barbecue sauce and cola; pour over all. Cover and cook on low for 8-10 hours or until chicken juices run clear.
Easy Chicken Rice Casserole

**Ingredients**

- 6 skinless, boneless chicken breast halves, cut into bite size pieces
- 2 cups milk
- 2 cups uncooked white rice
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 1 teaspoon seasoned salt

**Directions**

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl combine the milk, rice, soup and seasoned salt if desired. Mix well. Pour mixture into a lightly greased 9x13 inch baking dish. Add the chicken pieces.
- Cover dish tightly with aluminum foil and bake in the preheated oven for approximately 90 minutes or until rice is done, stirring every 30 minutes. Uncover the dish and bake for another 15 minutes to allow the rice to brown.
# Wild Blueberry Chicken Sausage Breakfast

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (10 ounce) package al fresco® All Natural Wild Blueberry Breakfast Chicken Sausage, 1/2-inch pieces</td>
<td></td>
</tr>
<tr>
<td>8 slices multigrain bread</td>
<td></td>
</tr>
<tr>
<td>6 ounces fat free cream cheese</td>
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<tr>
<td>2 cups fresh blueberries</td>
<td></td>
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<tr>
<td>1 cup egg substitute</td>
<td></td>
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<tr>
<td>1 teaspoon cinnamon</td>
<td></td>
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<tr>
<td>2 cups skim milk</td>
<td></td>
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<tr>
<td>1/2 cup Vermont maple syrup</td>
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</table>

## Directions

Spread cream cheese on bread and cube bread. Place the cubes in a 13 x 9 baking pan, sprayed with cooking oil. Sprinkle with cinnamon, top with 1-1/2 cups of blueberries. Place sausage pieces on top of mixture in baking pan. Beat egg substitute, maple syrup and milk together. Carefully pour over mixture in baking pan.

Bake in a 350 degrees F oven for 50 to 60 minutes. Top with remaining blueberries before serving.
Blushing Pomegranate Chicken

**Ingredients**

- 2 pounds sweet potatoes, peeled and quartered
- 3 1/2 pounds bone-in chicken pieces
- 1 cup pomegranate juice
- 1/4 cup sherry vinegar
- 1/4 cup olive oil
- 1 tablespoon brown sugar
- 1 teaspoon ground ginger
- 4 cloves garlic, crushed
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 bunch green onions, sliced
- 1/4 cup pomegranate seeds

**Directions**

Arrange sweet potatoes and chicken pieces in a 9x13 inch baking dish. In a small bowl, mix together pomegranate juice, sherry vinegar, olive oil, brown sugar, ginger, garlic, and salt and pepper. Pour over chicken and sweet potatoes. Cover, and marinate for 1 to 2 hours, turning once.

Preheat oven to 350 degrees F (175 degrees C). Bake, uncovered, in preheated oven for 45 minutes, or until chicken and sweet potatoes are cooked through. Baste with cooking juices several times while cooking.

Sprinkle with green onion and pomegranate seeds before serving.
Vegetable Chicken Soup

Ingredients

- 3 quarts water
- 2 large carrots, sliced
- 1 cup chopped onion
- 3 celery ribs, sliced
- 2 cups broccoli florets
- 2 cups cauliflowerets
- 2 garlic cloves, minced
- 3 tablespoons chicken bouillon granules
- 3 tablespoons picante sauce
- 2 1/4 teaspoons minced fresh thyme
- 2 1/4 teaspoons minced fresh basil
- 1 teaspoon minced fresh rosemary
- 1/4 teaspoon cayenne pepper
- 2 cups cubed cooked chicken breast
- 3 1/2 cups egg noodles, cooked and drained

Directions

In a large soup kettle, combine water, carrots, onion and celery. Bring to a boil. Reduce heat; cover and simmer for 20 minutes or until the vegetables are tender. Add broccoli, cauliflower, garlic, bouillon, picante sauce and seasonings. Cover and simmer for 20 minutes or until broccoli and cauliflower are tender. Add chicken and noodles. Cover and simmer for 5 minutes or until heated through.
Super Easy Chicken Fingers

**Ingredients**

- 1 pound skinless, boneless chicken breast halves - cut into bite size pieces
- 4 tablespoons butter, melted
- 1 1/4 cups Italian seasoned bread crumbs

**Directions**

Preheat oven to 325 degrees F (165 degrees C).

Roll chicken pieces in the melted butter or margarine, then roll in the breadcrumbs.

Bake the chicken fingers in the preheated oven for about 10 minutes. Turn them over and cook for another 10 minutes or until they are brown and pierce easily with a fork. Ready to serve!
Braised Balsamic Chicken

Ingredients

6 skinless, boneless chicken breast halves
ground black pepper to taste
1 teaspoon garlic salt
2 tablespoons olive oil
1 onion, thinly sliced
1/2 cup balsamic vinegar
1 (14.5 ounce) can diced tomatoes
1 teaspoon dried basil
1 teaspoon dried oregano
1 teaspoon dried rosemary
1/2 teaspoon dried thyme

Directions

Season chicken breasts with ground black pepper and garlic salt. Heat olive oil in a medium skillet, and brown the onion and seasoned chicken breasts.

Pour tomatoes and balsamic vinegar over chicken, and season with basil, oregano, rosemary and thyme. Simmer until chicken is no longer pink and the juices run clear, about 15 minutes.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
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</thead>
<tbody>
<tr>
<td>2 (10.75 ounce) cans</td>
<td>Preheat oven to 350 degrees F (175 degrees C).</td>
</tr>
<tr>
<td>cream of chicken soup</td>
<td>In a 9x13 inch baking dish, combine the cream</td>
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<tr>
<td>2 (10.75 ounce) cans</td>
<td>of chicken soup, cream of mushroom soup, sour</td>
</tr>
<tr>
<td>cream of mushroom soup</td>
<td>cream and sherry. Mix all together.</td>
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<tr>
<td>1 (16 ounce) container</td>
<td>Add the chicken breasts and immerse them in</td>
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<tr>
<td>sour cream</td>
<td>the sauce.</td>
</tr>
<tr>
<td>1 cup cream sherry</td>
<td>Bake in the preheated oven, uncovered, for</td>
</tr>
<tr>
<td>6 skinless, boneless</td>
<td>about 45 minutes or</td>
</tr>
<tr>
<td>chicken breast halves</td>
<td>until chicken is cooked through (no longer</td>
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<td></td>
<td>pink inside).</td>
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Chicken with Oriental Stuffing

**Ingredients**

- 3/4 cup finely chopped onion
- 1 1/4 cups butter or margarine, divided
- 3 bacon strips, cooked and crumbled
- 1 (14.5 ounce) can bean sprouts, drained
- 1 (8 ounce) can sliced water chestnuts, drained
- 1 (4 ounce) can mushroom stems and pieces, drained and chopped
- 1 tablespoon Worcestershire sauce
- 1/8 teaspoon ground ginger
- 10 cups cubed day-old bread
- 1/2 teaspoon salt
- pepper to taste
- 8 chicken leg quarters

**Directions**

In a large saucepan, saute onion in 1 cup butter until tender. Add bacon, bean sprouts, water chestnuts, mushrooms, Worcestershire sauce and ginger. Cook and stir over medium heat for 1 minute. Remove from the heat; stir in the bread cubes, salt and pepper. Transfer to a greased 3-qt. baking dish.

Place the chicken in a greased 15-in. x 10-in. x 1-in. baking pan. Melt the remaining butter; brush over chicken. Bake at 350 degrees F for 40-45 minutes or until a meat thermometer reads 180 degrees F. Bake the stuffing alongside for 30-35 minutes or until heated through.
Gravy Stuffing Chicken Bake

**Ingredients**

1 (3 pound) roasted chicken  
1 (15 ounce) can corn  
1 (16 ounce) can sliced carrots, drained (optional)  
1 (12 ounce) jar chicken gravy  
1 (12 ounce) jar turkey gravy  
3 cups prepared stuffing

**Directions**

Preheat oven to 400 degrees F (200 degrees C).

Shred or tear the chicken into bite size pieces. Try to get most off the whole chicken as possible, or as much as you think you can handle.

Place torn chicken in a 9x13 inch baking dish. Mix corn and carrots around with the chicken, then pour chicken gravy and turkey gravy on top and mix. Sprinkle stuffing over top to cover.

Bake at 400 degrees F (200 degrees C) for about 30 minutes, or until golden brown.
## Crunchy Curried Chicken

### Ingredients

- 4 1/2 cups cooked long-grain rice
- 1 cup cubed cooked chicken
- 1 cup cubed fully cooked ham
- 1 (8 ounce) can water chestnuts, drained and chopped
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1 1/4 cups milk
- 1/2 cup mayonnaise
- 1/4 cup minced fresh parsley
- 3/4 teaspoon salt
- 1/8 teaspoon curry powder
- 1/3 cup sliced almonds

### Directions

Place rice in a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with chicken, ham and water chestnuts. Combine the next six ingredients; pour over chicken mixture. Bake, uncovered, at 350 degrees F for 30-35 minutes or until bubbly. Sprinkle with almonds; bake 5 minutes longer.
**Aussie Chicken**

**Ingredients**
- 4 skinless, boneless chicken breast halves - pounded to 1/2 inch thickness
- 2 teaspoons seasoning salt
- 6 slices bacon, cut in half
- 1/2 cup prepared yellow mustard
- 1/2 cup honey
- 1/4 cup light corn syrup
- 1/4 cup mayonnaise
- 1 tablespoon dried onion flakes
- 1 tablespoon vegetable oil
- 1 cup sliced fresh mushrooms
- 2 cups shredded Colby-Monterey Jack cheese
- 2 tablespoons chopped fresh parsley

**Directions**

Rub the chicken breasts with the seasoning salt, cover and refrigerate for 30 minutes.

Preheat oven to 350 degrees F (175 degrees C). Place bacon in a large, deep skillet. Cook over medium high heat until crisp. Set aside.

In a medium bowl, combine the mustard, honey, corn syrup, mayonnaise and dried onion flakes. Remove half of sauce, cover and refrigerate to serve later.

Heat oil in a large skillet over medium heat. Place the breasts in the skillet and saute for 3 to 5 minutes per side, or until browned. Remove from skillet and place the breasts into a 9x13 inch baking dish. Apply the honey mustard sauce to each breast, then layer each breast with mushrooms and bacon. Sprinkle top with shredded cheese.

Bake in preheated oven for 15 minutes, or until cheese is melted and chicken juices run clear. Garnish with parsley and serve with the reserved honey mustard sauce.
## Ingredients

2 skinless, boneless chicken breast halves  
1 cup salt for rubbing  
2 tablespoons vegetable oil  
1 onion, finely chopped  
2 cloves garlic, finely chopped  
5 tablespoons light soy sauce  
2 tablespoons sesame oil  
2 sprigs fresh cilantro  

## Directions

Place chicken and salt in a bowl. Evenly rub salt into chicken. Refrigerate 30 minutes.

Rinse chicken and place in a pot fitted with a steamer basket over water. Bring water to a boil, and steam chicken until juices run clear, about 30 minutes.

Heat vegetable oil in a skillet over medium heat. Stir in onion and cook until tender. Mix in garlic, and cook about 1 minute. Stir in soy sauce and sesame oil, and remove from heat. Scoop over the chicken to serve. Garnish with cilantro.
Ingredients

Wings:
3 1/2 pounds chicken wings, tips on
1 (28 ounce) can tomato sauce
3 (10.75 ounce) cans tomato soup
2 teaspoons ground cloves
2 cloves garlic, crushed
8 bay leaves
1 teaspoon cayenne pepper
salt and pepper to taste

Rice:
2 cups long grain rice, rinsed and drained
4 cups water
1 teaspoon cloves
1 1/2 teaspoons salt
2 teaspoons ground turmeric
1/3 cup slivered almonds
1/3 cup golden raisins

Directions

Preheat oven to 400 degrees F (200 degrees C).

Pour tomato sauce and soup into a large roasting pan. Stir in cloves, garlic, bay leaves, cayenne, and salt and pepper. Take the tip of each chicken wing and bend it back, securing it under the joint where thigh and drummette are joined. Place wings in pan, and spoon sauce over chicken.

Cover pan, and bake in a preheated oven for 30 minutes. Reduce heat to 325 degrees F (165 degrees C), and bake until sauce is thick, about 1 1/2 hours.

To prepare rice, combine rice, water, cloves, salt, turmeric, almonds, and raisins in a large saucepan over high heat. Bring to a boil. Reduce heat, and simmer until rice is cooked, about 10 minutes.
**Ingredients**

- 2 skinless, boneless chicken breast halves - pounded thin
- 1 chorizo sausage, removed from casing
- 1/2 teaspoon dill
- 1/4 cup bread crumbs
- 1/2 ounce pine nuts, chopped
- 1/4 teaspoon salt and freshly ground pepper, to taste
- olive oil for brushing
- 1 1/2 teaspoons olive oil

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Prepare a glass baking dish with vegetable oil cooking spray.

Lay the chicken breasts on a work surface and spread evenly with the chorizo. Sprinkle with dill, breadcrumbs, and pine nuts. Roll tightly, brush with olive oil, and season with salt and pepper. Place seam side down into prepared baking dish.

Bake in preheated oven until chicken has cooked through, about 20 minutes. Remove chicken rolls from oven, and slice into 1 inch thick slices. Pour 1 1/2 teaspoons of olive oil in a frying pan and place over medium-high heat. Fry chicken pieces for 1 to 2 minutes on each side until lightly browned.
### Ingredients

- 4 skinless, boneless chicken breasts
- 1 teaspoon vegetable oil
- 1 1/2 onions, chopped
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 tablespoon chopped roasted garlic
- 1/2 (14 ounce) can coconut milk
- Salt and pepper to taste
- 1 pinch crushed red pepper flakes

### Directions

Preheat oven to 425 degrees F (220 degrees C).

In a large skillet, fry chicken breast in vegetable oil until the chicken just begins to brown.

Stir onions, green bell peppers and red bell peppers into the skillet with the chicken. Saute until the onions are translucent. When the vegetables are translucent, stir in the garlic and coconut milk. Let the mixture cook 5 to 8 minutes before removing the skillet from the heat. Season with salt, pepper, and red pepper flakes.

Transfer the mixture to a 9x13 inch baking dish and bake in a 425 degrees F (220 degrees C) oven for 45 minutes, or until the vegetables cook down and the chicken is tender.
Baked Sesame Chicken

**Ingredients**
- 2 tablespoons soy sauce
- 1/4 cup toasted sesame seeds
- 2 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1 pinch ground black pepper
- 4 skinless, boneless chicken breast halves
- 2 tablespoons butter, melted

**Directions**
Preheat oven to 400 degrees F (200 degrees C).

Place soy sauce in a 9x13 inch baking dish. On a piece of wax paper, mix together the sesame seeds, flour, salt and pepper. Dip the chicken pieces in the soy sauce to coat, then dredge in the sesame seed mixture. Arrange in baking dish in a single layer, then drizzle with melted butter.

Bake at 400 degrees F (200 degrees C) for approximately 40 minutes, or until chicken is cooked through and tender and juices run clear. Baste with drippings once during cooking time. Garnish with extra sesame seeds if desired, and serve.
Oatmeal Baked Chicken

Ingredients

- 1 1/2 cups quick-cooking oats
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 1 teaspoon salt
- 3/4 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon pepper
- 1 (3 1/2) pound broiler-fryer chicken, cut up
- 1/2 cup milk
- 2 tablespoons butter or margarine, melted

Directions

Coat a 13-in. x 9-in. x 2-in. baking dish with nonstick cooking spray; set aside. In a shallow bowl or large resealable plastic bag, combine oats, paprika, chili powder, salt if desired, garlic powder, cumin and pepper. Dip chicken in milk, then coat with oat mixture. Place in prepared baking dish. Drizzle with butter. Bake, uncovered, at 375 degrees F for 45-50 minutes or until juices run clear.
**Ingredients**

- 3 slices ham, chopped
- 1 onion, chopped
- 3 stalks celery, sliced thin
- 2 pounds peeled and cubed potatoes
- 3 cups chicken broth
- 1 1/2 cups water
- 1 1/2 pounds chicken tenderloins
- 4 cups fresh corn kernels
- 3 cups skim milk
- 1 1/2 teaspoons dried thyme
- 1/4 teaspoon ground black pepper
- salt and pepper to taste
- 6 teaspoons all-purpose flour

**Directions**

Put onion, ham, celery, chicken broth, water, and chicken tenderloins in 6 quart stock pot. With stock pot partially covered bring to a boil, lower heat and simmer for about 15 to 20 minutes or until chicken is cooked through. Remove chicken and set aside.

Add corn, potatoes, milk, thyme, and pepper to pot, salt is optional. Simmer, uncovered until potatoes are tender.

Cut chicken tenderloins into 1/2 inch pieces and return to stock pot.

Thicken soup with cornstarch or flour, adding in 2 tablespoon increments and stirring. Once soup has reached desired thickness let simmer 5 minutes and then serve.
Simple Southwestern Chicken Salad

Ingredients

- 2 boneless chicken breast halves, cooked and cubed
- 3/4 cup mayonnaise
- 1/4 cup chopped celery
- Chopped fresh cilantro to taste
- 1 (1 ounce) package taco seasoning mix

Directions

In a medium bowl, combine the chicken, mayonnaise, celery, cilantro and seasoning mix. Mix well.

Cover bowl and refrigerate for 1 hour.
Chicken and Summer Squash

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon butter
- 1 tablespoon vegetable oil
- 3/4 pound yellow squash, sliced
- 3/4 pound zucchinis, sliced
- 1 medium tomato - peeled, seeded and chopped

**Directions**

In a large nonstick skillet, melt butter in the oil over medium high heat. Season chicken with half of the salt and half of the pepper, and add it to skillet. Cook until lightly browned, about 2 minutes per side. Transfer to large plate or platter, and cover to keep warm.

Pour off fat from skillet, and add squash, zucchini, and tomato. Season with remaining salt and pepper. Cook and stir over medium-high heat until squash is slightly softened, about 3 minutes. Reduce heat, and return chicken to skillet. Cover partially. Cook until squash is soft, and chicken is white throughout but still juicy, about 5 minutes longer.

Transfer chicken to platter, and cover with foil to keep warm. Raise heat to high. Cook vegetable mixture, stirring often, until almost all of the liquid has evaporated, about 2 minutes. Arrange vegetables around chicken, and serve.
Sunday Chicken Supper

Ingredients

- 4 medium carrots, cut into 2-inch pieces
- 1 medium onion, chopped
- 1 celery rib, cut into 2 inch pieces
- 2 cups fresh green beans (2-inch pieces)
- 5 small red potatoes, quartered
- 1 (3 pound) broiler/fryer chicken cut up
- 4 bacon strips, cooked and crumbled
- 1 1/2 cups hot water
- 2 teaspoons chicken bouillon granules
- 1 teaspoon salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried basil
- 1 pinch pepper

Directions

In a 5-qt. slow cooker, layer the first seven ingredients in order listed.

In a bowl, combine the remaining ingredients; pour over the top. Do not stir. Cover and cook on low for 6-8 hours or until vegetables are tender and chicken juices run clear.

Remove chicken and vegetables. Thicken juices for gravy if desired.
Grilled Orange Vinaigrette Chicken Salad

**Ingredients**

- 1/2 cup orange juice
- 1/2 cup white wine vinegar
- 1/4 cup olive oil
- 4 tablespoons salt-free garlic and herb seasoning blend
- 1 1/2 tablespoons white sugar
- 1 pound skinless, boneless chicken breast halves
- 1 head romaine lettuce- rinsed, dried and chopped
- 1 (11 ounce) can mandarin oranges, drained
- 1 cup chopped fresh broccoli
- 1 cup chopped baby carrots

**Directions**

Preheat grill for medium-high heat.

In a bowl, whisk together the orange juice, vinegar, olive oil, seasoning blend, and sugar. Set aside about 1/2 cup for basting.

Lightly oil the grill grate. Grill chicken for 6 to 8 minutes on each side, basting frequently with the reserved portion of the dressing, or until juices run clear. Cool, and cut into strips. Discard basting sauce.

In a large bowl, toss together the lettuce, oranges, broccoli, and carrots. Top the salad with grilled chicken strips, and drizzle with remaining dressing to serve.
**Best Pennsylvania Dutch Chicken Corn Soup**

### Ingredients
- 2 (3 pound) whole chickens, cut into pieces
- 3 quarts water
- 3 onions, minced
- 1 cup chopped celery
- 2 1/2 tablespoons salt
- 1 1/4 teaspoons ground nutmeg
- 1/4 teaspoon ground black pepper
- 10 ears fresh corn
- 3 eggs
- 1 cup sifted all-purpose flour
- 1/2 cup milk

### Directions

In a large pot over medium heat, combine chicken, water, onions, celery, salt, nutmeg and pepper. Bring to a boil, then reduce heat and simmer 2 hours, adding water as needed, until chicken is very tender. Remove the chicken from the soup. Refrigerate chicken and soup.

When fat solidifies on surface of soup, remove from refrigerator and remove fat. Remaining soup should equal about 2 1/2 quarts.

Remove corn from cobs by splitting kernels lengthwise with a sharp knife and scraping corn from cob. Combine soup and corn in a large pot over medium heat and bring to a boil. Reduce heat and simmer until corn is tender, 10 to 15 minutes.

Meanwhile, place two of the eggs in a small saucepan and cover with cold water. Bring to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop. Set aside.

Chop cooled chicken meat and add to soup.

In a medium bowl, beat remaining egg until light in color. Beat in flour and milk until smooth. Drop batter by partial spoonfuls into hot broth to make small (1/4 -1/2 inch round) dumplings. Cook, stirring constantly, for 2 to 5 minutes, until dumplings hold their shape and float to the surface. Stir in reserved cooked egg.
Chicken Brunswick Stew

**Ingredients**

2 1/2 pounds chopped, cooked chicken
2 cups water
1 teaspoon ground black pepper
1/2 teaspoon salt
4 tomatoes, sliced
1 1/2 onions, chopped
1 (16 ounce) package frozen lima beans, thawed
1 (16 ounce) package frozen corn kernels, thawed
1 (16 ounce) package frozen okra, thawed
1 bay leaf

**Directions**

In a large, microwave safe bowl, combine chicken, water, pepper and salt. Microwave on high 15 minutes. Stir in tomatoes, onions, limas, corn, okra and bay leaf. Microwave 7 minutes. Remove bay leaf and microwave 15 minutes more, stirring occasionally, until tender.
Baked Chicken Sandwiches with Mushroom Sauce

**Ingredients**

- 16 slices white sandwich bread
- 8 slices Swiss cheese
- 2 cups cubed, cooked chicken
- 4 eggs
- 2 1/2 cups milk
- 1/4 teaspoon pepper
- 1 cup cornflake crumbs
- 1 tablespoon butter, melted

**MUSHROOM SAUCE:**

- 1 (8 ounce) can mushroom stems and pieces, drained
- 2 tablespoons butter
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1/2 cup milk
- 1/2 teaspoon dried thyme

**Directions**

In a greased 15-in. x 10-in x 1-in. baking pan, arrange eight slices of bread. Place a slice of cheese on each; top with chicken and another slice of bread. Beat eggs, milk and pepper; pour over the sandwiches. Combine crumbs and butter; sprinkle over sandwiches. Bake at 350 degrees F for 1 hour and 20 minutes or until golden brown.

Meanwhile, for sauce, saute mushrooms in butter. Add remaining ingredients; mix well. Heat through but do not boil. Spoon over sandwiches.
## Ingredients

- 8 skinless, boneless chicken breast halves
- 2 tablespoons all-purpose flour
- 2 tablespoons salt
- 2 tablespoons ground black pepper
- 3 tablespoons olive oil
- 1 teaspoon minced garlic
- 1 (6 ounce) can frozen orange juice concentrate, thawed
- 1/2 cup vegetable stock
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 green bell pepper, chopped
- 1 red onion, chopped
- 1 cup sliced fresh mushrooms
- 1/2 cup sliced black olives

## Directions

Coat chicken with flour, salt and pepper. Heat oil in a large skillet over medium high heat, and sauté garlic until tender. Add chicken and sauté until browned.

Pour orange juice concentrate over chicken and cover; cook for 3 to 5 minutes, then stir in vegetable stock, cover and simmer for 15 minutes, basting with skillet juices.

Add oregano, thyme, pepper and onion; mix well and simmer for another 5 minutes. Stir in mushrooms, cover and cook for another 5 minutes. Add olives, cook for 1 more minute and serve.
## Easy Cream of Chicken Rice Soup

### Ingredients

- 2 tablespoons olive oil
- 2 skinless, boneless chicken breast halves - shredded
- salt and pepper to taste
- 1 tablespoon butter
- 1/2 small onion, chopped
- 2 cloves garlic, finely chopped
- 3 tablespoons all-purpose flour
- 10 sprigs Italian flat leaf parsley
- 3 sprigs fresh thyme
- 1 bay leaf
- 3 cups chicken stock
- 3 cups milk
- 1 cup water
- 1 cup uncooked instant rice
- 1 teaspoon Old Bay Seasoning TM

### Directions

1. Heat the olive oil in a large pot over medium heat. Place chicken in the pot, season with salt and pepper, and cook 5 minutes, until juices run clear. Remove chicken, and set aside. Reduce heat to medium-low. Melt butter in the pot. Stir in onion and garlic and cook 5 minutes. Stir in flour, and cook until lightly browned.

2. With a piece of kitchen twine, tie together the parsley sprigs, thyme sprigs, and bay leaf. Pour stock and milk into the pot, and stir in the cooked chicken. Place herb bundle into soup. Simmer 25 minutes.

3. Bring the water to a boil in a separate pot, and stir in instant rice. Cover, reduce heat to low, and simmer 5 minutes.

4. Remove and discard herb bundle from soup. Stir in cooked rice and season with Old Bay before serving.
Skillet Chicken Pasta

Directions

Bring a large pot of water to a boil over high heat. Stir in the spaghettini, and return to a boil. Cook the pasta until it has cooked through, but is still firm to the bite, about 6-8 minutes. Drain well and keep warm.

Heat 2 tablespoons oil in a large skillet over medium heat. Stir in the tomatoes; cook until they soften and begin to break down. Stir in the garlic powder, oregano, basil, salt, pepper, sugar, and ketchup. Heat sauce through and reserve.

Heat the remaining 3 tablespoons oil in a separate cast iron skillet over medium heat. Stir in chicken; cook until browned. Stir in crushed garlic cloves; cook for 1 additional minute.

Remove chicken from skillet and reserve. Turn heat to high. Stir the green pepper, red pepper, onion, and mushrooms into the skillet and cook until they begin to soften. Stir in browned chicken. Turn heat to medium and cook until chicken is no longer pink in the center, and the vegetables are cooked through, about 5 minutes.

Toss the chicken and vegetables with the tomato sauce and the hot pasta. Serve sprinkled with Parmesan cheese.

Ingredients

1/2 (8 ounce) package spaghettini
2 tablespoons olive oil
8 roma (plum) tomatoes, halved and sliced
1 teaspoon garlic powder
1/2 teaspoon dried oregano
2 teaspoons dried basil
1 pinch salt
1 teaspoon ground black pepper
1 1/2 teaspoons white sugar
1 tablespoon ketchup
3 tablespoons olive oil
2 skinless, boneless chicken breasts, cut into thin strips
2 garlic cloves, crushed
1 green bell pepper, chopped
1 red bell pepper, chopped
1 red onion, chopped
1 cup sliced fresh mushrooms (optional)
1/4 cup grated Parmesan cheese
Honey-Glazed Chicken

Ingredients

2/3 cup soy sauce
2/3 cup sherry or apple juice
2/3 cup honey
1/2 cup water
1 small onion, chopped
2 garlic cloves, minced
1/4 teaspoon ground ginger
2 broiler/fryer chickens (3 to 4 pounds), cut up

Directions

In a large resealable plastic bag, combine the first seven ingredients. Add chicken; seal and turn to coat. Refrigerate for 1-2 hours. Place chicken and marinade in two greased 13-in. x 9-in. x 2-in. baking dishes. Bake, uncovered, at 350 degrees F for 1 hour or until juices run clear. Drain marinade and serve with chicken.
Ingredients

- 4 (4 ounce) boneless, skinless chicken breast halves
- 1/2 cup seasoned bread crumbs
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon dried basil
- 1 egg
- 1 tablespoon butter or margarine
- 1 tablespoon vegetable oil

Directions

Flatten chicken to 1/4-in. thickness. In a shallow bowl, combine bread crumbs, Parmesan cheese and basil. In another bowl, beat the egg. Dip chicken into egg, then coat with crumb mixture. In a large skillet, brown chicken in butter and oil over medium heat for 3-5 minutes on each side or until juices run clear.
**Ingredients**

- 1/2 cup butter
- 6 tablespoons brown sugar
- 1 pound skinless, boneless chicken breast halves - cut into 1 inch cubes
- salt and pepper to taste
- 1/4 cup all-purpose flour
- 2 small bananas, sliced
- 2 (1.5 fluid ounce) jiggers amaretto liqueur
- 3/4 cup coconut-flavored rum

**Directions**

Melt the butter in a large skillet over medium heat, and stir in the brown sugar. Season the chicken with salt and pepper, and toss with flour to coat. Add chicken and bananas to the skillet, and cook stirring occasionally until chicken is almost cooked through. Stir in the amaretto and rum, and heat through. Remove from the burner, and use a long match or lighter to flambe. Allow to burn until the alcohol cooks off and the flame goes out. Serve and enjoy!
Cream of Chicken and Potato Soup

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/2 cup butter</td>
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<tr>
<td>1/2 cup all-purpose flour</td>
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<tr>
<td>1 onion, chopped</td>
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<tr>
<td>1 bunch chopped fresh chives</td>
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<tr>
<td>2 quarts heavy cream</td>
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<tr>
<td>2 cups water</td>
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<td>1 quart milk</td>
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<td>3 teaspoons ground cumin</td>
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<td>2 teaspoons salt</td>
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<td>2 teaspoons ground black pepper</td>
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<td>2 teaspoons garlic powder</td>
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<tr>
<td>2 teaspoons dried thyme</td>
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<tr>
<td>4 potatoes, peeled and cubed</td>
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<tr>
<td>1 pound skinless, boneless chicken breast halves - cut into cubes</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons chopped fresh parsley</td>
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### Directions

Melt the butter in a large pot over medium heat. Stir in the flour until absorbed thoroughly by the butter. Add the onion and chives and saute for 5 minutes. Pour in the cream, water, milk, cumin, salt, ground black pepper, garlic powder, thyme, potatoes and chicken. Reduce heat to low and let simmer for 1 hour. Remove from heat, let cool slightly, pour into individual bowls and garnish each with parsley.
Simply Parmesan Chicken

**Ingredients**

1/2 cup dried bread crumbs  
1/2 cup grated Parmesan cheese  
2 teaspoons Italian seasoning  
1 egg, beaten  
5 skinless, boneless chicken breasts

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl mix together the bread crumbs, Italian seasoning and Parmesan cheese. Dip chicken breasts in egg, then in bread crumb mixture to coat. Place coated chicken in a 9x13 inch baking dish.

Bake in the preheated oven for 30 to 35 minutes or until juices run clear, turning over chicken 5 minutes before removing from oven.
Ingredients

4 skinless, boneless chicken breast halves - pounded thin
6 oranges, juiced
3 tablespoons thinly sliced green onion
ground black pepper to taste

Directions

Hit the chicken fillets with a tenderizing mallet until they are slightly thinned out.

Put the orange juice, green onions and black pepper into a skillet over medium heat. Don't cook over high heat, or the juice will burn and go bitter.

Poach the chicken in the juice mixture until it is firm and the juices run clear. This usually takes about 10 minutes, depending on the thickness of the filets. Place the chicken on a serving plate and pour some of the juice mixture on top. Serve.
## Creamy Pesto Pasta Salad with Chicken,

### Ingredients

**Creamy Buttermilk Dressing:**
- 1 large garlic clove, minced
- 1/3 cup mayonnaise
- 1/3 cup sour cream
- 1/3 cup buttermilk
- 3 tablespoons rice wine vinegar

**Pasta Salad:**
- 2 tablespoons salt
- 1 pound bow tie (farfalle) pasta
- 8 ounces trimmed asparagus, cut into 1-inch lengths
- 1 pound cooked chicken breast strips, pulled into bite-size pieces
- 8 ounces cherry tomatoes, halved and lightly salted
- 1 (14 ounce) can whole artichoke hearts, drained, cut into sixths
- 3 green onions, thinly sliced
- 1/2 cup pine nuts, toasted in a small skillet over low heat until golden
- 1/4 cup pesto (homemade or refrigerated prepared variety)

### Directions

Mix dressing ingredients in a small bowl; keep chilled until ready to toss with salad. (Store in clean jar with lid.)

Bring 1 gallon of water and 2 Tbs. of salt to boil in a large soup kettle. Add pasta and, using package times as a guide, boil, stirring frequently and adding asparagus the last 1 minute, until just tender. Drain thoroughly (do not rinse) and dump onto a large, lipped cookie sheet. Set aside to cool while preparing remaining salad ingredients.

Place all salad ingredients (except buttermilk dressing) in a large bowl or transfer to a gallon-size zippered bag. (Can be covered and refrigerated several hours at this point.) When ready to serve, add dressing; toss to coat and serve.
Easy Mexican Fried Chicken

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1 quart buttermilk
- 2 (1.25 ounce) packages taco seasoning mix
- 3 tablespoons olive oil
- 1 1/2 cups all-purpose flour

**Directions**

In a resealable plastic bag combine the chicken, buttermilk and 1 packet of taco seasoning. Seal and shake to mix together. Refrigerate and let marinate overnight.

In a large skillet, heat the olive oil over medium low heat. Mix flour and the other packet of taco seasoning in a shallow dish or plate. Remove chicken from refrigerator and remove chicken from marinade. Discard marinade.

Coat chicken with flour mixture and fry in skillet until cooked through and juices run clear, 15 to 20 minutes.
Ingredients

1 1/4 cups all-purpose flour
1/2 teaspoon salt
1/4 teaspoon poultry seasoning
1/4 cup shortening
1 egg, beaten
1/4 cup milk
3 cups chicken broth
1 cup cubed cooked chicken

Directions

In a bowl, combine flour, salt and poultry seasoning; cut in shortening until crumbly. Combine egg and milk; stir into flour mixture just until combined. On a heavily floured surface, roll dough to 1/4-in. thickness. Cut into 1-in. strips; cut strips into 2-in. lengths. In a large saucepan, bring broth to a boil. Add chicken. Reduce heat; drop dumplings onto simmering broth. Cover and simmer for 15-20 minutes or until a toothpick inserted in a dumpling comes out clean (do not lift the cover while simmering).
Skillet Sweet and Tangy Chicken

Ingredients

- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breasts
- 1 (10.75 ounce) can Campbell’s® Condensed Tomato Soup
- 1 tablespoon packed brown sugar
- 2 tablespoons vinegar
- 1 tablespoon Worcestershire sauce
- 4 cups hot cooked rice

Directions

Heat oil in skillet. Add chicken and cook until browned.

Add soup, sugar, vinegar and Worcestershire. Heat to a boil.

Cover and cook over low heat 10 minutes or until done. Serve with rice.
## Ingredients

1 (12 inch) pre-baked Italian pizza crust  
1 1/2 cups whole-berry cranberry sauce from a 16-ounce can  
2 cups shredded chicken*  
4 ounces Brie, cut into small chunks  
3 green onions, thinly sliced  
1/4 cup slivered almonds  
1 cup shredded mozzarella

## Directions

Adjust oven rack to lowest position, and heat oven to 450 degrees. Place crust on a cookie sheet, and spread 1 cup of cranberry sauce over the crust. Toss remaining 1/2 cup with chicken. Top pizza with chicken, brie, green onions, almonds and mozzarella. Bake until the crust is crisp and cheese melts, 10 to 12 minutes. Cut into 6 slices and serve.
Spicy Mango Sweet Potato Chicken

**Ingredients**

- 2 cups cubed peeled sweet potatoes
- 2 tablespoons vegetable oil
- 1 pound skinless, boneless chicken breast halves - cubed
- 1 clove garlic, minced
- 6 tablespoons tamari soy sauce
- 3/4 cup water
- 3 tablespoons honey
- 3 tablespoons hot sauce, or to taste
- 1 ripe mango, peeled and cubed
- 1/4 teaspoon crushed red pepper flakes
- 1 teaspoon cornstarch
- 1 tablespoon warm water

**Directions**

Place the sweet potatoes into a saucepan and fill with enough water to cover. Simmer over medium-high heat until tender, about 15 minutes. Drain and set aside.

Meanwhile, heat 2 tablespoons of vegetable oil in a skillet over medium-high heat. Stir in chicken, and cook until no longer pink in the center, about 5 minutes; set aside. Stir garlic into the skillet, and cook for a few minutes, until fragrant. Pour in the tamari, 3/4 cup of water, honey, and hot sauce. Bring to a simmer, then stir in the sweet potato, chicken, mango, and red pepper flakes. Cook and stir until hot. Dissolve the cornstarch in 1 tablespoon of water, and stir into the simmering mixture; stir until thickened.
Easy Chicken and Broccoli Casserole

**Ingredients**

- 1 cup uncooked white rice
- 2 cups water
- 1 head broccoli, cut into florets
- 3 cups cubed cooked chicken
- 1 1/2 cups shredded Cheddar cheese
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 1 cup fat-free plain yogurt
- 1/3 cup slivered almonds
- 1/4 teaspoon curry powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 3 tablespoons lemon juice

**Directions**

Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Meanwhile, bring a large pot of lightly salted water to a boil. Add the broccoli florets, and cook uncovered until just tender, about 4 minutes. Drain in a colander, then immediately rinse with cold water for several minutes until cold to stop the cooking process. Once the broccoli is cold, drain well, chop into small pieces, and place into a mixing bowl.

Preheat an oven to 350 degrees F (175 degrees C).

Stir the cooked rice, chicken, Cheddar cheese, cream of chicken soup, yogurt, almonds, curry powder, garlic powder, pepper, and lemon juice into the broccoli until evenly mixed. Spoon the mixture into a 9x13 inch baking dish.

Bake in the preheated oven until hot and bubbly, about 30 minutes.
Savory Herb-Crusted Chicken Pot Pie

Ingredients
- 1 sheet Pepperidge Farm® Puff Pastry
- 1 eggs
- 1 tablespoon water
- 1 1/2 pounds diced cooked chicken
- 1 (24 ounce) bag frozen mixed vegetables (corn, peas, carrots, green beans and lima beans)
- 2 tablespoons butter
- 1/2 cup all-purpose flour
- 2 cups Swanson® Chicken Broth (Regular, Natural Goodness™, or Certified Organic)
- 2 tablespoons coarsely chopped fresh herbs (parsley, thyme and/or oregano)

Directions
- Thaw the pastry sheet at room temperature for 40 minutes or until it's easy to handle. Heat the oven to 400 degrees F. Stir the egg and water with a fork in a small bowl.

- Stir the chicken and vegetables in a 13x9 inch shallow baking dish. Set aside.

- Heat the butter in a 2 quart saucepan over medium heat. Add the flour and cook for 3 minutes, stirring constantly. Gradually stir the broth into the saucepan and heat to a boil, stirring constantly. Reduce the heat to a low and cook for about 3 minutes or until the mixture thickens. Pour over the chicken mixture.

- Unroll the pastry sheet on a lightly floured surface. Roll the sheet to a 13x9 inch rectangle. Place the pastry over the chicken mixture, gently pressing the pastry to the edge of the dish to seal. Flute the edges if desired. Brush with the egg mixture and sprinkle with the herbs. Cut several 2 inch long slits on the top.

- Bake for 25 minutes or until golden and filling is bubbly.
Southern Fried Chicken Gizzards

### Ingredients
- 1 pound chicken gizzards, rinsed
- 2 stalks celery, cut into chunks
- 1 onion, cut into chunks
- 2 bay leaves
- 1 1/2 teaspoons celery salt, divided
- 1 teaspoon seasoned salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon dried Italian herb seasoning
- 1 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1/2 teaspoon Louisiana-style hot sauce
- 3 cups oil for deep frying
- 1 cup all-purpose flour

### Directions
Place the chicken gizzards, celery, onion, bay leaves, and 1 teaspoon of celery salt into a saucepan, and pour in enough water to cover the gizzards by 1 inch. Bring the gizzards to a boil, reduce heat to low, cover, and simmer until tender, about 2 1/2 hours. Pour in more water during simming, if needed, to keep gizzards covered. Remove the gizzards to a bowl, discard the celery and onion, and reserve the broth.

Season the gizzards with 1/2 teaspoon of celery salt, the seasoned salt, pepper, Italian seasoning, garlic powder, cumin, and hot sauce, stirring to combine well. Pour 1/3 cup of the reserved broth over the seasoned gizzards, and refrigerate for 30 minutes or more, stirring often. (Save or freeze the remaining broth for another use, if desired.)

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Place the flour in a plastic bag, and pour in the gizzards with their seasoning. Shake the bag to thoroughly coat the gizzards with flour. Gently lower about 1/4 of the gizzards per batch into the hot oil, and fry until golden brown, about 5 minutes per batch. Drain the gizzards on paper towels, and serve hot.
Stuffed Chicken

**Ingredients**

1 tablespoon vegetable oil  
1/2 onion, finely diced  
1 stalk celery, diced  
1 teaspoon hot pepper sauce  
1 tablespoon Dijon-style prepared mustard  
2 skinless, boneless chicken breast halves

**Directions**

Lightly oil grill and preheat to medium high.

In a small skillet, heat vegetable oil. Saute onion and celery until tender. Stir in hot sauce and mustard and mix all together. Remove from heat.

Cut pockets into chicken breasts and stuff with onion mixture. Saute chicken in skillet 2 to 3 minutes each side, until lightly browned. Remove from skillet and grill over medium high heat for 10 to 15 minutes on each side, or until juices run clear. Serve with remainder of onion mixture as a sauce/topping.
### Ingredients

- 2 pounds boneless pork, cut into 1 1/2-inch cubes
- 14 (4 inch) skewers
- Salt and ground black pepper to taste
- Seasoned salt (such as LAWRY’S®) to taste
- 4 eggs
- 3 tablespoons milk
- 2 cups Italian seasoned bread crumbs
- 2 cups water
- 2 cups vegetable oil for frying

### Directions

Thread 2 or 3 cubes of pork onto each skewer. Sprinkle each skewer on all sides with salt, black pepper, and seasoned salt, and set the skewers aside.

Whisk eggs and milk together in a bowl. Place the seasoned bread crumbs in another bowl. Pour 2 cups of water into a 9x13-inch baking dish with a wire rack set in the dish, and set the dish aside.

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).

Dip each skewer of pork into the egg mixture, then dip in crumbs; dip the skewers a second time into egg mixture and then crumbs. Gently lay the skewers, a few at a time, into the hot oil, and brown until the coating is crisp and golden brown, about 3 minutes per side. Set the fried skewers aside while you finish the rest. Once the skewers are all browned, set them on the wire rack in the baking dish. Cover the dish tightly with aluminum foil.

Carefully place the baking dish with the skewers into the preheated oven, and bake until hot and no longer pink in the center, about 20 minutes. Remove the foil, and bake 10 minutes more to dry out the crumb coating. Serve hot.
CRISCO® Chicken Enchiladas

**Ingredients**

- 3 cups enchilada sauce
- 2 cups shredded cooked chicken
- 1/2 cup thinly sliced green onions
- 3/4 cup shredded Cheddar cheese
- 3/4 cup shredded Monterey Jack cheese
- 1/4 cup sour cream
- 1 (4 ounce) can diced green chiles
- 1/4 cup chopped fresh cilantro
- Salt and pepper, to taste
- CRISCO® Oil, as needed
- 12 (6 inch) corn tortillas
- CRISCO® No-Stick Cooking Spray

Enchilada Sauce:
- 2 tablespoons CRISCO® Oil
- 2 tablespoons all-purpose flour
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 (14 ounce) can chicken broth
- 1 (8 ounce) can tomato sauce
- 1 teaspoon salt
- 1/4 teaspoon garlic powder

**Directions**

Heat oven to 350 degrees F. Prepare Enchilada Sauce.

Enchilada Sauce: Heat CRISCO® Oil in large saucepan; stir in flour and chili powder. Cook for 1 minute. Add remaining ingredients, bring to boil, and simmer for 10 minutes. Makes three cups of sauce.

Enchiladas: Mix together chicken, green onions, 1/2 cup Cheddar, 1/2 cup Monterey Jack, sour cream, chiles and cilantro in a medium bowl. Stir in 1/2 cup Enchilada Sauce; stir until well blended. Season with salt and pepper. Set aside.

Heat 1/2 inch CRISCO® Oil in large pan.

Fry tortillas, one at a time, until soft (10 seconds per side). Drain well on paper towels.

Spray a 9 x 13-inch baking dish with CRISCO® No-Stick Cooking Spray. Spread a small amount of Enchilada Sauce over the bottom of dish.

Spread 2 heaping tablespoons of the chicken mixture in each tortilla and roll up. Place enchiladas, seam side down, side by side in prepared dish. Pour remaining sauce over. Top with remaining cheeses.

Bake until bubbling, 15-20 minutes. Garnish with sour cream, sliced green onions and chopped cilantro.
BBQ Miso Chicken

Ingredients

- 1 cup miso paste
- 1 cup beer
- 1 cup low sodium soy sauce
- 1 cup white sugar
- 2 teaspoons sesame oil
- 1/8 teaspoon cayenne pepper
- 2 1/2 pounds skinless, boneless chicken breast halves

Directions

In a large bowl, combine the miso paste, beer, soy sauce, sugar, sesame oil, and cayenne pepper. Stir until the miso and sugar are completely dissolved. Set aside 1/2 cup of the sauce for basting during grilling. Submerge the chicken in the remaining marinade, cover bowl, and refrigerate for at least 2 hours.

Preheat grill for medium-high heat.

Lightly oil the grill grate. Remove the chicken from the marinade, and discard marinade. Grill chicken for 6 to 8 minutes per side, basting during the last few minutes with the reserved sauce. The chicken is done when it's juices run clear.
Nutty Chicken Salad

Ingredients

3 skinless, boneless chicken breast halves
1 stalk celery
1 onion
1/2 teaspoon minced garlic
4 eggs
1 large red apple, diced
6 small sweet pickles, diced
1 (3 ounce) package sliced almonds
salt and pepper to taste
crushed red pepper to taste
1/4 cup mayonnaise

Directions

Over medium-high heat, bring a medium pot of lightly salted water to boil. Add chicken, celery, a slice of the onion, and garlic. Reduce heat to medium and simmer for 1 hour.

Chop remaining onion and set aside.

Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

Drain chicken, discarding boiled vegetables. Chop chicken when cool.

In a medium bowl, mix the apple, onion, pickles, almond and salt, if desired. Add black and red pepper to taste. Stir in enough mayonnaise until the mixture sticks together well.

Cover a serving dish with lettuce leaves. Mound the chicken salad in the middle, and sprinkle with additional almonds, if desired. Serve with crackers.
Baked Chicken Saltimbocca

Ingredients

- 4 (5 ounce) boneless, skinless chicken breast halves
- 1 egg, slightly beaten
- 3/4 cup Italian seasoned dry bread crumbs
- 2 ounces thinly sliced prosciutto or deli boiled ham
- 1 (24 ounce) jar Bertolli® Vineyard Premium Collections Marinara with Burgundy Wine Sauce
- 4 ounces fresh mozzarella cheese, thinly sliced
- 8 ounces spaghetti, cooked and drained

Directions

Preheat oven to 400 degrees F.

Dip chicken in egg, then bread crumbs, coating well. Arrange chicken in 9x13 inch baking dish.

Bake 20 minutes. Top chicken with prosciutto, then 1-1/2 cups pasta sauce. Top with mozzarella cheese. Bake an additional 10 minutes or until chicken is thoroughly cooked. Serve over hot spaghetti tossed with remaining heated sauce. Sprinkle, if desired, with Parmesan cheese shavings.
Chicken Slop

Ingredients

- 4 skinless, boneless chicken breast halves
- 3 (10.75 ounce) cans condensed cream of chicken soup
- 1 (5.5 ounce) package seasoned croutons

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place chicken breasts in a lightly greased 9x13 inch baking dish. Top with croutons and pour soup over all; mix together so that croutons are covered in soup.
- Bake at 400 degrees F (200 degrees C) for 40 minutes, or until chicken is cooked through (no longer pink).
Ingredients

- 1/2 pound rotini/corkscrew pasta
- 1/2 cup sliced fresh mushrooms
- 1/2 cup sliced green olives
- 1 stalk celery, chopped
- 1/4 cup minced onion
- 1 cup shredded Cheddar cheese
- 1 (10 ounce) package frozen corn kernels
- 1 green bell pepper, chopped
- 3/4 cup Italian-style salad dressing
- 1/2 cup mayonnaise
- 1 cup canned chicken meat - drained and flaked
- salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and rinse with cool water. Pour into a large dish.

Combine mushrooms, olives, celery, onion, cheese, corn and green bell pepper with pasta; mix well.

In a small bowl, whisk together dressing and mayonnaise; pour dressing over salad and toss again to coat.

Gently mix in flaked chicken; refrigerate for a few hours or serve.
Spicy Southern Chicken And Tuna Biscuit

**Ingredients**
- 2 (16.3 ounce) cans refrigerated biscuit dough (such as Pillsbury®)
- 2 skinless, boneless chicken breast halves
- 3 (6 ounce) cans tuna (such as Chicken of the Sea®), drained
- 1/4 cup mayonnaise (such as Best Foods®)
- 1/8 teaspoon whole grain mustard
- 1 teaspoon ground white pepper
- 1 teaspoon cayenne pepper
- 1/2 teaspoon paprika
- 1/8 teaspoon ground cumin
- 1 head lettuce, leaves rinsed and dried

**Directions**

Preheat an oven to 375 degrees F (190 degrees C).

Place biscuit dough on a baking sheet, about 1 to 2 inches apart. Bake in the preheated oven until golden brown, about 11 to 15 minutes. Remove from oven and allow the biscuits to cool.

Heat a skillet over medium-high heat and cook the chicken breasts until no longer pink in the center and the juices run clear, about 30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Remove the chicken from the skillet and dice into 1/2 inch cubes.

Mix tuna, mayonnaise, and mustard in a bowl until combined. Stir in white pepper, cayenne pepper, paprika, and cumin. Reserve 1/4 of the tuna mixture in a separate bowl. Combine the remaining 3/4 portion of the tuna mixture with the chicken. Split each biscuit in half and place over a bed of lettuce leaves. Divide chicken and tuna mixture on top of each biscuit half. Use the remaining 1/4 portion of the tuna mixture as a garnish on the lettuce leaves.
**Ingredients**

1 cup water  
1 (8 ounce) can stewed tomatoes  
3/4 cup quick-cooking brown rice  
1/2 cup raisins  
1 tablespoon lemon juice  
3 teaspoons curry powder  
1 cube chicken bouillon  
1/2 teaspoon ground cinnamon  
1/4 teaspoon salt  
2 cloves garlic, minced  
1 bay leaf (optional)  
3/4 pound skinless, boneless chicken breast halves - cut into 1 inch pieces

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a skillet, stir together water, stewed tomatoes, brown rice, raisins, lemon juice, curry powder, bouillon, ground cinnamon, salt, garlic, and bay leaf. Bring to a boil; then stir in chicken. Transfer mixture to a casserole dish.

Cover, and bake in the preheated oven 45 minutes, stirring occasionally, until rice is tender and chicken juices run clear.
Fettucine With Rosemary Chicken and Peppers

Ingredients

- 6 ounces dried fettucine
- 2 pounds chicken pieces (breast halves, thighs and/or drumsticks), skin removed
- 2 tablespoons olive oil
- 1 (15 ounce) can CONTADINA® Tomato Puree
- 1/2 cup chicken broth
- 1 cup coarsely chopped green or red sweet pepper
- 1 teaspoon chopped fresh rosemary
- 1/2 teaspoon salt

Directions

- Cook pasta according to package directions; drain.

- Brown chicken on all sides in hot oil in large skillet about 8 to 10 minutes; drain fat.

- Combine puree, broth, pepper, rosemary and salt. Add to skillet. Bring to boil; reduce heat. Simmer, covered, 40 to 45 minutes or until chicken is done. Serve over hot pasta.
Down Home Chicken

Ingredients

- 1 (4 pound) whole chicken, cut into 6 pieces
- 4 cups buttermilk
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon dried thyme
- 2 cups all-purpose flour
- 1 teaspoon white sugar
- 5 cups shortening for frying
- 1/4 cup bacon grease

Directions

Place the cut up chicken into a large resealable bag or a 9x13 inch casserole dish. Pour the buttermilk over the chicken, seal or cover and refrigerate for 24 hours.

Remove the chicken from the buttermilk. In a bowl, stir together the salt, black pepper, cayenne pepper, thyme, flour and sugar; pour onto a plate.

Heat the shortening and bacon drippings in a large skillet or electric skillet to 365 degrees F (185 degrees C). Dredge the chicken in the flour mixture and place it into the hot fat. Fry on one side for 10 minutes, then turn and fry 10 minutes on the reverse side. If softer skin is desired, cover the skillet for the last 10 minutes. Remove and drain on brown paper grocery bags. (The smaller pieces will be finished first. The chicken is done when the juices run clear.)
Quick and Easy Green Chile Chicken Enchilada Casserole

**Ingredients**

- 4 skinless, boneless chicken breast halves
- garlic salt to taste
- 18 (6 inch) corn tortillas, torn in half
- 1 (28 ounce) can green chile enchilada sauce
- 1 (16 ounce) package shredded Monterey Jack cheese
- 1 (8 ounce) container reduced fat sour cream

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.

Season chicken with garlic salt. Arrange in the prepared baking dish. Bake 45 minutes in the preheated oven, until no longer pink and juices run clear. Cool, shred, and set aside.

With metal tongs, char each tortilla half over the open flame of a gas stove burner for about 1 minute, until lightly puffed.

Pour about 1/2 inch enchilada sauce in the bottom of a medium baking dish, and arrange 6 tortillas in a single layer. Top with 1/2 the chicken, 1/3 cheese, 1/2 the sour cream, and 1/3 of the remaining enchilada sauce. Repeat. Coat remaining tortillas thoroughly with remaining enchilada sauce, and arrange on top of the layers. Sprinkle with remaining cheese, and top with any remaining enchilada sauce.

Cover, and bake 45 minutes in the preheated oven. Cool slightly before serving.
# Orange Soya Sauce Marinated Chicken

## Ingredients

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td></td>
<td>1/4 cup orange juice</td>
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<td></td>
<td>1/4 cup soy sauce</td>
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<tr>
<td></td>
<td>2 cloves fresh garlic, minced</td>
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<tr>
<td></td>
<td>2 bone-in chicken breast, with skin</td>
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</table>

## Directions

In a medium bowl, mix together orange juice, soy sauce, and garlic. Place chicken in bowl, and coat well with marinade. Cover, and refrigerate at least 2 hours.

Preheat an outdoor grill on medium heat to 365 degrees F (185 degrees C), and lightly oil grate.

Place chicken on grill, and cook, turning occasionally, about 25 minutes.
# Bourbon Pecan Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
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<tbody>
<tr>
<td>1/2 cup finely chopped pecans</td>
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<tr>
<td>1/2 cup dry bread crumbs</td>
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<tr>
<td>8 skinless, boneless chicken breast halves</td>
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<tr>
<td>1/4 cup clarified butter, melted</td>
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<tr>
<td>1/4 cup Dijon mustard</td>
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<tr>
<td>1/4 cup dark brown sugar</td>
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<tr>
<td>2 2/3 tablespoons bourbon whiskey</td>
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<tr>
<td>2 tablespoons soy sauce</td>
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<tr>
<td>1 teaspoon Worcestershire sauce</td>
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<tr>
<td>3/4 cup unsalted butter, chilled and cut into small cubes</td>
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<tr>
<td>1/2 cup sliced green onions</td>
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</tbody>
</table>

## Directions

1. Stir together the pecans, bread crumbs, and 2 tablespoons of clarified butter. Spread the mixture out on a plate. Press the chicken breasts into the mixture to coat on both sides. Heat the remaining 2 tablespoons of clarified butter in a large skillet over medium heat. Place the coated chicken breasts in the pan, and fry on both sides until nicely browned and chicken meat is cooked through, about 10 minutes per side.

2. In a small saucepan, whisk together the Dijon mustard, brown sugar, bourbon, soy sauce, and Worcestershire sauce until smooth. Bring to a simmer over medium-low heat, then remove from the burner, and whisk in the 3/4 cup of unsalted butter one piece at a time. Do not return to the heat.

3. Arrange the chicken breasts on a large serving plate. Pour the sauce over the chicken, and sprinkle with green onion.
Thai Chicken Curry in Coconut Milk

Ingredients

1 tablespoon vegetable oil
1 teaspoon curry paste
1 1/4 pounds skinless, boneless chicken breast meat - cut into strips
1 onion, coarsely chopped
1 red bell pepper, cut into strips
1 tablespoon grated lemon zest
1 cup light coconut milk
1 tablespoon fish sauce
1 tablespoon fresh lemon juice
1/3 cup chopped fresh cilantro

Directions

Heat the oil in a large skillet over high heat; heat the curry paste in the oil about 30 seconds. Add the chicken and cook another 3 minutes. Stir in the onion, bell pepper, lemon zest, coconut milk, fish sauce, and lemon juice; bring to a boil; cook until the chicken is cooked through, 5 to 7 minutes. Sprinkle cilantro over the dish; stir. Serve hot.
Slow Cooker Lime Chicken with Rice

Ingredients

1 1/4 pounds skinless, boneless chicken breast halves
1/3 cup lime juice
2 cups chicken broth
1 clove garlic, minced
1/2 teaspoon dried thyme leaves
1/4 teaspoon ground black pepper
2 tablespoons butter
2 cups uncooked instant rice

Directions

Place the chicken breasts into a slow cooker; pour in the lime juice and chicken stock. Add the garlic, thyme, pepper, and butter.

Cover, and cook on Low until the chicken is very tender, 8 to 10. Stir in the rice during the last 15 minutes of cooking time.
Hungry Man's Baked Chicken

**Ingredients**
- 4 chicken drumsticks
- 2 tablespoons salt
- 2 tablespoons ground black pepper
- 1/2 tablespoon crushed garlic
- 1 onion, cut into 1-inch cubes
- 1 teaspoon ground allspice

**Directions**

Preheat oven to 375 to 400 degrees F (190 to 200 degrees C).

With a knife make small cuts in the sides of the chicken parts; then season chicken with salt, pepper, herbs and spices to taste.

Cover a cookie sheet with aluminum foil. Place chicken on cookie sheet and cover chicken with more aluminum foil. Pierce foil cover with fork to make many small holes. Bake in the preheated oven for 35 to 40 minutes. Then open foil cover and place onion between chicken pieces and garlic on top. Bake for another 10 minutes and serve. Enjoy!
# California Chicken

## Ingredients

- 4 skinless, boneless chicken breasts
- 1 teaspoon olive oil
- 1/2 teaspoon onion powder
- 1 pinch salt
- 1 pinch ground black pepper
- 2 avocados - peeled, pitted and sliced
- 2 ripe tomatoes, sliced
- 1 (8 ounce) package Monterey Jack cheese, cut into 10 slices

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Warm oil in skillet and add chicken and onion. Cook 15 minutes or until chicken is browned and just about done. Add salt and pepper to taste.

Place chicken on cookie sheet and top each breast with 1 to 2 slices of tomato and 2 to 3 slices of cheese. Place in oven for 10 to 15 minutes, until cheese melts. Remove from oven, add 2 to 3 slices of avocado on top of each breast, and serve immediately.
Viva Madrid Spanish Chicken

Ingredients

- 3 tablespoons olive oil, divided
- 4 skinless, boneless chicken breast halves - pounded thin
- 1/2 cup all-purpose flour
- 6 slices bacon, chopped
- 2 onions, chopped
- 4 cloves garlic, minced
- 6 dates, pitted and chopped
- 2 cups chicken stock
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- salt and pepper to taste
- dried thyme to taste

Directions

Heat the olive oil in a skillet over medium heat. Dredge chicken in flour to evenly coat. Brown chicken in the skillet about 2 minutes on each side.

Set aside chicken, and heat remaining olive oil in the skillet. Mix in bacon, onions, and garlic, and cook until onions are tender and bacon is evenly brown. Mix in dates. Pour in the chicken stock, and bring to a boil. Reduce heat to low, and simmer 10 minutes.

Return chicken to skillet. Season with chili powder, garlic powder, salt, pepper, and thyme. Cover, and continue cooking 15 minutes over low heat, or until chicken juices run clear.
Almond-Topped Chicken

**Ingredients**

4 boneless, skinless chicken breast halves
5 tablespoons butter or margarine, divided
1/3 cup slivered almonds
3 tablespoons lemon juice

**Directions**

In a skillet, cook the chicken in 2 tablespoons of butter until juices run clear, about 20 minutes. Transfer to serving plate and keep warm. Add almonds and remaining butter to skillet; cook and stir just until almonds are lightly browned. Stir in lemon juice; heat through. Spoon over chicken.
Cheesy Chicken and Asparagus

**Ingredients**

- 2 boneless, skinless chicken breast halves, cut into bite-sized pieces
- 1 tablespoon butter or margarine
- 1 cup sliced fresh mushrooms
- 3 green onions, sliced
- 1 garlic clove, minced
- 1 (3 ounce) package cream cheese
- 1/4 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1 (5 ounce) can evaporated milk
- 1 (10 ounce) package frozen chopped asparagus or broccoli
- Hot cooked rice

**Directions**

In a large skillet, saute chicken in butter for 5-6 minutes or until juices run clear. Stir in mushrooms, onions and garlic; saute for 3 minutes or until vegetables are tender. Cut cream cheese into cubes and stir into chicken mixture until melted. Add thyme, salt, pepper, soup and milk; stir to combine. Simmer, uncovered, for 10 minutes. Prepared asparagus or broccoli according to package directions; drain and stir into chicken mixture. Serve over rice if desired.
**Ingredients**

- 4 cloves garlic, minced
- 1/2 cup soy sauce
- 4 skinless, boneless chicken breasts

**Directions**

In a large, nonporous bowl, combine the garlic and the soy sauce. Add the chicken and turn to coat well. Cover and marinate in the refrigerator for at least an hour.

Preheat an outdoor grill for medium high heat and lightly oil the grate.

Grill chicken over medium high heat for 10 to 15 minutes per side, or until internal temperature reaches 180 degrees F (80 degrees C). Discard any remaining marinade.
Campbell's® Chicken Broccoli Twist

**Ingredients**

- 3 cups uncooked corkscrew-shaped pasta
- 2 cups broccoli flowerets
- 2 medium carrots, sliced
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Broccoli Soup
- 3/4 cups Swanson® Chicken Stock
- 1 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 2 (4.5 ounce) cans Swanson® Premium Chunk Chicken Breast in Water, drained
- 1/4 cup grated Parmesan cheese

**Directions**

Prepare the pasta according to the package directions in a 3-quart saucepan, without salt. Add the broccoli and carrots for the last 5 minutes of the cooking time. Drain the pasta and vegetables well in a colander. Return the pasta and vegetables to the saucepan.

Stir the soup, stock, garlic powder, black pepper and chicken in the saucepan. Cook over medium heat until the mixture is hot and bubbling. Sprinkle with the cheese.
Barbeque Chicken Pasagna

**Ingredients**
2 tablespoons olive oil  
1 1/2 pounds skinless, boneless chicken breast halves, diced  
1 red onion, chopped  
1 green bell pepper, chopped  
2 cloves garlic, minced  
1 (18 ounce) bottle barbeque sauce  
1 (8 ounce) package phyllo dough  
1 stick unsalted butter  
4 cups shredded Cheddar cheese  
1 tablespoon Italian seasoning

**Directions**

Preheat oven to 400 degrees F (200 degrees C).

Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Cook chicken in the oil until lightly browned, about 5 minutes. Stir the onion, green bell pepper, garlic, and barbecue sauce into the skillet. Cook and stir until vegetables are tender, 5 to 6 minutes.

Remove phyllo dough from package and unfold onto a baking sheet. Cover with a damp kitchen towel to prevent the dough from drying out. Melt the butter in a small saucepan. Use a pastry brush to grease a 9x13 inch baking dish with the butter. Place 4 sheets of phyllo dough in bottom of the prepared pan; brush top of phyllo with butter. Spread a thin layer of chicken mixture on the top of the phyllo; sprinkle layer with cheese. Place 2 sheets of phyllo dough on top of the cheese; brush with butter. Continue layering chicken mixture, cheese, and buttered phyllo until chicken mixture is gone. Top final layer of chicken with cheese and 2 sheets of phyllo dough, brush top with butter, and sprinkle with remaining cheese and Italian seasoning.

Bake in the preheated oven until hot and bubbly, about 30 to 35 minutes.
Chicken Biryani, Hyderabadi Style

Directions

Soak rice for 30 minutes in enough water to cover; then drain.

Meanwhile, heat ghee in a large skillet over medium heat. Stir in cloves, cardamom, and bay leaves. Then stir in onion, and cook until soft, 6 to 7 minutes. Stir in chile peppers and ginger paste. Stir in yogurt, salt, and curry, and then place chicken in pan. Cook for 20 to 25 minutes, stirring occasionally and turning the chicken pieces, until only about 1 cup of liquid remains.

Mix in rice, water, and cilantro. Bring to a boil. Reduce heat to low, cover, and cook for 20 minutes. Check rice after about 12 minutes; if it is dry, add 1/2 cup water, and continue cooking.

Ingredients

1/4 cup ghee (clarified butter)
20 whole cloves
9 whole cardamom pods
5 bay leaves
1 medium onion, chopped
5 small green chile peppers
2 tablespoons ginger garlic paste
1 (3 pound) whole chicken, cut into pieces
1 1/2 cups plain yogurt
1 teaspoon salt
6 fresh curry leaves (optional)
3 cups uncooked jasmine or white rice
4 1/8 cups water
1 sprig cilantro leaves with stems
Aloha Chicken

Ingredients

- 4 (4 ounce) boneless, skinless chicken breast halves
- 1 tablespoon all-purpose flour
- 1 tablespoon vegetable oil
- 2 (8 ounce) cans pineapple chunks
- 1 teaspoon cornstarch
- 1 tablespoon honey
- 1 tablespoon reduced sodium teriyaki sauce
- 1/8 teaspoon pepper
- Hot cooked rice

Directions

Flatten the chicken to 1/4-in. thickness. Place flour in a large resealable plastic bag; add chicken and shake to coat. In a skillet over medium heat, brown chicken in oil for 3-5 minutes on each side or until juices run clear. Remove and keep warm. Drain pineapple, reserving 1/4 cup juice. (Discarding remaining juice or save for another use.) In a small bowl, combine cornstarch and reserved juice until smooth. Add to skillet. Stir in honey, teriyaki sauce and pepper. Boil for 30 seconds or until thickened. Add pineapple and chicken; heat through. Serve over rice.
Asian Chicken Pasta Salad

Ingredients

- 8 ounces rotelle pasta
- 5 boneless chicken breast halves, cooked and cut into bite-sized pieces
- 5 tablespoons vegetable oil
- 1 teaspoon salt, divided
- 2 carrots, sliced diagonally
- 1/2 pound fresh mushrooms, quartered
- 1/2 head broccoli, cut into florets
- 1/2 head cauliflower, broken into small florets
- 1/4 cup water
- 1 bunch green onions, chopped
- 2 tablespoons soy sauce
- 3 tablespoons sesame oil

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Place in large bowl with chicken.

In large skillet or wok, heat 1 tablespoon oil. Cook carrots with 1/4 teaspoon salt until tender-crisp, 3 to 5 minutes. Remove carrots, place in bowl with chicken and pasta. Add 2 tablespoons oil to wok and cook mushrooms with 1/4 teaspoon salt until tender, 5 minutes. Remove mushrooms and place in bowl.

Add 2 more tablespoons oil to wok, stir-fry broccoli, cauliflower and onion until coated with oil. Add 1/2 teaspoon salt and 1/4 cup water, cover and cook 5 to 10 minutes, until tender-crisp, stirring occasionally. Remove vegetables with slotted spoon and toss with pasta and chicken.

Mix in green onions, soy sauce and sesame oil, adjusting soy and sesame to taste. Serve warm or cold.
Chicken David

**Ingredients**

- 3 tablespoons butter
- 1 onion, chopped
- 8 fresh mushrooms, thinly sliced
- 1 clove garlic, chopped
- 1/4 pound thinly sliced prosciutto, cut into strips
- 1/4 pound thinly sliced hard salami, cut into strips
- 4 boneless, skinless chicken breast halves
- 1 cup all-purpose flour
- salt and pepper to taste
- 1/2 cup dry sherry
- 1 cup chicken broth
- 1/2 cup heavy cream
- 1/2 cup marinara sauce
- 1 tablespoon butter
- 2 tablespoons chopped fresh parsley

**Directions**

Melt 3 tablespoons butter in a large heavy skillet over medium heat. Saute onion until soft and translucent. Stir in mushrooms, garlic, prosciutto and salami. Dredge chicken in flour, and place in pan. Season with salt and pepper. Cook chicken 5 minutes on each side. Pour in sherry, and cook until liquid is reduced by half. Stir in chicken broth, cream and marinara. Simmer until sauce is reduced to your preferred consistency. Stir in 1 tablespoon butter, and sprinkle with parsley.
Chicken Sandwich Casserole

Ingredients

- 12 slices white bread, lightly toasted
- 4 cups chopped cooked chicken breast
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 4 eggs, beaten
- 1 cup mayonnaise
- 2 cups milk
- salt and pepper to taste
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 cup shredded Cheddar cheese

Directions

Place 6 slices of the toasted bread in the bottom of a lightly greased 9x13 inch baking dish. Sprinkle the chicken, celery and onion on top of the bread, then cover with the other 6 slices of toasted bread.

In a medium bowl mix together the beaten eggs, mayonnaise, milk and salt and pepper to taste. Pour this mixture over the sandwiches, then top with soup; cover baking dish and refrigerate overnight.

Preheat oven to 325 degrees F (165 degrees C).

Bake dish, covered, at 325 degrees F (165 degrees C) for 45 minutes; remove cover, sprinkle with cheese, and bake for another 30 minutes, uncovered. Remove from oven and let cool and set for 10 minutes before serving.
# Chicken Bouillon Rice

**Ingredients**
- 4 cups water
- 2 cups uncooked white rice
- 2 cubes chicken bouillon

**Directions**

In a saucepan bring water to a boil. Add rice and bouillon and stir. Reduce heat, cover and simmer for 20 minutes. Mix well before serving.
## Old Fashioned Chicken Pot Pie

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 pounds cooked chicken, chopped</td>
<td>Preheat oven to 350 degrees F (175 degrees C.) Roll one ball out to fit a 9 inch pie plate. Place bottom crust in pie plate. Roll out top crust and set aside.</td>
</tr>
<tr>
<td>1 (15 ounce) can mixed vegetables</td>
<td>In a large bowl, combine chicken, vegetables, potato soup and milk. Season with pepper, thyme, parsley and salt to taste. Pour filling into pie shell. Cover with top crust. Seal edges and cut several slits in the top to allow steam to escape.</td>
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<tr>
<td>1 (10.75 ounce) can condensed cream of potato soup</td>
<td>Bake in the preheated oven for 25 to 30 minutes, or until golden brown.</td>
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<tr>
<td>1/4 cup milk</td>
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<td>1/4 teaspoon black pepper</td>
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<tr>
<td>1/4 teaspoon dried thyme</td>
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<tr>
<td>1/4 teaspoon dried parsley</td>
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<tr>
<td>salt to taste</td>
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<tr>
<td>1 recipe pastry for a 9 inch double crust pie</td>
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</tbody>
</table>
One Dish Chicken and Rice Bake

**Ingredients**

1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
1 cup water*
3/4 cup uncooked regular long-grain white rice
1/4 teaspoon paprika
1/4 teaspoon ground black pepper
4 skinless, boneless chicken breasts

**Directions**

Mix soup, water, rice, paprika and black pepper in 2-quart shallow baking dish. Top with chicken. Season with additional paprika and pepper. Cover.

Bake at 375 degrees F 45 minutes or until done.
Ingredients

1 tablespoon vegetable oil
1 red onion, coarsely chopped
4 skinless, boneless chicken breast halves - chopped
1 bunch fresh cilantro, chopped
1/2 head garlic
1/3 cup water
1 (15.5 ounce) can hominy, drained
1 cup uncooked long grain white rice
1 cube chicken bouillon
salt to taste
1/4 teaspoon freshly ground black pepper

Directions

Heat the oil in a large pot over medium-high heat, and saute the onion until tender. Place the chicken in the pot, and cook until lightly browned.

Puree the cilantro, garlic, and 1/3 cup water in a blender or food processor. Mix into the pot with the chicken and onions. Cook and stir about 5 minutes, until mixed and heated through. Pour enough water into the pot to cover all ingredients.

Mix the hominy, rice, and bouillon into the pot. Bring to a boil, reduce heat, cover, and simmer 20 minutes, or until rice is tender. Increase the amount of water as needed to attain desired consistency. Season with salt and pepper.
Wild Rice and Asparagus Chicken Breasts

**Ingredients**

1 whole boneless, skinless chicken breast, cubed  
2 cups wild rice, cooked  
1/2 pound fresh asparagus  
3 tablespoons hoisin sauce  
4 tablespoons peanut oil  
1 tablespoon brown sugar

**Directions**

Cut asparagus into 3/4 inch to 1 inch pieces, discarding tough bottoms of spears. In a small bowl, mix together the hoisin sauce and brown sugar and set aside. Prepare rice OR reheat cooked rice and keep warm.

Heat wok over medium high heat. When hot, dribble 1 tablespoon of oil around the rim. Stir fry asparagus for approximately 2 minutes. Remove from the wok and keep warm. Heat wok to high heat.

Heat wok to high heat. Add 2 tablespoons of oil and the chicken pieces and stir fry until the chicken is no longer pink. Add the reserved asparagus and hoisin/sugar sauce and stir fry all together until pieces are coated with sauce. Serve over the hot rice.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 1/2 cups all-purpose flour</td>
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<tr>
<td>1 1/2 teaspoons ground paprika</td>
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<tr>
<td>1/2 teaspoon garlic powder</td>
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<tr>
<td>2 eggs</td>
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<tr>
<td>1/2 cup milk</td>
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<tr>
<td>1/2 (16 ounce) package saltine crackers,</td>
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<tr>
<td>crushed</td>
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<tr>
<td>1/2 cup dry potato flakes</td>
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<tr>
<td>1/2 cup all-purpose flour</td>
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<tr>
<td>4 (3/4 inch) thick pork chops</td>
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<tr>
<td>salt and pepper to taste</td>
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<tr>
<td>1 1/2 cups vegetable oil for frying</td>
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</tbody>
</table>

### Directions

In a shallow bowl, mix 1 1/2 cup of flour, paprika, and garlic powder. In a second shallow bowl, whisk together the eggs and milk until thoroughly blended. In a third bowl, combine the crushed cracker crumbs, potato flakes, and 1/2 cup of flour.

With a fork, prickle the pork chops thoroughly to tenderize the meat. Season the chops with salt and pepper.

Gently press the pork chops into the flour to coat, and shake off the excess flour. Dip into the beaten egg mixture, then press each chop into the cracker crumb mixture. Gently toss between your hands so any crumbs that haven’t stuck can fall away.

Heat the oil in a large, deep skillet over medium heat, and gently place the pork chops into the hot oil. Fry the chops until the meat is no longer pink in the center and the crust is crisp and golden brown, about 5 minutes per side. Remove the chops from the pan, and drain the excess oil on paper towels.
Honey Orange Basil Chicken

Ingredients
- 1/4 cup orange juice
- 1/4 cup vegetable oil
- 2 tablespoons honey
- 2 tablespoons finely chopped fresh parsley
- 1/2 teaspoon dried basil, or to taste
- 1/2 teaspoon grated orange zest
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 8 skinless, boneless chicken breast halves

Directions
In a large resealable plastic bag, mix the orange juice, oil, honey, parsley, basil, orange zest, salt, and pepper. Place chicken in the bag, seal, and marinate in the refrigerator overnight.

Preheat the grill for medium heat.

Lightly oil the grill grate. Place the chicken on the grill, and discard marinade. Cook chicken 15 minutes, turning once, or until juices run clear.
Marie's Chicken Bake

**Ingredients**

1 (2 to 3 pound) broiler/fryer chicken cut up  
4 tablespoons butter or margarine, melted  
1/2 cup grated Parmesan cheese  
1/2 cup dry bread crumbs  
1 teaspoon paprika  
1/2 teaspoon dried thyme  
2 tablespoons sesame seeds

**Directions**

Dip chicken pieces in butter. Combine remaining ingredients; dip chicken into this crumb mixture. Place on a greased 15-in. x 10-in. x 1-in. baking pan. Drizzle any remaining butter over chicken. Bake at 375 degrees F for 45-55 minutes or until chicken is done.
Chicken Marinade

**Ingredients**
- 1 cup soy sauce
- 1/2 cup vegetable oil
- 1 tablespoon cooking sherry
- 3 tablespoons brown sugar
- 3 cloves garlic, crushed
- 4 boneless, skinless chicken breast halves

**Directions**

In a medium bowl, mix soy sauce, vegetable oil, sherry, brown sugar, and garlic. Pour into a large resealable bag. Place chicken in the bag, and shake to coat. Marinate in the refrigerator at least 4 hours.

Preheat an outdoor grill for high heat, and lightly oil grate.

Place chicken on the prepared grill. Cook 6 to 8 minutes on each side, or until no longer pink and juices run clear. Discard remaining marinade.
Chipotle Chicken Chili

**Ingredients**
- 12 ounces chicken breasts, cut into cubes
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 tablespoon olive oil
- 1 (14.5 ounce) can DEL MONTE® Diced Tomatoes, No Salt Added
- 1 cup COLLEGE INN® Chicken Broth
- 1 tablespoon chopped chipotle peppers in adobo sauce (to taste)
- 1 (15 ounce) can low-sodium black beans, drained and rinsed
- 1 (8.75 ounce) can DEL MONTE® Whole Kernel Corn, No Salt Added

**Directions**
Season chicken with chili powder and cumin. Cook chicken in oil in large skillet over medium-high heat, 3 minutes. Season to taste with salt and pepper, if desired.

Add undrained tomatoes, broth, chipotle pepper and beans. Cook 10 minutes, uncovered, stirring occasionally until slightly thickened and chicken is no longer pink in center. Stir in corn; cook 3 minutes. Garnish with chopped cilantro and diced avocado, if desired.
Pineapple Cranberry Chicken

Ingredients

4 pounds skinless, boneless chicken breast halves
1 (16 ounce) can whole cranberry sauce
1 (20 ounce) can crushed pineapple, drained
1/2 teaspoon ground cinnamon

Directions

Preheat oven to 375 degrees F (190 degrees C).

Place chicken in a lightly greased 9x13 inch baking dish and pierce with a fork. Layer cranberry sauce and pineapple over chicken and sprinkle with cinnamon.

Cover dish and bake in the preheated oven for 25 minutes. Remove cover and bake for another 15 minutes, or until chicken is cooked through (juices run clear).
Guacamole Chicken Melt

**Ingredients**

- 1 tablespoon butter
- 2 tablespoons olive oil
- 4 skinless, boneless chicken breast halves
- 2 teaspoons Creole-style seasoning
- 2 avocados, peeled and pitted
- 1 tablespoon fresh lime juice
- 1 small tomato, diced
- 2 tablespoons finely chopped red onion
- Garlic powder to taste
- Salt and pepper to taste
- 4 slices pepper jack cheese

**Directions**

Preheat oven broiler, and set the oven rack about 6 inches from the heat source.

Heat the butter and olive oil in a skillet over medium heat, and pan-fry the chicken breasts for about 10 minutes per side until no longer pink on the inside and golden brown on the outside, sprinkling each side with Creole seasoning.

Scoop the avocados into a bowl, and mash them with the lime juice, tomato, onion, garlic powder, salt, and pepper.

Spoon about 1/3 cup of guacamole onto each chicken breast, top with a slice of pepper jack cheese, and broil for 2 to 4 minutes, until the cheese is melted and bubbling.
Greek Chicken Pasta

**Ingredients**

1 pound uncooked pasta
1 tablespoon olive oil
2 cloves garlic, crushed
1/2 cup chopped red onion
1 pound skinless, boneless chicken breast meat - cut into bite-size pieces
1 (14 ounce) can marinated artichoke hearts, drained and chopped
1 large tomato, chopped
1/2 cup crumbled feta cheese
3 tablespoons chopped fresh parsley
2 tablespoons lemon juice
2 teaspoons dried oregano
salt and pepper to taste
2 lemons, wedged, for garnish

**Directions**

Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente; drain.

Meanwhile, heat olive oil in a large skillet over medium-high heat. Add garlic and onion, and saute for 2 minutes. Stir in the chicken. Cook, stirring occasionally, until chicken is no longer pink and the juices run clear, about 5 to 6 minutes.

Reduce heat to medium-low, and add the artichoke hearts, tomato, feta cheese, parsley, lemon juice, oregano and cooked pasta. Stir until heated through, about 2 to 3 minutes. Remove from heat, season to taste with salt and pepper, and garnish with lemon wedges.
Chicken, Avocado and Provolone Wraps

**Ingredients**
- 2 cups shredded or chopped cooked chicken
- 1/2 cup chopped tomato
- 1/4 cup chopped cilantro
- 1/2 teaspoon hot pepper sauce
- 1 ripe avocado, peeled, pitted, diced
- 4 slices SARGENTO® Sliced Reduced Sodium Provolone Cheese
- 4 (8 inch) low sodium flour tortillas
- 4 leaves red leaf or boston lettuce

**Directions**
Combine chicken, tomato, cilantro and hot sauce in a medium bowl; toss well. Add avocado; toss again.

Arrange cheese over tortillas; top with lettuce leaves and chicken mixture. Roll up; cut diagonally in half.
**Ingredients**

- 13 cut up chicken pieces
- 1/4 cup vegetable oil
- 1/2 cup ketchup
- 1/2 cup chutney
- 2 teaspoons minced garlic
- 1 teaspoon salt
- 1 teaspoon coarse ground black pepper
- 2 teaspoons hot pepper sauce
- 1/2 lemon, juiced

**Directions**

Place chicken pieces in a shallow casserole dish.

Mix together oil, ketchup, chutney, garlic, salt, black pepper, pepper sauce, and lemon juice. Pour over chicken pieces.

Bake at 400 degrees F (205 degrees C) for 20 minutes. Reduce heat to 325 degrees F (165 degrees C). Bake a further 30 minutes, or until pieces are tender and cooked through.
### Summer Chicken Bake

#### Ingredients
- 2 potatoes, sliced
- 1 large yellow onion, sliced
- 1 pound skinless, boneless chicken breast halves
- 1 pound yellow squash, sliced
- salt and pepper to taste
- 3 tablespoons chilled butter, diced

#### Directions
Preheat oven to 350 degrees F (175 degrees C). Grease a 2-quart baking dish.

Place a layer of potatoes in the bottom of the prepared baking dish, followed by a layer of onion, a chicken breast, and a layer of squash. Repeat layers, season with salt and pepper, and dot the casserole with the butter pieces.

Cover the dish with foil or a lid, and bake in the preheated oven for 45 to 50 minutes, until the casserole is bubbling, the vegetables are tender, and the chicken is no longer pink inside. Uncover the dish and bake for another 10 to 15 minutes, until the vegetables are starting to brown. Let cool 5 minutes before serving.
**Ingredients**

- Vegetable cooking spray
- 2 cups Pepperidge Farm® Four Cheese and Garlic Croutons*
- 4 skinless, boneless chicken breasts
- 1 egg, beaten
- 1 cup Prego® Traditional Italian Sauce, heated
- 1/4 cup shredded mozzarella cheese

**Directions**

Preheat oven to 375 degrees F. Spray baking sheet with vegetable cooking spray. Place croutons in zipper plastic bag. Close and crush with rolling pin until crumbs form.

Dip chicken into egg. Coat with crumbs. Place chicken on prepared baking sheet. Spray chicken with vegetable cooking spray.

Bake 20 minutes or until chicken is done. Spoon pasta sauce over chicken and sprinkle with cheese.
**Sunday Sticky Chicken**

**Ingredients**

- 1 cup all-purpose flour
- 1 teaspoon seasoned salt
- ground black pepper to taste
- 1 (4 pound) whole chicken, cut into pieces
- 1/4 cup vegetable oil
- 2 cups milk
- 1 (14.5 ounce) can chicken broth
- 1 tablespoon cornstarch
- 1/4 cup water

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a large resealable plastic bag, combine the flour, seasoned salt and ground black pepper. Place the chicken parts in the bag and shake to coat.

Heat the oil in a large skillet over medium-high heat. Place the chicken parts in the hot oil and lightly brown quickly on all sides. Transfer chicken parts to a Dutch oven, add the milk and broth and cover.

Bake at 350 degrees F (175 degrees C) for 1 hour.

Remove from oven and transfer chicken to a serving dish. In a separate small bowl, combine the cornstarch and water, and mix well until the cornstarch is dissolved. Add the cornstarch mixture a little at a time to the liquid in the Dutch oven, until you reach your desired consistency. Serve this gravy over the chicken or on the side.
## Ingredients

2 cloves garlic, minced  
2 serrano peppers, finely chopped  
2 tablespoons minced fresh ginger root  
1/2 cup chopped fresh cilantro  
2 teaspoons grated lime zest  
2 tablespoons soy sauce  
1 tablespoon white sugar  
3/4 cup unsweetened coconut milk  
4 boneless, skinless chicken thighs

## Directions

In a blender or large food processor, combine the garlic, serrano peppers, ginger, cilantro, lime zest, soy sauce, sugar and coconut milk. Process until smooth.

Place the chicken into a large resealable bag, and pour the liquid from the blender in with it. Seal, and refrigerate for about 1 hour, turning once after 30 minutes.

Preheat the oven's broiler. Place the chicken onto a broiling pan, and pour the marinade into a saucepan.

Broil the chicken for about 10 minutes on each side, until browned and the juices run clear. While the chicken is cooking, bring the marinade to a boil. Simmer over medium heat for about 5 minutes, then remove from the heat.

Place chicken onto a serving plate, and pour the sauce over it to serve.
# Buffalo Chicken Dip

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 (10 ounce) cans chunk chicken, drained</td>
<td></td>
</tr>
<tr>
<td>2 (8 ounce) packages cream cheese, softened</td>
<td></td>
</tr>
<tr>
<td>1 cup Ranch dressing</td>
<td></td>
</tr>
<tr>
<td>3/4 cup pepper sauce (such as Frank’s Red Hot®)</td>
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<tr>
<td>1 1/2 cups shredded Cheddar cheese</td>
<td></td>
</tr>
<tr>
<td>1 bunch celery, cleaned and cut into 4 inch pieces</td>
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<tr>
<td>1 (8 ounce) box chicken-flavored crackers</td>
<td></td>
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</tbody>
</table>

## Directions

Heat chicken and hot sauce in a skillet over medium heat, until heated through. Stir in cream cheese and ranch dressing. Cook, stirring until well blended and warm. Mix in half of the shredded cheese, and transfer the mixture to a slow cooker. Sprinkle the remaining cheese over the top, cover, and cook on Low setting until hot and bubbly. Serve with celery sticks and crackers.
## Tarragon Chicken Casserole

### Ingredients
1 (10.75 ounce) can condensed cream of chicken soup
2 cups half-and-half
4 teaspoons dried tarragon
1/2 teaspoon ground black pepper
1 (8 ounce) package spaghetti, cooked and drained
3 cups cooked, cubed chicken meat
1/2 cup grated Parmesan cheese

### Directions
Preheat oven to 350 degrees F (175 degrees C).

In a large bowl combine the soup, half-and-half, tarragon and pepper. Stir in the spaghetti and the chicken. Transfer all to an ungreased 9x13 inch baking dish. Sprinkle with the Parmesan cheese and bake, uncovered, for 30 minutes or until heated through.
## Broccoli Chicken Salad

### Ingredients

- 1 1/2 cups cubed cooked chicken breast
- 1 1/2 cups fresh broccoli florets
- 1/4 cup chopped red onion
- 2 tablespoons salted sunflower kernels
- 2 tablespoons golden raisins
- 2 bacon strips, cooked and crumbled
- 1/3 cup mayonnaise
- 1 tablespoon sugar
- 1 tablespoon red wine vinegar

### Directions

In a bowl, combine the first six ingredients. Combine the mayonnaise, sugar and vinegar; add to chicken mixture and toss to coat. Refrigerate until serving.
Slow Cooker Chicken and Dumplings

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 2 tablespoons butter
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 1 onion, finely diced
- 2 (10 ounce) packages refrigerated biscuit dough, torn into pieces

**Directions**
Place the chicken, butter, soup, and onion in a slow cooker, and fill with enough water to cover.

Cover, and cook for 5 to 6 hours on High. About 30 minutes before serving, place the torn biscuit dough in the slow cooker. Cook until the dough is no longer raw in the center.
Garlic Caesar Chicken Tenders

Ingredients

1 pound chicken breast tenderloins or strips
1 cup Caesar-style salad dressing
2 cloves garlic, minced
2 cups bread crumbs

Directions

Combine dressing and garlic. Mix well. Marinate chicken in mixture for at least 8 hours, or overnight.

Preheat oven to 350 degrees F (175 degrees C).

Place bread crumbs in a large resealable plastic bag. Remove chicken from marinade and place in bag with bread crumbs. Shake until all chicken pieces are coated. Place chicken in a 9x13 inch baking dish and bake for 25 minutes or until no longer pink in center and juices run clear.
### Ingredients

- 1 (10 ounce) package frozen broccoli florets, cooked and drained
- 2 cups shredded cooked chicken
- 1 cup shredded Cheddar cheese
- 1 medium tomato, chopped
- 1/4 cup mayonnaise
- 2 tablespoons prepared mustard
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 4 (6-inch) pita breads, halved
- 4 bacon strips, cooked and crumbled

### Directions

In a large bowl, combine the broccoli, chicken, cheese and tomato. In a small bowl, combine the mayonnaise, mustard, salt if desired and pepper; pour over the broccoli mixture and toss to coat. Spoon about 3/4 cup into each pita half; top with bacon if desired.
Chicken Rice Skillet

### Ingredients

- 4 (4 ounce) boneless skinless chicken breast halves
- 2 tablespoons olive or vegetable oil
- 2 celery ribs, chopped
- 4 green onions, thinly sliced
- 1/2 cup chopped sweet red pepper
- 1/2 cup chopped sweet yellow pepper
- 2 cups frozen green beans, thawed
- 1 (4.5 ounce) jar sliced mushrooms, drained
- 1 (14.5 ounce) can chicken broth
- 1/4 cup water
- 3 garlic cloves, minced
- 1/2 teaspoon salt
- 1/4 teaspoon lemon-pepper seasoning
- 1/8 teaspoon garlic powder
- 1/8 teaspoon pepper
- 2 cups uncooked instant rice

### Directions

In a large skillet over medium heat, brown chicken in oil for about 4 minutes on each side or until almost tender. Add celery, onions and peppers; cook until vegetables are crisp-tender. Stir in the beans and mushrooms; cook until chicken juices run clear.

Stir in the broth, water and seasonings. Bring to a boil. Stir in rice; cover and remove from the heat. Let stand for 5 minutes or until rice is tender; fluff rice with a fork.
Ingredients

- 12 skinless, boneless chicken breast halves
- 2 eggs
- 1 cup milk
- 2 cups all-purpose flour
- Salt and pepper to taste
- 1 cup bread crumbs
- 1 cup sliced almonds (optional)
- 1 cup SPLENDA® No Calorie Sweetener, Granulated
- 1/4 teaspoon salt
- 2 tablespoons cornstarch
- 1 tablespoon all-purpose flour
- 1/4 cup orange juice
- 1/4 cup lemon juice
- 1/2 cup water
- 1 tablespoon butter
- 1 tablespoon grated orange zest
- 1 tablespoon grated lemon zest

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a small bowl beat together eggs and milk. Add 2 cups flour, salt and pepper. Beat all together until smooth. In a shallow dish or plate mix together the bread crumbs and almonds. Dip chicken in egg batter, then in breadcrumb mixture.

In a large skillet melt 1 tablespoon butter/margarine and saute coated chicken in skillet 8 to 10 minutes. Place chicken in a lightly greased 9x13 inch baking dish and bake uncovered in the preheated oven for 20 minutes.

To Make Sauce: Meanwhile, in a medium saucepan mix together the SPLENDA® Granulated Sweetener, 1/4 teaspoon salt, cornstarch, and 1 tablespoon flour. Then stir in the orange juice, lemon juice, and 1/2 cup water. Mix all together and cook over low heat, stirring constantly, until the mixture boils. Let boil for 3 minutes, then remove from heat.

Add 1 tablespoon of butter/margarine, the orange rind and the lemon rind to the orange sauce and stir together. Remove chicken from oven and pour orange sauce over warm chicken or put in a gravy boat for people to pour themselves. Enjoy!
Ingredients

4 skinless, boneless chicken breast halves
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon garlic powder
1 (10.75 ounce) can condensed cream of chicken soup

Directions

Preheat oven to 375 degrees F (190 degrees C).

Clean chicken breasts and season with salt, pepper and garlic powder (or whichever seasonings you prefer) on both sides of chicken pieces.

Bake for 25 minutes, then add cream of chicken soup and bake for 10 more minutes (or until done). Serve over rice or egg noodles.
### Chicken and Corn Medley

**Ingredients**

- 3/4 cup all-purpose flour
- 2 teaspoons salt, divided
- 3/4 teaspoon pepper, divided
- 4 boneless, skinless chicken breast halves, thinly sliced
- 2 tablespoons cooking oil
- 1 1/2 cups chopped onion
- 2 cups sliced fresh mushrooms
- 2 tablespoons lemon juice
- 3 garlic cloves, minced
- 2 cups chicken broth
- 1 tablespoon Dijon mustard
- 2 tablespoons minced fresh basil
- 3/4 teaspoon dried oregano
- 1/8 teaspoon cayenne pepper
- 2 cups fresh or frozen corn
- 2 cups seeded, chopped tomato
- 1 medium green pepper, julienned
- 1/2 cup chopped fresh parsley
- Hot cooked noodles or rice (optional)

**Directions**

In a large bowl, combine flour, 1 teaspoon salt and 1/2 teaspoon pepper. Add chicken and toss to coat. In a large skillet, heat oil over medium heat. Saute chicken until browned; remove and set aside. In the drippings, saute onion until tender. Toss mushrooms with lemon juice. Add mushrooms and garlic to the skillet; cook and stir for 4 minutes or until tender. Add the broth, remaining salt and pepper, mustard, basil, oregano, cayenne pepper and chicken. Simmer, uncovered, for 15 minutes. Stir in the corn, tomatoes and green pepper; simmer for 10 minutes. Sprinkle with parsley. Serve over noodles or rice if desired.
In a bowl, mix the oil, white wine, and Cajun seasoning. Place chicken in the bowl, and coat with the mixture. Cover, and refrigerate for at least 3 hours.

Preheat the grill for high heat.

Lightly oil the grill grate. Discard marinade, and place chicken on the grill. Cook for 6 to 8 minutes on each side, until juices run clear.
### Ingredients

<table>
<thead>
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<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>3 tablespoons olive oil</td>
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<tr>
<td>1 red onion, thinly sliced, divided</td>
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<tr>
<td>salt to taste</td>
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<tr>
<td>1 bay leaf</td>
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<tr>
<td>1 tablespoon water</td>
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<tr>
<td>1 tablespoon ground turmeric</td>
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<tr>
<td>1/2 teaspoon chili powder</td>
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<tr>
<td>1/2 teaspoon paprika</td>
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<tr>
<td>2 tablespoons ground ginger</td>
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<tr>
<td>2 tablespoons minced garlic</td>
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<tr>
<td>1 tablespoon water</td>
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<tr>
<td>2 1/4 pounds skinless, boneless chicken breast, cut in bite-sized pieces</td>
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<tr>
<td>1 tomato, thinly sliced</td>
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<tr>
<td>1/4 teaspoon white sugar</td>
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<tr>
<td>3 cardamom pods, lightly crushed</td>
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<tr>
<td>3 whole cloves</td>
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<tr>
<td>1 (2 inch) cinnamon stick</td>
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<tr>
<td>1 tablespoon ghee (clarified butter)</td>
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<tr>
<td>1 tablespoon water</td>
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<tr>
<td>1 tablespoon ground coriander</td>
<td></td>
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<tr>
<td>1 bunch cilantro, chopped</td>
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</tbody>
</table>

### Directions

Heat the olive oil in a skillet over high heat. Stir in 1/3 of the onion; cook and stir until the onion is golden brown and crisp, about 5 minutes. Season with salt. Remove the onion from the oil and drain on a paper towel-lined plate. Set aside.

Place the remaining 2/3 of onion and the bay leaf into the same skillet over high heat. Cook and stir until the onion has turned golden brown, about 5 minutes. Stir in 1 tablespoon of water, then add the turmeric, chili powder, paprika, ginger, and garlic. Reduce heat to medium-high and continue to cook and stir until the liquid has reduced, then stir in another tablespoon of water.

Place the chicken and tomato slices into the onion mixture. Season with salt and sugar. Stir in the cardamom pods, cloves, cinnamon stick, ghee, and 1 tablespoon of water. Cover and simmer on low until the liquid has reduced, 30 to 35 minutes. Stir in the coriander. Simmer until the liquid has evaporated. Sprinkle with cilantro and reserved fried onions before serving.
Jenny's Grilled Chicken Breasts

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 1/2 cup lemon juice
- 1/2 teaspoon onion powder
- ground black pepper to taste
- seasoning salt to taste
- 2 teaspoons dried parsley

**Directions**

Preheat an outdoor grill for medium-high heat, and lightly oil grate.

Dip chicken in lemon juice, and sprinkle with the onion powder, ground black pepper, seasoning salt and parsley. Discard any remaining lemon juice.

Cook on the prepared grill 10 to 15 minutes per side, or until no longer pink and juices run clear.
Thai-Style Chicken Wings

**Ingredients**

- 3 pounds chicken wings
- 1 cup chicken broth
- 1 cup white sugar
- 1/4 cup fish sauce
- 2 tablespoons cider vinegar
- 1 tablespoon cornstarch
- 2 teaspoons paprika
- 1 tablespoon vegetable oil
- 1/3 cup minced garlic
- 3 tablespoons minced jalapeno peppers
- 1/4 cup sliced red bell peppers

**Directions**

Preheat oven to 400 degrees F (200 degrees C).

In a large bowl combine the broth, sugar, fish sauce, vinegar, cornstarch and paprika. Set aside.

In a hot wok or skillet add the oil, garlic and chiles. Stir fry over high heat until the garlic turns slightly golden, about 4 minutes. Add the broth mixture and stir until it boils and is reduced to about 1 1/4 cups, about 10 to 15 minutes. Keep warm.

Place the chicken wings in a 10x15 inch baking dish and bake, uncovered, in the preheated oven for 60 to 70 minutes (until browned and crisp). Turn occasionally. Drain off the fat. With a slotted spoon, transfer the wings to a platter and pour the garlic sauce mixture over them, mixing well. Garnish with red bell pepper strips if desired.
Crispy Crunchy Chicken Strips

**Ingredients**

- 5 skinless, boneless chicken breasts
- 1 egg
- 2 tablespoons orange juice
- 1 tablespoon molasses
- 1 tablespoon honey
- 8 buttery round crackers, crushed

**Directions**

Preheat oven to 400 degrees F (200 degrees C).

Cut chicken breasts into strips. Whisk egg and juice together in a medium bowl. Stir in molasses and honey. Dip chicken strips into egg mixture. Pour cracker crumbs into a resealable plastic bag. Put egg coated chicken pieces in bag, seal and shake to coat with crumbs.

Place breaded chicken on a foil-lined cookie sheet and bake in the preheated oven for 10 minutes. Flip the chicken strips and turn the pan, then bake for another 10 minutes.
Chicken-Baked Chops

Ingredients

- 4 bone-in pork chops (1/2 inch thick)
- 1 tablespoon vegetable oil
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1/2 cup water
- 3 tablespoons Worcestershire sauce
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Directions

In a skillet, brown the pork chops in oil. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Combine the remaining ingredients; pour over chops. Cover and bake at 350 degrees F for 1 hour or until meat juices run clear.
Sour Cream Chicken and Stuffing

Ingredients

- 6 skinless, boneless chicken breasts
- 1 (6 ounce) package unseasoned dry bread stuffing mix
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of celery soup
- 1/2 cup sour cream
- 1 teaspoon curry powder
- 1 teaspoon lemon juice (optional)

Directions

Preheat oven to 350 degrees F (175 degrees C).

Line bottom of a 9x13 inch baking dish with chicken breasts. Spoon prepared stuffing mix over chicken. Mix the cream of chicken soup, cream of celery soup, sour cream, curry powder, and lemon juice. Pour mixture over top of stuffing.

Bake uncovered in the preheated oven for approximately 1 hour, until chicken juices run clear.
# Chicken a la Fire Station

## Ingredients

- 6 skinless, boneless chicken breast halves
- 6 tablespoons butter, divided
- 1 envelope dry Italian-style salad dressing mix
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 cup sour cream
- 1/4 cup sherry wine

## Directions

Preheat oven to 300 degrees F (150 degrees C), and grease a 7x11 inch baking dish.

Pound the chicken breasts with a meat mallet until flattened. Place 1 tablespoon of butter on each breast, and sprinkle with Italian dressing mix. Roll up the breasts, secure them with toothpicks, and place in the baking dish.

Whisk together the cream of chicken soup, sour cream, and sherry in a bowl until smooth, and pour over the chicken rolls.

Bake in the preheated oven until the chicken is cooked through and tender and the sauce is bubbling, about 1 1/2 hours.
Chicken Breasts with Plum Salsa and Basmati Rice

**Ingredients**

- 1 1/2 cups water
- 1 cup uncooked basmati rice, rinsed and drained
- 3/4 pound plums, pitted and chopped
- 1/2 medium red onion, minced
- 3 habanero peppers, seeded and minced
- 3 tablespoons minced fresh cilantro
- 1 teaspoon sugar
- 3/4 pound boneless, skinless chicken breasts
- 2 teaspoons fresh rosemary, minced
- salt and pepper to taste
- 2 teaspoons vegetable oil

**Directions**

Place water in a medium saucepan, and stir in the rice. Bring to a boil. Cover, reduce heat, and simmer 20 minutes. Remove from heat, cool slightly, and fluff with a fork.

In a medium bowl, mix until well combined the plums, onion, habanero peppers, cilantro, and sugar. Cover, and refrigerate about 30 minutes.

Meanwhile, season chicken with fresh rosemary, salt, and pepper.

Heat vegetable oil in a large skillet over medium-high heat. Place chicken breasts in hot oil, and brown about 1 minute per side. Reduce heat to medium, and cook chicken about 5 more minutes per side. Serve over rice with plum salsa.
**Ingredients**

- 1/2 cup butter
- 1/2 tablespoon chopped fresh parsley
- 1/2 tablespoon chopped fresh chives
- 1 tablespoon lemon juice
- 6 skinless, boneless chicken breast halves
- Salt and pepper to taste
- 2 cups dried bread crumbs
- 3 eggs, lightly beaten
- 3 tablespoons water
- 2 quarts vegetable oil for frying

**Directions**

In a small bowl, combine the butter/margarine, parsley, chives and lemon juice. Blend all together and refrigerate.

Place chicken breasts between 2 pieces of wax paper and pound well to flatten. Remove paper and season breasts with salt and pepper to taste.

Remove seasoned butter from refrigerator and divide it into 6 portions. Place one portion in the center of each chicken breast. Fold the short ends of the breasts into the center, then fold in the sides. Secure each breast with a wooden toothpick.

Add the water to the eggs and beat together. Coat each rolled breast with bread crumbs, dip into egg/water mixture, then into bread crumbs again, coating well. Chill breasts for one hour.

In a deep fryer, heat oil to 365 degrees F (185 degrees C). Carefully lower breasts into hot oil. Fry for 8 minutes or until golden brown. Drain on paper toweling and serve.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 (16 ounce) package dried navy beans</td>
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<tr>
<td>4 (14.5 ounce) cans chicken broth</td>
<td></td>
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<tr>
<td>1 onion, chopped</td>
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<tr>
<td>2 cloves garlic, minced</td>
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<td>1 teaspoon ground black pepper</td>
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<td>1 tablespoon dried oregano</td>
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<td>1 tablespoon ground cumin</td>
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<tr>
<td>5 cups chopped, cooked chicken meat</td>
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<tr>
<td>2 (4 ounce) cans diced green chile peppers</td>
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<td>1 cup water</td>
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<tr>
<td>1 teaspoon salt</td>
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<tr>
<td>1 jalapeno pepper, seeded and minced</td>
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</table>

### Directions

Sort and wash beans. Place beans, broth, onion, garlic, black pepper, oregano, cumin, and ground cloves in a Dutch oven. Bring to a boil. Cover, reduce heat, and simmer for 2 hours.

Stir in chicken, chilies, water, salt, and jalapeno. Bring to a boil. Cover, reduce heat, and simmer for 1 hour; stirring often.
**Ingredients**

- 4 skinless chicken pieces
- 1/2 cup Greek olive oil
- 1 lemon, juiced
- 1 1/2 tablespoons freshly ground black pepper
- 1 teaspoon salt
- 1 1/2 tablespoons dried oregano
- 1 dash cinnamon
- 1 dash poultry seasoning
- 1/2 cup olive oil for frying
- 1 lemon, cut into wedges

**Directions**

In a medium bowl, combine chicken pieces with 1/2 cup olive oil, lemon juice, pepper, salt, oregano, cinnamon, and poultry seasoning. Allow the chicken to soak in the oil and seasonings for five minutes. In fact, rub the marinade into the chicken using your hands.

Heat 1/2 cup olive oil over low heat in a 1 1/2 inch deep frying pan with a lid to fit (to keep the juices in the chicken). Carefully lay the chicken pieces in the frying pan. Put the lid on the pan, and cook until chicken is done, about 20 minutes, flipping pieces occasionally. Increase heat to medium-high, and cook just long enough to make the outside of the chicken brown.

Serve hot, garnished with lemon wedges. Squeeze some lemon on the chicken for delicious added flavor.
## Simple Creamy Lemon Chicken Sauce

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (10.75 ounce) can cream of chicken soup</td>
<td></td>
</tr>
<tr>
<td>1/2 cup water</td>
<td></td>
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<tr>
<td>2 tablespoons lemon juice</td>
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</tr>
<tr>
<td>2 tablespoons butter</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon garlic powder</td>
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</tbody>
</table>

### Directions

Stir the chicken soup, water, lemon juice, butter, and garlic powder together in a pan and place over medium heat. Cook until hot, about 5 minutes.
Jalapeno Chicken Dip

Ingredients

- 1 (10 ounce) can chunk white chicken in water, thoroughly drained
- 1 pinch seasoned salt
- 2 (8 ounce) packages cream cheese, softened
- 1 (10.75 ounce) can condensed cream of chicken soup
- 3 tablespoons chopped jalapeno

Directions

Combine the chicken and seasoned salt in a large skillet over medium-low heat; heat through.

Combine the cream cheese and chicken soup in a microwave-safe bowl; cover and heat for 1 minute in the microwave. Add the chicken mixture and continue to heat at 1 minute intervals until the liquid bubbles. Stir in the jalapenos and serve immediately.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>1 tablespoon vegetable oil</td>
</tr>
<tr>
<td>2/3 cup medium diced carrots</td>
</tr>
<tr>
<td>2/3 cup medium diced celery</td>
</tr>
<tr>
<td>2/3 cup medium diced onions</td>
</tr>
<tr>
<td>1 teaspoon dried tarragon</td>
</tr>
<tr>
<td>2 (18.5 ounce) cans COLLEGE INN® Chicken Broth</td>
</tr>
<tr>
<td>1/2 cup pasta, uncooked*</td>
</tr>
<tr>
<td>1 1/2 cups cubed cooked chicken or turkey</td>
</tr>
</tbody>
</table>

### Directions

Place oil in medium saucepan and heat over medium-high heat. Add vegetables and tarragon; saute until tender (3-4 minutes). Add broth and bring to a gentle boil. Add pasta and chicken/turkey; boil gently for 6-8 minutes or until pasta is cooked.
Salsa Chicken Potatoes

Ingredients

- 2 large baking potatoes
- 1 cup cubed cooked chicken
- 1 cup tomato sauce
- 1/2 cup salsa
- 1 tablespoon brown sugar
- 2 tablespoons sour cream
- 1 tablespoon minced fresh parsley

Directions

Scrub and pierce potatoes; place on a microwave-safe plate. Microwave, uncovered, on high for 10-12 minutes or until tender, turning once. In a microwave-safe bowl, combine the chicken, tomato sauce, salsa and brown sugar. Cover and microwave on high for 3 minutes or until heated through.

Cut an X in the top of each potato; fluff pulp with a fork. Top with chicken mixture, sour cream and parsley.
Swiss Chicken Casserole II

Ingredients
- 6 skinless, boneless chicken breasts
- 6 slices Swiss cheese
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/4 cup milk
- 2 cups herb-seasoned stuffing mix
- 1/4 cup butter

Directions
- Preheat oven to 350 degrees F (175 degrees C).
- Arrange chicken in a greased 12 x 8 x 2 baking dish. Top with Swiss cheese slices.
- Combine soup and milk and stir well. Spoon mixture over chicken and sprinkle with stuffing mix. Drizzle butter or margarine over crumbs.
- Cover and bake at 350 degrees F (175 degrees C) for 50 minutes. Enjoy!
# Country Chicken Casserole

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>3 cups shredded hash brown potatoes</td>
</tr>
<tr>
<td>1 (6 ounce) can French-fried onions, divided</td>
</tr>
<tr>
<td>6 slices processed American cheese</td>
</tr>
<tr>
<td>4 skinless, boneless chicken breast halves - cut into bite size pieces</td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup</td>
</tr>
<tr>
<td>3/4 cup milk</td>
</tr>
<tr>
<td>1 (15 ounce) can corn</td>
</tr>
</tbody>
</table>

## Directions

- Preheat oven to 375 degrees F (190 degrees C).

- Stir hash browns and 1/2 of the onions together in a 9x13 inch baking dish, then lay cheese slices on top and layer chicken over cheese. In a small bowl, mix soup and milk together and pour mixture over chicken.

- Bake in preheated oven for 30 to 35 minutes, or until chicken is cooked through and juices run clear. Pour corn onto chicken and stir to combine all ingredients, then bake for an additional 20 minutes.

- Sprinkle remaining onions over all and bake for another 5 minutes, or until onions are golden brown. Let sit 5 minutes before serving.
Quick Chicken and Noodles

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1/2 teaspoon garlic powder
- 1/8 teaspoon paprika
- 1 3/4 cups Swanson® Chicken Stock
- 1/2 teaspoon dried basil leaves, crushed
- 1/4 teaspoon ground black pepper
- 2 cups frozen vegetable combination (broccoli, cauliflower, carrots)
- 2 cups uncooked medium egg noodles

**Directions**

Season the chicken with the garlic powder and paprika. Cook the chicken in a 12 inch nonstick skillet over medium-high heat until it’s well browned on both sides.

Add the stock, basil, black pepper and vegetables to the skillet and heat to a boil. Stir in the noodles. Reduce the heat to low. Cover and cook for 10 minutes or until the chicken is cooked through and the noodles are tender.
Creolized Stuffed Chicken Breasts

Ingredients

- 1/2 pound smoked sausage, sliced thinly
- 1/2 pound fresh button mushrooms
- 3 tablespoons chopped green onion
- 1 teaspoon minced garlic
- 4 tablespoons blue cheese salad dressing, divided
- 3 skinless, boneless chicken breasts
- 1 tablespoon Cajun-style seasoning

Directions

To Make Stuffing: Brown sausage in a large skillet over medium high heat; once sausage starts to brown, add mushrooms and saute for 5 minutes, then add green onion and garlic and saute for another 2 minutes. Remove stuffing mixture from heat, put in a food processor and add 1 tablespoon salad dressing. Process slowly in processor, roughly chopping.

Preheat oven to 375 degrees F (190 degrees C).

Cut 2 inch slits in sides of chicken breasts and stuff with as much stuffing as breast will hold. Season both sides of breasts liberally with Cajun-style seasoning and sear in a hot skillet for 1 to 2 minutes per side, then place in a lightly greased 9x13 inch baking dish. Top with leftover stuffing and remaining 3 tablespoons salad dressing.

Bake at 375 degrees F (175 degrees C) for 30 minutes or until chicken is cooked through and juices run clear.
Tender Pan-Fried Chicken Breasts

Ingredients

- 2 cups flour
- 1 tablespoon dried tarragon
- 2 tablespoons salt
- 1 tablespoon ground ginger
- 2 tablespoons ground black pepper
- 1 tablespoon dry mustard powder
- 1 tablespoon dried thyme leaves
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 egg
- 1/4 cup milk
- 8 (6 ounce) skinless, boneless chicken breast halves
- 1/2 cup vegetable oil

Directions

Stir together flour, tarragon, salt, ginger, pepper, mustard powder, thyme, garlic powder, and oregano in a shallow bowl until well blended. Beat the egg together with the milk until smooth in a bowl. Dredge the chicken breasts in the flour mixture, shake off excess, then dip in egg, and again in flour. Set breasts aside to rest for 10 minutes.

Preheat oven to 350 degrees F (175 degrees C).

Heat the vegetable oil in a skillet over medium-high heat. Dredge the chicken breasts in flour again, and shake off excess. Brown the chicken in the hot oil until golden brown on both sides. Place onto a baking sheet, and bake in preheated oven until the chicken is no longer pink in the center, 20 to 30 minutes.
Chicken Enchiladas III

**Ingredients**

1 (1 pound) loaf processed cheese food, cubed
1 (16 ounce) container sour cream
2 (10.75 ounce) cans condensed cream of chicken soup
8 fluid ounces evaporated milk
1 teaspoon ground cumin
1 (10 ounce) can chicken chunks, drained
2 cups shredded Cheddar cheese
1 (4 ounce) can chopped green chile peppers
10 (10 inch) flour tortillas

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a medium size microwave safe bowl, combine the processed cheese food, sour cream, 1 can of soup, and evaporated milk. Stir together, and heat in microwave oven until smooth, stirring at intervals. Add cumin to taste, and set aside.

In a medium size bowl, combine the chicken, remaining can of soup, shredded cheese, and green chile peppers. Drop spoonfuls of chicken mixture in center of tortillas, and roll up. Place in a lightly greased 9x13 inch baking dish. Pour reserved sour cream mixture over all.

Bake in the preheated oven for 20 minutes.
Ingredients

1/2 tablespoon olive oil  
4 skinless, boneless chicken breasts  
1/2 teaspoon ground black pepper  
1/2 teaspoon minced garlic  
1/4 cup minced onion  
1/2 cup chicken broth  
4 cups spaghetti sauce  
1 cup shredded mozzarella cheese  

Directions

Heat oil in a large skillet over medium high heat. Saute chicken breasts for 4 to 5 minutes each side, or until white. Add pepper, garlic, onion and broth. Cover and simmer over medium heat until broth cooks off, about 7 to 10 minutes.

Stir in spaghetti sauce, then cover and simmer another 10 minutes, or until chicken is cooked through and no longer pink inside. Sprinkle cheese on top, cover and cook for another 2 to 3 minutes, or until cheese is melted. Serve hot.
# Campbell's® Creamy Dijon Chicken with Rice

## Ingredients

- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breasts
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Celery Soup or Campbell's® Condensed 98% Fat Free Cream of Celery Soup
- 2/3 cup water
- 1 tablespoon Dijon-style mustard
- 1/8 teaspoon ground black pepper
- 4 cups hot cooked regular long-grain white rice

## Directions

Heat oil in skillet. Add chicken and cook until browned.

Add soup, water, mustard and pepper. Heat to a boil. Cover and cook over low heat 5 minutes or until done. Serve with rice.
Wonder Bread Curried Chicken Salad Appetizer

**Ingredients**

12 slices Wonder® Classic White Bread
1/2 cup light sour cream
2 tablespoons orange marmalade
3/4 teaspoon curry powder
1/2 teaspoon salt
1/4 teaspoon black pepper
1 medium rib celery, finely chopped
1 green onion, finely chopped
1/2 red bell pepper, finely diced
1 (9.75 ounce) can white chunk chicken breast, drained
3 tablespoons finely chopped roasted peanuts
12 red grapes, sliced in half

**Directions**

Preheat oven to 400 degrees F.

Wonder Bread Croustades: Cut crusts from Wonder Bread and flatten with a rolling pin until quite flat, about 1/8-inch thick. Cut circles from the bread with a 2 1/2-inch round cookie cutter. (You can cut 2 circles from each slice of bread.)

Lightly brush mini-muffin pan with melted butter. Gently press each round of bread into a mini-muffin cup, forming it into a bowl shape. Repeat, making as many Croustades as specified in the recipe.

Bake about 9 to 10 minutes, or until golden brown.

Cool slightly, then remove the Croustades from the pan and allow them to cool completely on a wire rack.

Curried Chicken Salad: In a medium bowl combine the sour cream, marmalade, curry powder, salt and pepper. Add the celery, green onions, red pepper and chicken breast. Stir to combine; flaking the chicken into small pieces. Gently fold in peanuts.

Fill Croustades and top with a red grape half.
Broiled Chicken with Roasted Garlic Sauce

Ingredients
- 1 medium head garlic
- 1 tablespoon olive oil
- 4 skinless, boneless chicken breasts
- 1/2 cup white wine
- 2 tablespoons butter
- 1 cup milk
- 1 tablespoon all-purpose flour
- 1/4 cup grated Parmesan cheese
- 1 tablespoon chopped fresh parsley

Directions
- Preheat oven to 400 degrees F (200 degrees C).

  Slice the top of the head of garlic, just enough to remove paper and expose the tops of the cloves. Drizzle with olive oil and roast in preheated oven, either in a clay garlic roaster or wrapped in aluminum foil. Roast for 20 minutes or until cloves are soft and slip from skins when pushed. Change oven setting to broil (375 degrees F, 190 degrees C). Let garlic cool.

  To prepare chicken, place in a 9x13 inch baking dish and splash both sides with white wine. Broil for 25 minutes or until chicken is cooked through and juices run clear.

  Meanwhile, place butter or margarine and milk in a large skillet and heat over medium heat until warm. Stir in the flour and cheese. Stir over medium heat until sauce begins to thicken. Slip cooled garlic cloves from skin and add to the sauce (if desired, mince first). Add chopped parsley. Bring nearly to a boil; reduce heat and stir to control thickening. If desired, pour sauce over cooked rice or pasta and top with broiled chicken. Enjoy!
**Baked Chicken and Onions**

**Ingredients**
- 2 medium onions, sliced into rings
- 1 head garlic, cloves separated, peeled, and sliced
- 1/4 cup lemon juice
- 1/2 cup white wine
- 4 skinless, boneless chicken breast halves
- paprika to taste
- salt and pepper to taste

**Directions**
Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.

Layer the bottom of the baking dish with 1/2 the onions and 1/2 the garlic slices. Pour lemon juice and white wine into the baking dish. Season chicken with paprika, salt, and pepper, and place in the baking dish. Top with remaining onions and garlic.

Bake 25 minutes in the preheated oven, or until chicken juices run clear.
Spicy Chicken Thai Noodle Soup

Ingredients

- 5 cups chicken broth
- 1 cup white wine
- 1 cup water
- 1 onion, chopped
- 3 green onions, chopped
- 3 cloves garlic, chopped
- 4 large carrots, cut into 1 inch pieces
- 4 large stalks celery, cut into 1 inch pieces
- 1/2 teaspoon salt
- 1 teaspoon ground black pepper
- 1 tablespoon curry powder
- 1/2 tablespoon dried sage
- 1/2 tablespoon poultry seasoning
- 1/2 tablespoon dried oregano
- 1 teaspoon ground cayenne pepper
- 2 tablespoons vegetable oil
- 3 skinless, boneless chicken breast halves - cut into 1 inch cubes
- 1 fresh red chile pepper, seeded and chopped
- 1/2 (12 ounce) package dried rice noodles

Directions

In a slow cooker on low heat, combine chicken broth, wine, water, onion, green onion, garlic, carrots, celery, salt, black pepper, curry, sage, poultry seasoning, oregano and cayenne.

In a skillet over medium heat, cook chicken in oil until brown. Stir into slow cooker.

Cook soup 8 hours on low or 5 hours on high.

About halfway through the cooking time, stir in the red pepper. 15 minutes prior to serving, stir in the noodles.
Roasted Soda Can Chicken

Ingredients

1 (4 pound) whole chicken
1/4 cup butter, melted
2 tablespoons brown sugar
2 cloves garlic, minced
salt and pepper to taste
juice of 1 fresh lemon, divided
1 (12 ounce) can lemon-lime soda (such as Sprite®)
1 small whole onion, peeled
1 squeezed lemon half

Directions

Preheat the oven to 350 degrees F (175 degrees C). Remove the giblets and rinse chicken inside and out with water. Pat dry with paper towels.

Stir together butter, brown sugar, garlic, salt and pepper, and half the lemon juice in a bowl. Rub the mixture over the entire chicken, including the cavity and beneath the skin.

Discard 1/2 of soda, leaving the rest in the can, and pour the remaining lemon juice into the can. Place the can on a baking sheet, and set the chicken upright on the can, inserting it into the cavity of the chicken. Plug the neck opening of the chicken with the onion and a squeezed lemon half to retain steam.

Roast the chicken in the preheated oven for 1 1/2 to 2 hours, to a minimum internal temperature of 180 degrees F (80 degrees C). Remove the chicken from the oven, discard the soda can, and cover chicken with a doubled sheet of aluminum foil to rest in a warm area for 10 minutes before slicing.
## Fruited Curry Chicken Salad

### Ingredients

- 4 skinless, boneless chicken breast halves - cooked and diced
- 1 stalk celery, chopped
- 1/2 onion, chopped
- 1 small apple - peeled, cored and chopped
- 1/3 cup golden raisins
- 1/3 cup seedless green grapes, halved
- 1/2 cup chopped toasted pecans
- 1/8 teaspoon ground black pepper
- 1/2 teaspoon curry powder
- 3/4 cup mayonnaise

### Directions

In a large salad bowl combine the chicken, celery, onion, apple, raisins, grapes, pecans, pepper, curry powder and mayonnaise. Mix all together, tossing to coat. Salad is ready to serve!
Karen's Slow Cooker Pizza Chicken

Ingredients

- 4 skinless, boneless chicken breast halves - cut into bite size pieces
- 1 onion, chopped
- 1 green bell pepper, chopped
- 2 stalks celery, sliced
- 1 (10.75 ounce) can condensed tomato soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 2 tablespoons tomato paste
- 1/2 cup water
- 1 tablespoon dried parsley
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- 1 bay leaf
- Salt and pepper to taste

Directions

Place chicken, onion, bell pepper and celery in a slow cooker. In a medium bowl combine the tomato soup, cream of mushroom soup, tomato paste, water, parsley, oregano, basil, salt and pepper. Mix well and pour mixture over chicken and vegetables in slow cooker. Stir to coat and add bay leaf.

Cook on Low setting for 8 hours, until chicken and vegetables are tender.
Chicken Tetrazzini I

**Ingredients**

- 8 ounces spaghetti
- 2 (8 ounce) cans mushrooms, drained
- 1/2 cup butter
- 4 boneless chicken breast halves, cooked
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 1 (16 ounce) container sour cream
- 2 tablespoons grated Parmesan cheese

**Directions**

Break spaghettini into 1 inch pieces. Cook according to package directions. Drain.

Saute mushrooms in butter or margarine. Cut chicken into large pieces, and mix with mushrooms. Stir in sour cream and condensed soup. Fold in noodles. Turn into a buttered casserole dish, and sprinkle with the Parmesan cheese.

Bake at 300 degrees F (150 degrees C) for 40 minutes.
# Marinated Baked Chicken Breasts

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1 cup sour cream</td>
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<tr>
<td>2 tablespoons lemon juice</td>
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<tr>
<td>2 teaspoons Worcestershire sauce</td>
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<tr>
<td>2 tablespoons celery salt, divided</td>
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<tr>
<td>2 teaspoons paprika, divided</td>
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<tr>
<td>1 1/2 teaspoons salt</td>
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<tr>
<td>1 teaspoon pepper, divided</td>
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<tr>
<td>3/4 teaspoon garlic powder, divided</td>
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<tr>
<td>6 chicken breast halves</td>
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<tr>
<td>3/4 cup crushed butter-flavored crackers</td>
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<tr>
<td>1/2 cup butter or margarine, melted</td>
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</tbody>
</table>

## Directions

In a large shallow bowl, combine sour cream, lemon juice, Worcestershire sauce, half of the celery salt and paprika, salt, and half of the pepper and garlic powder. Add chicken; turn to coat well. Cover and refrigerate at least 4 hours. Meanwhile, in a large bag or another bowl, combine crackers and remaining seasonings. Drain chicken, discarding marinade. Shake or dredge chicken in crumb mixture. Place in an ungreased jelly roll or broiler pan; drizzle with 1/4 cup butter. Bake, uncovered, at 325 degrees F for 45 minutes. Drizzle with remaining butter; bake 45 minutes longer or until juices run clear.
Trinidad Stewed Chicken

**Ingredients**

- 1 (4 pound) whole chicken, cut into pieces
- 3 tablespoons finely chopped green onion
- 3 tablespoons chopped fresh cilantro
- 1 teaspoon minced garlic
- 1 teaspoon chopped onion
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon vegetable oil
- 1/4 cup brown sugar
- 1 cup water
- 1/2 cup canned coconut milk (optional)
- 1 teaspoon red pepper flakes (optional)
- 2 tablespoons ketchup
- 1 tablespoon butter

**Directions**

Place chicken on a plate. Sprinkle the green onion, cilantro, garlic, onion, salt and pepper over it. Cover, and marinate for 30 minutes.

Heat the vegetable oil in a deep pot over medium heat. Stir in the sugar, and cook until the sugar has melted into a nice golden brown syrup. Add the chicken pieces, and brown quickly while turning continuously. Cover the pot, and let it cook for 2 minutes.

Pour in 1 cup of water, coconut milk and pepper flakes. Replace the lid, and cook over medium heat for 10 minutes. Stir in the ketchup and butter. Continue cooking until chicken is fork tender, 20 to 30 minutes. Taste and season with additional salt and pepper if needed. Serve chicken with the sauce in the pot as a gravy.
Wine Sauce Chicken

Ingredients

- 6 boneless chicken breast halves, cooked and cut into bite-sized pieces
- 2 tablespoons butter
- 2 cups sauteed mushrooms
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (5 ounce) can evaporated milk
- 1 1/2 cups shredded Cheddar cheese
- 1/2 teaspoon garlic powder
- 1/2 cup white wine
- 1/2 cup mayonnaise
- 1/2 cup slivered almonds for topping
- 1/4 cup grated Parmesan cheese for topping

Directions

Place the butter or margarine in a 9x13 inch baking dish. Place the chicken pieces on top and add the sauteed mushrooms.

Preheat oven to 350 degrees F (175 degrees C).

In a small saucepan over medium heat, combine and heat the soup, milk, Cheddar cheese and garlic powder. Remove from heat and add the white wine and mayonnaise. Pour mixture over the chicken and mushrooms. Top with slivered almonds and grated Parmesan cheese and bake in the preheated oven for 1 hour.
## Ingredients

- 3 (10.5 ounce) cans chicken broth
- 2 cups water
- 1/2 cup wild rice
- 1/2 cup chopped green onions
- 1/2 cup butter
- 3/4 cup all-purpose flour
- 3/4 teaspoon salt
- 1/2 teaspoon poultry seasoning
- 1/4 teaspoon ground black pepper
- 2 cups heavy cream
- 2 cups cubed, cooked chicken meat
- 1 (4 ounce) jar sliced pimento peppers, drained

## Directions

Combine the broth, water, and rice in a large soup pot, and bring to a boil. Reduce heat, and cover. Simmer for 35 to 40 minutes, until rice is tender.

Saute onions in butter or margarine in a medium saucepan, over low heat. Stir in flour, salt, poultry seasoning, and pepper. Cook, stirring constantly, until mixture is bubbly and thick. Stir in cream. Cook for 6 minutes, or until mixture thickens slightly, stirring constantly. Stir into broth.

Add cubed chicken and pimientos. Heat through.
Chicken Noodle Salad with Peanut-Ginger Dressing

**Ingredients**

**Dressing**
- 1/3 cup smooth peanut butter
- 1/4 cup soy sauce
- 2 tablespoons unseasoned rice vinegar
- 1 tablespoon Asian garlic-chili sauce
- 1 tablespoon brown sugar, packed
- 1 tablespoon finely chopped fresh ginger root
- 1/8 teaspoon red pepper flakes
- 3 tablespoons low-sodium chicken broth
- salt and ground black pepper to taste

**Salad**
- 1 (16 ounce) package uncooked linguine pasta
- 3 1/2 cups cooked chicken, cut into strips
- 1 cup julienne-sliced carrot
- 6 green onions, chopped
- 1 red bell pepper, seeded and cut into strips
- 1 celery rib, thinly sliced
- 1/2 cup fresh cilantro leaves, chopped
- 1/2 cup chopped roasted peanuts, for garnish

**Directions**

To make the dressing, place the peanut butter, soy sauce, rice vinegar, chili-garlic sauce, brown sugar, ginger, red pepper flakes, and 3 tablespoons of chicken broth together in a blender or bowl of a food processor. Blend until smooth. Season to taste with salt and pepper. Thin the dressing to your taste by adding more chicken broth or water.

Bring a large pot of lightly salted water to a boil. Add the linguine and cook until al dente, 8 to 10 minutes. Drain and place pasta into a large mixing bowl.

Add the chicken, carrots, green onions, red pepper, celery, and cilantro to the bowl with the linguine. Pour the dressing over the noodle-chicken mixture and toss until mixture is evenly coated. Divide the salad among eight serving plates, and sprinkle peanuts over each serving.
Tasty Baked Chicken

**Ingredients**

- 1 broiler/fryer chicken (3 to 4 pounds), cut up
- 1 teaspoon salt
- 1/2 teaspoon dried tarragon
- 1/4 teaspoon paprika
- 1/4 teaspoon pepper
- 1/4 cup dry sherry
- 3 tablespoons lemon juice
- 2 teaspoons soy sauce
- 2 shallots, chopped

**Directions**

Place the chicken in a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with salt, tarragon, paprika and pepper. Combine the sherry, lemon juice and soy sauce; drizzle over chicken. Top with shallots.

Bake, uncovered, at 425 degrees F for 20 minutes. Reduce heat to 375 degrees F. Cover and bake for 30 minutes, basting occasionally. Uncover; bake 15-20 minutes longer or until a meat thermometer reads 180 degrees F.
**Ingredients**

<table>
<thead>
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<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>4 cups water</td>
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<tr>
<td>8 cubes chicken bouillon</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons cornstarch</td>
<td></td>
</tr>
<tr>
<td>4 teaspoons white sugar</td>
<td></td>
</tr>
<tr>
<td>1 1/3 tablespoons oyster sauce</td>
<td></td>
</tr>
<tr>
<td>4 teaspoons soy sauce</td>
<td></td>
</tr>
<tr>
<td>1/2 pound skinless, boneless</td>
<td></td>
</tr>
<tr>
<td>chicken breast meat - cubed</td>
<td></td>
</tr>
<tr>
<td>1 cup all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>1 egg</td>
<td></td>
</tr>
<tr>
<td>1/4 cup milk</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon ground black pepper</td>
<td></td>
</tr>
<tr>
<td>1/2 cup cashew halves</td>
<td></td>
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<tr>
<td>1/4 cup chopped green onion</td>
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</tbody>
</table>

**Directions**

To Make Sauce: Bring water to a boil in a large saucepan; dissolve bouillon cubes in boiling water. Remove 1 cup of this broth and mix with cornstarch in a small bowl, then return mixture to saucepan and let thicken. Stir in sugar, oyster sauce and soy sauce; cover, remove from heat and set aside.

To Make Chicken Nuggets: In a shallow dish or bowl, flour cubed chicken well and let stand in flour for 15 minutes. In a small bowl, beat egg, milk, salt and pepper together. Remove chicken from flour, dip in egg mixture, roll in flour again and deep fry in a large skillet or deep fryer until golden brown.

Place prepared chicken nuggets on a platter; heat sauce over low heat to heat through, then pour over chicken. Sprinkle cashew halves and green onion on top and serve.
Spicy Rapid Roast Chicken

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (3 pound) whole chicken</td>
</tr>
<tr>
<td>1 tablespoon olive oil</td>
</tr>
<tr>
<td>1/4 teaspoon salt</td>
</tr>
<tr>
<td>1/4 teaspoon ground black pepper</td>
</tr>
<tr>
<td>1/4 teaspoon dried oregano</td>
</tr>
<tr>
<td>1/4 teaspoon dried basil</td>
</tr>
<tr>
<td>1/4 teaspoon paprika</td>
</tr>
<tr>
<td>1/8 teaspoon cayenne pepper</td>
</tr>
</tbody>
</table>

**Directions**

Preheat oven to 450 degrees F (230 degrees C).

Rinse chicken thoroughly inside and out under cold running water and remove all fat. Pat dry with paper towels.

Put chicken into a small baking pan. Rub with olive oil. Mix the salt, pepper, oregano, basil, paprika and cayenne pepper together and sprinkle over chicken.

Roast the chicken in the preheated oven for 20 minutes. Lower the oven to 400 degrees F (205 degrees C) and continue roasting 40 minutes, to a minimum internal temperature of 180 degrees F (85 degrees C). Let cool 10 to 15 minutes and serve.
## Ingredients

- 1 (4.5 ounce) can Swanson® Premium Chunk Chicken Breast in Water, drained
- 1/4 cup chopped celery
- 1 tablespoon finely chopped onion
- 3 tablespoons mayonnaise
- Dash ground black pepper

## Directions

Mix all ingredients.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 skinless, boneless chicken breasts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 (14.5 ounce) can diced tomatoes with green chile peppers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup uncooked white rice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl combine the tomatoes/chiles, soup, rice, salt and pepper. Mix well. If necessary, add a little water.
- Place chicken breasts in a 9x13 inch baking dish. Pour sauce mixture over chicken. Cover and bake for about 45 minutes, until rice is tender.
**Ingredients**

- 1 tablespoon vegetable oil
- 1 pound skinless, boneless chicken breast, cut up
- 1 (16 ounce) bag frozen pasta and vegetable blend
- 1 (10.75 ounce) can your favorite Campbell's® Cream Soup*
- 1/2 cup water

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**Directions**

Heat oil in skillet. Add chicken and cook until browned, stirring often.

Add vegetable pasta blend, soup and water. Heat to a boil. Cover and cook over low heat 10 minutes or until done.
# Chicken and Portobello Rollups

## Ingredients

- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 1 portobello mushroom cap, cut into 1/2-inch slices
- 1 large red bell pepper, cut into strips
- 8 asparagus spears, trimmed
- 1/2 teaspoon seasoned salt
- 1/2 teaspoon dried oregano
- 4 (6 ounce) skinless, boneless chicken breast halves
- 1 (10.5 ounce) can cream of mushroom soup
- 1 cup milk

## Directions

Heat olive oil in a skillet over medium heat. Stir in garlic, and cook until it begins to turn golden brown, about 1 minute. Add the mushroom, red pepper, and asparagus; season with seasoned salt and oregano, then gently cook until softened. Pour mixture onto a plate, and allow to cool.

Preheat oven to 375 degrees F (190 degrees C). Spray a small, glass baking dish with cooking spray and set aside.

Place each chicken breast between two sheets of plastic wrap, and pound to 1/4-inch thick. Evenly divide the portobello, red pepper, and asparagus among the flattened chicken breasts. Roll up and secure with toothpicks. Place into prepared baking dish.

Bake chicken in preheated oven until no longer pink, about 30 minutes. Meanwhile, stir together cream of mushroom soup and milk in a saucepan over medium-high heat. Bring to a simmer, then reduce heat to low, and keep warm while chicken cooks.

To serve, remove toothpicks from chicken, slice each in half at an angle, and place onto a serving platter or individual plates. Ladle cream of mushroom soup overtop.
## Ingredients

- 2 tablespoons olive oil, or to taste
- 4 cloves garlic, crushed
- 4 skinless, boneless chicken breast halves
- salt and black pepper to taste
- 1 tablespoon olive oil
- 2 cloves garlic, crushed
- 1 green bell pepper, cut into strips
- 1 red bell pepper, cut into strips
- 1 yellow bell pepper, cut into strips
- 1 large red onion, cut into strips
- 1 bunch fresh asparagus spears, trimmed and cut into 2-inch pieces
- 1 (6 ounce) bag baby spinach leaves
- 1/3 cup balsamic vinegar, or to taste
- 1 tablespoon brown sugar

## Directions

Heat a large skillet over medium heat, and drizzle the olive oil into the hot skillet. Cook and stir 4 garlic cloves just until fragrant, about 1 minute, smashing them into the oil with a spoon as you stir. Sprinkle the chicken breasts with salt and pepper, and brown them in the hot oil until the surface is golden and the meat is no longer pink inside, 5 to 8 minutes per side. Remove the chicken breasts to a platter and keep warm.

Heat 1 tablespoon of olive oil in the skillet over medium heat, and scrape up any browned bits of flavor from the bottom of the skillet. Stir in 2 more cloves of garlic, the green, red, and yellow bell peppers, red onion, and asparagus, and cook and stir until the vegetables are brightly colored and softened, about 10 minutes. Toss the spinach leaves with the hot vegetables to just wilt the spinach. Divide the cooked vegetables between 4 serving plates, and top each plate with a chicken breast.

Stir the balsamic vinegar and brown sugar into the skillet over medium-low heat, stirring until the vinegar comes to a full boil and the sugar has dissolved. Cook the mixture until reduced and thickened, 3 to 5 minutes; spoon the balsamic sauce over each chicken breast to serve.
Leah's Chicken with Chickpeas

Ingredients

- 1 (3 pound) whole chicken, cut into pieces
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 teaspoon ground turmeric
- 1 (15 ounce) can garbanzo beans, drained
- 1 lemon, juiced
- 3 cloves garlic, minced
- Salt to taste
- Ground black pepper to taste
- 2 cups water

Directions

In a large skillet, saute onion in oil until golden.

Sprinkle turmeric in pan, and mix well. Put chicken on top, and brown on all sides.

Add about 2 cups water, chickpeas, lemon juice, garlic, and salt and pepper. Bring to a boil. Simmer gently for about 1 hour, or until the chicken is tender and the liquid is reduced. Taste to adjust seasonings.
Chip Chicken Lollipops

**Ingredients**

- 4 skinless, boneless chicken breast halves - cut into 1/2 inch cubes
- 1 egg
- 2 tablespoons milk
- 2 cups crushed potato chips
- Lollipop sticks from a craft or party store

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.

Crush potato chips onto a plate. In a large bowl, whisk together egg and milk. Dip the chicken cubes into the egg mixture, then coat well with potato chips. Spread the nuggets onto the baking sheet.

Bake for 10 minutes. Turn nuggets over, and bake for 10 minutes more, until golden brown. Remove baking sheet from oven, and insert a lollipop stick into each nugget.
Cilantro Chutney Chicken

**Ingredients**

- 1 (3 pound) whole chicken, cut into pieces
- 2 teaspoons minced fresh ginger root
- 2 teaspoons minced garlic
- 1 bunch fresh cilantro
- 1 teaspoon ground cumin
- 1 jalapeno chile pepper, stem and seeds removed
- 2 tablespoons lemon juice
- 1/4 cup ground unsalted cashews
- 1 cup heavy whipping cream
- salt to taste

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Remove and discard the skin from the chicken. Wash parts and pat dry. Combine the garlic and ginger and rub over the chicken. Place the chicken parts in a 9x13 inch baking dish, cover with foil and set aside.

Meanwhile, place the cilantro, cumin, jalapeno chile pepper and lemon juice in a blender and puree until smooth, adding some water if necessary. Set this aside for later. In a separate small bowl, combine the cashews with the cream. Mix well and pour over the chicken.

Bake chicken at 350 degrees F (175 degrees C) for 30 minutes, or until chicken releases its juices. Then bake, uncovered for 15 more minutes, allowing the liquid in the dish to thicken slightly to a gravy.

Remove from oven and combine the gravy in the dish with the reserved cilantro chutney. Mix this well and serve over the chicken.
Skillet Fiesta Chicken and Rice

Ingredients

- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breast halves
- 1 (10.75 ounce) can Campbell’s® Condensed Tomato Soup (Regular or 25% Less Sodium)
- 1 1/3 cups water
- 1 teaspoon chili powder
- 1 1/2 cups uncooked instant white rice
- 1/4 cup shredded Cheddar cheese

Directions

Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook for 10 minutes or until it's well browned on both sides. Remove the chicken from the skillet.

Stir the soup, water and chili powder in the skillet and heat to a boil.

Stir in the rice. Place the chicken on the rice mixture. Sprinkle the chicken with additional chili powder and the cheese. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through and the rice is tender. Stir the rice mixture before serving.
Creamed Chicken 'n' Veggies

**Ingredients**
- 2 cups frozen mixed vegetables
- 2 cups frozen broccoli cuts
- 2 tablespoons olive oil
- 4 cups cubed cooked chicken
- 1 (16 ounce) jar roasted garlic Parmesan Alfredo sauce
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Hot cooked rice

**Directions**
In a large skillet, saute the mixed vegetables and broccoli in oil until tender. Stir in the chicken, Alfredo sauce, salt and pepper; heat through. Serve with rice.
Oregano-Lemon Chicken

**Ingredients**

- 6 chicken thighs
- 3 tablespoons lemon juice
- 2 tablespoons honey
- 1 tablespoon olive oil
- 3 garlic cloves, minced
- 2 teaspoons dried oregano

**Directions**

Place the chicken in a greased 13-in. x 9-in. x 2-in. baking dish. Combine the lemon juice, honey, oil, garlic and oregano; pour over chicken.

Bake, uncovered at 375 degrees F for 45 minutes or until a meat thermometer reads 180 degrees F and chicken juices run clear, basting occasionally with pan juices.
Chicken with Tomatoes and Olives

Ingredients

2 skinless, boneless chicken breast halves
3 plum tomatoes, seeded and chopped
1/2 cup black olives, halved
2 tablespoons chopped fresh rosemary
6 cloves garlic, pressed
4 tablespoons olive oil
1/2 (750 milliliter) bottle dry white wine

Directions

Place chicken breasts between 2 sheets of plastic wrap. Using a meat tenderizing hammer, pound each breast to about 1/2 inch thick.

In a large skillet, heat olive oil over medium heat. Briefly cook chicken breasts in oil, turning to lightly brown both sides. Add garlic and rosemary, and continue cooking until garlic is soft. Pour wine into pan, and cover pan with lid. Bring to a boil, and simmer for about 5 minutes.

Add tomatoes and olives to the pan; continue cooking, covered, for approximately 10 minutes.
# Quick and Easy Chicken and Tomato Pasta

## Ingredients

- 1/2 (16 ounce) package angel hair pasta
- olive oil
- 2 skinless, boneless chicken breast halves - chopped
- 2 teaspoons garlic and herb seasoning blend
- 1 (6 ounce) can sliced black olives, drained
- 1 (8 ounce) can sliced mushrooms, drained
- 2 (16 ounce) cans diced tomatoes
- freshly grated Parmesan cheese

## Directions

Bring a large pot of lightly salted water to a boil. Boil pasta for 8 to 10 minutes, or until al dente. Drain.

Heat olive oil in a large skillet over medium high heat. Sprinkle chicken with seasoned salt, and cook for 2 to 3 minutes. Stir in drained black olives and mushrooms. Continue cooking, stirring occasionally, until chicken is golden brown. Strain chicken juices from pan, and reduce heat to low. Stir in tomatoes, cover, and simmer for 15 minutes.

Toss the pasta and chicken mixture together, sprinkle with Parmesan cheese, and serve.
# Easy Barbeque Chicken and Red Potatoes

## Ingredients

- 4 skinless, boneless chicken breast halves
- 1 Vidalia onion, sliced
- 1 pound sliced fresh mushrooms
- 8 red potatoes, sliced 1/2 inch thick
- 1 (18 ounce) bottle barbeque sauce

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken breasts, onion, mushrooms and potatoes in a lightly greased 9x13 inch baking dish and cover all with sauce.

Cover dish and bake for 1 hour.
## Mango Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 skinless, boneless chicken breasts</td>
<td></td>
</tr>
<tr>
<td>3/4 cup chopped red onion</td>
<td></td>
</tr>
<tr>
<td>1 mango - peeled, seeded and sliced</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon vegetable oil</td>
<td></td>
</tr>
<tr>
<td>3 cups orange juice</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons cornstarch</td>
<td></td>
</tr>
<tr>
<td>1/4 cup hot water</td>
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</tbody>
</table>

### Directions

In a large skillet, brown the chicken breasts in oil till crispy and juices run clear.

Add the red onion to the chicken. Saute for 2 to 3 minutes, stirring often. Add the orange juice, and bring to a boil. When the juice boils, add the mango slices. Turn down heat, and simmer for 2 minutes. Dissolve the cornstarch in hot water; stir into sauce. Stir till sauce thickens slightly.
Runaway Bay Jamaican Chicken

Ingredients

1 large red onion
3 cloves garlic
1 habanero pepper, seeded
1 tablespoon fresh ginger root
1/4 cup olive oil
1/4 cup brown sugar
3 tablespoons red wine vinegar
3 tablespoons orange juice concentrate, thawed
1 teaspoon soy sauce
2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
1/4 teaspoon ground cloves
1/2 cup chopped cilantro
1/2 teaspoon salt and pepper to taste
6 skinless, boneless chicken breast halves

Directions

In a food processor, combine onion, garlic, habanero pepper, and ginger. Pulse until ingredients are minced. Blend in olive oil, brown sugar, vinegar, orange juice concentrate, soy sauce, cinnamon, nutmeg, cloves, cilantro, salt, and pepper. In a container, combine marinade with chicken. Cover, and refrigerate overnight.

Preheat an outdoor grill for medium heat and lightly oil grate.

Grill chicken for 10 minutes per side, or until no longer pink and juices run clear.
# Baked Chicken with Apple Stuffing

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups milk</td>
<td></td>
</tr>
<tr>
<td>3 eggs</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon water</td>
<td></td>
</tr>
<tr>
<td>1 cup dry bread crumbs</td>
<td></td>
</tr>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1 Red Delicious apple, cored and diced</td>
<td></td>
</tr>
<tr>
<td>1 (8 ounce) package dry bread stuffing mix</td>
<td></td>
</tr>
<tr>
<td>2 cups apple juice, or as needed</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons butter, or as needed</td>
<td></td>
</tr>
<tr>
<td>1 Red Delicious apple - peeled, cored and diced</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

1. Preheat the oven to 350 degrees F (175 degrees C).

2. Pour the milk into a shallow bowl. In a separate bowl, whisk together the eggs and water. Place the bread crumbs in a shallow dish or on a plate. Dip the chicken breast halves into the milk, then into the egg, then press into the bread crumbs to coat. Place on a plate, and set aside.

3. Prepare the stuffing mix according to the package directions, but substituting apple juice for the water. When bringing the juice and butter to a boil, add the diced apple with peel to the pan. Stir in the stuffing mix until the liquid is absorbed. Transfer the stuffing to a baking dish, and top with the pieces of the remaining apple. Place the chicken breasts on top of the stuffing, and cover with aluminum foil.

4. Bake for 45 to 50 minutes, or until the chicken juices run clear.
## Grilled Chicken Quesadillas

### Ingredients
- 2 pounds boneless, skinless chicken thighs
- adobo seasoning to taste
- 12 (10 inch) flour tortillas
- 1 1/2 cups shredded Mexican cheese blend
- 1 onion, chopped
- 1 (6 ounce) can sliced black olives, drained
- 1 (7 ounce) can diced green chilies, drained

### Directions
1. Place the chicken on a plate, and sprinkle with adobo seasoning on both sides. Let it marinate for 15 minutes.
3. Lightly oil the grill grate. Place chicken on grill, and cook for 10 minutes per side, or until juices run clear. Remove chicken from grill, and cut into bite-size pieces.
4. Place one or two tortillas on the grill, and sprinkle with a thin layer of cheese, chicken, onion, olives, and chiles. Top with another tortilla, and grill until brown and crispy on both sides, about 3 minutes per side. Repeat with remaining ingredients. Cut into wedges to serve.
Fried Chicken

**Ingredients**

1 (4 pound) chicken, cut into pieces  
salt and pepper to taste  
1 1/2 cups all-purpose flour for coating  
2 quarts vegetable oil for frying

**Directions**

In a large skillet, heat oil over medium heat. Salt and pepper chicken pieces to taste, then roll in flour to coat. Place chicken pieces in skillet and fry on medium heat until one side is golden brown, then turn and brown other side until chicken is no longer pink inside and its juices run clear. Drain on paper towel and serve!
Curried Chicken Turnovers

**Ingredients**
- 1 cup finely chopped cooked chicken
- 1 medium apple, peeled and finely chopped
- 1/2 cup mayonnaise
- 1/4 cup chopped nuts
- 1 green onion, minced
- 1 teaspoon curry powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- pastry for double-crust pie
- 1 egg, beaten

**Directions**
In a medium bowl, combine the first eight ingredients; mix well and set aside. Roll pastry to 1/8-in. thickness. Cut into 5-in. circles. Spoon about 1/4 cup filling in the center of each circle. Moisten edges of pastry with water. Fold over and seal edges with a fork. Place on a greased baking sheet. Cut 1/2-in. vents in tops. Brush with egg. Bake at 425 degrees F for 15-20 minutes or until golden brown.
BB's Chicken

**Ingredients**

- 6 skinless, boneless chicken breast halves
- 6 slices Swiss cheese
- 1 (10.75 ounce) can condensed cream of celery soup
- 1/2 cup cooking sherry
- 1 (12 ounce) package herb-seasoned dry bread stuffing mix
- 3/4 cup butter, melted

**Directions**

Preheat oven to 325 degrees F (165 degrees C). Grease a 9x13 inch baking dish.

Lay chicken breasts in the bottom of the pan and place a piece of Swiss cheese on each breast.

In a small bowl or measuring cup combine soup with sherry. Pour over chicken.

Combine stuffing and melted butter; spread over chicken.

Bake, covered, in preheated oven for 60 minutes. Uncover and bake for another 60 minutes.
### Ingredients
- 4 cups prepared margarita cocktail
- 2 tablespoons lemon juice
- 2 tablespoons lime juice
- 1 tablespoon garlic powder
- 4 skinless, boneless chicken breast halves

### Directions
In a large skillet combine the margarita mix, lemon juice, lime juice and garlic powder. Mix together, then add chicken. Simmer over medium heat for 15 to 20 minutes, or until margarita mix has become a light glaze and chicken is cooked through (no longer pink inside).
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td>Preheat oven to 375 degrees F (190 degrees C)</td>
</tr>
<tr>
<td>4 teaspoons taco seasoning mix</td>
<td>Place chicken breasts in a lightly greased 9x13 inch baking dish. Sprinkle taco seasoning on both sides of chicken breasts, and pour salsa over all.</td>
</tr>
<tr>
<td>1 cup salsa</td>
<td>Bake at 375 degrees F (190 degrees C) for 25 to 35 minutes, or until chicken is tender and juicy and its juices run clear.</td>
</tr>
<tr>
<td>1 cup shredded Cheddar cheese</td>
<td>Sprinkle chicken evenly with cheese, and continue baking for an additional 3 to 5 minutes, or until cheese is melted and bubbly. Top with sour cream if desired, and serve.</td>
</tr>
<tr>
<td>2 tablespoons sour cream (optional)</td>
<td></td>
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</tbody>
</table>
**Peanut Butter Chicken Skewers**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup creamy peanut butter</td>
<td>In a saucepan, combine the first eight ingredients; cook and stir over medium-high heat for 5 minutes or until smooth. Reserve half of sauce. Slice chicken lengthwise into 1-in. strips; thread onto skewers (if using bamboo skewers, soak them in water for at least 20 minutes). Grill, uncovered, over medium-hot heat for 2 minutes; turn and brush with peanut butter sauce. Continue turning and basting for 4-6 minutes or until chicken juices run clear. Place cabbage on a serving plate; top with chicken. Sprinkle with onion tops. Serve with reserved sauce.</td>
</tr>
<tr>
<td>1/2 cup water</td>
<td></td>
</tr>
<tr>
<td>1/4 cup soy sauce</td>
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<tr>
<td>4 garlic cloves, minced</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons lemon juice</td>
<td></td>
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<tr>
<td>2 tablespoons brown sugar</td>
<td></td>
</tr>
<tr>
<td>3/4 teaspoon ground ginger</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon crushed red pepper flakes</td>
<td></td>
</tr>
<tr>
<td>4 boneless, skinless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>2 cups shredded red cabbage</td>
<td></td>
</tr>
<tr>
<td>Sliced green onion tops</td>
<td></td>
</tr>
</tbody>
</table>
Ingredients

18 lasagna noodles
1 1/2 cups cottage cheese, creamed
3 cups diced, cooked chicken meat
2 cups shredded Cheddar cheese
1/2 cup grated Parmesan cheese
1/2 cup chopped onions
1/2 cup chopped green bell pepper
1/2 cup chopped red bell pepper
1 1/2 cups sliced mushrooms
4 tablespoons butter
1 (10.75 ounce) can condensed cream of chicken soup
1/3 cup milk

Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of lightly salted water to a boil. Add lasagna and cook for 8 to 10 minutes or until al dente; drain.

In a saucepan melt the butter and saute the onions, green peppers, red peppers, mushrooms. Add chicken soup and milk; cook until smooth.

In a 9x13 inch baking dish, layer noodles, cooked chicken, soup mixture and cheeses. Alternate until gone. Bake in a preheated oven for 45 minutes.
# Chicken and Rice Casserole II

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>(4 pound) whole chicken</td>
</tr>
<tr>
<td>1</td>
<td>onion, quartered</td>
</tr>
<tr>
<td>2</td>
<td>stalks celery</td>
</tr>
<tr>
<td>2</td>
<td>bay leaves</td>
</tr>
<tr>
<td>1/3</td>
<td>cup butter</td>
</tr>
<tr>
<td>8</td>
<td>tablespoons all-purpose flour</td>
</tr>
<tr>
<td>2</td>
<td>cups milk</td>
</tr>
<tr>
<td>1</td>
<td>cup chicken stock</td>
</tr>
<tr>
<td>2</td>
<td>cups shredded Cheddar cheese</td>
</tr>
<tr>
<td>1</td>
<td>(4.5 ounce) can sliced mushrooms</td>
</tr>
<tr>
<td>1</td>
<td>cup cooked white rice</td>
</tr>
<tr>
<td></td>
<td>salt and pepper to taste</td>
</tr>
</tbody>
</table>

## Directions

In a large pot boil the chicken with the onion, celery and bay leaves until done. Let chicken cool until you can handle it. Remove chicken meat from the bones and cut into small pieces.

Preheat oven to 375 degrees F (190 degrees C).

In a saucepan over medium heat melt the butter. Stir in the flour and cook for about 1 minute. Slowly stir in the cold milk and chicken stock and cook mixture until thick. Stir in the cheese.

In a large bowl combine the chicken, rice and mushrooms together. Stir in the cheese sauce and season with salt and pepper. Place mixture in a 1 1/2 quart casserole dish.

Bake at 375 degrees F (190 degrees C) for about 30 minutes or until bubbly.
Ingredients

1 (3 pound) whole chicken, skin removed and cut into pieces
1/3 cup all-purpose flour
1 tablespoon vegetable oil
1/2 pound smoked sausage
2 cloves garlic, minced
1 onion, chopped
2 red bell peppers, chopped
3 roma (plum) tomatoes, chopped
1 teaspoon brown sugar
3/4 teaspoon dried thyme
3/4 teaspoon dried oregano
1/2 teaspoon salt
1/4 teaspoon ground allspice
1 1/2 cups long-grain white rice
2 1/4 cups chicken stock
1 tablespoon chopped fresh parsley, for garnish
1 lemon - sliced, for garnish

Directions

Dredge chicken in flour, turning to coat all over.

In large saucepan or Dutch oven, heat oil over medium heat. Brown chicken pieces about 8 minutes per side. Transfer to plate.

Combine sausage, garlic, onion, peppers, tomatoes, sugar, thyme, oregano, salt, and allspice in the pan. Cook over medium heat, stirring occasionally, for 10 minutes or until peppers are softened.

Stir in rice, and add stock. Nestle chicken into rice. Bring to a boil. Reduce heat, and cover. Cook for 20 to 25 minutes, or until liquid is absorbed and juices run clear when chicken is pierced. Serve sprinkled with parsley. Garnish with lemon slices if you like.
Ingredients

- 4 chicken thighs
- 1 green bell pepper, sliced
- 2 carrots, shredded
- 1 large onion, sliced
- 2 (10.75 ounce) cans condensed cream of mushroom soup

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a 9 x 13 inch baking dish, layer in the following order: onion, bell pepper, carrots and chicken. Pour soup over the top. Cover with aluminum foil and bake at 350 degrees F (175 degrees C) for 45 minutes. Remove foil and bake an additional 15 minutes.
**Ingredients**

1 egg, beaten  
2 ounces dry bread crumbs  
2 skinless, boneless chicken breast halves  
3/4 (16 ounce) jar spaghetti sauce  
2 ounces shredded mozzarella cheese  
1/4 cup grated Parmesan cheese

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking sheet.

Pour egg into a small shallow bowl. Place bread crumbs in a separate shallow bowl. Dip chicken into egg, then into the bread crumbs. Place coated chicken on the prepared baking sheet and bake in the preheated oven for 40 minutes, or until no longer pink and juices run clear.

Pour 1/2 of the spaghetti sauce into a 7x11 inch baking dish. Place chicken over sauce, and cover with remaining sauce. Sprinkle mozzarella and Parmesan cheeses on top and return to the preheated oven for 20 minutes.
Prune and Olive Chicken

Ingredients

- 3 cloves garlic, minced
- 1/3 cup pitted prunes, halved
- 8 small green olives
- 2 tablespoons capers, with liquid
- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 2 bay leaves
- 1 tablespoon dried oregano
- salt and pepper to taste
- 1 (3 pound) whole chicken, skin removed and cut into pieces
- 1/4 cup packed brown sugar
- 1/4 cup dry white wine
- 1 tablespoon chopped fresh parsley, for garnish

Directions

In a medium bowl combine the garlic, prunes, olives, capers, olive oil, vinegar, bay leaves, oregano, salt and pepper. Mix well. Spread mixture in the bottom of a 10x15 inch baking dish. Add the chicken pieces, stir and turn to coat. Cover and refrigerate overnight.

When ready to prepare, preheat oven to 350 degrees F (175 degrees C). Remove dish from refrigerator. Sprinkle brown sugar on top and pour white wine all around chicken.

Bake in preheated oven for 1 hour, spooning juices over chicken several times as it is baking. Serve on a platter, pouring juices over the top, and garnish with fresh parsley.
Chicken Chili II

**Ingredients**

- 1 pound skinless, boneless chicken breast meat - finely chopped
- 4 tablespoons olive oil
- 1 onion, finely diced
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 yellow bell pepper, chopped
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 5 cups chicken broth
- 2 (15 ounce) cans cannellini beans
- 1 (4 ounce) can diced green chiles
- 1/4 cup cornmeal (optional)
- Salt and pepper to taste
- 1/4 teaspoon hot pepper sauce

**Directions**

In a large stock pot, saute chicken, olive oil, onion, garlic, red bell pepper and yellow bell pepper, until vegetables start to soften.

Add chili powder, cumin and oregano. Cook on medium for 3 minutes. Add chicken broth, beans and green chilies and continue to cook on medium low for 5 to 10 minutes.

If you want to thicken soup, mix cornmeal with a little water to form a paste and add to chili. Season with salt, pepper and hot sauce and serve.
## Ingredients

- 1 tablespoon butter
- 4 skinless, boneless chicken breasts
- 1 (16 ounce) package frozen mixed vegetables, thawed
- 2 (16 ounce) cans Italian-style diced tomatoes, drained

## Directions

Melt butter or margarine in a large skillet over medium high heat. Add chicken and saute for about 4 to 5 minutes, until lightly browned. Add mixed vegetables and tomatoes, reduce heat to low and simmer for 30 to 40 minutes, or until chicken is cooked through and no longer pink inside.
**Ingredients**

- 1/4 cup Dijon mustard
- 1/4 cup NESTLE® CARNATION® Evaporated Fat Free Milk
- 1/4 cup plain, dry bread crumbs
- 1/4 cup grated Parmesan cheese
- 4 (4 ounce) boneless, skinless chicken breast halves

**Directions**

PREHEAT oven to 475 degrees F. Spray 13 x 9-inch baking dish with nonstick cooking spray.

COMBINE mustard and evaporated milk in shallow bowl. Combine bread crumbs and cheese in separate shallow bowl. Dip chicken into mustard mixture, coating both sides, then into bread crumb mixture. Place in prepared dish.

BAKE for 15 to 20 minutes or until chicken is golden brown and no longer pink in center.
# Slow Cooker Orange Chicken

## Ingredients

- 1 pound skinless, boneless chicken breast halves
- 12 fluid ounces orange-flavored carbonated beverage
- 1/2 cup soy sauce
- 1 cup uncooked long grain white rice
- 2 cups water

## Directions

Place the chicken in a slow cooker, and pour in the orange-flavored carbonated beverage and soy sauce.

Cover slow cooker, and cook chicken on Low 5 to 6 hours.

In a saucepan, bring the rice and water to a boil. Reduce heat to low, cover, and simmer 20 minutes. Serve cooked chicken over the rice.
Stuffed Chicken with Pastry Crust

**Ingredients**
- 6 tablespoons cold butter
- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/3 cup water, or more as needed
- 3 skinless, boneless chicken breast halves
- 1 cup shredded White American cheese, divided
- 2 1/2 cups fresh spinach leaves, divided
- 3 tablespoons dried basil
- 3 teaspoons garlic powder
- 3 pinches garlic salt
- 1 beaten egg

**Directions**
Cut the butter into 1/4-inch thick slices; combine in the bowl of a food processor with the flour and salt. Pulse until the mixture resembles coarse crumbs; drizzle in water with the machine running, 1 tablespoon at a time, until the dough resembles lumpy oatmeal. Gather the dough into a ball, cover with plastic wrap, and refrigerate for at least 30 minutes.

Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with parchment paper.

Place each chicken breast between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken breast with the smooth side of a meat mallet to a thickness of 1/2 inch. Spread each chicken breast with a third of the cheese and spinach, and fold each chicken breast in half. Sprinkle each chicken breast with 1 tablespoon of basil, 1 teaspoon of garlic powder, and a pinch of garlic salt.

On a well-floured work surface, roll the dough ball out into a rectangle about 1/8-inch thick and cut into 3 equal-size pieces. Wrap each folded chicken breast in pastry and pinch the edges together to enclose the chicken in the pastry dough. Place the wrapped chicken breasts onto the prepared baking sheet, brush each pastry package with beaten egg, and bake until the chicken is no longer pink inside and the crust is golden brown, 40 to 45 minutes.
Ingredients

4 bone-in chicken breast halves, fat and skin trimmed
1 teaspoon garlic powder
1 teaspoon chili powder
salt and ground black pepper to taste
3 onions, thinly sliced
3 potatoes, thinly sliced
6 tablespoons butter
1 (12 fluid ounce) can or bottle beer
3/4 cup shredded Cheddar cheese

Directions

Rinse and pat dry the chicken breasts. Rub the garlic powder and chili powder onto the surface of the chicken; season with salt and pepper.

Melt the butter in a large skillet over medium heat; lay the chicken into the skillet with the bone side facing down. Add the onions. Cover the skillet and cook, stirring the onions occasionally, 15 minutes. Turn the chicken and continue cooking until the chicken is no longer pink at the bone and the juices run clear, about 30 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Add the potatoes to the skillet, return the cover to the skillet, and cook until the potatoes are cooked through, 7 to 10 minutes. Pour the beer into the skillet and allow the mixture to cook uncovered until the liquid is mostly absorbed, 7 to 10 minutes. Remove the chicken to a platter and set aside. Sprinkle the cheese over the potato and onion mixture; cook until the cheese is melted. Serve hot with the chicken breasts.
### Ingredients

4 skinless, boneless chicken breast halves  
1/2 cup mayonnaise  
2 cups Italian seasoned bread crumbs

### Directions

Preheat the oven to 425 degrees F (220 degrees C). Grease a shallow baking dish.

Coat chicken breasts on all sides with mayonnaise, and roll in bread crumbs until coated. Place coated breasts into the prepared pan.

Bake uncovered for 30 minutes in the preheated oven, or until chicken is no longer pink in the middle, and the juices run clear.
Zippy Chicken Corn Chowder

### Ingredients
- 2 pounds boneless, skinless chicken breasts, cubed
- 4 tablespoons butter or margarine, divided
- 1 large sweet red pepper, chopped
- 2 medium leeks, chopped
- 3 tablespoons all-purpose flour
- 1 tablespoon paprika
- 4 cups chicken broth
- 2 medium potatoes, cubed
- 4 cups frozen corn
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon hot pepper sauce
- 1 cup half-and-half cream

### Directions
In a soup kettle or Dutch oven, saute chicken in 2 tablespoons butter until lightly browned; set aside and keep warm. In the same pan, saute the red pepper in remaining butter until tender. Add the leeks; cook for 1 minute. Stir in the flour and paprika until blended. Gradually stir in the broth. Add the potatoes; bring to a boil.

Reduce heat; cover and simmer for 15 minutes or until the potatoes are tender.

Stir in corn, Worcestershire sauce, salt, hot pepper sauce and reserved chicken; bring to a boil. Reduce heat. Cook, uncovered, for 5-8 minutes or until corn is tender, stirring occasionally. Stir in cream and heat through (do not boil).
Dijon-Tarragon Cream Chicken

Ingredients

- 1 tablespoon butter
- 1 tablespoon olive oil
- 4 skinless, boneless chicken breast halves
- Salt and pepper to taste
- 1/2 cup heavy cream
- 1 tablespoon Dijon mustard
- 2 teaspoons chopped fresh tarragon

Directions

Melt the butter and heat the oil in a skillet over medium-high heat. Season chicken with salt and pepper, and place in the skillet. Brown on both sides. Reduce heat to medium, cover, and continue cooking 15 minutes, or until chicken juices run clear. Set aside and keep warm.

Stir cream into the pan, scraping up brown bits. Mix in mustard and tarragon. Cook and stir 5 minutes, or until thickened. Return chicken to skillet to coat with sauce. Drizzle chicken with remaining sauce to serve.
**Ingredients**

- 2 onions, chopped
- 2 teaspoons vegetable oil
- 4 boneless skinless chicken breasts, cut into cubes
- 6 ounces button mushrooms, chopped
- 1 teaspoon dried thyme
- 2 tablespoons all-purpose flour
- 1 1/4 cups white or red Burgundy wine
- 1 cube chicken bouillon
- 3/4 cup water
- salt and pepper to taste
- 1 (17.25 ounce) package frozen puff pastry sheets, thawed
- 1 egg, beaten

**Directions**

In a large skillet, saute onions in oil over medium heat until softened. Add the chicken, and cook until browned on all sides. Add the mushrooms, and cook until soft. Stir in the thyme and flour, and then add the wine. Dissolve the chicken bouillon in water, and stir into the chicken and vegetables. Simmer uncovered for 15 minutes, then season to taste. Transfer mixture into a deep pie dish, or a 2 quart baking dish, and set aside. Keep any excess sauce separately for gravy.

Preheat the oven to 425 degrees F (220 degrees C).

Roll out the puff pastry. Cut a 1/2 inch (1 cm) strip. Brush the rim of the pie plate with water, arrange the pastry strip around the top edge of the pie dish, and press the pastry in position. Brush the pastry edge with water. Roll out remaining pastry, and use to cover the filling. Seal the edges well; trim and crimp the edge. Brush pastry with beaten egg, and make a small hole in the center of the top. Use the pastry trimmings to make leaves; arrange on top of the pie. Brush pastry leaves with egg.

Bake in preheated oven for 45 minutes, or until crisp and golden.
**Ingredients**

1 tablespoon vegetable oil  
1 pound skinless, boneless chicken breast halves, cubed  
1 small onion, diced  
1/2 green bell pepper, diced  
2 cups sliced fresh mushrooms  
1 clove garlic, crushed  
1 (28 ounce) can Italian-style crushed tomatoes  
2 tablespoons chopped fresh parsley  
1 teaspoon salt  
1/4 teaspoon ground black pepper  
2 teaspoons Italian seasoning  
1 teaspoon dried basil  
1 (8 ounce) package egg noodles  
1/2 cup grated Parmesan cheese

**Directions**

Heat the oil in a large skillet over medium heat, and cook and stir the chicken, onion, green pepper, mushrooms, and garlic until the chicken is no longer pink inside, 10 to 15 minutes. Stir in the crushed tomatoes, parsley, salt, pepper, Italian seasoning, and basil, bring the mixture to a boil, and reduce heat. Cover the skillet and simmer for 30 minutes.

While the chicken mixture is simmering, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the egg noodles, and return to a boil. Cook the noodles uncovered, stirring occasionally, until cooked through but still firm to the bite, about 5 minutes. Drain well in a colander set in the sink.

Serve the chicken cacciatore over the hot cooked noodles. Sprinkle with Parmesan cheese before serving.
**Ingredients**

- 3/4 cup butter
- 2 (12 fluid ounce) cans or bottles beer
- 1 tablespoon steak seasoning
- 1 1/2 teaspoons seasoning salt
- 1 dash black pepper
- 8 boneless, skinless chicken breast halves
- 3 medium green bell peppers, thinly sliced

**Directions**

Preheat an outdoor grill for high heat.

Melt the butter in a saucepan over medium heat. Mix in the beer, steak seasoning, seasoning salt, and black pepper. Coat the chicken with this mixture.

Lightly oil the grill grate. Arrange chicken breasts on the grill. Cook for about 20 minutes, brushing frequently with the beer mixture during the last 10 minutes, until chicken is no longer pink and juices run clear. Discard any remaining beer mixture. Top chicken with green bell pepper slices to serve.
## Ingredients

- 1 (16 ounce) package uncooked rigatoni pasta
- 2 skinless, boneless chicken breast halves
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 1 cup mayonnaise
- 2 teaspoons lemon juice
- 1/2 teaspoon curry powder
- 1 (14.5 ounce) can French-style green beans, drained
- 1 (4 ounce) can sliced mushrooms, drained
- 1 cup shredded Cheddar cheese
- 1/4 cup melted butter
- 1 cup crushed cornflakes cereal
- 2 teaspoons chopped fresh parsley

## Directions

Preheat oven to 375 degrees F (190 degrees C).

Cook the rigatoni according to package directions until al dente. Meanwhile, in a separate saucepan, boil the chicken breasts until fully cooked.

In a large bowl, combine the soup, mayonnaise, lemon juice, curry powder, green beans and mushrooms. Drain and stir in the rigatoni. Cube the cooked chicken breasts and stir this in as well. Transfer this mixture to a 2 quart casserole dish.

Sprinkle the cheese on top over all. In a medium bowl, combine the butter and the corn flakes and spread this mixture over the cheese. Finally, top off by sprinkling with the parsley.

Bake at 375 degrees F (190 degrees C) for 20 to 30 minutes, or until the cheese is bubbly.
Grilled Chicken Burgers

Ingredients

- 1 onion, chopped
- 2 teaspoons minced garlic
- 1 red bell pepper, chopped
- 1 cup fresh sliced mushrooms
- 1 tomato, seeded and chopped
- 2 carrots, chopped
- 2 pounds ground chicken
- 1 egg
- 1/2 cup fresh bread crumbs
- 1 tablespoon Old Bay Seasoning
- kosher salt to taste
- black pepper to taste

Directions

Preheat an outdoor grill for medium heat and lightly oil grate.

Lightly spray a saute pan with cooking or oil spray over medium heat. Saute the onion with the garlic first, then the bell pepper, then the mushrooms, tomatoes and carrots, all to desired tenderness. Set aside and allow all vegetables to cool completely.

In a large bowl, combine the chicken and vegetables. Add the egg, bread crumbs and seasonings to taste. Mix all together well and form into 8 patties.

Grill over medium heat for 5 to 6 minutes per side, or to desired doneness.
## Easy Honey Mustard Mozzarella Chicken

### Ingredients
- 4 skinless, boneless chicken breast halves
- 3/4 cup honey
- 1/2 cup prepared mustard
- lemon pepper to taste
- 4 slices bacon, cut in half
- 1 cup shredded mozzarella cheese

### Directions
- Preheat oven to 375 degrees F (190 degrees C).
- Place the chicken breast halves in a baking dish, and drizzle evenly with honey and mustard. Sprinkle with lemon pepper.
- Bake chicken 25 minutes in the preheated oven. Top each breast half with 2 bacon slice halves, and sprinkle evenly with cheese. Continue baking 10 minutes, or until chicken juices run clear, bacon is crisp, and cheese is bubbly.
Ingredients

1 (3 pound) whole chicken, cut into pieces
1/2 cup ketchup
1/4 cup water
1/4 cup packed brown sugar
1 (1 ounce) package dry onion soup mix

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken pieces in a single layer in a lightly greased 9x13 inch baking dish.

In a medium bowl, combine the ketchup, water, brown sugar and dry soup mix. Carefully pour over the chicken, making sure that all of the pieces are covered.

Cover dish and bake in the preheated oven for 1 hour.
Curried Chicken Rice Soup

Ingredients

2 large carrots, diced
2 celery ribs, diced
1 small onion, chopped
3/4 cup butter or margarine
3/4 cup all-purpose flour
1 teaspoon seasoned salt
1/2 teaspoon curry powder
3 (12 fluid ounce) cans evaporated milk
4 cups chicken broth
2 cups cubed cooked chicken
2 cups cooked long-grain rice

Directions

In a large saucepan, saute carrots, celery and onion in butter for 2 minutes. Stir in flour, seasoned salt and curry until smooth. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Gradually add broth. Stir in chicken and rice. Return to a boil. Reduce heat; simmer, uncovered, for 10 minutes or until vegetables are tender.
## Ingredients

- 1 (12 ounce) package radiatore pasta
- 1/4 cup sesame seeds
- 1/4 cup salad oil
- 3/4 cup soy sauce
- 1/2 cup white wine vinegar
- 3 1/2 tablespoons sugar
- 2 cups cubed, cooked chicken
- 1/2 cup chopped fresh parsley
- 1/2 cup coarsely chopped green onion
- 4 cups torn fresh spinach leaves

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Meanwhile, heat oil in a small skillet over medium-low heat. Stir in sesame seeds and cook until golden brown. Remove from heat. Stir in soy sauce, vinegar, and sugar. Pour dressing into a sealable container, and set aside.

In a large bowl, mix together pasta, cooked chicken, and 1 cup dressing (reserve together pasta, cooked chicken, and 1 cup dressing (reserve remaining dressing). Cover salad, and refrigerate at least 6 hours.

Directly before serving, stir in parsley, green onions, and spinach. Toss with remaining dressing, if desired.
**Ingredients**

1 canned chipotle pepper in adobo sauce  
1/4 cup water  
1/2 pound boneless pork loin roast  
1/2 pound skinless, boneless chicken breast halves  
1 (15.5 ounce) can white hominy, drained  
1 (4 ounce) can chopped green chilies  
1 medium onion, chopped  
1 clove garlic, minced  
2 (14.5 ounce) cans chicken broth  
1 teaspoon dried oregano  
1 teaspoon ground cumin  
1/4 teaspoon ground black pepper to taste  
1 bay leaf

**Directions**

Place the chipotle chile and water into a blender, and puree until smooth. Pour into a slow cooker, and add the pork, chicken, hominy, green chilies, onion, garlic, and chicken broth. Season with oregano, cumin, pepper, and the bay leaf.

Cover, and cook on Low 6 to 7 hours until the meats are tender. Remove the bay leaf before serving.
Skillet Apple Chicken

**Ingredients**

- 2 1/2 tablespoons olive oil
- 2 boneless skinless chicken breasts, cut into 1/4-inch strips
- 1 sweet apple - peeled, cored and thinly sliced
- 1 1/2 tablespoons garlic salt
- 1 tablespoon cracked black pepper
- 1 teaspoon pumpkin pie spice
- 1 1/2 teaspoons chopped dried tarragon

**Directions**

Heat the olive oil in a large skillet over medium heat, and cook the chicken 5 minutes.

Gradually stir the apples into the skillet, and continue cooking 15 minutes, or until chicken juices run clear and apples are tender. Thoroughly mix in the garlic salt, pepper, pumpkin pie spice, and tarragon.
Chicken Caesar Toasts

**Ingredients**

- 8 cloves garlic
- 1/2 cup olive oil, plus 2 teaspoons olive oil
- 2 12-inch baguettes, cut into 48 1/2-inch thick slices
- 1/2 cup mayonnaise
- 1 teaspoon finely grated lemon zest
- 3 tablespoons lemon juice
- 1 teaspoon Worcestershire sauce
- 1/2 cup grated Parmesan cheese, plus shavings for garnish
- 3 cups shredded breast from a large rotisserie chicken
- Salt and ground black pepper
- 4 cups baby salad greens, romaine, if possible

**Directions**

Adjust oven rack to center position and heat oven to 425 degrees.

Mince garlic in a food processor or blender. With motor running, slowly add 1/2 cup of the olive oil. Continue to process for about 30 seconds, then strain oil through a fine-mesh strainer. Add 2/3 of the garlic back into the oil, and reserve remaining garlic for the dressing.

Arrange bread on a wire rack set over a baking sheet. Brush garlic oil over bread. Toast until crisp and golden, about 7 minutes.

Meanwhile, whisk mayonnaise, lemon zest and 2 Tbs. lemon juice, Worcestershire, grated Parmesan, and reserved garlic in a small bowl. (It can be covered and refrigerated for several hours.)

When ready to serve, toss dressing with chicken; season to taste with salt and pepper. Toss salad with remaining 2 tsps. of olive oil, and salt and pepper to taste. Drizzle in remaining 1 Tb. lemon juice; toss again. Top each toast with a portion of greens, chicken and a Parmesan shaving. (Toasts can stand uncovered for up to 2 hours.)
Ingredients

- 1 1/4 pounds pork loin, cut into 1 inch cubes
- 1 1/2 cups all-purpose flour for coating
- Salt and pepper to taste
- 2 cups chicken broth
- 1 pinch dried thyme
- 1 bay leaf

Directions

Mix salt, pepper and flour in a bowl. Coat pork cubes with flour mixture. Slide pork onto skewers.

In a skillet, brown pork skewers on all sides in a small amount of vegetable oil. Drain off any excess oil.

Add chicken broth, thyme and bay leaf to skillet. Scrape up any brown bits. Reduce heat and simmer 1 hour or until meat is tender and sauce has thickened.
Broiled Herb Butter Chicken

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 1/2 cup butter, softened
- 3 cloves garlic, minced
- 1 teaspoon dried parsley
- 1/4 teaspoon dried rosemary
- 1/4 teaspoon dried thyme

**Directions**
- Preheat oven to Broil/Grill and line broiler pan with aluminum foil.
- Place chicken on pan. In a small bowl combine the butter, garlic, parsley, rosemary and thyme and mix together, then evenly spread a dollop of mixture on each chicken breast.
- Broil in preheated oven, turning and frequently coating with remaining herb/butter mixture, for about 15 minutes or until chicken juices run clear.
### Crunchy Chicken Cordon Bleu

#### Ingredients
- 4 (3 ounce) boneless, skinless chicken breast halves
- 1/3 cup Hellmann's® or Best Foods® Real Mayonnaise
- 1/3 cup Italian seasoned dry bread crumbs
- 6 thin slices cooked ham, divided
- 1/2 cup grated Swiss cheese
- 1 (10 ounce) package frozen broccoli florets, thawed
- 1 (4.4 ounce) package Knorr® Pasta Sides™ - Alfredo

#### Directions
- Preheat oven to 400 degrees F. Line baking sheet with aluminum foil, then spray with nonstick cooking spray; set aside.

- Brush chicken with Hellmanns® or Best Foods® Real Mayonnaise, then coat in bread crumbs. Arrange chicken on prepared baking sheet. Bake 15 minutes. Evenly top chicken with 4 slices ham and cheese. Bake an additional 5 minutes or until chicken is thoroughly cooked.

- Meanwhile, prepare Knorr® Pasta Sides™ - Alfredo according to package directions, adding broccoli and remaining 2 slices ham, cut into 1/2-inch pieces, during last 3 minutes. Let stand about 2 minutes or until sauce is thickened. Serve with chicken.
Best Marinated Grilled Chicken

**Ingredients**

- 1 1/2 cups water
- 1/3 cup rice wine
- 1/3 cup sesame oil
- 1/4 cup soy sauce
- 2 tablespoons honey mustard
- 1/4 cup brown sugar
- 2 dashes liquid smoke flavoring
- 1 (.7 ounce) package dry Italian-style salad dressing mix
- 1 tablespoon grated orange zest
- 1 teaspoon ground ginger
- 2 teaspoons paprika
- 1 teaspoon fines herbs
- 1 (4 pound) chicken, skin removed, cut into pieces
- 6 sprigs fresh rosemary

**Directions**

In a large shallow dish, combine water, wine, sesame oil, soy sauce, mustard, brown sugar and liquid smoke. Stir in Italian dressing mix, orange zest, ginger, paprika and fines herbs. Place chicken in the dish, and turn to coat. Cover, and refrigerate overnight.

Preheat an outdoor grill for medium heat, and lightly oil grate.

Discard marinade. Grill chicken 15 to 20 minutes per side, until no longer pink and juices run clear. Occasionally place rosemary sprigs on coals to impart a unique smoky flavor to chicken.
Garlic Lover's Chicken

**Ingredients**

1/2 cup dry bread crumbs  
1/3 cup grated Parmesan cheese  
2 tablespoons minced fresh parsley  
1/2 teaspoon salt (optional)  
1/8 teaspoon pepper  
1/4 cup milk  
6 boneless, skinless chicken breast halves  
1/4 cup butter or margarine, melted  
1 garlic clove, minced  
2 tablespoons lemon juice  
Paprika

**Directions**

In a large resealable plastic bag, combine the first five ingredients. Place milk in a shallow bowl. Dip chicken in milk, then shake in the crumb mixture. Place in a greased 13-in. x 9-in. x 2-in. baking dish.

Combine the butter, garlic and lemon juice; drizzle over the chicken. Sprinkle with paprika.

Bake, uncovered, at 350 degrees for 25-30 minutes or until the juices run clear.
# Chicken and Rice Casserole I

## Ingredients

- 1 cup uncooked white rice
- 1 (1 ounce) package dry onion soup mix
- 2 (10.75 ounce) cans condensed cream of mushroom soup
- 1 (4.5 ounce) can sliced mushrooms
- 1 cup milk
- 6 skinless, boneless chicken breast halves

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl mix the rice, dry onion soup mix, cream of mushroom soup, mushroom pieces and milk.

Place the chicken pieces in a 9x13 inch baking dish and pour the mushroom mixture over the chicken. Cover and bake in the preheated oven for 1 hour. Uncover and bake for 15 more minutes.
Chicken or Turkey Tetrazzini Deluxe

**Ingredients**

- 1 (16 ounce) package linguine pasta
- 1/2 cup butter
- 3 cups sliced fresh mushrooms
- 1 cup minced onion
- 1 cup minced green bell pepper
- 2 (10.75 ounce) cans condensed cream of mushroom soup
- 2 cups chicken broth
- 2 (10.75 ounce) cans water
- 2 cups shredded sharp Cheddar cheese
- 1 (10 ounce) package frozen green peas
- 1/2 cup cooking sherry
- 1 teaspoon Worcestershire sauce
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 4 cups chopped cooked chicken breast
- 1 cup grated Parmesan cheese
- Paprika to taste

**Directions**

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and set aside.

Preheat oven to 375 degrees F (190 degrees C).

Meanwhile, melt butter in a large saucepan over medium heat. Add mushrooms, onion and bell pepper and saute until tender. Stir in cream of mushroom soup, chicken broth and water and cook, stirring, until heated through. Stir in pasta, Cheddar cheese, peas, sherry, Worcestershire sauce, salt, pepper and chicken. Mix well and transfer mixture to a lightly greased 11x14 inch baking dish. Sprinkle with Parmesan cheese and paprika.

Bake in the preheated oven for 25 to 35 minutes, or until heated through.
Ingredients

1 (4 pound) whole chicken, cut into 8 pieces
1 quart buttermilk
1 tablespoon salt
3 cups all-purpose flour
1 (.7 ounce) package dry Italian-style salad dressing mix
1 teaspoon poultry seasoning
1/2 teaspoon salt
1 teaspoon ground black pepper
oil for frying

Directions

In a large resealable plastic bag, combine chicken, buttermilk and salt. Refrigerate for 8 hours or overnight.

Heat oil in deep-fryer to 375 degrees F (190 degrees C).

In a large resealable plastic bag, combine flour, Italian dressing mix, poultry seasoning, salt and pepper. Remove chicken from buttermilk, and coat well with flour mixture. Let set on a plate for about 10 minutes.

Fry in hot oil until meat is no longer pink, and breading is golden brown, about 20 minutes. Drain on paper towels.
Bacon Jack Chicken Sandwich

Ingredients

- 8 slices bacon
- 4 skinless, boneless chicken breast halves
- 2 teaspoons poultry seasoning
- 4 slices pepperjack cheese
- 4 hamburger buns, split
- 4 leaves of lettuce
- 4 slices tomato
- 1/2 cup thinly sliced onions
- 12 slices dill pickle

Directions

Preheat a grill for medium heat.

While the grill preheats, place the bacon in a large skillet over medium-high heat. Cook until browned on both sides. Remove from the pan, and drain on paper towels.

Rub the poultry seasoning onto the chicken pieces, and place them on the grill. Cook for about 6 minutes per side, or until no longer pink in the center. Top each piece of chicken with 2 slices of bacon and 1 slice of pepperjack cheese. Grill for 2 to 3 more minutes to melt the cheese.

Place each piece of chicken on a bun, and top with lettuce, tomato, onion and pickle slices before serving with your favorite condiments.
Smothered Bacon Chicken

**Ingredients**
- 2 skinless, boneless chicken breast halves
- 4 slices bacon
- 8 ounces sour cream
- 1 (10.75 ounce) can condensed cream of mushroom soup

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Wrap each chicken breast in 2 strips of bacon and place in a glass 9x13 inch baking dish.

In a small bowl, mix the sour cream and soup. Cover the chicken with the sour cream/soup mixture and bake uncovered in the preheated oven for 40 to 50 minutes or until slightly brown on top. Let cool and serve on top of hot, cooked rice if desired.
Chicken Macaroni Salad

**Ingredients**

- 2 1/2 pounds skinless, boneless chicken breast halves
- 2 cups macaroni
- 1 (15 ounce) can mixed vegetables, drained
- 2 cups shredded lettuce
- 3 cups mayonnaise
- 1/4 tablespoon dried basil
- salt and pepper to taste
- 1 pinch garlic powder

**Directions**

In a medium skillet over medium heat, cook chicken until no longer pink and juices run clear. Let rest until cool enough to handle, then shred with two forks. Set aside 4 cups of shredded meat.

In a medium pot with boiling salted water cook elbow macaroni until al dente. Drain and rinse under cold water.

Meanwhile, in a large bowl mix together the cooked chicken, drained vegetables, shredded lettuce, and mayonnaise. Add basil, pepper, salt, and garlic powder to taste.

Add drained elbow macaroni to chicken mixture. Toss to coat.

Refrigerate for several hours before serving.
Fall Vegetable Soup with Black-Eyed Peas and Grilled Chicken

**Ingredients**

- 3/4 pound skinless, boneless chicken breast
- 2 tablespoons olive oil
- 2 large onions, diced
- 3 large carrots, diced
- 2 medium parsnips, diced
- 1 bulb fennel, trimmed and diced
- 4 cups Swanson® Chicken Broth (regular, Natural Goodness™ or Certified Organic)
- 1 (15 ounce) can black-eyed peas, rinsed and drained
- 2 tablespoons chopped fresh parsley

**Directions**

Lightly oil the grill rack and heat the grill to medium. Grill the chicken for 15 minutes or until the chicken is cooked through, turning the chicken halfway through cooking. Remove the chicken to a cutting surface. Let cool for 5 minutes. Cut into strips. Set aside.

Heat the oil in a 6-quart saucepot over medium heat. Add the onions, carrots, parsnips and fennel. Cook for 5 minutes or until the vegetables are tender. Add the broth and heat to a boil. Reduce the heat to medium-low and cook for 30 minutes or until the vegetables are very tender.

Stir in the chicken, peas and parsley and heat through. Season to taste. Divide the soup mixture among 8 serving bowls.
Easy Chicken Cutlets with Apples

**Ingredients**
- 2 skinless, boneless chicken breast halves
- 1/4 teaspoon salt, or as needed
- 3 tablespoons all-purpose flour
- 2 tablespoons cornstarch
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 pinch white sugar
- 2 tablespoons butter
- 1/4 cup medium sherry
- 1 cup chicken broth
- 1 Granny Smith apple - cored, peeled, and cut into 1/2-inch thick wedges
- 1/3 cup light brown sugar
- 1 tablespoon butter
- 1 dash Marsala wine

**Directions**

Sprinkle chicken breasts with 1/4 teaspoon salt, or as needed, on both sides. Place onto a rack, cover, and refrigerate for 30 minutes. Remove from refrigerator, and cut in half lengthwise on a slight diagonal to make 4 equal-size pieces. Place the chicken pieces between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to make 4 cutlets about 1/4 inch thick.

Preheat oven to 200 degrees F (95 degrees C).

Mix together flour, cornstarch, 1 teaspoon of salt, black pepper, and sugar in a shallow bowl. Place each cutlet into the flour mixture to coat; shake off excess flour. Melt 2 tablespoons of butter in a skillet over medium heat until foam disappears, and gently lay the coated cutlets into the butter. Cook until golden brown on both sides, about 3 minutes per side. Remove the chicken, and set aside on an oven-proof plate in the preheated oven to stay warm.

Pour the sherry into the skillet and bring to a boil, scraping and dissolving all the brown flavor bits from the bottom of the skillet. Cook until the sherry is reduced to half its volume, about 5 minutes, and stir in the chicken broth; add the apple slices to the skillet. Cook, stirring occasionally, until the apples are soft and the sherry mixture is reduced by half. Stir in the brown sugar, 1 tablespoon of butter, and the Marsala wine until the sugar is dissolved and the sauce is thick.

Return the chicken cutlets to the sauce, together with any juice from the plate, and turn to cover cutlets with sauce. Simmer about 2 minutes per side, and serve 2 cutlets per serving, topped with apple slices and sauce.
## Easy Chicken Divan

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>3 cups cubed cooked chicken</td>
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<tr>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon pepper</td>
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</tr>
<tr>
<td>1 (10 ounce) package frozen broccoli florets, thawed</td>
<td></td>
</tr>
<tr>
<td>2 (10.75 ounce) cans condensed cream of chicken soup, undiluted</td>
<td></td>
</tr>
<tr>
<td>1/3 cup mayonnaise*</td>
<td></td>
</tr>
<tr>
<td>1/4 cup milk</td>
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<tr>
<td>2 cups shredded taco-flavored cheese or Mexican cheese blend</td>
<td></td>
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<tr>
<td>or Cheddar cheese, divided</td>
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</table>

### Directions

In a greased shallow 2-1/2-qt. baking dish, combine the chicken, salt and pepper. Top with broccoli. In a bowl, combine the soup, mayonnaise, milk and 1-1/2 cups cheese; pour over broccoli. Sprinkle with remaining cheese. Bake, uncovered, at 375 degrees F for 20-25 minutes or until heated through.
### Chicken Lasagna Rolls

#### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 small onion, chopped</td>
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<tr>
<td>3 tablespoons butter or margarine</td>
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<tr>
<td>3 tablespoons all-purpose flour</td>
<td></td>
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<tr>
<td>1 (14.5 ounce) can chicken broth</td>
<td></td>
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<tr>
<td>1 cup milk</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups shredded Monterey Jack cheese</td>
<td></td>
</tr>
<tr>
<td>3 cups diced cooked chicken</td>
<td></td>
</tr>
<tr>
<td>2 (10 ounce) packages frozen chopped broccoli, thawed and drained</td>
<td></td>
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<tr>
<td>2 eggs, beaten</td>
<td></td>
</tr>
<tr>
<td>3/4 cup dry bread crumbs</td>
<td></td>
</tr>
<tr>
<td>3 (2 ounce) jars diced pimiento, drained</td>
<td></td>
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<tr>
<td>1/4 cup minced fresh parsley</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>12 lasagna noodles, cooked and drained</td>
<td></td>
</tr>
</tbody>
</table>

#### Directions

In a saucepan, saute onion in butter until tender. Stir in flour until blended. Gradually add broth and milk. Bring to a boil; cook and stir for 2 minutes. Remove from the heat; stir in cheese. Pour 1/3 cup each into two greased 8-in. square baking dishes; set aside.

In a bowl, combine 1 cup cheese sauce, chicken, broccoli, eggs, bread crumbs, pimientos, parsley and salt if desired. Spread about 1/2 cup over each noodle. Roll up jelly-roll style, beginning with a short side; secure ends with toothpicks. Place six roll-ups curly end down in each baking dish. Top with remaining cheese sauce.

Cover and freeze one casserole for up to 3 months. Cover and bake second casserole at 350 degrees F for 40 minutes. Uncover; bake 5 minutes longer. Discard the toothpicks before serving.
Jewish Chicken Soup

**Ingredients**

- 1 whole chicken
- 1 medium yellow onion, chopped
- 8 carrots, peeled and sliced
- 1 parsnip, chopped
- 3 cloves garlic, crushed
- 2 stalks celery, chopped
- 1 bunch fresh dill weed, chopped
- salt and pepper to taste
- 2 1/2 cups matzo meal
- 6 eggs
- 6 tablespoons vegetable oil
- 2 teaspoons salt

**Directions**

Place the chicken into a large pot with the breast side down. Fill with enough cold water to reach about 3 inches from the top of the pot. Add the onion, carrot, parsnip, celery and dill. Bring to a simmer over medium heat, and cook, partially covered for 2 hours. Do not let the soup boil. Skim any fat from the top of the soup, and add the garlic cloves. Partially cover, and simmer for another 2 hours for best flavor.

In a medium bowl, mix together the matzo meal, eggs, oil, salt, and 1/4 cup of the broth from the chicken soup. Refrigerate for about 20 minutes to set up.

Bring a separate pot of water to a rolling boil. Roll the matzo mixture into about 16 balls. Wet your hands to keep the dough from sticking to them. Drop the balls into boiling water, cover, and cook for about 35 minutes.

While the matzo balls are cooking, strain the broth from the chicken soup. Return the broth to the pot. Remove the bones and skin from the chicken and cut into pieces. Return to the soup, or leave the soup as a broth, and reserve the chicken for other uses. Remove the matzo balls from the water, and serve in the hot chicken soup.
Ingredients

- 2 cups water
- 1 teaspoon salt
- 1 pound chicken legs
- 1 ounce dried shiitake mushrooms
- 8 ounces bean thread noodles (cellophane noodles)
- 3 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 1/2 teaspoons achiote powder
- 1 tablespoon fish sauce
- salt and pepper to taste
- 2 (14.5 ounce) cans chicken broth
- 2 green onions, chopped

Directions

Bring 2 cups of water with 1 teaspoon salt to a boil in a pot; cook the chicken in the boiling water until until no longer pink in the center and the juices run clear, about 10 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Reserving the liquid, remove the chicken and allow to cool before removing the meat from the bones and shredding with two forks. Discard the skin and bones.

While the chicken cools place the shiitake mushrooms in a bowl and pour enough warm water over them to cover completely; allow to soak until pliable, about 30 minutes. Remove from the water, slice, and set aside. Place the bean thread noodles in the water and add more warm water if needed to cover; allow to soak until soft, about 10 minutes. Drain. Cut the noodles if desired.

Heat the olive oil in a skillet over medium heat; cook and stir the onion and garlic until softened, about 5 minutes. Add the achiote powder and continue to cook and stir until the mixture is well coated with the red-orange color. Stir the shredded chicken meat, sliced shiitake mushrooms, and fish sauce into the mixture; season with salt and pepper to taste. Allow the mixture to cook about 5 minutes before pouring the reserved liquid from cooking the chicken and the chicken broth into the mixture. Bring to a boil for 5 minutes. Add the noodles and cook another 5 minutes. Garnish with the green onion to serve.
## Chicken Curry Croissants

### Ingredients
- 4 skinless, boneless chicken breast halves
- 1 tablespoon peanut oil
- 1 teaspoon curry powder
- 4 plain croissants, split in half
- 4 tablespoons chutney
- 4 tablespoons mayonnaise
- lettuce
- tomato slices
- red onion slices
- salt and pepper to taste

### Directions
In a skillet over medium heat, add the curry powder and stir a few seconds until it becomes fragrant. Stir in the oil. Cook the chicken in the seasoned oil for about 5 to 8 minutes on each side, or until done.

Spread chutney sauce on one side of each croissant, and the mayonnaise on the other side. Cut the cooked chicken to fit the croissants (I cut them into slices), and layer with lettuce, tomatoes, and red onion. Sprinkle with a little salt and pepper, and serve.
**Ingredients**

1 egg  
1/4 cup water  
3 cooked skinless, boneless chicken breast halves, chopped  
6 slices bacon - cooked and crumbled  
1 small green bell pepper, chopped  
1 1/2 cups honey barbecue sauce, divided  
1 (8 ounce) package shredded Cheddar-Monterey Jack cheese blend, divided  
all-purpose flour for rolling  
1 (11.5 ounce) can refrigerated crusty French loaf dough

**Directions**

Preheat an oven to 350 degrees F (175 degrees C). Whisk egg and water; set aside.

Combine chicken, bacon, bell pepper, 1 cup barbecue sauce, and 1 cup of shredded cheese blend. The barbecue sauce should coat the meat; if the mixture is too dry, add more sauce.

Unroll dough on smooth, clean, well-floured surface, and spread or roll out to 1/4 inch thick, keeping rectangular shape. Spread the chicken mixture down the middle of the dough. Top the mixture with more barbecue sauce and the rest of the cheese. Fold one side of dough over mixture. Brush egg wash on edge of folded dough; then fold over other side of dough, sealing with egg wash. Seal both ends of loaf well with egg wash and brush it over the top of the bread.

Carefully place the bread on a greased baking sheet. Bake in the preheated oven until golden brown, about 25 to 35 minutes. Cool slightly before slicing.
Caper Baked Chicken

Ingredients

- 4 skinless, boneless chicken breast halves
- 1 lemon, juiced
- ground black pepper to taste
- 1/4 cup melted butter
- 1/4 cup steak sauce
- 1 (4 ounce) jar capers, liquid reserved

Directions

Preheat oven to 425 degrees F (220 degrees C).

Arrange chicken in an oven proof clay pot or medium baking dish. Coat with lemon juice, and season with pepper.

In a small bowl, mix the melted butter, steak sauce, 2 tablespoons capers, and 2 tablespoons caper liquid. Reserve remaining capers and liquid for another use. Pour the butter mixture over the chicken to coat.

Cover and bake 25 minutes in the preheated oven, until chicken is no longer pink and juices run clear. Drizzle with remaining liquid from the baking dish to serve.
Crispy Kung Pao Chicken

Ingredients

- 1 quart vegetable oil for frying
- 1/2 pound chicken tenders, cut into bite-size pieces
- 1 egg, beaten
- 1 cup panko (Japanese bread crumbs)
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 3 tablespoons chopped green onion
- 2 teaspoons red pepper flakes
- 6 tablespoons soy sauce
- 6 tablespoons rice vinegar
- 2 tablespoons brown sugar
- 1 tablespoon cornstarch
- 2 tablespoons water
- 1/3 cup dry roasted peanuts

Directions

Heat 1 quart of vegetable oil in a deep-fryer or electric skillet to 375 degrees F (190 degrees C).

Toss chicken with beaten egg in a bowl until coated. Place the panko in a shallow dish, then drop the egg coated chicken pieces into the panko one at a time, and roll to coat; set aside.

Deep fry the chicken pieces in the hot oil until golden brown on all sides, 4 to 5 minutes. Remove the chicken to drain on a paper towel, and keep warm.

Heat 1 tablespoon of vegetable oil in a wok over high heat. Stir in garlic, ginger, green onion, and red pepper flakes. Cook and stir until the garlic and ginger begin to turn golden brown, then pour in the soy sauce, rice vinegar, and brown sugar. Bring to a boil. Dissolve cornstarch in water, then stir into the boiling sauce to thicken. Cook and stir until the sauce clears, about 45 seconds.

Toss the fried chicken with the sauce and peanuts in the wok to serve.
## Grilled Pineapple Chicken Sandwiches

### Ingredients
- 1 (20 ounce) can sliced pineapple
- 1 tablespoon honey mustard
- 2 skinless, boneless chicken breast halves
- 1 red bell pepper, thinly sliced
- 2 sandwich rolls, split

### Directions
Grill or broil the chicken breasts and pineapple slices, brushing occasionally with honey mustard. Serve the chicken on sandwich rolls, topped with pineapple slices and red bell pepper rings.
**BBQ Chicken Pizza**

**Ingredients**
- 1 (12 inch) pre-baked pizza crust
- 1 cup spicy barbecue sauce
- 2 skinless boneless chicken breast halves, cooked and cubed
- 1/2 cup chopped fresh cilantro
- 1 cup sliced pepperoncini peppers
- 1 cup chopped red onion
- 2 cups shredded Colby-Monterey Jack cheese

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Place pizza crust on a medium baking sheet. Spread the crust with barbecue sauce. Top with chicken, cilantro, pepperoncini peppers, onion, and cheese.

Bake in the preheated oven for 15 minutes, or until cheese is melted and bubbly.
Summer Chicken Salad

Ingredients

1 1/2 pounds boneless chicken breast halves - cooked, cooled and cubed
1 (8 ounce) can mandarin oranges, drained
1 (8 ounce) can pineapple chunks, drained and cut in half
1/2 cup chopped pecans
1 cup light mayonnaise
2 teaspoons dried dill weed
2 teaspoons white sugar

Directions

In a large mixing bowl, combine the chicken, oranges, pineapple and pecans.

Whisk together the mayonnaise, dill weed and sugar. Add to the chicken mixture, toss well and refrigerate over night so flavors may blend.
Honey Almond Chicken

Ingredients

- 6 bone-in chicken parts
- 1/2 cup butter
- 1 large onion, chopped
- 1/4 cup honey
- 1/4 cup slivered almonds
- 1/4 cup lemon juice

Directions

Preheat oven to 350 degrees F (175 degrees C). Arrange chicken parts in a baking dish.

Melt butter in a skillet over medium heat, and cook onion 5 minutes, until tender. Stir in honey, almonds, and lemon juice, and continue cooking 2 minutes, or until heated through. Pour over the chicken, coating each piece.

Cover dish with aluminum foil. Bake chicken 30 minutes in the preheated oven. Remove foil, and continue baking 30 minutes, until chicken juices run clear.
Almond Orange Chicken

**Ingredients**

- 10 tablespoons all-purpose flour, divided
- 2 eggs
- 3/4 cup ground almonds
- 6 (4 ounce) skinless, boneless chicken breast halves
- 4 tablespoons butter or margarine, divided
- 1/3 cup chopped onion
- 1/4 teaspoon poultry seasoning
- 1 1/2 cups milk
- 1/3 cup orange marmalade
- 1/4 cup orange juice
- 1/2 teaspoon grated orange peel
- 1 teaspoon salt
- 1/4 teaspoon pepper
- Hot cooked rice

**Directions**

Place 1/2 cup flour in a shallow bowl. In another bowl, lightly beat the eggs. Place the almonds in a third bowl. Coat chicken with flour, then dip in eggs and roll in almonds. In a skillet over medium-high heat, cook the chicken in 2 tablespoons butter on both sides until juices run clear, about 10 minutes. Remove and keep warm. In the same skillet, sauté the onion in remaining butter until tender. Stir in poultry seasoning and remaining flour until blended. Gradually stir in milk until smooth. Bring to a boil; cook and stir for 2 minutes. Remove from the heat; stir in the orange marmalade, orange juice and peel, salt and pepper. Pour over the chicken. Serve with rice if desired.
Grilled Chicken Panini

**Ingredients**

- 1 (11 ounce) package Tyson® Grilled and Ready™ Fully Cooked Grilled Chicken Breast Strips
- 1/2 cup pesto sauce, prepared
- 8 slices Italian bread
- 4 slices provolone cheese
- 1/4 cup olive oil

**Directions**

Spread one tablespoon of pesto onto one side of each bread slice. Divide chicken strips among 4 slices of bread. Place a slice of cheese on top of chicken. Top with remaining bread slices, pesto side down.

Brush the outer sides of each sandwich with olive oil.

Heat large skillet or griddle over medium. Grill sandwiches until browned on one side; turn and grill until brown on other side.
Ingredients

- 8 (4 ounce) skinless, boneless chicken breast halves
- 2 tablespoons canola oil
- 1 (28 ounce) can stewed tomatoes, cut up
- 1 1/2 cups sliced fresh mushrooms
- 1 large green pepper, julienned
- 1 medium onion, chopped
- 1/2 cup water
- 3 teaspoons Italian seasoning
- 1/4 teaspoon pepper
- 3 tablespoons all-purpose flour
- 1/4 cup cold water
- Hot cooked rice

Directions

In a large skillet, brown chicken on both sides in oil. Stir in the tomatoes, mushrooms, green pepper, onion, water, Italian seasoning and pepper. Bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until chicken juices run clear.

Remove chicken and keep warm. Combine the flour and cold water until smooth; stir into tomato mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve chicken and sauce over rice.
Chicken Bulgur Skillet

Ingredients

- 1 pound boneless skinless chicken breasts, cut into 1-inch cubes
- 2 teaspoons olive oil
- 2 medium carrots, chopped
- 2/3 cup chopped onion
- 3 tablespoons chopped walnuts
- 1/2 teaspoon caraway seeds
- 1/4 teaspoon ground cumin
- 1 1/2 cups bulgur
- 2 cups reduced sodium chicken broth
- 2 tablespoons raisins
- 1/4 teaspoon salt
- 1/8 teaspoon ground cinnamon

Directions

In a large nonstick skillet, cook chicken in oil over medium-high heat until no longer pink. Remove and keep warm. In the same skillet, cook and stir the carrots, onion, nuts, caraway seeds and cumin for 3-4 minutes or until onion starts to brown.

Stir in bulgur. Gradually add broth; bring to a boil over medium heat. Reduce heat; add the raisins, salt, cinnamon and chicken. Cover and simmer for 12-15 minutes or until bulgur is tender.
Chicken Bake and Rice

Ingredients

- 4 skinless, boneless chicken breast halves
- 1 (8 ounce) package cream cheese
- 2/3 cup white wine
- 2 (10.75 ounce) cans condensed cream of mushroom soup
- 2 tablespoons Italian-style dressing mix
- 2 tablespoons butter
- 2 cups uncooked white rice

Directions

Preheat oven to 350 degrees F (175 degrees C).

Brown the chicken breasts in the butter or margarine and 1 tablespoon of the Italian-style dressing mix. Place browned chicken breasts in a 9x13 inch baking dish.

Mix together the cream cheese and soup and stir in the wine. Pour mixture over the chicken, and bake in the preheated oven for 45 to 60 minutes. Meanwhile, prepare the rice according to package directions, using the remaining dressing mix in the cooking water. Serve the hot rice and chicken together.
Veal, Chicken and Beef Cannelloni

**Ingredients**

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<tbody>
<tr>
<td>2 eggs</td>
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<tr>
<td>2/3 cup milk</td>
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<tr>
<td>1 tablespoon butter, melted</td>
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<tr>
<td>1/2 cup all-purpose flour</td>
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<tr>
<td>1/4 teaspoon salt</td>
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<table>
<thead>
<tr>
<th>MEAT FILLING</th>
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<tbody>
<tr>
<td>1/4 pound ground veal</td>
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<tr>
<td>1/4 pound ground chicken</td>
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<tr>
<td>1/2 pound ground beef</td>
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<tr>
<td>2 tablespoons butter</td>
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<tr>
<td>1 tablespoon minced fresh parsley</td>
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<tr>
<td>1/2 cup grated Parmesan cheese</td>
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<td>1/2 teaspoon salt</td>
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<tr>
<td>1 dash ground black pepper</td>
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<tr>
<td>1 dash ground nutmeg</td>
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<table>
<thead>
<tr>
<th>WHITE SAUCE</th>
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<tbody>
<tr>
<td>2 tablespoons butter</td>
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<td>2 tablespoons all-purpose flour</td>
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<tr>
<td>1 cup milk</td>
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<td>1/4 teaspoon salt</td>
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<tr>
<td>1/8 teaspoon ground black pepper</td>
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<tr>
<td>1/8 teaspoon ground nutmeg</td>
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|                          |                          |
| 1 (32 ounce) jar tomato pasta sauce | |
| 1 (16 ounce) package shredded mozzarella cheese | |
| 1/4 cup grated Parmesan cheese | |

**Directions**

To Make Crepes: In a medium bowl beat eggs thoroughly, then add milk and butter. Beat in flour and salt until smooth. (Note: Batter is best if left to set for 1/2 hour before using). Brown crepes in a medium hot skillet, making them 6 to 8 inches in circumference. Set aside.

To Make Meat Filling: Brown veal, chicken and beef in butter in a large skillet over medium high heat. Stir in the parsley, cheese, salt, pepper and nutmeg. Let cool.

Preheat oven to 375 degrees F (190 degrees C).

To Make White Sauce: In a small saucepan over medium heat, cook flour and butter together for 1 minute. Stir in salt, pepper and nutmeg, then stir in milk and continue to cook until thick.

Spread 1/2 of the pasta sauce in the bottom of a 9x13 inch baking dish. Spoon meat mixture into prepared crepes, folding over all sides of crepe to form palm-sized bundles. Place filled crepes, seam side down, in baking dish. Cover with remaining pasta sauce and pour White Sauce over all. Cover with mozzarella cheese and top with Parmesan cheese.

Bake in the preheated oven for 20 to 30 minutes, or until cheese is bubbly and brown around the edges. Serve hot.
Lime-Tarragon Grilled Chicken

**Ingredients**

- 1/2 cup olive oil
- 1/2 cup fresh lime juice
- 2 tablespoons chopped onion
- 2 teaspoons dried tarragon
- 1 teaspoon salt
- 1/2 teaspoon hot sauce
- Salt and pepper to taste
- 2 pounds bone-in chicken thighs

**Directions**

Place olive oil, lime juice, onion, tarragon, salt, and hot sauce into a large, resealable plastic bag; shake to mix. Add chicken thighs, coat with marinade, squeeze out air, and refrigerate for at least 4 hours.

Preheat an outdoor grill for medium heat and lightly oil grate. Remove chicken from marinade, and shake off excess. Discard remaining marinade. Season with salt and pepper.

Grill chicken for about 30 minutes, or until no longer pink in the center. Chicken thighs don't dry out easily, so don't be afraid to cook them a bit longer if needed.
Divine Summertime Chicken Sandwich

**Ingredients**

- 4 ounces cream cheese, softened
- 4 teaspoons dried dill weed, divided
- 4 tablespoons minced garlic, divided
- 2 tablespoons butter, softened
- 2 skinless, boneless chicken breast halves
- 1 small tomato, diced
- 1 leaf lettuce
- 4 thick slices French bread

**Directions**

In a medium bowl, mix together the cream cheese, 2 teaspoons of dill, and 2 tablespoons of garlic. Set aside.

Melt about half of the butter in a skillet over medium heat. Season chicken breast halves with remaining garlic and dill. Cook for about 8 minutes per side, or until the meat is firm and juices run clear. Remove from the pan, and set aside.

Spread the remaining butter onto one side of the slices of bread, and toast in the skillet until golden. Spread the cream cheese onto the other sides of the bread, and make sandwiches with the chicken breasts, lettuce, and tomato.
## Ingredients

1 pound fresh broccoli, cut into spears  
1 1/2 cups cubed cooked chicken or turkey  
1 (10.75 ounce) can Campbell's® Condensed Broccoli Cheese Soup or Campbell's® Condensed 98% Fat Free Broccoli Cheese Soup*  
1/3 cup milk  
1/2 cup shredded Cheddar cheese (optional)  
2 tablespoons dry bread crumbs  
1 tablespoon butter or margarine, melted

## Directions

Arrange broccoli and chicken in 9-inch pie plate or 2-quart shallow baking dish.

Mix soup and milk and pour over all.

Sprinkle with cheese. Mix bread crumbs with butter and sprinkle on top.

Bake 400 degrees F for 25 minutes or until hot.
# Chicken and Cheese Enchiladas

## Ingredients

- 1 (10.75 ounce) can Campbell's® Condensed Cheddar Cheese Soup
- 1/2 cup milk
- 2 cups diced cooked chicken
- 1/2 cup Pace® Chunky Salsa
- 1 (4 ounce) can chopped green chiles
- 1 teaspoon chili powder
- 8 (8 inch) flour tortillas

## Directions

1. Mix soup and milk.
2. Mix 2 tablespoons soup mixture, chicken, salsa, chiles and chili powder.
3. Spread about 1/3 cup chicken mixture down center of each tortilla. Roll tortillas around filling and place seam-side down in greased 3-quart shallow baking dish.
4. Pour remaining soup mixture over enchiladas. Cover.
5. Bake at 375 degrees F for 35 minutes or until hot.
Tarragon Chicken Salad

**Ingredients**
- 3/4 cup sour cream
- 3/4 cup mayonnaise
- 1 cup finely chopped celery
- 1/4 cup minced fresh tarragon
- 5 cups cubed cooked chicken

**Directions**
In a medium bowl, combine sour cream, mayonnaise, celery and tarragon; stir in chicken. Refrigerate for 2-3 hours.
Chicken Murphy

**Ingredients**

- 1 pound skinless, boneless chicken breast halves - cut into cubes
- 1 cup all-purpose flour
- 4 tablespoons olive oil
- 1 large onion, diced
- 1 pound Italian sausage, cut into 1/2 inch pieces
- 4 large potatoes
- 1 cup white wine
- 1 teaspoon distilled white vinegar
- 1 cup water
- 1 cup sliced hot cherry peppers
- 1 pound angel hair pasta

**Directions**


In a Dutch oven, saute diced onion and Italian sausage in remaining 2 tablespoons olive oil until thoroughly cooked. Stir in chicken.

Meanwhile, microwave potatoes until done (but not mushy), and cut into cubes (with or without the skin). Stir into chicken and sausage mixture.

In a medium bowl, combine white wine, vinegar, and water. Pour into sausage mixture, and cook over medium low heat until mixture begins to thicken. Add hot cherry peppers, and cook until dish reaches desired spiciness (the longer you cook it with the peppers, the spicier it gets!).

Meanwhile, cook pasta in a large pot of boiling water until al dente. Drain. Serve chicken and sausage over pasta.
## Chicken-Fried Chops

### Ingredients

<table>
<thead>
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<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/2 cup all-purpose flour</td>
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<tr>
<td>2 teaspoons salt</td>
<td></td>
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<tr>
<td>1 1/2 teaspoons ground mustard</td>
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<tr>
<td>1/2 teaspoon garlic powder</td>
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</tr>
<tr>
<td>6 pork loin chops (3/4 inch thick), trimmed</td>
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<tr>
<td>2 tablespoons vegetable oil</td>
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<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup, undiluted</td>
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<tr>
<td>1/3 cup water</td>
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### Directions

In a shallow bowl, combine flour, salt, mustard and garlic powder; dredge pork chops.

In a skillet, brown chops on both sides in oil. Place in a slow cooker. Combine soup and water; pour over chops. Cover and cook on low for 6-8 hours or until meat is tender. If desired, thicken pan juices and serve with the chops.
**Curly Noodle Chicken Soup**

**Ingredients**

- 1 pound boneless, skinless chicken breasts, cut into 1/2 inch pieces
- 1 large onion, chopped
- 4 celery ribs, sliced
- 2 medium carrots, sliced
- 4 garlic cloves, minced
- 2 tablespoons butter or stick margarine
- 2 tablespoons olive or canola oil
- 1/4 cup all-purpose flour
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/8 teaspoon pepper
- 3 (14.5 ounce) cans chicken broth
- 1 (14.5 ounce) can diced tomatoes, undrained
- 6 ounces uncooked tricolor spiral pasta

**Directions**

In a large saucepan or Dutch oven, saute the chicken, onion, celery, carrots and garlic in butter and oil for 5 minutes. Stir in the flour, basil, oregano and pepper until blended. Gradually add broth and tomatoes. Bring to a boil. Reduce heat; cover and simmer for 1 hour. Return to a boil; stir in the pasta. Reduce heat; simmer, uncovered, for 12-15 minutes or until pasta is tender.
Chicken Tava from Turkey

Ingredients

- 2 tablespoons olive oil, divided
- 8 boneless chicken thighs, with skin
- 1 (6 ounce) can tomato paste
- 1/4 cup water
- 8 cloves garlic, halved
- salt and pepper to taste
- 4 medium potatoes, sliced
- 4 tomatoes, sliced
- 1 large onion, sliced
- 1 cup fresh mushrooms, sliced
- 8 pepperoncini peppers (optional)

Directions

Preheat oven to 325 degrees F (165 degrees C).

Trickle 1 tablespoon olive oil in the bottom of a roasting pan. Arrange chicken thighs in the pan. Mix the tomato paste and water, and spread over the chicken. Place garlic clove halves in the pan. Season chicken with salt and pepper. Arrange potatoes, tomatoes, onion, mushrooms, and pepperoncini over the chicken. Sprinkle with remaining tablespoon olive oil.

Bake 1 1/2 hours in the preheated oven, until vegetables are tender and chicken juices run clear. Periodically pour a little water into the pan if it starts to get dry.
Chicken Pecan Salad

Ingredients

- 2 tablespoons hot red pepper sauce
- 1/2 cup margarine, melted
- 2/3 cup brown sugar
- 1 teaspoon Worcestershire sauce
- 1 tablespoon lemon juice
- 1 pinch salt
- 1 pound coarsely chopped pecans
- 6 skinless, boneless chicken breast halves
- 1 tablespoon olive oil
- 1 tablespoon Greek seasoning
- 1 pound romaine lettuce, torn
- 1 cup cherry tomato halves
- 1/2 cup fresh strawberries
- 1/2 cup seedless grapes
- 1/4 cup fresh raspberries
- 1/4 cup fresh blueberries
- 1/2 cup honey mustard salad dressing

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a bowl, mix the hot red pepper sauce, margarine, brown sugar, Worcestershire sauce, lemon juice, and salt. Mix pecans into the bowl, tossing to coat evenly. Spread pecans in a single layer on a baking sheet. Bake 10 minutes in the preheated oven, stirring often and watching carefully, until lightly browned. Remove from heat, and set aside.

Rub chicken with the olive oil, place on a baking sheet, and sprinkle with Greek seasoning. Bake 20 minutes or until juices run clear. Slice into strips.

In a salad bowl, toss together romaine lettuce, chicken strips, cherry tomato halves, strawberries, grapes, raspberries, and blueberries. Sprinkle with pecans, and drizzle with dressing.
Focaccia Chicken Sandwiches

**Ingredients**

- 2 tablespoons prepared brown mustard
- 3 skinless, boneless chicken breast halves
- 2 cups shredded mozzarella cheese
- 2 cups broccoli florets
- 1 loaf focaccia bread, cut in half horizontally

**Directions**

Preheat the oven to 350 degrees F (175 degrees C). Spread brown mustard onto the chicken breasts to coat, and place them in a baking dish. Bake for about 30 minutes in the preheated oven, or until cooked through.

Meanwhile, bring 1/2 inch of water to a boil in a small saucepan with a lid. Add the broccoli, and cook for 7 minutes, or until tender but still bright green. Drain, and set aside.

Shred or cube the chicken, and place onto the bottom half of the focaccia bread. Spread the broccoli over the chicken, and top with mozzarella cheese.

Bake this part of the sandwich (without the top) for about 10 minutes, or until the cheese is melted. Place the top of the bread over the filling, and bake for another 5 minutes to heat through. Cut into small squares to serve.
Bengali Chicken Curry with Potatoes

**Ingredients**

- 2 tablespoons olive oil
- 2 large onions, diced
- 1 tablespoon ginger-garlic paste
- 2 large tomatoes, diced
- 1 teaspoon cayenne pepper, or more to taste
- 1 teaspoon curry powder
- 1 teaspoon garam masala
- 1 teaspoon ground turmeric
- 4 skinless, boneless chicken breast halves - cut into bite-size pieces
- 2 large red-skinned potatoes, chopped
- 1/2 cup fresh cilantro

**Directions**

Heat the olive oil in a large skillet over medium-high heat. Cook and stir the onions in the hot oil until translucent, about 5 minutes. Add the ginger-garlic paste and continue cooking another 5 minutes. Reduce heat to medium; stir the tomatoes into the mixture and cook until the tomatoes are pulpy, 5 to 10 minutes. Season with the cayenne pepper, curry powder, garam masala, turmeric, and cumin; cook and stir another 5 minutes.

Add the chicken and potatoes to the mixture in the skillet; simmer, stirring occasionally, until the potatoes are tender and the chicken is no longer pink in the center, about 20 minutes. Sprinkle the cilantro over the mixture and continue simmering another 10 minutes. Serve hot.
Breaded Parmesan Chicken

**Ingredients**

- 1/2 cup finely crushed herb-seasoned stuffing mix
- 3 tablespoons grated Parmesan cheese
- 1 tablespoon dried parsley
- 1 teaspoon curry powder
- 1 tablespoon Italian-style seasoning
- 3 tablespoons butter
- 6 skinless, boneless chicken breast halves

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a small shallow dish combine the stuffing mix, cheese, parsley, curry powder and seasoning. Mix together.

In an 8x11 inch baking dish, melt the butter/margarine in the microwave. Dip the chicken breasts in the stuffing mixture, coating both sides of each breast.

Place chicken in baking dish and sprinkle any leftover stuffing mixture over the chicken. Bake in the preheated oven for 20 minutes, then turn chicken pieces over and bake for another 20 to 25 minutes or until chicken is cooked through. Enjoy!
### Chicken Divan

**Ingredients**

2 1/2 cups cooked chopped broccoli  
2 cups shredded, cooked chicken meat  
2 (4.5 ounce) cans mushrooms, drained  
1 (8 ounce) can water chestnuts, drained (optional)  
2 (10.75 ounce) cans condensed cream of chicken soup  
1 cup mayonnaise  
1 teaspoon lemon juice  
1/4 teaspoon curry powder  
1 tablespoon melted butter  
1/2 cup shredded Cheddar cheese

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Arrange cooked broccoli in a lightly greased 3 quart casserole dish. Arrange chicken over broccoli. Add mushrooms and water chestnuts.

In a medium bowl combine the soup, mayonnaise, lemon juice, curry powder and butter/margarine. Mix together and pour mixture over chicken and vegetables. Sprinkle cheese on top and bake in the preheated oven for 30 to 45 minutes.
Honey Glazed Stuffed Chicken

Ingredients

- 4 skinless, boneless chicken breast halves
- 4 tablespoons Boursin cheese with herbs
- 8 slices bacon
- Toothpicks
- 1/2 cup honey

Directions

- Preheat oven to 350 degrees F (175 degrees C).

- Cut a slit in each chicken breast, and stuff with equal amounts of Boursin cheese. Wrap each breast with 2 slices bacon. Secure with toothpicks. Arrange on a baking sheet.

- Bake 25 minutes in the preheated oven, or until chicken juices run clear. Drizzle breasts with equal amounts of honey during the final 5 minutes of cook time.
Orange Chicken

**Ingredients**

- 1 egg
- 1/3 cup orange juice
- 1 cup herb-seasoned stuffing mix, crushed
- 1 1/2 teaspoons paprika
- 1 tablespoon grated orange peel
- 1 teaspoon salt
- 8 skinless, boneless chicken breast halves
- 6 tablespoons butter or margarine, melted
- Orange slices

**Directions**

In a shallow bowl, beat egg, add orange juice. In another bowl, combine stuffing mix, paprika, orange peel and salt. Dip chicken into the egg mixture, then into crumbs, turning to coat well. Pour butter into a 13-in. x 9-in. x 2-in. baking dish. Place chicken in baking dish, turning once to butter both sides. Bake, uncovered, at 375 degrees F for 45 minutes or until the chicken is tender and juices run clear. Garnish with orange slices if desired.
## Country Barbecued Chicken

### Ingredients

- 3/4 cup ketchup
- 1 tablespoon molasses
- 2 teaspoons brown sugar
- 1 teaspoon chili powder
- 1 teaspoon vegetable oil
- 1/2 teaspoon Worcestershire sauce
- 1 garlic clove, minced
- 1 1/2 pounds boneless, skinless chicken breast halves
- 2 tablespoons butter, melted

### Directions

In a small bowl, combine the first seven ingredients. Cover and refrigerate until ready to use. Brush chicken with butter. Grill, uncovered, over medium-hot heat for 3-4 minutes on each side or until browned. Baste with barbecue sauce. Continue basting and turning for 4-6 minutes or until meat juices run clear.
Kathy's Easy Chile Chicken and Rice

Ingredients

1 (10.75 ounce) can condensed cream of chicken soup
1 cup milk
1 cup uncooked long grain white rice
1 (4 ounce) can diced green chile peppers, drained
2 skinless, boneless chicken breast halves - chopped
salt and pepper to taste
1 cup shredded Cheddar cheese (optional)
1 cup frozen peas

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish.

Mix the soup, milk, rice, and chile peppers into the casserole dish. Place chicken in the dish. Season with salt and pepper, and top with cheese.

Bake covered 1 hour in the preheated oven. Mix in the peas. Let stand covered 5 minutes before serving.
## Chicken and Biscuit Casserole

### Ingredients

- 1/4 cup butter
- 2 cloves garlic, minced
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped baby carrots
- 1/2 cup all-purpose flour
- 2 teaspoons white sugar
- 1 teaspoon salt
- 1 teaspoon dried basil
- 1/2 teaspoon ground black pepper
- 4 cups chicken broth
- 1 (10 ounce) can peas, drained
- 4 cups diced, cooked chicken meat
- 2 cups buttermilk baking mix
- 2 teaspoons dried basil
- 2/3 cup milk

### Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

In a skillet, melt the butter over medium-high heat. Cook and stir the garlic, onion, celery, and carrots in butter until tender. Mix in the flour, sugar, salt, 1 teaspoon dried basil, and pepper. Stir in broth, and bring to a boil. Stirring constantly, boil 1 minute, reduce heat, and stir in peas. Simmer 5 minutes, then mix in chicken. Transfer mixture to the prepared baking dish.

In a medium bowl, combine the baking mix and 2 teaspoons dried basil. Stir in milk to form a dough. Divide the dough into 6 to 8 balls. On floured wax paper, use the palm of your hand to flatten each ball of dough into a circular shape; place on top of chicken mixture.

Bake in the preheated oven for 30 minutes. Cover with foil, and bake for 10 more minutes. To serve, spoon chicken mixture over biscuits.
Ingredients

1/2 cup raisins
1 tablespoon chopped peanuts
1/2 cup honey
1 teaspoon prepared mustard
1/3 cup maple syrup
1/4 cup butter
3 tablespoons brown sugar
1 (3 pound) whole chicken

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a medium saucepan over low heat combine the raisins, peanuts, honey, mustard, syrup and butter; stir all together until a medium thick glaze has formed, then leave on burner to cook slowly. Stir occasionally to keep from burning.

Bake hen at 375 degrees F (190 degrees C) for about 1 hour or until bird is cooked through and juices run clear. Baste hen thoroughly with prepared glaze every 10 to 15 minutes while baking; when hen is cooked through and ready to serve, garnish with orange zest.
Italiano Chicken and Pasta Medley

Ingredients:
- 1 pound skinless, boneless chicken breast, cut up
- 1 1/2 teaspoons minced fresh garlic
- 3 1/2 cups Swanson® Chicken Broth (Regular, Natural Goodness®, or Certified Organic)
- 1 tablespoon canned diced tomatoes, drained
- 1/2 teaspoon Italian seasoning, crushed
- 3 cups uncooked corkscrew-shaped pasta
- 1 (16 ounce) package any frozen vegetable combination
- 2 tablespoons grated Parmesan cheese

Directions:
- Cook chicken and garlic in nonstick skillet until browned, stirring often. Remove chicken.
- Add broth, tomatoes and Italian seasoning. Heat to a boil. Stir in pasta. Cook over medium heat for 10 minutes.
- Add vegetables and cheese. Heat to a boil. Return chicken to pan. Cook for 5 minutes or until pasta is done. Serve with additional cheese.
Hot Date with a Chicken

Ingredients

1/4 cup dates, pitted and chopped
1 small apple - peeled, cored and chopped
2 tablespoons chopped dried apricots
2 tablespoons raisins
1 tablespoon grated orange zest
1 tablespoon orange juice
1/4 teaspoon cayenne pepper
1/4 teaspoon ground cardamom
1/4 teaspoon ground mace
2 (6 ounce) skinless, boneless chicken breast halves
2 tablespoons vegetable oil

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Combine the dates, apple, apricots, raisins, orange zest, and orange juice in a small bowl. Season with cayenne pepper, cardamom, and mace; mix well.

Place the chicken breasts between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to a thickness of about 1/4 inch. Mound the fruit filling on the flattened breasts and roll up, tucking in the ends. Secure the chicken with toothpicks.

Heat the vegetable oil in an oven proof skillet over medium-high heat. Add the chicken breasts, and cook until browned on all sides, about 5 minutes. Place in the preheated oven, and continue cooking the chicken breasts until the filling is hot and the juices run clear, 20 to 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
Lavonne's Scrumptious White Wine Chicken

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1 teaspoon garlic powder
- 1/4 teaspoon poultry seasoning
- 1/8 teaspoon seasoned salt
- 1/8 teaspoon ground black pepper
- 1/2 cup white wine
- 1 tablespoon Worcestershire sauce
- 1 tablespoon vegetable oil

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

Season the chicken breasts with garlic powder, poultry seasoning, salt, and pepper. Place the breasts in a 9x13 baking dish. Whisk together the wine, Worcestershire sauce, and vegetable oil in a small bowl; pour the wine mixture over the chicken breasts. Cover the entire dish with aluminum foil.

Bake in preheated oven about 45 minutes; uncover the dish and spoon the liquid from the pan over the breasts. Recover with foil and bake until the juices run clear, another 20 to 30 minutes.
Ingredients

2 (10 ounce) cans chunk chicken, drained and flaked
1/4 cup chopped onion
1/4 cup mayonnaise
4 tablespoons fresh salsa
salt and pepper to taste
6 (10 inch) flour tortillas
12 lettuce leaves

Directions

In a small bowl combine the chicken, onion, mayonnaise, salsa, salt and pepper. Mix together.

Line each tortilla with two lettuce leaves, then divide chicken salad mixture evenly among each tortilla and roll up, or 'wrap'.
Fiesta Chicken Casserole

**Ingredients**

1 (15 ounce) package refrigerated pie crust  
1 (16 ounce) jar Pace® Chunky Salsa  
1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup or Campbell's® Condensed 98% Fat Free Cream of Chicken Soup  
1 cup sour cream  
2 cups shredded Cheddar cheese  
1 (24 ounce) package frozen whole kernel corn  
2 (9.75 ounce) cans Swanson® Premium Chunk Chicken, drained  
1 (15 ounce) can black beans, drained and rinsed

**Directions**

Preheat oven to 400 degrees F. Bring pie crust to room temperature.

Mix salsa, soup, sour cream, cheese, corn, chicken and beans in large bowl. Spoon into ungreased 13x9x2-inch baking pan.

Place crusts on floured surface, overlapping about 3 inches in the center. Press seam to seal. Roll into 14x10-inch rectangle. Trim excess crust. Place crust over beef mixture and flute edges. Cut slits in pastry.

Bake for 40 to 45 minutes or until pie crust is golden brown.
Szechwan Chicken

Ingredients

- 1/2 cup soy sauce
- 1/2 cup cooking sherry
- 3/4 teaspoon white sugar
- 3/4 teaspoon ground ginger
- 2 tablespoons cornstarch
- 3/4 teaspoon crushed red pepper
- 1/2 teaspoon garlic powder
- 2 pounds skinless, boneless chicken breasts, cut into bite-size pieces
- 1 tablespoon vegetable oil
- 1 large green bell pepper, sliced
- 1 large onion, quartered
- 1/2 cup whole cashews

Directions

Whisk together the soy sauce, sherry, sugar, ginger, cornstarch, crushed red pepper, and garlic powder in a large glass or ceramic bowl. Add the chicken and toss to evenly coat. Cover the bowl with plastic wrap, and marinate in the refrigerator for 1 to 2 hours.

Heat the vegetable oil in a skillet over medium heat. Stir in the bell pepper and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Place onion and bell pepper on a plate and set aside. Reduce heat to medium-low, stir chicken and marinade into the same skillet. Cook the chicken breasts until no longer pink in the center and the juices run clear, about 15 minutes. Stir in cashews and cook for 1 to 2 minutes. Stir in the onion and bell pepper, cooking until heated through.
Ingredients

1 (3 pound) broiler-fryer chicken, cut up
1 tablespoon all-purpose flour
1/4 cup water
1/4 cup packed brown sugar
1/4 cup ketchup
2 tablespoons white vinegar
2 tablespoons lemon juice
2 tablespoons Worcestershire sauce
1 small onion, chopped
1 teaspoon ground mustard
1 teaspoon paprika
1 teaspoon chili powder
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

Place chicken in a greased 13-in. x 9-in. x 2-in. baking dish. In a saucepan, whisk flour and water until smooth. Stir in brown sugar, ketchup, vinegar, lemon juice and Worcestershire sauce. Bring to a boil; cook and stir for 2 minutes or until thickened. Cool.

Stir in the remaining ingredients. Pour over chicken. Cover and refrigerate for 2-4 hours. Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 350 degrees F for 35-45 minutes or until chicken juices run clear.
Buffalo Chicken Wrap Sandwiches

Ingredients

- 4 Chicken breasts, cooked and diced
- 1 cup Red, White, and Bleu Slaw
- 4 (10 inch) Flour Tortillas
- Hot sauce

Directions

In a large bowl, coat chicken with your favorite hot sauce.

Lay tortillas flat; spread 1/4 cup of Red, White & Bleu Coleslaw around the center of each tortilla. Place the coated chicken in a strip across the tortilla just below the center. Fold over the bottom of the tortilla and roll. Allow one hour before slicing. (These can also be made with warm chicken.)
Chicken Salad Spread

**Ingredients**

1 (10 ounce) can chicken chunks, drained
1/4 cup chopped celery
1/3 cup low-fat mayonnaise
1/2 teaspoon onion powder
1/2 cup sweet pickles, chopped

**Directions**

Combine the chicken meat, celery, mayonnaise, onion powder and sweet pickles.
Directions

Heat the oil in a large skillet over medium heat; cook and stir the onion and garlic in the olive oil until fragrant, about 5 minutes. Stir the oyster sauce into the mixture; season with salt and pepper. Add the chicken and mix; cover and cook for 10 minutes. Add the tomato, carrot, and celery; cover again and cook another 5 minutes. Cook the chicken pieces until no longer pink at the bone and the juices run clear, an instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C). Fold the snow peas into the mixture.

Whisk the cornstarch and water together in a small bowl until no lumps remain; stir into the liquid in the skillet. Allow the mixture to simmer until the sauce has thickened, about 5 minutes. Serve hot.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>12 chicken wings, split and tips discarded</td>
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<tr>
<td>3 tablespoons butter, divided</td>
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<tr>
<td>1/4 cup all-purpose flour</td>
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<tr>
<td>1 tablespoon distilled white vinegar</td>
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<td>3 teaspoons hot pepper sauce</td>
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<tr>
<td>1/4 teaspoon salt</td>
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<tr>
<td>1/2 cup blue cheese salad dressing</td>
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### Directions

Preheat oven to 350 degrees F (175 degrees C).

Melt 2 tablespoons butter in a 9x13 inch baking dish in preheated oven. Coat chicken with flour, shake off excess and place in dish.

Bake uncovered in preheated oven for 20 minutes. Turn pieces and bake uncovered for another 20 to 25 minutes, or until chicken is cooked through and no longer pink inside when thickest pieces are cut in the center. Drain on paper toweling.

In a small bowl combine the remaining 1 tablespoon butter, vinegar, pepper sauce and salt and mix until well blended. Add chicken and toss until evenly coated with mixture. Serve with bleu cheese salad dressing.
Kathy's Delicious Whole Slow Cooker Chicken

**Ingredients**

1 (3 pound) whole chicken, skin removed
1/2 cup chicken broth
1/3 cup soy sauce
1/3 cup olive oil
1/4 cup honey
1 teaspoon Worcestershire sauce
2 teaspoons balsamic vinegar
2 teaspoons lemon juice
1 teaspoon sesame oil
2 tablespoons minced garlic

**Directions**

Remove skin from chicken, and empty inner cavity of contents within. Pat chicken dry with a paper towel, and place inside the slow cooker.

In a bowl, stir together the chicken broth, soy sauce, olive oil, honey, Worcestershire sauce, balsamic vinegar, lemon juice, sesame oil, and minced garlic. Pour mixture over chicken, and cover.

Cook chicken on low setting for 8 hours, or 4 hours on high setting.
Rosemary Chicken

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 2 tablespoons olive oil
- 1 teaspoon seasoning salt
- 1 1/2 teaspoons salt free Cajun seasoning
- 1 teaspoon fresh rosemary
- 1 onion, finely diced

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Place chicken breasts in a 9x13 inch glass baking dish with a cover. Add oil, salt, and Cajun seasoning. Mix with your hands until chicken pieces are evenly coated. If using fresh rosemary, chop and sprinkle over chicken. If using dried rosemary, crush with hands and sprinkle over chicken. Using your hands again, mix together coating chicken evenly. Lay diced onions on top of chicken. Cover dish and bake in the preheated oven until onions are caramelized and the chicken is brown and cooked through (juices run clear), about 25 to 35 minutes.
Penne with Spicy Chicken Sausage, Beans, and Greens

Ingredients

- 8 ounces penne pasta
- 4 links spicy chicken andouille sausage
- 2 tablespoons olive oil
- 3 cloves garlic, crushed
- 1/3 cup pesto
- 1/2 cup white wine
- 1 (15 ounce) can cannellini beans, undrained
- 3 cups torn arugula leaves
- 1 pint grape tomatoes, halved
- Salt and freshly ground black pepper to taste
- 4 ounces crumbled goat cheese

Directions

- Bring a large pot of lightly salted water to a boil. Place penne in the pot, cook for 8 to 10 minutes, until al dente, and drain.

- In a skillet over medium heat, cook the sausage until evenly brown. Cool and slice.

- Heat the oil in a large pot over medium heat, and cook the garlic 1 minute, until lightly browned. Mix in sausage, pesto, and white wine. Cook and stir until heated through. Mix in beans with liquid and arugula, and cook until arugula is wilted. Stir in the tomatoes, and cook until heated through. Toss with pasta, season with salt and pepper, and top with goat cheese to serve.
Directions

Whisk together the light soy sauce, cornstarch, 1 teaspoon of sugar, and pepper in a large glass or ceramic bowl. Add the chicken breast and toss to evenly coat. Cover the bowl with plastic wrap, and marinate in the refrigerator for 10 minutes.

Heat the water in a large skillet over medium-high heat until boiling. Quickly stir in the chicken and cook for 3 to 4 minutes. Chicken will not be cooked through. Drain the water and place chicken on a plate. Set aside. Carefully wipe down the skillet and heat the vegetable oil over medium heat. Cook and stir the ginger and garlic until fragrant. Stir in the chicken, black beans and 1 tablespoon of sugar. Cook the chicken breasts until no longer pink in the center. Stir in the red and green peppers, green onions, carrots, oyster sauce, and thick soy sauce. Cook and stir for 1 minutes.

Ingredients

- 1 tablespoon light soy sauce
- 1 tablespoon cornstarch
- 1 teaspoon white sugar
- 1/2 teaspoon ground black pepper
- 1 1/2 pounds skinless, boneless chicken breast meat - cubed
- 1/4 cup water
- 2 tablespoons vegetable oil
- 2 (2 inch) pieces fresh ginger, cut into matchsticks
- 2 cloves garlic, minced
- 1/4 cup fermented black beans, rinsed and mashed
- 1 tablespoon white sugar
- 2 green bell pepper, chopped
- 2 red bell pepper, chopped
- 4 green onions, cut into 1-inch pieces
- 1 small carrot, sliced
- 2 tablespoons oyster sauce
- 1 teaspoon thick soy sauce
Yakisoba Chicken

**Ingredients**
1/2 teaspoon sesame oil  
1 tablespoon canola oil  
2 tablespoons chile paste  
2 cloves garlic, chopped  
4 skinless, boneless chicken breast halves - cut into 1 inch cubes  
1/2 cup soy sauce  
1 onion, sliced lengthwise into eighths  
1/2 medium head cabbage, coarsely chopped  
2 carrots, coarsely chopped  
8 ounces soba noodles, cooked and drained

**Directions**

In a large skillet combine sesame oil, canola oil and chili paste. Stir fry 30 seconds. Add garlic and stir fry an additional 30 seconds. Add chicken and 1/4 cup of the soy sauce and stir fry until chicken is no longer pink. Remove mixture from pan, set aside and keep warm.

In the emptied pan combine the onion, cabbage and carrots. Stir fry until cabbage begins to wilt. Stir in the remaining soy sauce, cooked noodles and the chicken mixture to pan and mix to blend. Serve and enjoy!
## Salt and Pepper Chicken Stir Fry

### Ingredients

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<tbody>
<tr>
<td>1 tablespoon flaked sea salt</td>
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<td>2 teaspoons finely cracked black pepper</td>
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<tr>
<td>1 teaspoon crushed red pepper flakes, or to taste</td>
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<tr>
<td>1 teaspoon Chinese five-spice powder</td>
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<td>1 teaspoon ground paprika</td>
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<td>1 tablespoon vegetable oil</td>
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<tr>
<td>4 skinless, boneless chicken breast halves -- trimmed and cut into quarters</td>
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<tr>
<td>1 pound broccoli florets, cut in half</td>
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<tr>
<td>3 small carrots, peeled and cut into matchstick-sized pieces</td>
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### Directions

Stir together the sea salt, black pepper, red pepper flakes, five-spice powder, and paprika in a shallow bowl until blended.

Heat vegetable oil in a large skillet or wok over medium heat. Gently press both sides of the chicken pieces into the seasoning mix, and place into the hot skillet. Cook, stirring occasionally to flip the chicken pieces over, until the chicken is browned on both sides and the meat is no longer pink in the center, about 10 minutes. Stir in the broccoli and carrots, and cook and stir until the vegetables are tender, 10 to 12 minutes.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1/2 cup Hellmann's® or Best Foods® Real Mayonnaise</td>
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<tr>
<td>2 tablespoons Hellmann's® Deli Mustard</td>
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<tr>
<td>1 tablespoon honey</td>
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<tr>
<td>1 teaspoon apple cider vinegar</td>
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<tr>
<td>1/8 teaspoon ground black pepper</td>
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<tr>
<td>Pinch salt</td>
<td></td>
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<tr>
<td>2 green onions, chopped</td>
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<tr>
<td>4 (5 ounce) skinless, boneless chicken breast halves</td>
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## Directions

In medium bowl, combine all ingredients except chicken. Reserve 1/3 cup mayonnaise mixture.

Grill or broil chicken, brushing frequently with remaining mayonnaise mixture, until chicken is thoroughly cooked, turning once. Serve chicken with reserved mayonnaise mixture and garnish, if desired, with additional chopped green onions.
Creamy Chicken Rice and Veggie Bake

Ingredients

- 5 skinless, boneless chicken thighs
- 2 teaspoons garlic powder, divided
- 2 teaspoons onion powder, divided
- 2 teaspoons ground black pepper, divided
- 1 teaspoon poultry seasoning
- 1 teaspoon salt, divided
- 3 tablespoons dried minced onion, divided
- 1/2 tablespoon dried oregano
- 2 (10.75 ounce) packages chicken flavored rice mix (e.g. Rice A Roni)
- 1 (10.5 ounce) can condensed cream of chicken soup
- 1 1/4 cups milk

Directions

- Preheat oven to broil.

- Place chicken in a 9 x 13 inch baking dish. In a small bowl combine 1 teaspoon garlic powder, 1 teaspoon onion powder, 1 teaspoon black pepper, poultry seasoning, 1/2 teaspoon salt, 1 tablespoon dried minced onion and oregano. Sprinkle over chicken, coating both sides.

- Place chicken under broiler for 10 minutes, or until browned and crispy.

- In a medium bowl combine rice mix, chicken soup and milk; mix well until lumps are gone. Stir in 1 teaspoon garlic, 1 teaspoon onion powder, 1/2 teaspoon salt and 2 tablespoons dried minced onion.

- Take chicken out of oven and remove chicken from pan. Spoon rice mixture into the pan and place chicken on top; cover.

- Reduce oven temperature to 450 degrees F (230 degrees C).

- Bake for 30 minutes, or until rice and chicken are cooked through.
**Ingredients**

1 (10.75 ounce) can Campbell's® Condensed Cream of Celery Soup or Campbell's® Condensed 98% Fat Free Cream of Celery Soup
1 (10.75 ounce) can Campbell's® Condensed Cream of Potato Soup
1 cup milk
1/4 teaspoon dried thyme leaves, crushed
1/8 teaspoon ground black pepper
4 cups cooked cut-up vegetables*
2 cups cubed cooked chicken or turkey
4 cups prepared Pepperidge Farm® Herb Seasoned Stuffing

**Directions**

Mix soups, milk, thyme, pepper, vegetables and chicken in 3-quart shallow baking dish. Top with stuffing.

Bake at 400 degrees F for 25 minutes or until hot.
Chicken Stuffed Chiles

**Ingredients**

- 24 fresh green chile peppers
- 1/4 cup olive oil, or as needed
- 3 cooked, shredded chicken breast halves
- 4 cups shredded Cheddar cheese, divided
- 3 cups enchilada sauce, divided
- 1 (2.25 ounce) can black olives
- 1 (8 ounce) container sour cream

**Directions**

Preheat the oven broiler. Brush peppers with oil and arrange on a baking sheet. Broil peppers 5 minutes, turning occasionally, until scorched on all sides. Remove from heat, cool slightly, and peel. Reduce oven temperature to 350 degrees F (175 degrees C).

In a bowl, mix the shredded chicken, 2 cups cheese, and 1 cup enchilada sauce. Cut a slit in each roasted chile pepper, and stuff each with about 1 tablespoon of the chicken mixture. Arrange stuffed chiles in a single layer in a large baking dish. Cover with the remaining enchilada sauce.

Bake 35 minutes in the 350 degrees F (175 degrees C) oven, until bubbly. Sprinkle with remaining cheese, and continue baking 5 minutes, or until cheese is melted. Garnish with olives and sour cream to serve.
Tangy Chicken II

Ingredients

- 1/4 cup butter
- 1/4 cup lemon juice
- 1/4 cup cider vinegar
- 1 teaspoon garlic salt
- 1 teaspoon onion salt
- 1/2 teaspoon black pepper
- 1 whole chicken, cut up

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.

In a saucepan over low heat, mix the butter, lemon juice, cider vinegar, garlic salt, onion salt, and pepper. Cook and stir until butter is melted.

Arrange chicken pieces in the prepared baking dish. Pour the butter mixture over the chicken.

Bake 20 minutes in the preheated oven. Turn chicken pieces, and continue baking 30 minutes, or until chicken juices run clear.
Ingredients

- 4 dried mulato chiles
- 4 dried ancho chiles
- 4 dried guajillo chiles
- 4 dried pasilla chilies
- 2 teaspoons lard, or more as needed
- 1 large onion, peeled and chopped
- 4 cloves garlic, chopped
- 1 (7 inch) flour tortilla
- 2 (5 inch) corn tortillas
- 1 plantain, peeled and chopped
- 1/2 cup almonds
- 1/2 cup peanuts
- 1/8 cup sesame seeds
- 1 (14 ounce) can whole peeled tomatoes
- 1 tablet of Mexican chocolate, such as Abuelita or Ibarra
- 1 whole chicken

Directions

Remove the stems, veins and seeds from the chiles (you might want to wear gloves when you do this). Heat the lard in a heavy skillet over medium heat. Add the chiles, and cook and stir until the chiles are fragrant, about 1 minute, being careful not to burn them. Remove the chiles and place them in a large bowl.

Stir in the onion and garlic, and cook until the onion is soft and translucent, about 5 minutes. Remove and add to the bowl with the chiles.

Break the flour and corn tortillas into pieces, and add them to the skillet. Toast on both sides, turning often, until golden brown, about 3 minutes. Remove; add to the bowl.

If needed, melt a small amount of additional lard in the skillet. Add the plantain pieces to the skillet, and cook and stir until lightly browned, about 5 minutes. Remove plantain; add to the bowl.

Stir the almonds and peanuts into the skillet, and cook and stir until fragrant, about 1 minute. Sprinkle in the sesame seeds and continue cooking until sesame seeds are lightly browned, 15-30 seconds. Remove; add to the bowl.

Warm the tomatoes over medium heat in the skillet until heated through, about 5 minutes. Remove from heat. Break the chocolate into chunks and stir into the tomatoes until melted. Pour the chocolate and tomato mixture into the bowl with the chile mixture; stir to combine.

Working in small batches, puree the mixture in a blender until smooth, adding a small amount of water if needed to make a smooth sauce.

Place the chicken into a large Dutch oven; pour the sauce over the chicken. Cover and simmer over medium low heat until the chicken falls off the bone, 2-3 hours.
Easy Deviled Chicken

**Ingredients**

- 1/8 cup butter
- 1/2 cup mayonnaise
- 2 tablespoons prepared mustard
- 8 skinless, boneless chicken breast halves
- Salt and pepper to taste
- 1 (16 ounce) package herb-seasoned dry bread stuffing mix

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Melt butter/margarine and mix in a small bowl with mayonnaise and mustard. Pour mixture into a shallow bowl or plate.

Season chicken with salt and pepper to taste. Roll seasoned chicken breasts in mayonnaise mixture, then dip in mixed herbs and place in a lightly greased 9x13 inch baking dish. Bake in the preheated oven for 1 1/2 hours.
Big M's Barbadian Chicken Skewers

**Ingredients**

4 cloves garlic  
1 onion, cut into 6 wedges  
2 habanero peppers, seeded  
1 bunch green onions, chopped into 1 inch pieces  
1 tablespoon dried thyme  
1 1/2 teaspoons ground allspice  
1 inch piece fresh ginger root, peeled  
salt and pepper to taste  
3/4 cup rum  
3/8 cup dark molasses  
4 limes, zested and juiced  
4 boneless skinless chicken breasts, cut into 1 inch pieces

**Directions**

Place garlic, onion, habanero peppers, green onions, thyme, allspice, and ginger into the bowl of a food processor; blend until smooth. Season to taste with salt and pepper. Transfer mixture to a large, non metallic bowl, and stir in rum, molasses, and lime zest and juice. Place chicken in bowl, and turn to coat. Cover, and marinate for 24 hours.

Preheat grill for high heat.

Remove meat from marinade, and thread onto skewers. Boil marinade in a small saucepan for at least 3 minutes.

Brush grate with oil, and arrange skewers on hot grate. Slowly cook the chicken until slightly charred and cooked through, brushing with the marinade every time you turn the meat.
Slow Cooker Escalloped Chicken

**Ingredients**

- 4 skinless, boneless chicken breast halves - boiled
- 1 cup chopped onion
- 1 cup butter
- 13 cups white bread cubes, baked until slightly dry
- 1 teaspoon poultry seasoning
- 1 1/4 teaspoons salt
- 1/2 teaspoon dried sage
- 1/2 teaspoon ground black pepper
- 2 1/2 cups reserved cooking liquid from chicken
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 cup chopped celery

**Directions**

FOR DRESSING: Combine the onion, butter or margarine, bread cubes, poultry seasoning, salt, sage, pepper, reserved cooking liquid, mushroom soup and celery. Mix well.

In a slow cooker, layer the cooked chicken and dressing mixture. Cook on low for 4 to 8 hours. Serve.
**Nicole's Chicken Pasta**

**Ingredients**

- 1 (16 ounce) package bow tie pasta
- 2 tablespoons olive oil, divided
- 3 skinless, boneless chicken breast halves - cut into strips
- salt and pepper to taste
- 8 cloves garlic, minced
- 1 red onion, cut into strips
- 1 green bell pepper, cut into strips
- 1 red bell pepper, cut into strips
- 1 yellow bell pepper, cut into strips
- 1 yellow squash, thickly sliced
- 2 tablespoons chopped fresh basil leaves
- 1/2 cup balsamic vinegar

**Directions**

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Heat olive oil in a large skillet over medium heat. Saute garlic for 2 minutes, then stir in chicken, and cook until no longer pink, and juices run clear. Remove from skillet, and set aside. Heat 1 tablespoon olive oil. Saute red onion, green bell pepper, red bell pepper, yellow bell pepper and yellow squash until tender.

In a large bowl, combine pasta, chicken, pepper mixture, basil and balsamic vinegar. Toss until evenly distributed.
# Chicken Livers with Bacon

## Ingredients

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Unit</th>
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<tbody>
<tr>
<td>1 pound chicken livers</td>
<td>rinsed and trimmed</td>
</tr>
<tr>
<td>1 cup prepared yellow mustard</td>
<td></td>
</tr>
<tr>
<td>1 (4 ounce) can chopped black olives</td>
<td>drained</td>
</tr>
<tr>
<td>1 pound bacon</td>
<td></td>
</tr>
<tr>
<td>Toothpicks</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. In a medium bowl, stir together the mustard and olives. Dip each chicken liver in the mustard mixture, then wrap with a slice of bacon. Secure bacon with toothpicks. Arrange the livers in a single layer in a baking dish.
3. Bake for about 20 minutes in the preheated oven, or until livers are firm and bacon is browned.
# 15-Minute Marinated Chicken

## Ingredients

- 1/4 cup Dijon mustard
- 2 tablespoons fresh lemon juice
- 1 1/2 teaspoons Worcestershire sauce
- 1/2 teaspoon dried tarragon
- 1/4 teaspoon pepper
- 4 boneless, skinless chicken breast halves

## Directions

Combine the first five ingredients; spread on both sides of chicken. Place chicken on plate. Marinate at room temperature for 10-15 minutes or for several hours in the refrigerator. Grill, uncovered, over medium coals, turning once, for 10-15 minutes or until juices run clear.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 skinless, boneless chicken breast half</td>
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</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td></td>
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<tr>
<td>1 teaspoon black pepper</td>
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<tr>
<td>1 tablespoon ground coriander seed</td>
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<tr>
<td>2 tablespoons extra virgin olive oil</td>
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</tr>
<tr>
<td>1 mango - peeled, seeded and chopped</td>
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</tr>
<tr>
<td>1 orange, peeled and chopped</td>
<td></td>
</tr>
<tr>
<td>1/3 red onion, chopped</td>
<td></td>
</tr>
<tr>
<td>1 red chile pepper, seeded and chopped</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon chopped fresh cilantro</td>
<td></td>
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<tr>
<td>1/2 teaspoon black pepper</td>
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</tbody>
</table>

### Directions

Sprinkle chicken breast with salt and 1 teaspoon black pepper; set aside for 10 minutes. Evenly coat with ground coriander.

Heat the olive oil in a skillet over medium heat. Cook the chicken breast, browning well on both sides until no longer pink in the center. Remove from heat, allow breast to cool before slicing.

In a bowl, mix together the mango, orange, onion, chile pepper, fresh cilantro and 1/2 teaspoon black pepper. Pour salsa over sliced chicken breast and serve.
Special Delivery Chicken

Ingredients

2 cups sour cream
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
2 teaspoons poppy seeds
2 1/2 cups cubed cooked chicken
1 3/4 cups crushed butter-flavored crackers
1/2 cup butter or margarine, melted

Directions

In a bowl, combine the sour cream, soup and poppy seeds. Stir in chicken. Pour into a greased 11-in. x 7-in. x 2-in. baking dish. Combine the cracker crumbs and butter; sprinkle over top. Bake, uncovered, at 350 degrees F for 25-30 minutes or until heated through.
Oven Chicken Stew

Ingredients

1 (3 pound) broiler-fryer chicken, cut up
1 cup chicken broth
1 cup water
2 medium carrots, sliced
2 medium onions, chopped
2 celery ribs, sliced
2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon dried basil

Directions

Place the chicken, broth and water in a Dutch oven or 3-qt. baking dish. Top with carrots, onions and celery; sprinkle with salt, pepper and basil.

Cover and bake at 350 degrees F for 1-1/2 to 2 hours or until chicken juices run clear.
Easy Cheesy Skillet Chicken

**Ingredients**

- 6 skinless, boneless chicken breast halves
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (12 fluid ounce) can evaporated milk
- 6 slices American processed cheese, cut into 1-inch pieces

**Directions**

In a large skillet, brown chicken on both sides. In the meantime, in a medium bowl combine the soup, milk and cheese. Mix together. When chicken is browned, pour mixture over chicken pieces. Cook over medium low heat until chicken is done and juices run clear. Serve.
**Fancy Chicken Salad**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup light mayonnaise</td>
<td>Blend mayonnaise, vinegar, garlic and dill. Refrigerate for several hours or overnight.</td>
</tr>
<tr>
<td>2 tablespoons cider vinegar</td>
<td>Stir together chicken, peppers and cheese and blend with the chilled dressing. Serve!</td>
</tr>
<tr>
<td>2 cloves crushed garlic</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons chopped fresh dill</td>
<td></td>
</tr>
<tr>
<td>1 pound skinless, boneless chicken breast halves - cooked</td>
<td></td>
</tr>
<tr>
<td>1/4 cup crumbled feta cheese</td>
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<tr>
<td>1/2 cup red bell pepper, chopped</td>
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</tbody>
</table>
## Parmesan-Crusted Chicken in Cream Sauce

### Ingredients
- 2 cups instant brown rice, uncooked
- 1 (14 ounce) can fat-free reduced-sodium chicken broth, divided
- 6 RITZ Crackers, finely crushed
- 2 tablespoons KRAFT Grated Parmesan Cheese
- 4 (4 ounce) boneless skinless chicken breast halves
- 2 teaspoons oil
- 1/3 cup PHILADELPHIA Chive & Onion 1/3 Less Fat than Cream Cheese
- 3/4 pound asparagus spears, trimmed, steamed

### Directions

Cook rice as directed on package, using 1-1/4 cups of the broth and 1/2 cup water.

Meanwhile, mix cracker crumbs and Parmesan on plate. Rinse chicken with cold water; gently shake off excess. Dip chicken in crumb mixture, turning to evenly coat both sides of each breast. Discard any remaining crumb mixture.

Heat oil in large nonstick skillet on medium heat. Add chicken; cook 5 to 6 min. on each side or until done (165 degrees F). Transfer to plate; cover to keep warm. Add remaining broth and cream cheese to skillet; bring just to boil, stirring constantly. Cook 3 min. or until thickened, stirring frequently; spoon over chicken. Serve with rice and asparagus.
Chicken Skillet Fajitas

**Ingredients**

- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breast halves, cut into strips
- 1 large green pepper, cut into 2-inch long strips
- 1 large onion, sliced
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/4 teaspoon garlic powder
- 8 (8 inch) flour tortillas, warmed

**Directions**

Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook until well browned, stirring often.

Reduce the heat to medium. Add the pepper and onion and cook until they're tender. Stir the soup, cumin, chili powder and garlic powder in the skillet. Cook until the mixture is hot and bubbling.

Spoon about 1/3 cup chicken mixture down the center of each tortilla. Fold the tortillas around the filling.

Tip: To warm the tortillas you may either wrap them in damp paper towels and microwave on HIGH for about 1 minute or wrap in foil and bake.
### Ingredients

- 4 skinless, boneless chicken breast halves
- 1/4 cup butter
- 1 lemon, juiced
- 3/4 teaspoon salt
- 1/2 teaspoon paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground black pepper

### Directions

1. Preheat the oven broiler.

2. Melt the butter in a saucepan over low heat, and mix in the lemon juice, salt, paprika, oregano, garlic powder, and pepper. Arrange chicken in a shallow baking dish. Pour the sauce evenly over the chicken.

3. Cook 20 minutes in the preheated oven, turning and basting occasionally with the sauce, until chicken juices run clear.
Creamy Pesto Chicken and Bow Ties

**Ingredients**

- 3 cups uncooked bow tie pasta
- 2 tablespoons butter or margarine
- 1 pound skinless, boneless chicken breast, cubed
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 1/2 cup pesto sauce
- 1/2 cup milk

**Directions**

- Cook pasta according to package directions. Drain.

- Meanwhile, heat butter in skillet. Add chicken and cook until browned, stirring often.

- Add soup, pesto sauce and milk. Bring to a boil. Cook over low heat 5 minutes or until done. Stir in drained pasta and heat through.
Ingredients

5 chicken thighs
2 quarts water
4 cubes chicken bouillon, crumbled
1 large onion, chopped
3 cloves garlic, minced
3 stalks celery, chopped
6 carrots, chopped
1/2 green bell pepper, chopped
1 (10 ounce) package frozen chopped spinach
4 ounces thin egg noodles
8 ounces meat tortellini
salt and pepper to taste

Directions

Fill a large pot with water and place chicken thighs in the pot. Bring to a boil, then reduce heat and simmer until meat falls from the bone, 45 minutes. Remove chicken, cut up meat and return meat to the pot.

Stir in chicken bouillon, onion, garlic, celery, carrots and bell pepper; simmer until vegetables are tender, 10 to 15 minutes.

Stir in frozen spinach and cook until tender, 5 to 10 minutes.

Meanwhile, bring a large pot of water to a boil. Cook egg noodles in water until al dente, 8 to 10 minutes. Drain and reserve.

Stir tortellini into soup and cook until tender, 10 to 15 minutes. Stir in reserved egg noodles, salt and pepper. Heat through and serve.
Apple Chicken Slaw

**Ingredients**

- 1/4 cup poppy seed salad dressing
- 5 teaspoons mayonnaise
- 2 cups cubed cooked chicken breast
- 2 cups coleslaw mix
- 1 medium apple, chopped
- Lettuce Leaves

**Directions**

In a small bowl, combine salad dressing and mayonnaise. In a large bowl, combine the chicken, coleslaw mix and apple. Drizzle with dressing and toss to coat. Serve on lettuce-lined plates if desired.
Chicken Enchiladas I

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 1 onion, chopped
- 1/2 pint sour cream
- 1 cup shredded Cheddar cheese
- 1 tablespoon dried parsley
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt (optional)
- 1 (15 ounce) can tomato sauce
- 1/2 cup water
- 1 tablespoon chili powder
- 1/3 cup chopped green bell pepper
- 1 clove garlic, minced
- 8 (10 inch) flour tortillas
- 1 (12 ounce) jar taco sauce
- 3/4 cup shredded Cheddar cheese

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a medium, non-stick skillet over medium heat, cook chicken until no longer pink and juices run clear. Drain excess fat. Cube the chicken and return it to the skillet. Add the onion, sour cream, Cheddar cheese, parsley, oregano and ground black pepper. Heat until cheese melts. Stir in salt, tomato sauce, water, chili powder, green pepper and garlic.

Roll even amounts of the mixture in the tortillas. Arrange in a 9x13 inch baking dish. Cover with taco sauce and 3/4 cup Cheddar cheese. Bake uncovered in the preheated oven 20 minutes. Cool 10 minutes before serving.
Chicken and Wild Rice Casserole

**Ingredients**

- 3 pounds bone-in chicken breast halves, with skin
- 1 cup water
- 1 cup dry white wine
- 1 1/2 teaspoons salt
- 1 teaspoon curry powder
- 1 onion, sliced
- 1 cup chopped celery
- 2 (6 ounce) packages long grain and wild rice mix
- 1 (16 ounce) can sliced mushrooms, drained
- 1 cup sour cream
- 1 (10.75 ounce) can condensed cream of mushroom soup

**Directions**

Place chicken breasts in a large pot with water, wine, salt, curry powder, onion, and celery. Cover, and bring to a boil. Reduce heat to low, and simmer for 1 hour. Remove from heat, strain (reserving broth), and refrigerate to cool. Remove chicken meat from bone, and cut into bite size pieces.

Prepare the rice mix according to package directions. Replace the specified amount of liquid with the same amount of the reserved broth.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

In a large bowl combine the chicken, rice, and mushrooms. Blend in the sour cream and soup. Spoon into the prepared baking dish.

Bake at 350 degrees F (175 degrees C) for 1 hour.
Budget-Wise Chicken Pie

**Ingredients**

1 recipe pastry for a 9 inch double crust pie
1 large carrot, shredded
1 large potato, shredded
1 teaspoon dried minced onion
2 tablespoons margarine
2 cups cubed, cooked chicken
1/2 cup chicken broth
1 teaspoon salt
1/2 teaspoon ground black pepper

**Directions**

Preheat oven to 350 degrees F (175 degrees C.) Divide dough into 2 pieces and shape into balls. Roll out one ball of dough to fit a 9 inch pie plate. Place bottom crust in pie plate. Roll out top crust and set aside.

In a large saucepan, saute the shredded carrot, potato and minced onion until soft. Remove from heat and allow to cool.

Mix in the chopped chicken, chicken broth, salt and pepper. Pour into bottom crust. Cover with top crust, seal and crimp edges.

Bake in the preheated oven for 20 to 25 minutes, or until golden brown.
# Chicken 'n' Biscuits

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 medium onion, chopped</td>
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<tr>
<td>2 teaspoons vegetable oil</td>
</tr>
<tr>
<td>1/4 cup all-purpose flour</td>
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<tr>
<td>1/2 teaspoon dried basil</td>
</tr>
<tr>
<td>1/2 teaspoon dried thyme</td>
</tr>
<tr>
<td>1/4 teaspoon pepper</td>
</tr>
<tr>
<td>2 1/2 cups fat-free milk</td>
</tr>
<tr>
<td>1 tablespoon Worcestershire sauce</td>
</tr>
<tr>
<td>1 (16 ounce) package frozen mixed vegetables</td>
</tr>
<tr>
<td>2 cups cubed, cooked chicken</td>
</tr>
<tr>
<td>2 tablespoons grated Parmesan cheese</td>
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</table>

**BISCUITS:**

<table>
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<tr>
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<tbody>
<tr>
<td>1 cup all-purpose flour</td>
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<tr>
<td>1 tablespoon sugar</td>
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<tr>
<td>1 1/2 teaspoons baking powder</td>
</tr>
<tr>
<td>1/4 teaspoon salt</td>
</tr>
<tr>
<td>3 tablespoons vegetable oil</td>
</tr>
<tr>
<td>1 tablespoon minced fresh parsley</td>
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</tbody>
</table>

## Directions

In a saucepan, saute onion in oil until tender. Stir in flour, basil, thyme and pepper until blended. Gradually stir in milk and Worcestershire sauce until smooth. Bring to a boil; boil and stir for 2 minutes. Stir in vegetables, chicken and Parmesan cheese; reduce heat to low.

Meanwhile, combine flour, sugar, baking powder and salt in a bowl. Combine milk, oil and parsley; stir into dry ingredients just until combined. Transfer hot chicken mixture to a greased 2-1/2-qt. baking dish. Drop biscuit batter by rounded tablespoonfuls onto chicken mixture. Bake, uncovered, at 375 degrees F for 30-40 minutes or until biscuits are lightly browned.
## Twisted Chicken Salad with Tostadas

### Ingredients
- Vegetable oil for frying
- 10 corn tortillas
- 1 (10 ounce) can chunk chicken, drained and flaked
- 1/2 cup mayonnaise
- 2 1/2 tablespoons canned jalapeno pepper slices, undrained
- 1 tablespoon jalapeno juice
- Salt and pepper to taste

### Directions
Heat oil in a large heavy skillet over medium-high heat. One at a time, slip a tortilla into the hot oil. If the tortilla starts to puff up, press it down with a fork. When crisp and brown, remove to paper towels. Repeat with remaining tortillas.

Place the chicken in a bowl, and separate with a fork. Stir in the mayonnaise. Dice the jalapenos (reserving the liquid), and stir them into chicken salad. Pour in 1 tablespoon jalapeno juice, season with salt and pepper, and stir well. To serve, spread the chicken salad on the tostadas.
# Honey Mustard Chicken

## Ingredients

- 4 (4 ounce) boneless, skinless chicken breast halves
- 1 (10.5 ounce) can chicken gravy
- 4 teaspoons Dijon mustard
- 2 teaspoons honey
- Hot cooked rice

## Directions

In a skillet coated with nonstick cooking spray, cook chicken over medium-high heat for 5 minutes on each side. Combine the gravy, mustard and honey; pour over chicken. Bring to a boil. Reduce heat; cover and simmer for 8-12 minutes or until chicken juices run clear. Serve over rice if desired.
Seasoned Skewer Roasted Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>6 Callisons Holiday Herb Seasoned Skewers</td>
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</tr>
<tr>
<td>1 (4 pound) roasting chicken, preferably organic or free-range</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon melted butter or olive oil</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon kosher salt</td>
<td></td>
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<tr>
<td>1/2 teaspoon freshly ground black pepper</td>
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<tr>
<td>Cooking spray</td>
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</tbody>
</table>

### Directions

Remove the neck and any giblets from the chicken cavity. Rinse the chicken with cold water inside and out, and pat dry.

Insert 2 skewers, lengthwise, through each side of the breast and then 2 through the legs and thighs. With the last 2 skewers, insert them into each side of the breast, crisscrossing the first skewers.

Let sit at room temperature for at least 30 minutes or refrigerated overnight.

Preheat oven to 425 degrees F.

To roast the chicken, spray a roasting rack with cooking spray. Place the chicken on the prepared roasting rack and set on a rimmed baking sheet. Brush the chicken all over with the butter or olive oil and then sprinkle with the salt and pepper.

Roast the chicken for about 45 minutes, or until the inner, thickest part of the thigh registers 160 degrees F on an instant-read thermometer inserted in the back side of thigh by the body. Remove from the oven and let rest for 10 minutes to allow the juices to settle before carving.

Remove skewers before carving or serving. The chicken is beautiful presented on a platter and carved at the table.
Sweet And Sour Glazed Chicken

**Ingredients**
1 (3 pound) whole chicken, cut into pieces
1 (10 fluid ounce) bottle Russian-style salad dressing
1 cup apricot preserves
2 (1 ounce) packages dry onion soup mix

**Directions**
Preheat oven to 350 degrees F (175 degrees C).

Wash the chicken, pat dry and arrange in a 9 x 13 inch baking dish.

Mix Russian dressing, preserves and soup mix together in a bowl and spoon the mixture over the chicken pieces. Bake in preheated oven for 45 to 60 minutes, occasionally spooning the sauce over the chicken.
## Ingredients

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<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (4 pound) broiler chicken</td>
<td>cut into serving pieces</td>
</tr>
<tr>
<td>Salt and pepper</td>
<td></td>
</tr>
<tr>
<td>1/4 cup Crisco® Butter Shortening Sticks or</td>
<td></td>
</tr>
<tr>
<td>Crisco® Butter Shortening</td>
<td></td>
</tr>
<tr>
<td>3/4 cup SMUCKER’S® Peach Preserves</td>
<td></td>
</tr>
<tr>
<td>1 medium onion, sliced</td>
<td></td>
</tr>
<tr>
<td>1 medium green or red bell pepper, cut into</td>
<td></td>
</tr>
<tr>
<td>strips</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon lemon juice</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon ground ginger</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon cornstarch</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons water</td>
<td></td>
</tr>
<tr>
<td>Hot cooked rice</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

1. Sprinkle chicken with salt and pepper.

2. Melt shortening in large skillet. Add chicken pieces and brown lightly on all sides.

3. Stir together SMUCKER’S® preserves, onion, lemon juice, ginger and bell pepper in medium bowl; stir until well combined. Pour over chicken, cover, and simmer 25 to 35 minutes or until chicken is thoroughly cooked. Remove chicken from pan, keep warm.

4. Blend cornstarch with water in a small bowl. Stir into sauce and cook until sauce is slightly thickened. Pour over chicken. Serve with rice.
### Prego® Easy Skillet Chicken Parm

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon olive oil</td>
<td>Heat oil in 12-inch skillet over medium-high heat. Add chicken and cook 10 minutes or until well browned on both sides.</td>
</tr>
<tr>
<td>6 skinless, boneless chicken breast halves</td>
<td>Stir sauce and 3 tablespoons Parmesan cheese in skillet. Reduce heat to medium. Cover and cook 10 minutes or until chicken is cooked through.</td>
</tr>
<tr>
<td>1 1/2 cups Prego® Traditional Italian Sauce</td>
<td>Sprinkle mozzarella cheese and remaining Parmesan cheese over chicken. Let stand 5 minutes or until cheese is melted.</td>
</tr>
<tr>
<td>1/4 cup grated Parmesan cheese</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups shredded mozzarella cheese</td>
<td></td>
</tr>
</tbody>
</table>
Rosemary Ranch Chicken Kabobs

**Ingredients**

- 1/2 cup olive oil
- 1/2 cup ranch dressing
- 3 tablespoons Worcestershire sauce
- 1 tablespoon minced fresh rosemary
- 2 teaspoons salt
- 1 teaspoon lemon juice
- 1 teaspoon white vinegar
- 1/4 teaspoon ground black pepper, or to taste
- 1 tablespoon white sugar, or to taste (optional)
- 5 skinless, boneless chicken breast halves - cut into 1 inch cubes

**Directions**

In a medium bowl, stir together the olive oil, ranch dressing, Worcestershire sauce, rosemary, salt, lemon juice, white vinegar, pepper, and sugar. Let stand for 5 minutes. Place chicken in the bowl, and stir to coat with the marinade. Cover and refrigerate for 30 minutes.

Preheat the grill for medium-high heat. Thread chicken onto skewers and discard marinade.

Lightly oil the grill grate. Grill skewers for 8 to 12 minutes, or until the chicken is no longer pink in the center, and the juices run clear.
Chicken with Garlic, Basil, and Parsley

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon dried parsley, divided</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon dried basil, divided</td>
<td></td>
</tr>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>4 cloves garlic, thinly sliced</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon crushed red pepper flakes</td>
<td></td>
</tr>
<tr>
<td>2 tomatoes, sliced</td>
<td></td>
</tr>
</tbody>
</table>

Directions

Preheat oven to 350 degrees F (175 degrees C). Coat a 9x13 inch baking dish with cooking spray.

Sprinkle 1 teaspoon parsley and 1 teaspoon basil evenly over the bottom of the baking dish. Arrange chicken breast halves in the dish, and sprinkle evenly with garlic slices. In a small bowl, mix the remaining 2 teaspoons parsley, remaining 2 teaspoons basil, salt, and red pepper; sprinkle over the chicken. Top with tomato slices.

Bake covered in the preheated oven 25 minutes. Remove cover, and continue baking 15 minutes, or until chicken juices run clear.
Chicken Arroz Caldo (Chicken Rice Porridge)

Ingredients

- 2 tablespoons olive oil
- 1 onion, diced
- 2 cloves garlic, crushed
- 1 (2 inch) piece fresh ginger, peeled and thinly sliced
- 2 1/4 pounds chicken wings, split and tips discarded
- 1 tablespoon fish sauce
- 5 1/4 cups chicken broth
- 1 cup glutinous sweet rice
- salt and pepper to taste
- 1 green onion, chopped
- 1 lemon, sliced (optional)
- 1 teaspoon fish sauce for sprinkling, if desired (optional)

Directions

Heat the olive oil in a large pot over medium heat; cook and stir the onion, garlic, and ginger in the hot oil until fragrant, about 5 minutes. Add the chicken wings; cook and stir together for 1 minute. Stir the fish sauce into the pot, cover, and cook another 2 minutes.

Pour the chicken broth into the pot. Add the sweet rice and stir. Bring the mixture to a boil; cover and cook for 10 minutes, stirring occasionally to assure the rice is not sticking to the bottom of the pot. Season with salt and pepper. Garnish with the green onion, and serve with lemon slices and additional fish sauce, if desired.
Ingredients

- 2 tablespoons butter
- 2 1/2 pounds skinless, boneless chicken breast halves - diced
- 1 large onion, diced
- 6 medium potatoes, diced
- 1 (15 ounce) can carrots, drained
- 1 (10 ounce) can peas, drained
- 1 (11 ounce) can corn, drained
- 1 cup milk
- 2 cups water, or as needed
- hot pepper sauce to taste
- salt to taste
- ground black pepper to taste

Directions

Melt the butter in a large pot over medium heat, and cook the chicken 10 minutes, or until evenly browned and juices run clear.

Mix the onion into pot with the chicken. Mix in potatoes, carrots, peas, and corn. Pour in milk and enough water to cover all ingredients. Season with hot sauce, salt, and pepper. Bring to a boil. Reduce heat to low, and continue cooking 30 minutes, stirring occasionally, until potatoes are tender.
## Chicken Crunch

### Ingredients
- 2 chicken breasts, cooked and deboned
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (8 ounce) container sour cream
- 1/2 cup butter
- 40 buttery round crackers

### Directions
- Preheat oven to 350 degrees F (175 degrees C).
- Chop chicken into small pieces and place in a 9 x 13 inch baking dish.
- Mix soup and sour cream and pour over chicken. Dot with butter or margarine. Crumble crackers finely and put on top of chicken mixture. Bake at 350 degrees F (175 degrees C) for 30 minutes.
## Ingredients

- 1 pound boneless, skinless chicken breasts, cut into strips
- 1/2 teaspoon minced garlic
- 1 3/4 cups Swanson® Chicken Stock
- 1 tablespoon canned diced tomatoes, drained
- 1/2 teaspoon Italian seasoning, crushed
- 3/4 cup uncooked regular long-grain white rice
- 1/4 cup grated Parmesan cheese

## Directions

Cook the chicken and garlic in a 10-inch nonstick skillet over medium-high heat until it’s well browned, stirring often. Remove the chicken from the skillet.

Add the stock, tomatoes, Italian seasoning and rice to the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes.

Stir in the cheese. Return the chicken to the skillet. Cover and cook for 5 minutes or until the chicken is cooked through and the rice is tender.
## Ingredients

- 1 teaspoon olive oil
- 4 boneless, skinless chicken breasts
- 1 (16 ounce) jar Ragu® Cheesy! Roasted Garlic Parmesan Sauce
- 1 small tomato, chopped
- 8 ounces rotelle, penne or gemelli pasta, cooked and drained

## Directions

Heat olive oil in a 12-inch nonstick skillet over medium heat and lightly brown chicken. Stir in Roasted Garlic Parmesan Sauce and tomato.

Simmer covered, stirring occasionally, 10 minutes or until chicken is thoroughly cooked. Spoon chicken and sauce over hot rotelle and garnish, if desired, with crisp-cooked crumbled bacon and chopped fresh basil.
### Ingredients
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 2 tablespoons chopped green pepper
- 2 tablespoons butter or margarine
- 2 cups cubed, cooked chicken
- 1 (4 ounce) can sliced mushrooms, drained
- 6 pimento-stuffed green olives, sliced
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1 cup milk
- 1 (8 ounce) package wide egg noodles, cooked and drained

**TOPPING:**
- 1/2 cup cornflake crumbs
- 1/4 cup shredded Cheddar cheese
- 2 tablespoons butter or margarine, melted

### Directions
In a skillet, saute celery, onion and green pepper in butter. Remove from the heat; add chicken, mushrooms, olives, soup, milk and noodles. Mix well. Spoon into a 2-qt. baking dish. Cover and bake at 325 degrees F for 25 minutes. Meanwhile, combine topping ingredients. Sprinkle topping around edges of casserole; return to the oven for 5 minutes or until the cheese is melted.
Chicken a la Charlie

Ingredients
8 skinless, boneless chicken breast halves
1/2 teaspoon garlic powder
salt and pepper to taste
1/2 teaspoon poultry seasoning
1 cup sour cream
1 (10.75 ounce) can condensed cream of chicken soup
1 (10.75 ounce) can condensed cream of mushroom soup
3/4 cup white wine
1 onion, chopped
1 cup fresh sliced mushrooms

Directions
Preheat oven to 350 degrees F (175 degrees C).

Place chicken pieces in a 9x13 inch baking dish. Season chicken with garlic powder, salt, pepper and poultry seasoning.

In a large bowl combine the sour cream, cream of chicken soup and cream of mushroom soup. Mix well with a wire whisk. Add the wine and mix together. Pour this cream mixture over the chicken and bake in the preheated oven for 40 minutes.

Add the onion and mushrooms and stir into the chicken/sauce mixture. Bake for another 30 minutes. Let cool 10 minutes and serve.
**Ingredients**

- 4 (6 ounce) skinless, boneless chicken breast halves
- Salt and pepper to taste
- 1 (6 ounce) package chicken-flavor stuffing mix
- 1/2 cup chopped pecans
- 2 tablespoons butter
- 1 (10.75 ounce) can condensed cream of mushroom soup, undiluted

**Directions**

Flatten chicken to 1/4-in. thickness; sprinkle with salt and pepper. Prepare stuffing mix according to package directions. Meanwhile, in a small skillet, sauté the pecans in butter until lightly browned; add to the stuffing.

Place 1/2 cup stuffing down the center of each chicken breast half; roll up and secure with a toothpick. Place seam side down in a greased shallow 1-qt. baking dish.

Spoon soup over chicken; sprinkle with remaining stuffing. Cover and bake at 400 degrees F for 25-30 minutes or until chicken juices run clear. Remove toothpicks before serving.
# Pineapple Chicken Paradise

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 fresh pineapples with tops</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups cubed cooked chicken breast</td>
<td></td>
</tr>
<tr>
<td>3/4 cup chopped celery</td>
<td></td>
</tr>
<tr>
<td>1/3 cup reduced-fat mayonnaise</td>
<td></td>
</tr>
<tr>
<td>1/3 cup fat-free plain yogurt</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons chutney</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1/4 cup dry roasted peanuts</td>
<td></td>
</tr>
<tr>
<td>1/4 cup flaked coconut, toasted</td>
<td></td>
</tr>
<tr>
<td>1 (11 ounce) can mandarin oranges, drained</td>
<td></td>
</tr>
<tr>
<td>1/2 cup halved green grapes</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Cut each pineapple in half lengthwise, then cut in half lengthwise again, making four shells with part of the leaves. Remove fruit; cut into cubes. Turn pineapple shells cut side down on paper towels to drain; set aside. In a bowl, combine the pineapple cubes, chicken and celery; cover and refrigerate. In another bowl, combine the mayonnaise, yogurt, chutney and salt; cover and refrigerate for at least 30 minutes.

Before serving, drain the chicken mixture; toss with mayonnaise mixture and peanuts. Using a slotted spoon, fill pineapple shells. Sprinkle with coconut; top with oranges and grapes.
Ingredients

1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
1/2 cup sour cream
1 tablespoon butter
1 medium onion, chopped
1 teaspoon chili powder
2 cups chopped cooked chicken or turkey
1 (4 ounce) can chopped green chiles
8 (8 inch) flour tortillas, warmed
1 cup shredded Cheddar cheese or Monterey Jack cheese

Directions

Stir the soup and sour cream in a small bowl.

Heat the butter in a 3-quart saucepan over medium heat. Add the onion and chili powder and cook until the onion is tender. Stir in the chicken, chiles and 2 tablespoons soup mixture.

Spread 1/2 cup soup mixture in a 2-quart shallow baking dish. Spoon about 1/4 cup chicken mixture down the center of each tortilla. Roll up and place seam-side down into the baking dish. Spoon the remaining soup mixture over the tortillas. Sprinkle with the cheese.

Bake at 350 degrees F for 25 minutes or until the enchiladas are hot and bubbling.
Traditional Chicken Keleguín

Ingredients

- 1 (3 pound) whole chicken
- 1 coconut, drained and meat grated
- 2 lemons, juiced
- 1 bunch green onions, chopped
- 3 tablespoons dried red pepper flakes
- salt to taste

Directions

Preheat the oven to 375 degrees F (190 degrees C). Place whole chicken into a roasting pan. Roast in the oven for 1 hour, or until the leg moves easily within its socket. Remove from the oven, and allow the chicken to cool slightly.

Remove the skin from the chicken and discard. Tear the meat from the bones, and chop into small pieces. Discard bones, and place the chicken in a large bowl. Stir in green onions and grated coconut. Sprinkle liberally with lemon juice. Season with salt and red pepper flakes. Taste and adjust amounts of lemon juice, salt and red pepper so that one does not overwhelm the others.
**Chicken Kabobs Mexicana**

### Ingredients
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 2 tablespoons chopped fresh cilantro
- 1 lime, juiced
- Salt and ground black pepper to taste
- 2 skinless, boneless chicken breast halves - cut into 1 inch cubes
- 1 small zucchini, cut into 1/2-inch slices
- 1 onion, cut into wedges and separated
- 1 red bell pepper, cut into 1 inch pieces
- 10 cherry tomatoes

### Directions
In a shallow dish, mix together olive oil, cumin, chopped cilantro, and lime juice. Season with salt and pepper. Add chicken, and mix well. Cover, and refrigerate for at least one hour.

Preheat grill for high heat.

Thread chicken, zucchini, onion, red bell pepper, and tomatoes onto skewers.

Brush grill with oil, and arrange skewers on hot grate. Cook for approximately 10 minutes, or until chicken is cooked through, turning to cook evenly.
Ingredients

6 tablespoons all-purpose flour, divided
1 teaspoon paprika
1 1/2 teaspoons salt, divided
1/4 teaspoon ground black pepper
6 boneless, skinless chicken breast halves
1/4 cup butter
2 tablespoons water
1 1/4 cups half-and-half
6 ounces fresh mushrooms, sliced
1 tablespoon lemon juice
1 1/2 cups shredded Cheddar cheese

Directions

In a shallow dish or bowl, combine 4 tablespoons flour, paprika, 1 teaspoon salt and pepper. Coat chicken breasts with the flour mixture. In a large skillet, brown the coated chicken in 1/4 cup of butter or margarine. Add the water, cover and let simmer covered for 25 to 30 minutes.

Meanwhile, preheat oven to 350 degrees F (175 degrees C).

When chicken breasts are done simmering, remove from the skillet and place in a 9x13 inch baking dish; save drippings. Combine remaining 2 tablespoons flour, 1/2 teaspoon salt and half-and-half. Mix together and stir mixture into reserved drippings in skillet. Bring to a simmer, stirring, and cook until thick and bubbly. Add mushrooms and lemon juice and stir together. Pour sauce over chicken and bake uncovered in the preheated oven for 30 minutes.

Sprinkle with cheese and bake 3-5 minutes more until cheese melts.
### Ingredients

- 1 cup lemon juice
- 1/4 cup vegetable oil
- 1/4 cup vinegar
- 1 tablespoon dried oregano
- 2 teaspoons garlic powder
- 1 whole chicken, cut into pieces
- Salt and pepper to taste

### Directions

In a large glass bowl mix lemon juice, vegetable oil, vinegar, oregano, and garlic powder. Place chicken pieces in the bowl, and season with salt and pepper. Cover, and marinate in the refrigerator at least 1 hour.

Preheat an outdoor grill for high heat, and lightly oil grate.

On the prepared grill, cook chicken until no longer pink and juices run clear. Periodically brush chicken with the remaining marinade mixture while cooking. Discard any leftover marinade.
**Sweet and Sour Jam - Not Just for Chicken**

### Ingredients

- 1 habanero pepper
- 3 cups fresh apricots, pitted and chopped
- 1 cup shallots, sliced into thin slivers
- 1/2 cup green bell pepper, chopped
- 1/2 cup red bell pepper, chopped
- 1/2 cup fresh pineapple, chopped
- 1/4 cup cherry tomatoes, chopped
- 2 cloves garlic, minced
- 1 teaspoon minced fresh cilantro
- 1/2 teaspoon ground cumin
- 1/4 cup freshly squeezed lime juice
- 1 (1.75 ounce) package powdered fruit pectin
- 6 cups white sugar
- 1 cup brown sugar, packed
- 1/2 teaspoon butter
- 9 sterilized half-pint canning jars with lids and rings

### Directions

Wearing rubber gloves and avoiding touching your eyes or face, seed and mince the habanero pepper. Place the habanero pepper, apricots, shallots, green and red bell pepper, pineapple, cherry tomatoes, garlic, cilantro, cumin, and lime juice into a large pot over medium heat, and stir in the pectin until dissolved. Bring the mixture to a boil, and mix in the white and brown sugars, stirring until completely dissolved. Return the jam to a full rolling boil, add the butter to reduce foaming, and boil hard for 2 to 3 minutes, stirring constantly.

Turn off heat, and skim and discard any foam that forms on the jam. Pack the jam into the sterilized jars, and top each with a sterilized lid and ring.

Simmer the filled jars in a boiling water bath for 10 minutes, then remove the jars and store upside-down on a cloth towel for about 5 minutes. Turn right side up, and allow the lids to seal (listen for the popping sound). Let jars cool completely.
Slow-Cooker Chicken Tortilla Soup

**Ingredients**
- 1 pound shredded, cooked chicken
- 1 (15 ounce) can whole peeled tomatoes, mashed
- 1 (10 ounce) can enchilada sauce
- 1 medium onion, chopped
- 1 (4 ounce) can chopped green chile peppers
- 2 cloves garlic, minced
- 2 cups water
- 1 (14.5 ounce) can chicken broth
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 bay leaf
- 1 (10 ounce) package frozen corn
- 1 tablespoon chopped cilantro
- 7 corn tortillas
- Vegetable oil

**Directions**

Place chicken, tomatoes, enchilada sauce, onion, green chiles, and garlic into a slow cooker. Pour in water and chicken broth, and season with cumin, chili powder, salt, pepper, and bay leaf. Stir in corn and cilantro. Cover, and cook on Low setting for 6 to 8 hours or on High setting for 3 to 4 hours.

Preheat oven to 400 degrees F (200 degrees C).

Lightly brush both sides of tortillas with oil. Cut tortillas into strips, then spread on a baking sheet.

Bake in preheated oven until crisp, about 10 to 15 minutes. To serve, sprinkle tortilla strips over soup.
Ingredients

1/2 pound skinless, boneless chicken breast halves - cut into strips
1/4 cup chopped onion
1 medium carrot, thinly sliced
1 garlic clove, minced
1 tablespoon butter
1 teaspoon cornstarch
3/4 cup chicken broth
1 tablespoon lemon juice
1/4 teaspoon salt
3/4 cup uncooked instant rice
1/3 cup frozen peas

Directions

In a skillet, cook first four ingredients in butter. Combine cornstarch, broth, lemon juice and salt if desired until smooth; add to skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in rice and peas. Remove from the heat; cover and let stand 5 minutes. Fluff with a fork.
# Incredibly Easy Chicken and Noodles

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (26 ounce) can condensed cream of chicken soup</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of mushroom soup</td>
<td></td>
</tr>
<tr>
<td>3 (14.5 ounce) cans chicken broth</td>
<td></td>
</tr>
<tr>
<td>2 cups diced, cooked chicken breast meat</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons onion powder</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon seasoning salt</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon garlic powder</td>
<td></td>
</tr>
<tr>
<td>2 (9 ounce) packages frozen egg noodles</td>
<td></td>
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</tbody>
</table>

## Directions

In a large pot, mix the cream of chicken soup, cream of mushroom soup, chicken broth, and chicken meat. Season with onion powder, seasoning salt, and garlic powder. Bring to a boil, and stir in the noodles. Reduce heat to low, and simmer for 20 to 30 minutes.
Ingredients

- 1 pound skinless, boneless chicken breast, cut-up
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 1 (16 ounce) package frozen vegetable combination (broccoli, cauliflower, carrots)
- 8 hot biscuits, split

Directions

Cook chicken in nonstick skillet until browned, stirring often.

Add soup and vegetables. Cover and simmer until done. Serve on biscuits.
**Ingredients**

- 2 tablespoons vegetable shortening
- 1/4 cup all-purpose flour
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/2 teaspoon seasoned salt
- 1/4 teaspoon pepper
- 1/4 teaspoon salt
- 4 skinless, boneless chicken breast halves
- 1/2 cup chicken broth
- 2 teaspoons brown sugar
- 1/3 cup frozen orange juice concentrate

**Directions**

Heat the shortening in a skillet over medium-high heat. In a bowl, mix the flour, condensed soup, seasoned salt, pepper, and salt. Dip chicken in the mixture to coat, and fry in the skillet until golden brown.

Place chicken in a slow cooker. Mix the chicken broth, brown sugar, and orange juice concentrate in a bowl, and pour over chicken in the slow cooker.

Cover, and cook 2 to 3 hours on Low or 1 to 2 hours on High.
Stuffed Chicken Breasts with Cornbread Dressing

**Ingredients**
- 6 skinless, boneless chicken breast halves
- salt and pepper to taste
- 2 tablespoons butter
- 1 small onion, chopped
- 1/2 green bell pepper, seeded and chopped
- 2 chicken livers, trimmed and chopped
- 2 cloves garlic, minced
- 1 teaspoon dried sage
- 1 cup chicken broth
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 4 cups cornbread crumbs
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/2 cup water

**Directions**
- Preheat the oven to 350 degrees F (175 degrees C).
- Cut a pocket into the side of each piece of chicken, going to within 1/2 inch of each edge. Season chicken pieces with salt and pepper; set aside.
- Melt the butter in a large saucepan over medium heat. Add the onion, bell pepper and chicken livers; cook and stir until onion is tender, about 5 minutes. Add the garlic and sage; cook and stir until fragrant, about 1 minute more. Pour in the chicken broth and season with salt and pepper. Bring to a boil, then remove from the heat. Gently stir in the cornbread crumbs and set aside until cool enough to handle.
- Spoon some of the stuffing into the pocket of each piece of chicken. Arrange them in a 9x13 inch baking dish. Spoon any leftover stuffing into the pan to surround the chicken. Stir together the condensed chicken soup and water; pour over the top off the chicken. Cover with a lid or aluminum foil.
- Bake in the preheated oven for 45 minutes. Remove the aluminum foil and bake for an additional 10 minutes, or until the center of the stuffed breasts has reached 160 degrees F (70 degrees C) and the chicken has browned on top.
# Saucy PHILLY Honey Mustard Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon oil</td>
<td></td>
</tr>
<tr>
<td>4 small boneless skinless chicken breasts</td>
<td></td>
</tr>
<tr>
<td>1/4 cup PHILADELPHIA Cream Cheese Spread</td>
<td></td>
</tr>
<tr>
<td>1/4 cup KRAFT Zesty Italian Dressing</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons Dijon mustard</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon honey</td>
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</tbody>
</table>

## Directions

Heat oil in large nonstick skillet on medium heat. Add chicken; cover. Cook 5 to 6 minutes on each side or until cooked through (170 degrees F).

Mix remaining ingredients; spoon over chicken.

Cook 2 minutes or until sauce is heated through, stirring occasionally.
Chicken Breasts Stuffed with Crabmeat

**Ingredients**

- 3 ounces cream cheese, softened
- 2 tablespoons minced onion
- 2 tablespoons chopped fresh parsley
- 1 teaspoon chopped fresh dill
- 1 teaspoon minced garlic
- 1/8 teaspoon lemon pepper
- 4 ounces fresh Dungeness crabmeat
- 4 skinless, boneless chicken breasts
- 1 cup all-purpose flour
- 2 eggs, beaten
- 3 cups fresh bread crumbs
- 2 tablespoons butter
- 2 tablespoons vegetable oil

**Directions**

In a medium bowl combine the cream cheese, onion, parsley, dill, garlic and lemon pepper. Add crabmeat and mix thoroughly. Season with salt and pepper to taste. Cover and chill in refrigerator (can be prepared 2 hours ahead).

Using a small sharp knife, cut in half horizontally through the center of each chicken breast half, creating a pocket. Fill each pocket with 1/4 of the crab stuffing. Then dip each chicken piece into flour, eggs and finally bread crumbs to coat. Cover completely.

In a large skillet melt butter or margarine with oil over medium heat. Add filled, breaded chicken breast halves to skillet and saute until golden brown and cooked through (juices run clear), about 10 minutes each side. Remove from skillet, drain on paper towels and serve.
Ingredients

2 cups sour cream
1/4 cup grated Parmesan cheese
1 cup shredded Cheddar cheese
salt and pepper to taste
1 clove garlic, crushed
2 tablespoons butter
1 (8 ounce) package wide egg noodles, cooked
1 pound cooked, cubed chicken breast meat
1 (10.75 ounce) can condensed cream of chicken soup
1 cup sliced black olives
2 heads broccoli, cut into florets
1 teaspoon curry powder

Directions

Preheat oven to 325 degrees F (165 degrees C).

In a medium bowl, combine the sour cream, Parmesan cheese, Cheddar cheese, salt, pepper and garlic and mix together. In a large bowl, stir butter into noodles, then stir in sour cream mixture.

In a third large bowl combine the chicken, soup, olives, and broccoli and mix together; add this mixture to the noodle mixture and mix all together. Spread mixture into a 9x13 inch baking dish and sprinkle with curry powder.

Bake at 325 degrees F (165 degrees C) for 30 minutes.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 skinless, boneless chicken breasts - cooked and cubed</td>
</tr>
<tr>
<td>1 cup chicken broth</td>
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<tr>
<td>1 (10.75 ounce) can condensed cream of mushroom soup</td>
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<tr>
<td>1 (5 ounce) can evaporated milk</td>
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<tr>
<td>1 cup sliced almonds</td>
</tr>
<tr>
<td>1 (4.5 ounce) can sliced mushrooms, drained</td>
</tr>
<tr>
<td>1 (8 ounce) can water chestnuts, drained and minced</td>
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<tr>
<td>1 (5 ounce) can crispy chow mein noodles</td>
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<tr>
<td>2/3 cup shredded Cheddar cheese</td>
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<tr>
<td>1 cup diced celery (optional)</td>
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</tbody>
</table>

### Directions

Preheat oven to 350 degrees F (175 degrees C).

In a lightly greased 9x13 inch baking dish, combine the chicken, broth, soup, milk, almonds, mushroom pieces, water chestnuts, noodles, cheese and celery (if using). Mix well and make sure mixture is spread evenly in the dish.

Bake in preheated oven for 45 minutes.
Salt and Vinegar Chicken

**Ingredients**

- 2 cups cider vinegar
- 1 cup vegetable oil
- 1 egg, lightly beaten
- 3 teaspoons salt
- 1 teaspoon poultry seasoning
- 8 boneless chicken thighs, with skin

**Directions**

In a large bowl, mix the cider vinegar, vegetable oil, egg, salt, and poultry seasoning. Place the chicken thighs in the bowl, cover, and marinate in the refrigerator at least 1 hour.

Preheat oven to 350 degrees F (175 degrees C).

Arrange the chicken thighs in a baking dish, and cover with about 1/4 of the marinade mixture.

Bake chicken 30 minutes in the preheated oven. Drain off the marinade so that the chicken skin will become crisp (a baster works well for extracting the marinade). Continue baking 15 minutes, or until chicken is no longer pink and juices run clear.
Mango Salsa Chicken

Ingredients

- 1 fresh, ripe mango
- 1/2 red onion, finely diced
- 1 bunch cilantro, finely chopped
- 1/2 green bell pepper, minced
- 1 fresh red chile pepper, seeded and chopped
- 4 skinless, boneless chicken breasts
- 1 egg
- 1/4 cup milk
- 1 cup dried bread crumbs
- 1/4 cup olive oil
- 1 sprig fresh cilantro, for garnish

Directions

TO MAKE SALSA: In a small bowl, combine the mango, onion, cilantro, green bell pepper and red chile pepper. Put aside until serving time.

Lightly pound the chicken breasts with a mallet to flatten. Beat the egg and milk together. Then coat them in the egg/milk mixture then the breadcrumbs. Chill for 1/2 hour.

Saute the chicken in olive oil until cooked through and juices run clear. Drain and serve with the mango salsa. Garnish with cilantro leaves.
## Ingredients

- 1 teaspoon onion, finely chopped
- 3 tablespoons brown sugar
- 4 tablespoons soy sauce
- 4 tablespoons red wine vinegar
- 2 teaspoons chopped fresh thyme
- 1 teaspoon sesame oil
- 3 cloves garlic, chopped
- 1/2 teaspoon ground allspice
- 1 habanero pepper, sliced
- 4 skinless, boneless chicken breast halves - cut into 1 inch strips

## Directions

Combine the onion, brown sugar, soy sauce, vinegar, thyme, sesame oil, garlic, allspice and habanero pepper in the container of a food processor or blender. Process until smooth. Place the chicken into a large resealable bag, and pour in 3/4 of the sauce. Squeeze out excess air, and seal. Marinate in the refrigerator for at least one hour.

Preheat your oven’s broiler.

Remove chicken from bag, and discard marinade. Broil chicken for 10 to 15 minutes, turning once to ensure even cooking. Heat remaining sauce in a small pan, and pour over chicken when serving.
Ingredients

6 skinless, boneless chicken breast halves
1 cup soy sauce
1/2 cup vinegar
1 green bell pepper, chopped
2 (8 ounce) cans sliced water chestnuts, drained

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a lightly greased 9x13 inch baking dish. Pour soy sauce and vinegar over chicken, then sprinkle with bell pepper and top with water chestnuts.

Bake at 350 degrees F (175 degrees C) for about 40 minutes or until chicken is cooked through and juices run clear.
## Baked Bar-be-que Chicken

### Ingredients

- 1 (2 to 3 pound) whole chicken, cut into pieces
- 2 teaspoons garlic powder
- 1 1/2 cups prepared barbecue sauce

### Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a shallow baking dish and sprinkle with garlic powder. Cover and bake 1 hour at 350 degrees F (175 degrees C).

Remove baking dish from oven and drain any fat from dish. Pour the barbecue sauce evenly over the chicken and bake uncovered for 30 minutes at 350 degrees F (175 degrees C). Remove and serve.
Brown Rice and Chicken Casserole

**Ingredients**

- 2 (10.75 ounce) cans condensed cream of asparagus soup
- 10 3/4 fluid ounces milk
- 1 1/2 cups water
- 1 pound chopped cooked chicken
- 1 cup uncooked brown rice
- 2 (14.5 ounce) cans French cut green beans
- 1 1/2 cups shredded Cheddar cheese
- 1 cup chopped onion
- 3 cloves garlic, crushed
- 1 tablespoon dried parsley
- 1 1/2 teaspoons dried basil
- 1 teaspoon dried dill weed
- Salt and pepper to taste

**Directions**

Preheat oven to 325 degrees F (165 degrees C). Lightly grease a medium casserole dish.

In a large bowl, mix the soup, milk, water, chicken, rice, green beans, Cheddar cheese, onion, and garlic. Season with parsley, basil, dill, salt, and pepper. Transfer to the prepared casserole dish.

Bake 1 1/2 hours in the preheated oven, until rice is tender. If water is absorbed too quickly, add more as needed.
## Jalapeno Popper Chicken

### Ingredients

1 (8 ounce) package cream cheese, softened  
1/2 cup shredded Cheddar cheese  
2 jalapeno peppers, seeded and minced  
4 (6 ounce) skinless, boneless chicken breast halves  
1 cup seasoned bread crumbs  
1/4 cup vegetable oil

### Directions

Stir together the cream cheese, Cheddar cheese, and jalapenos in a small bowl.

Cut a pocket horizontally through the thickest side of each chicken breast, and fill with 1/4 of the cheese mixture. Secure with toothpicks.

Roll the chicken breasts in bread crumbs to coat. Heat the oil in a skillet over medium-high heat, and cook chicken breasts until no longer pink in the center and the juices run clear, about 8 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
Chicken with Mushroom Sauce

**Ingredients**
- 8 bone-in chicken breast halves
- 2 tablespoons olive or vegetable oil
- 2 cups sliced fresh mushrooms
- 2 green onions, chopped
- 1 cup white wine or chicken broth
- 3 tablespoons butter or margarine
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon cornstarch
- 2 tablespoons cold water

**Directions**
In a large skillet, brown chicken in oil. Cover and cook until juices run clear, about 20 minutes. Remove chicken; keep warm. In the same skillet, saute mushrooms and onions until tender. Stir in wine or broth, butter, salt and pepper.

In a small bowl, combine cornstarch and water until smooth; add to skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Return chicken to skillet; heat through.
Chicken Rice Casserole

Ingredients

- 2 cups cubed, cooked chicken
- 2 cups cooked rice
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1 (8 ounce) can sliced water chestnuts, drained
- 1 (4.5 ounce) jar sliced mushrooms, drained
- 2 celery ribs, thinly sliced
- 3/4 cup mayonnaise*
- 1 tablespoon chopped onion
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/3 cup crushed saltines
- 1 tablespoon butter or margarine, melted

Directions

In a bowl, combine the first 10 ingredients. Transfer to a greased 2-1/2-qt. baking dish. Combine the cracker crumbs and butter; sprinkle over the top. Bake, uncovered, at 350 degrees F for 30-35 minutes or until bubbly.
### Ingredients

- 4 (6 ounce) skinless, boneless chicken breast halves - cut into 1 inch strips
- 1 (14.5 ounce) can chicken broth
- 1 (10 ounce) package frozen spinach, thawed and drained
- 1 (8 ounce) package cold cream cheese, cubed
- 10 cherry tomatoes, halved
- 1 (16 ounce) package dry penne pasta

### Directions

Bring large pot of water to a boil, and stir in penne pasta.

Meanwhile, in a large skillet over medium heat, cook chicken cubes in broth; simmering until done, about 10 minutes. Stir in cubed cream cheese and spinach. Return to simmer, and cook about 5 minutes, stirring occasionally. Stir in cherry tomatoes, and cook about 3 minutes more.

In a large bowl, mix together cooked, drained pasta and sauce. Let stand a few minutes before serving.
Grilled Chicken Reuben

Ingredients

- 4 Tyson® Grilled & Ready® Fully Cooked Grilled Breast Fillets
- 2 tablespoons mustard, coarsely ground
- 1/8 teaspoon pepper
- 2 cups prepared deli coleslaw
- 4 slices rye bread, toasted
- 4 slices Swiss cheese

Directions

1. Cook chicken according to package directions.
2. Combine mustard and pepper. Spread mixture onto both sides of chicken.
3. Top each chicken breast with one slice cheese. Cover and heat until cheese melts.
**Ingredients**

1 (4 pound) whole chicken  
1 lemon, juiced  
5 tablespoons salt  
1 teaspoon paprika  
1 1/2 teaspoons ground black pepper  
5 cloves garlic, minced  
1/4 cup thousand island dressing  
2 cups water

**Directions**

Place the sectioned chicken parts in a shallow, nonporous dish so that the pieces fit snugly.

In a separate, nonporous small bowl, combine the lemon juice, salt, paprika, ground black pepper, garlic and thousand island dressing. Mix well, pour over the chicken and add water to cover.

Cover and refrigerate, allowing the chicken to marinate for 8 hours.

Prepare an outdoor grill for indirect heat and lightly oil grate.

Grill chicken over indirect heat for about 50 minutes, or until temperature reaches 180 degrees F (80 degrees C). Discard any excess marinade.
**Rigatoni with Italian Chicken**

### Ingredients
- 6 skinless, boneless chicken breast halves
- 2 cups Italian salad dressing
- 1 (16 ounce) package uncooked rigatoni pasta
- 1 (28 ounce) can diced tomatoes with Italian herbs
- 1/4 cup butter
- 1/4 teaspoon crushed red pepper flakes
- 1 cup grated Parmesan cheese
- 1 tablespoon dried parsley

### Directions
Place chicken breasts in a large resealable plastic bag, and pour in the Italian dressing. Seal bag, and marinate chicken 30 minutes in the refrigerator. Drain, discarding dressing, and dice.

Bring a large pot of lightly salted water to a boil. Add rigatoni and cook for 8 to 10 minutes or until al dente. Drain, transfer to a large bowl, and toss with diced tomatoes.

Melt butter in a skillet over medium heat. Place chicken in the skillet, and season with red pepper. Cook and stir 15 minutes, or until chicken juices run clear. Serve over the pasta. Top with Parmesan cheese, and garnish with parsley flakes.
## Ingredients

- 3 cooked, boneless chicken breast halves, shredded
- 2 (8 ounce) packages light cream cheese, softened
- 4 green onions, chopped
- 1 (10 ounce) can diced tomatoes with green chile peppers
- 1 teaspoon minced garlic
- 1 teaspoon chopped cilantro
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- 1 teaspoon paprika

## Directions

In a bowl, mix the shredded chicken, light cream cheese, green onions, diced tomatoes with green chile peppers, garlic, and cilantro. Season with chili powder, cumin, oregano, and paprika. Cover, and chill at least 2 hours.
### Baked Slow Cooker Chicken

#### Ingredients

- 1 (2 to 3 pound) whole chicken
- salt and pepper to taste
- 1 teaspoon paprika

#### Directions

Wad three pieces of aluminum foil into 3 to 4 inch balls, and place them in the bottom of the slow cooker.

Rinse the chicken, inside and out, under cold running water. Pat dry with paper towels. Season the chicken with the salt, pepper and paprika, and place in the slow cooker on top of the crumbled aluminum foil.

Set the slow cooker to High for 1 hour, then turn down to Low for about 8 to 10 hours, or until the chicken is no longer pink and the juices run clear.
Campbell's® 15-Minute Chicken and Rice Dinner

**Ingredients**

- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breasts
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 1 1/2 cups water
- 1/4 teaspoon paprika
- 1/4 teaspoon ground black pepper
- 2 cups uncooked instant white rice*
- 2 cups fresh or frozen broccoli flowerets

**Directions**

Heat oil in skillet. Cook chicken 10 minutes or until browned. Remove chicken.

Add soup, water, paprika and pepper. Heat to a boil.

Stir in rice and broccoli. Return chicken to pan. Sprinkle additional paprika and pepper over chicken. Cover and cook on low heat 5 min. or until chicken is done.
Marinated Teriyaki Chicken

Ingredients

4 skinless, boneless chicken breast halves - cut into bite size pieces
2 cups dry white wine, divided
1 teaspoon garlic powder
1 teaspoon onion powder
1 tablespoon vegetable oil
1 onion
1 green bell pepper, diced
1 tablespoon olive oil
2 tablespoons teriyaki sauce

Directions

To Marinate: Place chicken in a nonporous glass dish or bowl. Pour 1 1/2 cups of wine over chicken, then sprinkle with garlic powder and onion powder. Cover and refrigerate to marinate for at least 1 hour.

Heat vegetable oil in a small skillet over medium heat. Saute onion and bell pepper for 5 to 7 minutes, or until soft. Remove from skillet and set aside.

Remove chicken from marinade, discarding any remaining marinade. Heat olive oil in a medium skillet over medium high heat and brown chicken, adding teriyaki sauce to 'sear'. Braise with remaining white wine and simmer for 8 to 10 minutes, or until chicken is cooked through and no longer pink inside.

Add onion/bell pepper mixture to chicken and heat through, stirring. Serve hot.
Thai Red Chicken Curry

**Ingredients**

- 2 teaspoons olive oil
- 1 pound skinless, boneless chicken breast halves - cut into thin strips
- 1 tablespoon Thai red curry paste
- 1 cup sliced halved zucchini
- 1 red bell pepper, seeded and sliced into strips
- 1/2 cup sliced carrots
- 1 onion, quartered then halved
- 1 tablespoon cornstarch
- 1 (14 ounce) can light coconut milk
- 2 tablespoons chopped fresh cilantro

**Directions**

Heat the oil in a large skillet over medium-high heat. Add the chicken pieces; cook and stir for about 3 minutes. Mix in the curry paste, zucchini, bell pepper, carrot and onion. Cook and stir for a few minutes.

Dissolve the cornstarch in the coconut milk, then pour into the skillet. Bring to a boil, then simmer over medium heat for 1 minutes. Right before serving, stir in the cilantro.
Hawaiian Chicken Salad

**Ingredients**

- 2 (3 ounce) packages cream cheese, softened
- 1/3 cup creamy salad dressing, e.g. Miracle Whip
- 1 (8 ounce) can pineapple tidbits, juice reserved
- 3 (5 ounce) cans chunk chicken, drained
- 1 cup blanched slivered almonds
- 1 1/2 cups seedless grapes, halved

**Directions**

In a medium bowl, beat cream cheese until fluffy. Mix in salad dressing and 2 tablespoons reserved pineapple juice. Stir in the pineapple tidbits, chicken, almonds, and grapes until evenly coated. Chill until serving.
Easy Almond Chicken

**Ingredients**

- 8 skinless, boneless chicken breast halves
- 1 pinch garlic powder
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (5 ounce) can evaporated milk
- 8 ounces toasted almonds

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Place chicken pieces in a lightly greased 9x13 inch baking dish. Season with garlic powder to taste and bake in the preheated oven for 1/2 hour.

In a small bowl mix together the soup and milk. Pour mixture over chicken and bake for another 1/2 hour. Meanwhile, toast almonds and add to chicken during the last few minutes of baking.
Marinated Chicken and Pasta Salad

**Ingredients**

3 tablespoons soy sauce  
2 tablespoons honey  
2 tablespoons tomato sauce  
2 tablespoons plum sauce  
1 tablespoon Worcestershire sauce  
1 teaspoon sesame seeds  
1 teaspoon chopped fresh basil  
3 skinless, boneless chicken breast halves  
2 cups elbow macaroni  
2 tablespoons olive oil  
1/2 cup low-fat mayonnaise  
1/2 cup fat free sour cream  
1 teaspoon coarse grained prepared mustard  
1 tablespoon honey  
1 tablespoon tomato sauce  
1 teaspoon Worcestershire sauce  
1/4 cup shredded sharp Cheddar cheese  
1 avocados - peeled, pitted and sliced  
1/2 cup cashews

**Directions**

In a large bowl, combine 3 tablespoons soy sauce, 2 tablespoons honey, 2 tablespoons tomato sauce, 2 tablespoons plum sauce, 1 tablespoon Worcestershire sauce, sesame seeds, and basil. Add chicken, and turn to coat. Marinate in refrigerator for at least 1 hour.

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes or until al dente; drain and rinse.

Heat olive oil in a skillet over medium heat. Cook chicken until no longer pink, and juices run clear. Drain on paper towels. Allow to cool, then cut into bite-size strips.

In a large bowl, whisk together mayonnaise, sour cream, mustard, 1 tablespoon honey, 1 tablespoon tomato sauce, and 1 teaspoon Worcestershire sauce. Mix in cooked pasta, chicken, and Cheddar cheese. Gently stir in sliced avocado and cashews just before serving.
## Ingredients

- 1/2 cup shredded Cheddar cheese
- 1/4 cup chopped green bell pepper
- 1/4 cup chopped red bell pepper
- 1/4 cup minced cilantro
- 1/4 cup diced tomatoes
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/8 teaspoon salt
- 4 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
- toothpicks

## Directions

In a bowl, mix the shredded Cheddar cheese, green pepper, red pepper, cilantro, and tomatoes. Season with chili powder, cumin, and salt. Cover one side of the chicken breasts with enough cheese mixture to coat. Roll breasts over mixture, and secure with toothpicks.

Place the chicken breasts in a slow cooker. Pour in the remaining cheese mixture. Cover, and cook 3 hours on High.
**Buffalo Chicken Cheese Dip with Wonder Bread**

**Ingredients**

- 6 slices WonderB® Classic White Sandwich Bread, crusts removed
- 1 (8 ounce) package fat-free cream cheese, softened
- 1 cup light sour cream
- 1/3 cup Buffalo wing sauce
- 1 (9.75 ounce) can white chunk chicken breast, drained and flaked with fork
- 2 cups shredded Cheddar cheese
- 1/2 cup bleu cheese crumbles

**Directions**

Preheat oven to 400 degrees F.

Cut slice of bread into four strips. Place on baking sheet. Bake for 6 minutes turn and continue to bake for 5 to 7 minutes or until toasted and crisp; set aside.

Combine cream cheese, sour cream, wing sauce, chicken and Cheddar cheese. Spoon into a 1 1/2-quart baking dish that has been sprayed with nonstick spray coating.

Bake 30 minutes or until hot through. Sprinkle with bleu cheese crumbles.

Serve hot with toasted Wonder Bread strips.
Lemon Herb Chicken

**Ingredients**

- 2 (4 ounce) skinless, boneless chicken breast halves
- 2 teaspoons olive oil
- 1/2 cup chicken broth
- 1 tablespoon minced fresh basil
- 2 garlic cloves, minced
- 1 teaspoon lemon juice
- 1/2 teaspoon minced fresh rosemary
- 1/4 teaspoon grated lemon peel
- Dash pepper
- 1 teaspoon cornstarch
- 2 tablespoons water

**Directions**

In a nonstick skillet, brown chicken in oil on both sides over medium heat. Add the broth, basil, garlic, lemon juice, rosemary, lemon peel and pepper. Bring to a boil. Reduce heat; cover and simmer for 10 -15 minutes or until chicken is no longer pink. Remove chicken and keep warm.

Combine cornstarch and water until smooth; stir into pan juices. Bring to a boil; cook and stir for 1-2 minutes or until slightly thickened. Serve over chicken.
## Hearty Chicken Soup

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 (2 to 3 pound) whole chicken</td>
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<tr>
<td>5 carrots, chopped</td>
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<tr>
<td>2 onions, chopped</td>
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<tr>
<td>3 stalks celery, with leaves, minced</td>
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<tr>
<td>2 cubes chicken bouillon</td>
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<tr>
<td>1 red bell pepper, diced</td>
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<tr>
<td>1 (15 ounce) can sweet corn</td>
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<tr>
<td>3/4 cup barley</td>
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### Directions

Clean chicken thoroughly in fresh, cold running water and remove giblets. Remove as much excess skin from bird as possible and discard. With the force of your hands, add pressure to the back bone of the chicken to crush the bones. If you crack the legs at the joints it will release the cartilage which will add more flavor to the soup. Place crushed chicken and giblets into a large stock pot.

Using a food processor, grate 2 carrots, 1 onion, and all of the celery. Add to stock pot and cover chicken with water. Place the remaining carrots and onions that were not grated, bouillon cubes and red bell pepper into the pot. Bring to a boil for 5 minutes and then simmer for one hour.

Add barley and continue to cook for another hour.

Remove from heat and carefully remove the chicken and giblets from the pot; placing them into a large, clean shallow bowl. Pull the meat from the chicken and dice. Return chicken meat to pot and add sweet corn. Can be served immediately or refrigerated or frozen for later use.
Ingredients

1/2 cup chunky salsa
1/4 cup Dijon-style prepared mustard
2 tablespoons fresh lime juice
6 skinless, boneless chicken breasts
2 tablespoons butter
6 tablespoons plain yogurt
1 lime, sliced into segments

Directions

In a shallow nonporous dish or bowl combine the salsa, mustard and lime juice. Mix well. Add chicken, cover dish and refrigerate. Marinate for at least 30 minutes.

Melt butter in a large skillet over medium heat. Remove chicken from marinade and add to skillet. Saute, turning frequently, until browned on all sides. Meanwhile, boil remaining marinade in a saucepan for 4 to 5 minutes.

Add boiled marinade to chicken, and saute another 3 to 5 minutes or until chicken juices run clear and marinade is starting to glaze. Remove chicken to serving platter; raise heat to high and boil marinade for 1 minute. Spoon marinade over chicken and top each breast with 1 tablespoon yogurt and 1 lime wedge. Serve.
### Ingredients

- 1 (3 pound) whole chicken, cut in half
- 3/4 cup granulated sugar
- 3/4 cup soy sauce
- 1 tablespoon grated fresh ginger
- 2 cloves garlic, minced

### Directions

Rinse chicken halves, and pat dry with paper towels. Place chicken cut side down in a 9x13 inch baking dish.

In a medium mixing bowl, combine sugar, soy sauce, grated ginger and garlic. Mix well, and pour mixture over chicken. Cover and refrigerate for at least 3 hours.

Preheat oven to 350 degrees F (175 degrees C).

Bake chicken uncovered in the preheated oven for 1 hour, basting frequently. Test for doneness, making sure there is no pink left in the meat. Let cool slightly, then cut into smaller pieces to serve.
Lemon-Lime Chicken Broil

Ingredients

1/2 cup lemon juice
1/4 cup lime juice
1/4 cup vegetable oil
4 skinless, boneless chicken breast halves - cut into bite-size pieces
Italian seasoning to taste
seasoned salt to taste

Directions

In a large bowl, whisk together the lemon juice, lime juice, and oil. Place chicken pieces in the mixture, and marinate at least 1 hour in the refrigerator (preferably 2 hours).

Preheat the oven broiler. Fit a roasting pan with a lightly greased wire rack. Fill pan with water to just below the level of the rack.

Remove chicken from marinade, arrange on the wire rack, and season with Italian seasoning and seasoned salt. Transfer remaining marinade to a saucepan, and bring to a boil.

Broil chicken 10 minutes in the preheated oven, basting frequently with the boiled marinade. Turn chicken, season again with Italian seasoning and seasoned salt, and continue broiling and basting 10 minutes, or until well browned and juices run clear.
Spicy Apricot Chicken Stir-Fry

**Ingredients**

- 1 (15 ounce) can apricot halves, drained and chopped, juice reserved
- 2 tablespoons soy sauce
- 1 tablespoon cornstarch
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon crushed red pepper flakes
- 2 tablespoons vegetable oil
- 1 tablespoon minced fresh ginger root
- 1 pound skinless, boneless chicken breast meat - cut into strips
- 1 (16 ounce) package frozen stir-fry vegetables, thawed
- 1 (8 ounce) can pineapple chunks, drained
- 3 green onion, sliced

**Directions**

Stir together apricot juice, soy sauce, cornstarch, garlic powder, onion powder, and red pepper flakes in a small bowl until the cornstarch has dissolved; set aside.

Heat vegetable oil in a wok over high heat. Stir in ginger, and cook until it begins turns golden brown, about 10 seconds. Add the chicken; cook and stir until the chicken turns white and begins to firm. Stir in the stir-fry vegetables, and continue cooking until the chicken is no longer pink in the center and the vegetables are hot.

Stir in the apricots, pineapple chunks, and apricot juice mixture. Bring to a boil, stirring constantly; cook until the sauce thickens and clears, about 1 minute. Stir in green onion before serving.
Ingredients

- 1 (2 to 3 pound) whole chicken
- 3 stalks celery with leaves, chopped
- 1 pound baby carrots
- 2 onions, chopped
- 2 cubes beef bouillon, crumbled
- 1 packet chicken noodle soup mix
- 2 (14.5 ounce) cans low-sodium chicken broth
- 1 pinch dried thyme
- 1 pinch poultry seasoning
- 1 pinch dried basil
- 5 black peppercorns
- 2 bay leaves
- 1 pinch dried parsley
- 1 (8 ounce) package farfalle (bow tie) pasta

Directions

Place chicken in a large pot and cover with water. Place celery leaves in pot and bring to a boil, then reduce heat and simmer until chicken is cooked through, 30 to 40 minutes. Remove chicken from pot and place in a bowl until cool enough to handle.

Meanwhile, strain the cooking liquid, discard the celery tops and place the cooking liquid in a large pot. Place celery, carrots, onion, bouillon, soup mix and chicken broth in the pot and let simmer. Season with thyme, poultry seasoning, basil, peppercorns, bay leaves and parsley.

Bone chicken and cut up meat into bite-size pieces. Return meat to pot. Cook until vegetables are tender and flavors are well blended, up to 90 minutes.

Stir pasta into pot and cook 10 to 15 minutes more, until noodles are al dente. Serve hot.
**Beer Butt Rosemary Chicken**

**Ingredients**
- 1 (12 fluid ounce) can beer
- 1 orange
- 1 (3 pound) whole chicken
- 1 large sweet onion, sliced
- 4 sprigs fresh rosemary
- Seasoned salt, to taste
- 1 (14.5 ounce) can low-sodium chicken broth
- 4 red potatoes, sliced

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Grease a baking dish. Pour out half the beer from the can, spray the can with cooking spray, and set it upright in the center of the baking sheet.

Cut 2 thin slices from the orange, and set aside. Cut the rest of the orange into large chunks. Loosen the skin over the breast of the chicken, and insert an orange slice, an onion slice, and 1 rosemary sprig under the skin of each side of the breast. Place the orange chunks and 2 sprigs of rosemary into the cavity of the chicken.

Spray the outside of the chicken with cooking oil spray, and sprinkle with seasoned salt to taste. Place the chicken onto the beer can in an upright position, with the can inserted into the cavity of the chicken. Pour the chicken broth into the baking dish, and place the rest of the sliced onion and the potatoes into the broth.

Roast in the preheated oven until the skin is crisp, the meat is no longer pink at the bone, and the juices run clear, about 1 1/2 hours. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C). Let the chicken rest for 10 minutes before slicing.
Chicken with Plum Glaze

Ingredients

1 (2.5 pound) whole chicken, cut into pieces
salt and ground black pepper to taste
2/3 cup plum jam
1 1/2 teaspoons ground black pepper
1 1/2 teaspoons minced fresh ginger root
1 1/4 teaspoons prepared horseradish (optional)

Directions

Preheat an oven to 350 degrees F (175 degrees C). Spray a baking sheet with cooking spray.

Season the chicken pieces with salt and pepper to taste and place skin-side-up onto the prepared baking sheet. Bake in the preheated oven for 20 minutes.

While the chicken is baking, stir together the plum jam, 1 1/2 teaspoons pepper, ginger, and horseradish in a small bowl. After the chicken has baked 20 minutes, brush with the plum glaze and return to the oven.

Continue baking until no longer pink at the bone and the juices run clear, 20 to 30 minutes more. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).
# Keon's Slow Cooker Curry Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 tablespoon butter</td>
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<tr>
<td>1 onion, chopped</td>
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<tr>
<td>1 (10.75 ounce) can condensed cream of mushroom soup</td>
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<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup</td>
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<tr>
<td>1 (14 ounce) can coconut milk</td>
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<tr>
<td>1 packet dry onion soup mix (such as Knorr® French Onion Soup Mix)</td>
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<tr>
<td>3 tablespoons curry powder, or to taste</td>
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<tr>
<td>1/2 teaspoon salt</td>
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<td>1/2 teaspoon ground black pepper</td>
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<tr>
<td>2 teaspoons ground cayenne pepper, or to taste</td>
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<tr>
<td>3 large skinless, boneless chicken breast halves -- trimmed and cut</td>
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<tr>
<td>into 1-inch pieces</td>
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<tr>
<td>1 cup green peas</td>
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<tr>
<td>2 cups sliced fresh mushrooms</td>
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## Directions

Set the slow cooker to the High setting.

Heat the butter in a skillet over medium heat, and cook and stir the onion until browned, 5 to 10 minutes. Set the onion aside.

In a large bowl, stir together cream of mushroom soup, cream of chicken soup, coconut milk, dry soup mix, curry powder, salt, pepper, and cayenne pepper until the mixture is thoroughly combined. Place the chicken into the bottom of the slow cooker, and pour the mixture over the chicken. Stir in onion, peas and mushrooms.

Cook on High setting for 1 1/2 hours, then reduce heat to Low and cook an additional 1 1/2 to 2 hours.
Directions

Sprinkle the yeast over 2/3 cup of warm water in a small bowl. The water should be no more than 100 degrees F (40 degrees C). Let stand for 5 minutes until the yeast softens and begins to form a creamy foam. Mix brown sugar, 1 teaspoon of salt, and butter together in a small bowl. Combine the yeast mixture with the brown sugar mixture in a large mixing bowl; stir well to combine. Stir in 1 cup of flour until no dry spots remain. Stir in the remaining 1 cup of flour, a 1/2 cup at a time, mixing well after each addition.

When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. Lightly oil a large bowl, then place the dough in the bowl and turn to coat with oil. Cover with a light cloth and let rise in a warm place (80 to 95 degrees F (27 to 35 degrees C)) until doubled in volume, about 1 hour.

Meanwhile, combine chicken thighs, kiwi, oregano, cumin, taco seasoning, 1 teaspoon of salt, and 1 teaspoon of flour; set aside.

Heat 1 tablespoon of olive oil in a skillet over medium heat. Stir in the garlic and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the chicken thighs; cook and stir for 5 minutes. Pour in the chicken broth and simmer over medium-low heat until the chicken thighs are until no longer pink in the center, about 10 minutes. Stir in the tomato; cook for about 2 minutes. Remove from heat and mix in half of the Cheddar cheese; set aside.

Preheat an oven to 400 degrees F (200 degrees C).

Deflate the dough and turn it out onto a lightly floured surface. Use a knife to divide the dough into three equal pieces-don’t tear it. Coat three equally sized oven safe glass or ceramic bowls with oil and place a piece of dough into each bowl. Take three smaller oven safe glass or ceramic bowls and coat the outside of each bowl with oil. Press the smaller bowl into the larger bowl, leaving about 1/2 an inch between the bowls. Allow bread to rise, while continuously pushing the smaller bowl into the larger bowl, about 10 minutes.

Combine Parmesan cheese, black pepper, Italian seasoning, and garlic powder in a small bowl. Brush the edges of the dough with butter, then sprinkle with with the Parmesan cheese mixture. Place bowls on a baking sheet.
## Leftover Chicken a la King

### Ingredients
- 1 cup diced, cooked chicken meat
- 1 (10 ounce) package frozen mixed vegetables, thawed
- 1 1/2 cups chicken broth
- 2 teaspoons cornstarch
- 1 (5 ounce) can evaporated milk
- salt and pepper to taste

### Directions
Combine chicken, vegetables and broth or wine in a medium saucepan over medium low heat. Stir all together and let simmer until heated through.

In a small bowl beat cornstarch into evaporated milk and add to chicken mixture. Reduce heat to low and cook, stirring constantly, until thickened. Season with salt and pepper to taste, unless leftover chicken has enough of its own seasoning already. Serve hot.
Chicken Salad Croissants

Ingredients

2 cups cubed, cooked chicken
1 cup cubed Swiss cheese
1/2 cup dill pickle relish
2/3 cup mayonnaise
1 tablespoon minced fresh parsley
1 teaspoon lemon juice
1/2 teaspoon seasoned salt
1/8 teaspoon pepper
Lettuce Leaves
6 croissants, split

Directions

In a large bowl, combine the chicken, cheese and pickle relish. Combine the mayonnaise, parsley, lemon juice, seasoned salt and pepper; add to chicken mixture and mix well.

Place a lettuce leaf on each croissant; top with about 1/2 cup of the chicken mixture.
Chicken Marsala with Pasta

Ingredients

1 1/4 pounds boneless, skinless chicken breasts
4 tablespoons I Can't Believe It's Not Butter!® Spread, divided
1 (10 ounce) package mushrooms, sliced
1/3 cup dry Marsala wine or beef broth
1/4 cup water
1 (4.5 ounce) package Knorr® Pasta Sides™ - Butter
1 (7.5 ounce) box frozen asparagus spears, thawed and halved

Directions

Season chicken, if desired, with salt and ground black pepper. Melt 1 tablespoon spread in 12-inch nonstick skillet over medium-high heat and cook chicken, turning once, 8 minutes or until chicken is thoroughly cooked. Remove chicken and keep warm.

Melt 1 tablespoon spread in same skillet and cook mushrooms, stirring occasionally, 6 minutes or until golden. Add wine. Bring to a boil over high heat. Cook 1 minute, scraping up brown bits from bottom of skillet. Reduce heat to low. Stir in remaining 2 tablespoon spread and water until spread is melted. Add chicken; turn to coat.

Meanwhile, prepare Knorr® Pasta Sides™ - Butter according to package directions, adding asparagus during the last 3 minutes of cook time. Serve chicken over Pasta with Mushroom Sauce.
Apricot Chicken with Balsamic Vinegar

**Ingredients**

- 2 tablespoons extra-virgin olive oil
- 2 pounds chicken breast tenderloins, cut into bite-size pieces
- salt and pepper to taste
- 1 large onion, chopped (optional)
- 1/4 cup balsamic vinegar, or to taste
- 20 dried apricots
- 1 cup chicken stock
- 1 cup apricot preserves
- 1 tablespoon chopped fresh thyme
- 3 tablespoons chopped fresh flat-leaf parsley (optional)

**Directions**

Heat the olive oil in a large skillet with a lid over medium-high heat. Season the chicken with salt and pepper, and cook in the hot oil until golden brown around the edges, but still pink in the center, about 5 minutes. Stir in the onion, and cook for about 3 minutes more. Pour in the balsamic vinegar, bring it to a simmer, and allow it to reduce for a few minutes.

Cut half of the apricots in half, leaving the others whole. Place the apricots into the skillet, and pour in the chicken stock. Bring to a simmer, then stir in the apricot preserves and thyme. Reduce the heat to medium-low, cover, and simmer until the apricots have softened, 10 to 15 minutes. Sprinkle with chopped parsley to serve.
**Chicken Enchiladas**

**Ingredients**

- 1 (10.75 ounce) can Cream of Mushroom soup
- 1 (15 ounce) jar chunky salsa
- 1 (8 ounce) package Cream Cheese, softened
- 1/2 cup Marzetti® Slaw Dressing
- 1 1/2 pounds chicken, cooked and cubed
- 2 cups Monterey Jack cheese, shredded
- 1 bunch green onions, chopped
- 1 (4.5 ounce) can chopped green chiles, undrained
- 8 flour tortillas

**Directions**

1. Stir together mushroom soup and salsa, spoon 1/2 cup mixture in bottom of 13x9 baking dishing coated with cooking spray.

2. Beat cream cheese and Marzetti® Slaw Dressing until smooth. Stir in chicken, 1 cup cheese, green onions and chiles.

3. Spoon 1/3 cup mixture down center of each tortilla. Roll up tortillas, and place seam side down in baking dish. Pour remaining soup mixture over enchiladas and top with remaining 1 cup of cheese.

4. Bake at 350 degrees for 25 minutes. If desired, sprinkle with parsley or cilantro.
Thai Chicken Spring Rolls

Ingredients

- 1 cup peanut sauce
- 1 (1 1/2 inch) piece fresh ginger root, minced
- 2 cloves garlic, minced
- 1 teaspoon soy sauce
- 1 pound skinless, boneless chicken breast halves - cut into 1 inch pieces
- 1 teaspoon peanut oil
- 6 ounces fresh snow pea pods
- 12 ounces bean sprouts
- 4 green onion, chopped
- 1 pound watercress, chopped
- 1/4 cup chopped fresh cilantro
- 2 large carrots, peeled
- 1 teaspoon peanut oil
- 1 teaspoon soy sauce
- 12 spring roll wrappers
- 1/2 cup peanut sauce

Directions

Combine 1 cup peanut sauce, ginger, garlic, and 1 teaspoon soy sauce in a bowl. Add the chicken and mix until the chicken is coated. Place in refrigerator to marinate for 30 minutes.

Heat 1 teaspoon peanut oil in a wok or skillet over medium heat. Cook the snow peas, bean sprouts and green onion in the oil until heated but still crisp, 3 to 4 minutes. Transfer to a large bowl. Mix in the watercress and cilantro. Use a vegetable peeler to have long slices of carrot into the watercress mixture. Drizzle 1 teaspoon soy sauce into the watercress mixture; toss to coat.

Heat 1 teaspoon of oil to the wok or skillet. Cook the marinated chicken until no longer pink inside, about 10 minutes.

Fill a large bowl with hot water. Dip wrappers one at a time into the water for about 2 seconds each. As wrappers are removed from the water, fill each with 2 large spoonfuls of the chicken and a small handful of the watercress mixture. Fold in two opposite ends of the wrapper to meet the filling. Then fold the bottom of the wrapper over the top of the filling and roll. Serve with 1/2 cup peanut sauce for dipping.
# Australian Deep Fried Chicken Wings

## Ingredients

- 8 chicken wings
- 4 tablespoons soy sauce
- 3 tablespoons oyster sauce
- 3 tablespoons sweet sherry
- Salt and pepper to taste
- 1/2 cup all-purpose flour
- 1/2 cup corn flour
- 1 quart oil for deep frying

## Directions

To Marinate: Place the chicken wings in a large nonporous glass dish or bowl. In a small bowl mix the soy sauce, oyster sauce, sherry, salt and pepper and pour mixture over chicken; turn to coat. Cover dish and refrigerate to marinate for 12 to 24 hours.

Remove chicken from marinade, disposing of any remaining marinade. Mix all-purpose flour with corn flour in a shallow dish or bowl and toss wings in flour mixture until well coated.

Heat oil in a deep skillet or deep fryer and deep fry wings until crispy and cooked through (juices run clear). Drain on paper towels and serve.
Ingredients

1 (10 ounce) package frozen puff pastry shells
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1 (9 ounce) package frozen diced cooked chicken, thawed
1 cup frozen mixed vegetables, thawed
3/4 cup milk

Directions

Bake pastry shells according to package directions. Meanwhile, in a microwave-safe bowl, combine the soup, chicken, vegetables and milk. Cover and microwave on high for 4-5 minutes or until bubbly. Cut the top off each pastry shell; fill with chicken mixture. Replace tops.
**Rotini Chicken Casserole**

**Ingredients**

- 2 3/4 cups uncooked rotini pasta
- 3/4 cup chopped onion
- 1/2 cup chopped celery
- 2 garlic cloves, minced
- 1 tablespoon olive or canola oil
- 3 cups cooked, cubed chicken breast
- 1 (10.75 ounce) can reduced-fat, reduced-sodium condensed cream of chicken soup, undiluted
- 1 1/2 cups fat-free milk
- 1 (16 ounce) package frozen Italian blend vegetables
- 1 cup shredded reduced-fat Cheddar cheese
- 2 tablespoons minced fresh parsley
- 1 1/4 teaspoons dried thyme
- 1 teaspoon salt
- 2/3 cup crushed cornflakes

**Directions**

Cook pasta according to package directions. Meanwhile, in a nonstick skillet, saute onion, celery and garlic in oil until tender. Drain pasta; place in a bowl. Add the onion mixture, chicken, soup, milk, frozen vegetables, cheese, parsley, thyme and salt.

Pour into a shallow 3-qt. baking dish coated with nonstick cooking spray. Cover and bake at 350&degF for 25 minutes. Sprinkle with cornflakes; spritz with nonstick cooking spray. Bake, uncovered, 10-15 minutes longer or until heated through.
Black Bean Chicken Salad

Ingredients

- 6 cups torn lettuce
- 1 1/2 cups cubed cooked chicken breast
- 1 (15 ounce) can black beans, rinsed and drained
- 1 cup chopped seeded tomatoes
- 1 cup chopped green pepper
- 1/2 cup sliced red onion
- 1/2 cup shredded reduced-fat Cheddar cheese

LIME VINAIGRETTE:
- 1/4 cup minced fresh cilantro or parsley
- 1/4 cup chopped seeded tomato
- 1 tablespoon cider vinegar
- 1 tablespoon olive or canola oil
- 1 tablespoon lime juice
- 1/2 teaspoon grated lime peel
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon chili powder

Directions

In a large serving bowl, combine the lettuce, chicken, beans, tomatoes, green pepper, onion and cheese. In a blender or food processor, combine the vinaigrette ingredients; cover and process until smooth. Pour over salad and toss to coat.
Chicken Salad Puffs

**Ingredients**

CREAM PUFFS:
- 1/2 cup water
- 1/4 cup butter or margarine
- Dash salt
- 1/2 cup all-purpose flour
- 2 eggs, room temperature

FILLING:
- 2 cups diced cooked chicken
- 3/4 cup chopped celery
- 1 (2.25 ounce) can sliced ripe olives, drained
- 1/3 cup mayonnaise or salad dressing
- 1 tablespoon lemon juice
- 1 teaspoon grated onion
- 1/4 teaspoon Worcestershire sauce
- 1/8 teaspoon pepper
- salt to taste

**Directions**

In a medium saucepan, bring water and butter to a boil. Add flour and salt all at once; stir until a smooth ball forms and does not stick to pan. Remove from the heat; and let stand 5 minutes. Add eggs, one at a time, beating well after each addition. Continue to beat until dough to well blended. Drop by rounded tablespoonfuls onto a greased baking sheet, making six mounds 3 in. apart. Bake at 400 degrees F for 30-35 minutes or until golden brown and dry and firm to the touch. Transfer to a wire rack. Immediately split puffs open; remove tops and set aside. Discard soft dough from inside. Cool puffs.

For filling, combine the chicken, celery and olives in a large bowl. In a small bowl, combine remaining ingredients; stir into chicken mixture. Fill puffs just before serving.
Crispy Oven-Roasted Rosemary Chicken with Sausage and Potatoes

**Ingredients**

- 1/4 cup olive oil
- 1 pound bratwurst links, cut into 1/2 inch slices
- 2 1/2 pounds chicken pieces
- 1 pinch kosher salt to taste
- 2 pounds potatoes, cut into 1-inch chunks
- 2 tablespoons extra-virgin olive oil
- 2 1/2 tablespoons fresh rosemary leaves, chopped
- 1 teaspoon red wine vinegar

**Directions**

Preheat oven to 450 degrees F (230 degrees C). Prepare a large baking dish with cooking spray.

Pour half of the olive oil into a large skillet over medium heat. Cook the bratwurst in the hot oil until browned on both sides, about 5 minutes; set aside. Add the remaining olive oil to the skillet and return to heat; brown the chicken pieces in the hot oil 7 to 10 minutes; season with salt while cooking; set aside and return the skillet to heat. Heat the potatoes in the skillet until lightly browned. Arrange potatoes, chicken, and bratwurst in the prepared baking dish; season with salt and drizzle with 2 tablespoons olive oil; sprinkle with about half of the chopped rosemary.

Roast in the preheated oven 15 minutes. Turn each piece of chicken over and stir the potatoes and sausage. Sprinkle the remaining rosemary and the red wine vinegar over the dish; cook another 15 minutes.
Garlic Roasted Chicken

Ingredients

1 (3 pound) broiler/fryer chicken
1/2 cup white wine or chicken broth, divided
1 lime wedge
2 garlic cloves, peeled
1 bay leaf
Fresh thyme sprigs (optional)
1/4 teaspoon paprika
1 tablespoon cornstarch
1 teaspoon chicken bouillon granules
2 tablespoons sherry or apple juice

Directions

Place chicken breast side up on a rack in a roasting pan. In a bowl, combine 1/4 cup wine or broth, lime wedges, garlic, bay leaf and thyme. Pour into cavity of chicken. Pour remaining wine or broth in roasting pan. Sprinkle chicken with paprika. Loosely tent with foil. Bake at 375 degrees F for 45 minutes, basting occasionally. Remove foil; bake 40-45 minutes longer or until juices run clear and a meat thermometer reads 180 degrees F, basting occasionally. Add additional wine or broth to pan of liquid evaporates.

Discard bay leaf and lime wedges. Remove chicken to a serving platter and let stand for 10 minutes before carving. Pour drippings and loosened brown bits into a measuring cup. Skim fat. In a saucepan, combine the cornstarch, bouillon and sherry or juice until smooth. Gradually stir in drippings. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve gravy with chicken.
Curried Chicken Fruit Salad

**Ingredients**

1 (11 ounce) can mandarin oranges, drained
1 (8 ounce) can pineapple tidbits, drained
1 (8 ounce) can water chestnuts, drained
4 cups cubed cooked chicken
2 cups seedless red or green grapes, halved
1 cup chopped celery
Lettuce Leaves
Sliced almonds

**DRESSING:**

1 1/2 cups mayonnaise
1 tablespoon soy sauce
1 tablespoon lemon juice
1 1/2 teaspoons curry powder

**Directions**

In a large bowl, combine the oranges, pineapple, water chestnuts, chicken, grapes and celery. In a small bowl, combine all dressing ingredients. Pour over salad; toss well to coat. Chill 1 hour. Serve on a bed of lettuce; sprinkle with almonds.
### Sherry Chicken Curry

#### Ingredients

- 2 tablespoons vegetable oil
- 4 skinless, boneless chicken breast halves - cut into chunks
- 1/2 cup cornstarch
- 3 cloves garlic, crushed
- 1 large onion, cut into chunks
- salt and pepper to taste
- 1/2 cup cooking sherry
- 2 cubes beef bouillon
- 1/2 cup creamy peanut butter
- 3 tablespoons curry powder
- water to cover
- 1/2 teaspoon ground ginger
- 1 cup coconut milk

#### Directions

Heat oil in a large skillet over medium high heat. Coat chicken with cornstarch and place in skillet with garlic, onion, salt and pepper. Add sherry and beef bouillon and let liquid reduce a little.

Stir in peanut butter and curry powder and add water to cover; add ginger, reduce heat to low and simmer for 30 minutes, then lastly stir in coconut milk and serve hot.
Ginger Chicken

**Ingredients**

- 2 cloves garlic
- 1 carrot, chopped
- 1/2 cup white wine
- 2 slices fresh ginger root
- 1 1/2 cups olive oil
- 1/4 cup olive oil
- 3 pounds skinless, boneless chicken breast halves
- 8 small red potatoes
- 6 carrots, cut into 2 inch pieces
- 1 teaspoon ground black pepper
- salt to taste
- 1 onion, chopped
- 1 cup fresh green beans, washed and trimmed (optional)

**Directions**

Process garlic, chopped carrot, white wine, ginger, and 1 1/2 cups olive oil in food processor. Reserve.

Heat 1/4 cup oil in a Dutch oven pan. Brown chicken, then reduce heat to low, cover and simmer for approximately 20 to 30 minutes (depending upon size of chicken pieces).

Add potatoes, carrot chunks, onions, and ginger vermouth sauce. Cover, and cook until vegetables are done but not mushy. If you use fresh string beans, add only during last 5 to 6 minutes of cooking. Season to taste with salt and black pepper.
**Ingredients**

1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1 (10.5 ounce) can condensed chicken and rice soup, undiluted
1 (5 ounce) can evaporated milk
2 cups cubed, cooked chicken
1 (3 ounce) can chow mein noodles

**Directions**

In a bowl, combine soups and milk. Stir in chicken. Transfer to a greased 8-in. square baking dish. Bake, uncovered, at 350 degrees F for 40 minutes; stir. Sprinkle with chow mein noodles. Bake 5-10 minutes longer or until bubbly and noodles are crisp.
Southern Chicken Salad

Ingredients

- 1/2 cup mayonnaise
- 3 tablespoons buttermilk
- 1/4 cup minced green onions
- 2 tablespoons chopped fresh dill
- 1/4 teaspoon freshly ground black pepper
- 1 pound skinless, boneless chicken breasts
- 1 cup dry white wine
- 1 sprig fresh dill weed
- 1/8 teaspoon freshly ground black pepper
- 1 1/2 cups seedless grapes
- 1 cup thinly sliced celery
- 8 leaves red leaf lettuce - rinsed
- 1/2 cup chopped salted cashews
- 5 sprigs fresh dill weed, for garnish

Directions

TO MAKE DRESSING: Whisk the mayonnaise, green onions, buttermilk, dill and ground black pepper in a small bowl to blend (can be made 1 day ahead). Cover and chill.

TO MAKE SALAD: Arrange the chicken in a heavy, medium size skillet. Add the wine, dill and ground black pepper. Season with salt. If necessary, add water to cover the chicken. Simmer over medium low heat until chicken is just cooked through, turning once (about 11 minutes). Transfer chicken to a plate and let cool.

Cut chicken into 1/2 inch pieces. Place in a large bowl. Add the grapes and the celery and mix in the dressing to thoroughly coat the mixture. Season with salt and pepper to taste. Cover and refrigerate for at least 20 minutes to develop the flavors. (Can be prepared up to 3 hours ahead).

Arrange the lettuce leaves on plates, mound on the salad and sprinkle with nuts. Garnish with fresh dill and serve.
**Chicken Carrot Pilaf**

**Ingredients**

- 1 pound boneless, skinless chicken breasts cut into thin strips
- 1/4 cup butter or margarine
- 1 1/2 cups uncooked long grain rice
- 5 medium carrots, sliced
- 1 medium onion, chopped
- 1/2 cup sliced fresh mushrooms
- 1/4 cup chopped sweet red pepper
- 4 cups chicken broth
- 2 tablespoons minced fresh parsley

**Directions**

In a large skillet, brown chicken in butter. Remove and keep warm. Add the rice, carrots, onion, mushrooms and red pepper to the skillet. Cook and stir until rice is browned and onion is tender.

Stir in broth. Place chicken over rice mixture. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until rice is tender. Stir in parsley. Let stand for 5 minutes before serving.
Restaurant-Style Chicken Tenderloins

Ingredients
1 pound skinless, boneless chicken breast meat
1/2 cup Italian-style salad dressing
1 teaspoon fresh lime juice
1 1/2 teaspoons honey

Directions
Slice chicken into thin strips. In a small bowl mix together the dressing, lime juice and honey. Place chicken strips in a 9x13 inch baking dish and pour mixture over chicken, covering all. Cover dish and refrigerate to marinate for 1 hour.

Remove chicken from marinade, discarding any remaining marinade. Heat oil in a large skillet over medium heat and sauté chicken strips until lightly browned and cooked through (juices run clear), 12 to 15 minutes.
Cantaloupe Chicken Salad

**Ingredients**

- 1 1/2 cups diced cooked chicken
- 2 celery ribs, sliced
- 1/3 cup mayonnaise
- 2 tablespoons diced pimientos
- 1 tablespoon finely chopped onion
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 small cantaloupe
- Lettuce Leaves
- 3 tablespoons lemon juice

**Directions**

In a bowl, combine the first seven ingredients; stir well. Cut cantaloupe in half; discard seeds. Cut into 1-in.-wide wedges; peel. Place cantaloupe on four lettuce-lined plates; sprinkle with lemon juice. Serve chicken salad alongside melon.
Lemon-Curry Chicken Casserole

Ingredients

- 2 (12 ounce) packages frozen cut asparagus, thawed and drained
- 4 boneless skinless chicken breast halves, cut into 1/2-inch strips
- salt and pepper to taste
- 3 tablespoons butter
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1/2 cup mayonnaise
- 1/4 cup lemon juice
- 1 teaspoon curry powder
- 1/4 teaspoon ground ginger
- 1/8 teaspoon pepper
- 1/2 cup sliced almonds, toasted

Directions

Place asparagus in a greased 11-in. x 7-in. x 2-in. baking dish; set aside. Sprinkle chicken with salt and pepper. In a large skillet, sauté chicken in butter for 10-14 minutes or until juices run clear. Place over asparagus. Combine soup, mayonnaise, lemon juice, curry powder, ginger and pepper; spoon over chicken. Bake, uncovered, at 350 degrees F for 35 minutes. Sprinkle with almonds and return to the oven for 5 minutes.
**Ingredients**

2 cups mayonnaise  
1/4 cup lemon juice  
5 cups cubed cooked chicken  
1 cup sliced celery  
1 cup cooked rice  
1 cup slivered almonds, toasted  
1/4 cup minced onion  
1 (2 ounce) jar diced pimientos, drained  
1 cup shredded Cheddar cheese  
1 1/2 cups crushed potato chips

**Directions**

In a large bowl, mix mayonnaise and lemon juice until smooth. Add chicken, celery, rice, almonds, onion and pimientos; mix well. Spoon into a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with cheese and potato chips. Bake, uncovered, at 325 degrees F for 30-35 minutes or until bubbly.
## Easy Chicken and Broccoli Alfredo

### Ingredients

- 8 ounces fettuccine or spaghetti, uncooked
- 2 cups fresh broccoli florets
- 1/4 cup KRAFT Zesty Italian Dressing
- 1 pound boneless skinless chicken breasts, cut into bite-sized pieces
- 1 2/3 cups milk
- 4 ounces PHILADELPHIA Cream Cheese, cubed
- 1/4 cup KRAFT Grated Parmesan Cheese
- 1/2 teaspoon dried basil leaves

### Directions

Cook pasta as directed on package, adding broccoli to the boiling water for the last 2 min. of the pasta cooking time. Drain pasta mixture.

Meanwhile, heat dressing in large nonstick skillet on medium-high heat. Add chicken; cook 5 min. or until chicken is cooked through, stirring occasionally. Stir in milk, cream cheese, Parmesan cheese and basil. Bring to boil, stirring constantly. Cook 1 to 2 min. or until sauce is well blended and heated through.

Add chicken mixture to pasta mixture; mix lightly.
Spicy Chicken Enchiladas

**Ingredients**

- 1 (4.5 ounce) package dry rice and chicken sauce mix with broccoli
- 1 tablespoon vegetable oil
- 1 pound ground chicken
- 3 tablespoons chopped onion
- 1 tablespoon minced garlic
- 1 fresh jalapeno pepper, chopped
- 1 (10 ounce) can diced tomatoes with green chile peppers, drained
- 1 (14.5 ounce) can enchilada sauce
- 1 1/4 cups shredded mild Cheddar cheese
- 6 (10 inch) flour tortillas

**Directions**

Prepare the rice and chicken sauce mix with broccoli according to package directions. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking dish.

Heat the oil in a large skillet over medium heat. Place chicken in the skillet. Mix onion, garlic, and jalapeno into the skillet. Cook and stir until chicken is evenly brown. Mix in the prepared rice mix, diced tomatoes with green chile peppers, 2/3 enchilada sauce, and 3/4 cup Cheddar cheese. Spoon mixture evenly into the tortillas. Wrap tortillas around the mixture to form enchiladas, and arrange in the prepared baking dish. Cover with remaining enchilada sauce, and top with remaining cheese.

Bake 15 minutes in the preheated oven, or until cheese and sauce are melted and bubbly.
# Chicken and Pasta Casserole with Mixed Vegetables

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 cup dry fusilli pasta</td>
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<tr>
<td>3 tablespoons olive oil</td>
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<tr>
<td>6 chicken tenderloins, cut into chunks</td>
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<tr>
<td>1 tablespoon dried minced onion</td>
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<td>salt and pepper to taste</td>
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<tr>
<td>garlic powder to taste</td>
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<td>1 tablespoon dried basil</td>
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<tr>
<td>1 tablespoon dried parsley</td>
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<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup</td>
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<tr>
<td>1 (10.75 ounce) can condensed cream of mushroom soup</td>
<td></td>
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<tr>
<td>2 cups frozen mixed vegetables</td>
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<tr>
<td>1 cup dry bread crumbs</td>
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<tr>
<td>2 tablespoons grated Parmesan cheese</td>
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<td>2 tablespoons butter, melted</td>
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## Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a medium baking dish.

Bring a large pot of lightly salted water to a boil. Place fusilli pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain.

Heat the oil in a skillet over medium heat. Place chicken in the skillet, and season with minced onion, salt and pepper, garlic powder, basil, and parsley. Cook until chicken juices run clear. Mix in the cooked pasta, cream of chicken soup, cream of mushroom soup, and mixed vegetables. Transfer to the prepared baking dish.

In a small bowl, mix the bread crumbs, Parmesan cheese, and butter. Spread evenly over the casserole.

Bake 30 minutes in the preheated oven until bubbly and lightly browned.
Baked Spaghetti with Chicken

Ingredients
3 tablespoons olive oil
2 bay leaves
1 1/2 tablespoons Italian seasoning
1 teaspoon chopped garlic
salt and pepper to taste
4 skinless, boneless chicken breast halves
1 green bell pepper, chopped
1/2 onion, chopped
1 head broccoli, cut into florets
8 fresh mushrooms, sliced
1 pound uncooked spaghetti
5 ounces shredded Colby-Monterey Jack cheese
1 (16 ounce) jar spaghetti sauce

Directions
In shallow non-aluminum dish or resealable plastic bag, combine olive oil, bay leaves, Italian seasoning, garlic, salt, and pepper. Poke holes in chicken breasts and add to olive oil mixture. Marinate in refrigerator for 1 to 2 hours.

Preheat oven to 375 degrees F (190 degrees C). Remove chicken from refrigerator and cut into half-inch pieces. Cook in large skillet, with marinade, until chicken is light brown and sauce is bubbly. Remove bay leaves. Stir pepper, onion, broccoli, and mushrooms into skillet and allow to simmer until tender, about 5 minutes.

While vegetables are cooking, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Return pasta to pot and add chicken mixture and spaghetti sauce. Stir. Pour mixture into 9x13 inch pan. Top with shredded cheese.

Bake in preheated oven for 20 minutes, or until cheese is melted. Serve.
Buffalo Chicken Dipping Balls

Ingredients

- 2 (12.5 fl oz) cans chunk chicken breast, drained and flaked
- 4 green onions, chopped
- 1 cup shredded sharp Cheddar cheese
- 1 cup shredded pepperjack cheese
- 1 cup hot pepper sauce (such as Frank’s RedHot®)
- 1 (1 ounce) package ranch dressing mix
- Oil for frying
- 1 cup all-purpose flour
- 3 eggs, beaten
- 1 cup plain bread crumbs

Directions

Mix the chicken, green onions, Cheddar cheese, pepperjack cheese, hot sauce, and ranch dressing mix together in a bowl; form the mixture into 1-inch balls with a scoop. Place the balls on a large, flat dish; chill in refrigerator 2 to 3 hours.

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Gently press the balls into the flour to coat and shake off any excess. Dip into the beaten egg and then press into bread crumbs. Place the breaded chicken balls onto a plate while breading the rest; do not stack.

Fry the breaded balls in the hot oil until slightly browned, about 1 minute.
Herb Fryer Chicken

**Ingredients**

- 1/3 cup lemon juice
- 1/4 cup olive or vegetable oil
- 1/4 cup minced fresh parsley
- 2 tablespoons finely chopped onion
- 3 garlic cloves, minced
- 1 tablespoon grated lemon peel
- 1 teaspoon minced fresh thyme
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 (3 pound) broiler-fryer chicken, cut up

**Directions**

In a large resealable plastic bag, combine the lemon juice, oil, parsley, onion, garlic, lemon peel, thyme, salt and pepper; add chicken. Seal bag and turn to coat; refrigerate overnight, turning occasionally. Drain and discard marinade. Grill chicken, covered, over medium heat for 35-40 minutes or until juices run clear, turning every 15 minutes.
**Ingredients**

- 2/3 cup dry potato flakes
- 1/3 cup grated Parmesan cheese
- 1 teaspoon garlic salt
- 1 (3 pound) chicken, skin removed, cut into pieces
- 1/3 cup butter, melted

**Directions**

Heat oven to 375 degrees F (190 degrees C). Grease or line with foil a baking sheet or a 13 x 9 inch baking pan.

In a medium bowl, combine potato flakes, Parmesan cheese, and garlic salt. Stir until well mixed.

Dip chicken pieces into melted butter or margarine, and roll in potato flake mixture to coat. Place in prepared pan.

Bake for 45 to 60 minutes, or until chicken is tender and golden brown.
Dill Lemon Chicken Pasta Salad

**Ingredients**

- 20 pounds skinless, boneless chicken breast halves, cooked and cut into bite-sized pieces
- 3 stalks celery, chopped
- 5 pounds lemon penne pasta
- 12 cups mayonnaise
- 1 cup lemon juice
- 2 teaspoons dried dill weed
- 4 cups buttermilk

**Directions**

In a large bowl combine the chicken, celery and pasta and toss together. In a separate large bowl, combine the mayonnaise, lemon juice and dill weed and mix well, then stir in buttermilk.

Add lemon dill mixture to chicken mixture and toss to coat. Cover bowl, chill for 20 minutes, and serve.
Chicken in Creamy Sun-Dried Tomato Sauce

**Ingredients**

- 2 (10.75 ounce) cans Campbell's® Condensed Cream of Chicken with Herbs Soup or Campbell's® Condensed Cream of Chicken Soup
- 1 cup Chablis or other dry white wine *
- 1/4 cup coarsely chopped pitted kalamata or oil-cured olives
- 2 tablespoons drained capers
- 2 cloves garlic, minced
- 1 (14 ounce) can artichoke hearts, drained and chopped
- 1 cup drained and coarsely chopped sun-dried tomatoes
- 8 (4 ounce) skinless, boneless chicken breast halves
- 1/2 cup chopped fresh basil leaves (optional)
- Hot cooked rice, egg noodles or mashed potatoes

**Directions**

Stir the soup, wine, olives, capers, garlic, artichokes and tomatoes in a 3 1/2-quart slow cooker. Add the chicken and turn to coat.

Cover and cook on LOW for 7 to 8 hours** or until the chicken is cooked through. Sprinkle with the basil, if desired. Serve with the rice.

*If using Chablis, substitute other dry white wine.
### Simple Chicken Brine

#### Ingredients

- 1 gallon warm water
- 3/4 cup kosher salt
- 2/3 cup sugar
- 3/4 cup soy sauce
- 1/4 cup olive oil

#### Directions

Pour the warm water into a container that is twice the volume of the water. Pour in the salt, sugar, soy sauce, and olive oil. Stir until the sugar and salt have dissolved, then allow the brine to cool to room temperature.

To use, place chicken in the brine, cover, and refrigerate two hours for skinless breasts, 4 hours for bone-in pieces, and 4 hours to overnight for whole chickens. Drain and pat the chicken dry before cooking. One gallon of brine is enough for 6 pounds of whole chicken or bone-in chicken pieces, and up to 10 pounds of skinless, boneless chicken breasts.
Ingredients

1/3 cup plain nonfat yogurt
1 tablespoon tandoori masala powder
1 1/2 pounds boneless, skinless chicken thighs, cut into 1-inch pieces
1/2 onion, chopped
1 (1 inch) piece fresh ginger
1 clove garlic
2 tablespoons water
3 tablespoons cooking oil, divided
2 teaspoons garam masala
1/4 teaspoon Indian chili powder
1 cup tomato sauce
1 cup half and half
2 tablespoons butter
1 teaspoon dried fenugreek leaves
1 teaspoon salt

Directions

Stir the yogurt and tandoori masala powder together in a large bowl until thoroughly combined; add the chicken and toss to coat evenly. Marinate in refrigerator for 1 hour. Drain and discard any excess marinade.

Puree the onion, ginger, and garlic with the water in a blender until it forms a smooth paste; set aside.

Heat 1 tablespoon oil in a large skillet over medium heat. Cook the chicken in the hot oil until lightly browned on all sides, about 5 minutes. Remove from skillet and set aside. Heat the remaining 2 tablespoons in the skillet. Fry the onion paste in the hot oil until the moisture is mostly evaporated, about 3 minutes. Sprinkle the garam masala and chili powder over the mixture; cook 1 minute more. Pour the tomato sauce into the mixture, reduce heat to medium-low, and cook another 5 minutes. Return the chicken to the pan along with the half and half; bring to a boil. Add the butter, fenugreek leaves, and salt; reduce heat to low and simmer uncovered until the chicken pieces are no longer pink in the middle, 15 to 20 minutes.
## Ingredients

- 1 cup uncooked long-grain white rice
- 2 cups water
- 2 tablespoons margarine
- 1 teaspoon dried parsley
- 2 tablespoons vegetable oil
- 1/2 medium onion, chopped
- 1 whole boneless, skinless chicken breast, cubed
- 1 1/2 teaspoons curry powder
- 1 teaspoon Worcestershire sauce
- 1/2 cup water
- 1 tablespoon orange zest

## Directions

Place rice and 2 cups water in a medium saucepan, and bring to a boil. Mix in margarine and parsley. Reduce heat, cover, and simmer 15 to 20 minutes.

Heat oil in a medium skillet over medium heat, and stir in the onion and chicken. Cook, stirring occasionally, 25 minutes, or until chicken is no longer pink and juices run clear.

Mix curry powder, Worcestershire sauce, and 1/2 cup water into the skillet with the chicken. Reduce heat, and simmer about 5 minutes. Stir in the orange zest. Continue cooking until most of the water has been reduced. Mix in the rice to serve.
Slow Cooker Italian Chicken Alfredo

**Ingredients**
- cooking spray
- 4 (4 ounce) skinless, boneless chicken breast halves
- 1/4 cup water
- 1 (.7 ounce) package dry Italian-style salad dressing mix
- 1 clove garlic, pressed
- 1 (8 ounce) package cream cheese, softened
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (4.5 ounce) can chopped canned mushrooms
- 1 (8 ounce) package spaghetti
- 1 tablespoon chopped fresh parsley

**Directions**

Spray the crock of a slow cooker with non-stick cooking spray. Place chicken breasts in crock. Combine Italian dressing mix, and water in a small bowl. Pour over chicken; sprinkle with garlic, cover, and cook on Low 4 hours.

After 4 hours, whisk softened cream cheese and cream of chicken soup together in a bowl. Pour over chicken; stir in mushrooms. Cover and cook on Low for 1 additional hour.

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the spaghetti, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Drain well in a colander set in the sink.

To serve, spoon chicken and sauce over hot cooked pasta and sprinkle with parsley.
Chicken Wellington Casserole

**Ingredients**
- 2 skinless, boneless chicken breast halves
- 2 teaspoons butter or margarine
- 1 (3 ounce) package cream cheese, softened
- 1/2 cup sliced fresh mushrooms
- 1 tablespoon chopped green onion
- 1/8 teaspoon salt
- Dash pepper
- 1 (4 ounce) package refrigerated crescent rolls

**Directions**
In a skillet, cook chicken in butter 3-4 minutes on each side. Place chicken in a greased 3-cup baking dish. In a bowl, combine cream cheese, mushrooms, onion, salt and pepper. Spoon over chicken. Unroll dough into one long rectangle; seal seams and perforations. If necessary, trim dough to fit top of dish and patch together by overlapping edges. Pinch edges to seal. Place over filling. Bake, uncovered, at 350 degrees F for 20 minutes or until heated through.
# Tangy Cereal-Coated Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/2 cup orange juice</td>
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<tr>
<td>1 teaspoon ground ginger</td>
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<tr>
<td>2 tablespoons honey</td>
<td></td>
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<tr>
<td>1 teaspoon Dijon-style prepared mustard</td>
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<tr>
<td>salt and pepper to taste</td>
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<tr>
<td>4 skinless, boneless chicken breasts</td>
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<tr>
<td>2 cups crushed buttery round crackers</td>
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<tr>
<td>1/4 cup wheat and barley nugget cereal (e.g. Grape-Nuts™)</td>
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<tr>
<td>1 tablespoon all-purpose flour</td>
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</tr>
<tr>
<td>4 tablespoons apricot marmalade for topping</td>
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</tbody>
</table>

## Directions

To Make Marinade: In a nonporous glass dish or bowl, combine the orange juice, ginger, honey, mustard, salt and pepper to taste. Mix together. Add chicken pieces and turn to coat. Cover dish and refrigerate for at least 2 hours to marinate.

Preheat oven to 350 degrees F (175 degrees C).

In a resealable plastic bag, mix together the crushed crackers, grape nuts and flour. Rinse chicken and pat semi-dry. Dredge in cracker mixture to coat and place in a lightly greased 9x13 inch baking dish. Bake in the preheated oven for 40 to 45 minutes. Remove from oven, top each chicken piece with a light coating of marmalade and put under broiler for 3 minutes. Voila!
# Creamed Chicken over Beans

## Ingredients

- 1/4 cup butter or margarine
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 cups water
- 1/4 cup milk
- 1 teaspoon chicken bouillon granules
- 2 cups cubed, cooked chicken
- 1 (16 ounce) package frozen cut green beans, cooked and drained
- Paprika

## Directions

In a saucepan, melt butter. Stir in flour, salt and pepper until smooth. Gradually add water, milk and bouillon. Bring to a boil; boil and stir for 2 minutes. Add the chicken and heat through. Serve over beans. Sprinkle with paprika if desired.
**Chicken and Eggplant Alfredo**

### Ingredients
- 5 cups vegetable oil
- 4 eggs, beaten
- 2 cups milk
- 5 cups dry Italian bread crumbs
- 3 large eggplants, sliced into 1/3 inch rounds
- 3 pounds skinless, boneless chicken breasts, cut into strips and pounded to 1/4 inch thick
- 16 ounces mozzarella cheese, grated
- 2 (16 ounce) jars Alfredo Sauce

### Directions
1. Heat oil in deep-fryer to 375 degrees F (190 degrees C). Preheat oven to 225 degrees F (110 degrees C).
2. Blend eggs and milk together in a large bowl. Place bread crumbs in another large bowl. Dip eggplant slices first into egg mixture, then bread crumbs, coating well. Fry in batches in hot oil, turning to brown evenly, then transfer to a paper towel-lined dish to drain. Repeat process for the chicken, lightly browning but not overcooking.
3. Generously grease a large, deep baking dish. Working in single layers, arrange eggplant, then chicken, then shredded mozzarella cheese, until all ingredients are gone. Pour Alfredo sauce evenly over the top.
4. Bake in the preheated oven for 30 minutes. Increase heat to 350 degrees F (175 degrees C), and continue baking for another 20 minutes. Serve hot.
Simple Chicken Gravy

**Ingredients**

- 1/2 cup all-purpose flour
- 1 cup water, or as needed
- 1 (3 pound) roasted chicken (drippings from chicken)

**Directions**

Add water to the chicken drippings to make about 1 1/2 cups of liquid in the bottom of the roaster.

Whisk water into the flour until it is thick, but not pasty. Whisk the flour/water mixture into the drippings, and put the roaster on the stove over medium heat. Stir constantly until mixture is thickened and bubbly. Add salt and pepper to taste.
In a shallow bowl, combine the first four ingredients. Pound the chicken to 1/4-in. thickness; dip into citrus mixture. In a large skillet over medium heat, brown the chicken in oil for about 2 minutes per side. Remove chicken. In the same skillet, cook garlic, onions and ginger in butter for 1 minute. Add flour and salt; cook and stir for 1 minute. Gradually stir in milk; bring to a boil. Cook and stir for 2 minutes. Return chicken to pan; sprinkle with parsley. Simmer for 8-10 minutes or until chicken juices run clear, turning occasionally.
Ingredients

- 6 skinless, boneless chicken breasts
- 1 (10.75 ounce) can low-sodium chicken broth
- 3/4 cup apricot preserves
- 1 tablespoon light soy sauce
- 1 tablespoon cornstarch
- 1 tablespoon water

Directions

Spray a large skillet with nonstick cooking spray. Brown chicken in heated skillet.

Add chicken broth, jam and soy sauce. Simmer for 20 minutes or until chicken is done (no longer pink in the center).

Remove chicken from skillet. Add 1 tablespoon cornstarch and 1 tablespoon water to sauce to thicken (equal amounts more of each if you like it thicker). Return chicken to skillet and turn to coat thoroughly with sauce.
Our Perfect Zesty Chicken Tortilla Bake

Ingredients

- 1/2 cup MIRACLE WHIP Dressing
- 1/2 cup flour
- 3 cups milk
- 2 cups Kraft Tex Mex Shredded Cheese, divided
- 1 1/2 pounds boneless skinless chicken breasts, cooked, cut into bite-size pieces
- 1/2 cup salsa
- 1/2 cup chopped fresh parsley
- 16 small flour tortillas

Directions

Heat oven to 375 degrees F.

Mix dressing and flour in medium saucepan with whisk until well blended. Gradually stir in milk. Bring to boil on medium heat, stirring constantly; cook and stir until thickened. Add 1 cup cheese; cook until melted, stirring constantly. Reserve 1 cup sauce.

Stir chicken, salsa and parsley into remaining sauce; spoon 1/3 cup down centre of each tortilla. Roll up. Place 8 roll-ups, seam-sides down, in each of 2 (13x9-inch) baking dishes sprayed with cooking spray; top with reserved sauce and remaining cheese.

Bake 25 minutes or until heated through.
Ingredients

1 (50 ounce) can whole cooked chicken, drained, bones and skin removed
2 (10.75 ounce) cans condensed cream of chicken soup
1 1/8 cups water
1 (8 ounce) package dry bread stuffing mix
6 hamburger buns, split

Directions

Shred chicken, and place in a large pot or slow cooker. Stir in soup and water. Stir in the seasoning mix from the stuffing, and then stir in the dry stuffing mix. Cook over medium heat until heated through. Spoon onto buns, and serve.
**Chicken Katsu**

**Ingredients**
- 4 skinless, boneless chicken breast halves - pounded to 1/2 inch thickness
- salt and pepper to taste
- 2 tablespoons all-purpose flour
- 1 egg, beaten
- 1 cup panko bread crumbs
- 1 cup oil for frying, or as needed

**Directions**
Season the chicken breasts on both sides with salt and pepper. Place the flour, egg and panko crumbs into separate shallow dishes. Coat the chicken breasts in flour, shaking off any excess. Dip them into the egg, and then press into the panko crumbs until well coated on both sides.

Heat 1/4 inch of oil in a large skillet over medium-high heat. Place chicken in the hot oil, and cook 3 or 4 minutes per side, or until golden brown.
# Sage Apple Chicken with Brie

## Ingredients
- 1 cup red wine
- 1/4 cup olive oil
- 1 teaspoon salt, divided
- 1 tablespoon dried sage, divided
- 2 skinless, boneless chicken breast halves
- 1 Red Delicious apple, cored and sliced
- 4 slices Brie cheese

## Directions
In a large resealable bag, combine the red wine, olive oil, 1/2 teaspoon of salt and 1/2 teaspoon sage. Place the chicken in the bag, seal and shake to coat. Place in the refrigerator to marinate overnight.

Preheat the oven to 400 degrees F (200 degrees C). Place the chicken on a baking sheet. Season with the remaining sage and salt. Discard marinade.

Bake for about 25 minutes, or until chicken juices run clear. Remove from the oven and top each piece of chicken with slices of apple and Brie cheese. Return to the oven and set it to Broil.

Broil the chicken for about 5 minutes, or until the apple and cheese are toasted.
### Peanut Chicken Salad

#### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup sugar</td>
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<tr>
<td>1/4 cup cider vinegar</td>
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</tr>
<tr>
<td>1 1/2 teaspoons vegetable oil</td>
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<tr>
<td>1/2 teaspoon salt</td>
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</tr>
<tr>
<td>Dash pepper</td>
<td></td>
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<tr>
<td>4 cups shredded lettuce</td>
<td></td>
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<tr>
<td>2 cups cubed, cooked chicken</td>
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<tr>
<td>1 (15 ounce) can mandarin oranges, drained</td>
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<tr>
<td>1 celery rib, thinly sliced</td>
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</tr>
<tr>
<td>1 cup chow mein noodles</td>
<td></td>
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<tr>
<td>1/2 cup salted peanuts, toasted</td>
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</tbody>
</table>

#### Directions

In a jar with a tight-fitting lid, combine the first five ingredients; shake well. In a serving bowl, combine the lettuce, chicken, oranges, celery and onion; stir in chow mein noodles and peanuts. Pour dressing over salad and toss to coat. Serve immediately.
# Roasted Lemon Balm Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1/4 cup lemon balm leaves, divided</td>
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<tr>
<td>1/4 cup fresh sage leaves, divided</td>
<td></td>
</tr>
<tr>
<td>1/4 cup softened butter</td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
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</tr>
<tr>
<td>1 (3 1/2) pound whole chicken</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon garlic powder</td>
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<tr>
<td>2 tablespoons olive oil</td>
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</table>

## Directions

Preheat an oven to 400 degrees F (200 degrees C).

Set aside 1/3 of the whole lemon balm leaves and 1/3 of the whole sage leaves. Chop the remaining lemon balm and sage. Place the chopped herbs into a mixing bowl with the butter. Season to taste with salt and pepper, and stir until evenly mixed. Loosen the skin of the chicken, and rub the butter mixture underneath the skin, over the breast and legs. Rub the skin of the chicken with garlic powder, salt, and pepper. Place the reserved herbs into the cavity of the chicken, and place breast-side-down onto a roasting pan.

Roast in the preheated oven 30 minutes, then turn chicken breast-side-up, and continue baking until no longer pink at the bone and the juices run clear, about 20 minutes more. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C). Remove the chicken from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area for 10 minutes before slicing.
Chicken-Stuffed Shells with Sherry Sauce

**Ingredients**

- 1 tablespoon olive oil
- 4 ounces button mushrooms, sliced
- 2 ounces shiitake mushrooms, thinly sliced
- 1/4 cup dry sherry
- 1 tablespoon olive oil
- 2 skinless, boneless chicken breast halves
- 1 teaspoon minced garlic
- 1/2 teaspoon dried thyme
- 1 cup chicken broth
- 1 cup ricotta cheese
- 1/4 cup shredded Gruyere cheese
- 1 (8 ounce) package jumbo pasta shells
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1/4 cup dry sherry
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper
- 3/4 cup milk
- 1/4 cup shredded Gruyere cheese
- 3 tablespoons grated Parmesan cheese

**Directions**

In nonstick skillet over medium-high heat, heat 1 tablespoon olive oil. Introduce button and shiitake mushrooms and cook, stirring constantly 2 minutes. Stir in 1/4 cup sherry and continue to cook until mushrooms are soft and liquid has reduced by half. Remove mushrooms with slotted spoon; set aside. Reserve mushroom sherry liquid; set aside.

In same skillet, still over medium-high heat, heat 1 tablespoon olive oil. Place chicken breasts and garlic in pan and brown chicken on both sides. Sprinkle with the thyme, pour in the chicken broth, lower the heat and cover. Simmer until chicken is cooked through and no longer pink, 10 minutes. Remove chicken from broth and let cool. Reserve broth; set aside.

Shred cooled chicken with two forks or by pulsing in a food processor. In large bowl, stir together shredded chicken, ricotta, 1/4 cup Gruyere, and mushroom mixture until well combined.

Combine reserved chicken broth and reserved sherry-mushroom liquid to equal 1/2 cup. Skim off any oil that rises to the top.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 baking dish. In a small saucepan, melt butter over medium heat. Dump in flour all at once and stir quickly with whisk to make a roux. Add 1/4 cup sherry and reserved broth/mushroom liquid a little at a time, whisking constantly until smooth. Sprinkle in salt and pepper, reduce heat to low, and stir constantly until thickened. Slowly whisk in milk and 1/4 cup Gruyere until completely incorporated and smooth.

Stuff each pasta shell with about 2 tablespoons chicken mixture and place shells closely packed in a single layer in prepared baking dish. Spoon the sauce over the shells and sprinkle with Parmesan. Bake 30 minutes, or until heated through and bubbly. Serve immediately.
Bou's Chicken

Ingredients

1/4 cup prepared mustard  
1/4 cup white sugar  
1/4 cup soy sauce  
1/4 cup distilled white vinegar  
1 cup ketchup  
1 cup water  
1 (3 pound) whole chicken

Directions

In a medium pot with a lid, blend together mustard, sugar, soy sauce, white vinegar, ketchup and water in the order listed. Bring the sauce to a boil.

Add the chicken pieces, and turn down the heat. Place the lid slightly ajar on the pot. Simmer for approximately 45 minutes, or till the chicken is no longer pink and the juices run clear.
## Ingredients

1 (10.75 ounce) can Campbell’s® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
3/4 cup water
1/2 cup grated Parmesan cheese
2 tablespoons chopped fresh parsley
1/4 cup chopped red pepper or pimiento
4 cups cooked spaghetti
2 (4.5 ounce) cans Swanson® Premium Chunk Chicken Breast in Water, drained

## Directions

Heat the soup, water, cheese, parsley, pepper, spaghetti and chicken in a 2-quart saucepan over medium heat until the mixture is hot and bubbling.
Thai Chicken

**Ingredients**

- 1 cup soy sauce
- 8 cloves garlic, minced
- 1 tablespoon minced fresh ginger root
- 2 tablespoons hot pepper sauce
- 2 pounds skinless chicken thighs
- 1 tablespoon sesame oil
- 1 tablespoon brown sugar
- 1 onion, sliced
- 1/2 cup water
- 4 tablespoons crunchy peanut butter
- 2 tablespoons green onions, chopped

**Directions**

In a large bowl, combine the soy sauce, garlic, ginger and hot pepper sauce. Mix well and place chicken in the bowl, turning to coat evenly. Cover and marinate in the refrigerator for at least one hour.

Heat the sesame oil in a Dutch oven over medium high heat. Add the brown sugar, stirring until dissolved. Add the onion and saute for 5 minutes. Add the chicken parts and saute for 5 minutes, turning to brown evenly. Pour in marinade, add the water and bring to a boil.

Reduce heat to low and simmer for 15 to 20 minutes. Add the peanut butter, stirring well, and simmer for 10 more minutes. Transfer chicken to a serving platter, pour sauce over, and garnish with the chives.
# Tangy Chicken with Pistachios and Fruit

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4 pound skinless chicken thighs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 (15 ounce) can sliced peaches, drained</td>
<td></td>
<td>juice reserved</td>
</tr>
<tr>
<td>1 (8.75 ounce) can apricot halves, drained</td>
<td></td>
<td>juice reserved</td>
</tr>
<tr>
<td>1 tablespoon white vinegar, or to taste</td>
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<td></td>
</tr>
<tr>
<td>1/2 cup shelled pistachio nuts</td>
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<td></td>
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<tr>
<td>1 teaspoon curry powder</td>
<td></td>
<td>(optional)</td>
</tr>
<tr>
<td>1 teaspoon garam masala</td>
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<td>(optional)</td>
</tr>
</tbody>
</table>

## Directions

1. Preheat the oven to 375 degrees F (190 degrees C).
2. Place the chicken thighs in a shallow baking dish. Drain the peaches and apricots, reserving the juice in a small bowl. Stir the vinegar into the juice, and adjust the amount to taste if necessary. Season with curry powder and garam masala and stir to blend. Arrange the peaches and apricots around the chicken thighs, and pour the flavored syrup over all. Sprinkle the pistachios on top.
3. Bake uncovered for 1 hour in the preheated oven, until sauce has thickened and chicken juices run clear.
### Ingredients

- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon paprika
- 1 egg
- 2 tablespoons milk
- 6 skinless, boneless chicken breast halves
- 4 tablespoons butter
- 1/2 pound fresh mushrooms, sliced
- 1/4 cup chopped onion
- 1 cup chicken broth
- 1/2 cup white wine
- 2 tablespoons lemon juice
- 1 tablespoon cornstarch
- 1 tablespoon chopped fresh parsley, for garnish

### Directions

In a shallow dish or bowl, mix together flour, salt and paprika. In a separate dish or bowl mix together egg and milk. Dip chicken pieces in egg mixture, then in seasoned flour.

In a large skillet, heat butter or margarine over medium high heat. Saute chicken pieces until golden brown. Add mushrooms and onion and saute for 3 to 5 minutes.

In a medium bowl combine the broth, wine, lemon juice and cornstarch. Mix together and pour mixture over chicken and mushrooms. Reduce heat to medium low and let chicken mixture simmer for 25 minutes or until chicken is cooked through and juices run clear. Sprinkle with parsley and serve.
Pepper Chicken Piccata

**Ingredients**

- 3 tablespoons vegetable oil
- 2 red bell peppers, seeded and diced
- 2 large sweet onions, peeled and cut into wedges
- 1 1/2 pounds skinless, boneless chicken breast halves - cut into cubes
- 2 cloves garlic, minced
- 1 pinch ground cayenne pepper
- 1 lemon, juiced
- 2 tablespoons butter
- 2 tablespoons chopped fresh parsley
- salt and pepper to taste

**Directions**

In a large skillet, heat oil. Saute red bell peppers and onions until they begin to soften. Remove from skillet with a slotted spoon and set aside. Add cubed chicken to skillet and brown lightly. Add garlic and ground red pepper. Reduce heat slightly and saute, covered, for 1 to 2 minutes, until garlic is golden brown.

Using a wooden spoon, add lemon juice, stirring to break up particles on bottom of skillet (deglozing). Add butter/margarine, stirring and blending well into the sauce. Return bell pepper and onion to skillet, stir all together and add parsley. Season with salt and pepper to taste and serve.
## Southwestern Chicken and Rice Casserole

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup</td>
<td>Regular or 98% Fat Free</td>
</tr>
<tr>
<td>1 cup water</td>
<td></td>
</tr>
<tr>
<td>1 cup Pace® Thick &amp; Chunky Salsa</td>
<td></td>
</tr>
<tr>
<td>3/4 cup uncooked regular long-grain white rice</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon onion powder</td>
<td></td>
</tr>
<tr>
<td>1 cup frozen whole kernel corn, thawed</td>
<td></td>
</tr>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1/2 cup shredded Mexican cheese blend</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

1. Stir soup, water, salsa, rice, onion powder and corn in 12x8-inch shallow baking dish.
2. Top with chicken. Season chicken as desired. Cover.
3. Bake at 375 degrees F for 45 minutes or until chicken and rice are done. Top with cheese.
**Ingredients**

2 cups cubed cooked chicken breast meat  
1 (16 ounce) package frozen mixed vegetables, thawed  
1 (10.75 ounce) can condensed cream of potato soup  
1 (10.75 ounce) can condensed cream of chicken soup  
2 cups skim milk

**Directions**

In a medium sauce pan combine chicken, mixed vegetables, cream of potato soup, cream of chicken soup and milk. Heat through and serve with crumbled crackers on top.
Chicken Cigar Wraps with Paprika Sauce

Ingredients

- 1 pound ground chicken
- 2 shallots, chopped
- 2 teaspoons Marsala wine
- 1 tablespoon paprika
- 4 teaspoons ground cumin
- 1 teaspoon garlic powder
- 2 teaspoons red pepper flakes
- 1 (16 ounce) package frozen phyllo dough, thawed
- 2 tablespoons finely chopped fresh parsley
- 1/2 cup butter, melted
- 1/4 cup chicken broth
- 1/4 cup heavy cream
- 3/4 cup sour cream
- 2 tablespoons paprika
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper

Directions

Preheat the oven to 425 degrees F (220 degrees C).

In a medium bowl, mix together the ground chicken, shallots, wine, paprika, cumin, garlic powder, and red pepper flakes.

Lay out one phyllo sheet on a clean surface, and brush with a light layer of melted butter. Place another sheet on top. Form a 1/2 inch thick strip of the chicken mixture along the long side of the sheets of dough. Roll up like a long cigar, dabbing the end of the dough with a little butter to seal. Cut into 3 inch sections to make cigars. You should get 3 cigars per roll. Place the cigars in a baking dish, and repeat the process with the remaining dough and filling.

Bake for 18 minutes in the preheated oven, or until the rolls are deep golden brown and crispy.

While the cigars are baking, whisk together the cream, sour cream, paprika, salt, and cayenne pepper in a small saucepan over medium heat. Cook and stir just until the sauce is hot. Do not boil. Remove from heat and serve as a dipping sauce for the cigars.
**Italian Chicken**

**Ingredients**
- 4 (4 ounce) boneless skinless chicken breast halves
- 1 cup Italian salad dressing
- 2 tablespoons grated Parmesan cheese
- 1/4 teaspoon salt
- Minced fresh parsley

**Directions**
Place chicken in a greased 9-in. square baking dish. Drizzle with salad dressing; sprinkle with Parmesan cheese and salt if desired. Bake, uncovered, at 375 degrees F for 20-25 minutes or until chicken juices run clear. Sprinkle with parsley.
### Ingredients
- 1 pound skinless, boneless chicken breasts, cut into cubes
- Garlic powder
- 2 tablespoons light soy sauce, divided
- 1 cup COLLEGE INN® Light & Fat Free Chicken Broth
- 1 tablespoon cornstarch plus 1 teaspoon cornstarch
- 2 tablespoons honey
- 1 tablespoon finely chopped ginger
- 1 cup rice
- 1 tablespoon oil
- 4 cups washed baby spinach

### Directions
1. Season chicken with garlic powder, 1 tablespoon soy sauce, salt and pepper if desired.

2. Combine remaining soy sauce with broth, cornstarch, honey and ginger; set aside.

3. Prepare rice according to package directions, using College Inn Chicken broth for the water.

4. When rice is almost ready, cook chicken in oil over medium-high heat in large skillet, 5 minutes. Stir in baby spinach. Cook 1 minute. Stir broth/cornstarch mixture, and add to skillet. Cook, stirring constantly until sauce is thickened and translucent. Serve chicken and spinach over rice.
Broccoli Chicken Delight

**Ingredients**

1 (16 ounce) package frozen broccoli, thawed
3 1/2 cups cubed cooked chicken
2 (10.75 ounce) cans condensed cream of chicken soup, undiluted
1 cup mayonnaise*
1 tablespoon lemon juice
1/4 teaspoon curry powder
2 cups shredded Cheddar cheese
1 cup crushed butter-flavored crackers

**Directions**

In a greased 13-in. x 9-in. x 2-in. baking dish, layer broccoli and chicken. In a bowl, combine the soup, mayonnaise, lemon juice and curry; pour over chicken. Sprinkle with cheese and cracker crumbs. Cover and bake at 350 degrees F for 1 hour or until heated through.
**Pineapple Chicken Bites**

**Ingredients**
- 1 pound skinless, boneless chicken breast halves - cubed
- 2 (8 ounce) packages refrigerated crescent roll dough
- 1 (8 ounce) can pineapple chunks, drained with juice reserved
- 3 tablespoons honey
- 1 tablespoon ground ginger

**Directions**
- Place chicken in a large, deep skillet with 1 to 2 tablespoons vegetable oil. Cook over medium high heat until no longer pink. Drain and set aside.

- Preheat oven to 350 degrees F (175 degrees C).

- Separate crescent roll dough into individual triangles. Place triangles in a single layer on a large baking sheet.

- In a small bowl, mix 3 teaspoons reserved pineapple juice, honey and ground ginger.

- Brush each crescent roll dough triangle with the pineapple juice mixture. Place one pineapple chunk and approximately 1 tablespoon chicken meat on each triangle. Roll and seal each triangle individually.

- Bake in the preheated oven 15 minutes, or until golden brown.
Jay's Jerk Chicken

Ingredients

- 6 green onions, chopped
- 1 onion, chopped
- 1 jalapeno pepper, seeded and minced
- 3/4 cup soy sauce
- 1/2 cup distilled white vinegar
- 1/4 cup vegetable oil
- 2 tablespoons brown sugar
- 1 tablespoon chopped fresh thyme
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice
- 1 1/2 pounds skinless, boneless chicken breast halves

Directions

In a food processor or blender, combine the green onions, onion, jalapeno pepper, soy sauce, vinegar, vegetable oil, brown sugar, thyme, cloves, nutmeg and allspice. Mix for about 15 seconds.

Place the chicken in a medium bowl, and coat with the marinade. Refrigerate for 4 to 6 hours, or overnight.

Preheat grill for high heat.

Lightly oil grill grate. Cook chicken on the prepared grill 6 to 8 minutes, until juices run clear.
**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1 (4 ounce) can sliced black olives, drained
- 1 (15 ounce) can cannellini beans, rinsed and drained
- 1 (26.5 ounce) can roasted garlic flavored spaghetti sauce

**Directions**

Preheat the oven to 400 degrees F (200 degrees C). Coat a 9x13 inch baking dish with nonstick cooking spray.

Place the chicken breasts in the baking dish, and sprinkle olives over the top. Pour the beans over the chicken, then pour the spaghetti sauce over everything.

Cover, and bake for 30 minutes in the preheated oven. Remove the cover, and continue baking for 10 minutes, or until chicken is no longer pink inside.
## Summertime Chicken and Pasta Salad

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>6 eggs</td>
<td></td>
</tr>
<tr>
<td>1 (16 ounce) package farfalle (bow tie) pasta</td>
<td></td>
</tr>
<tr>
<td>6 chicken tenders</td>
<td></td>
</tr>
<tr>
<td>1 cucumber, sliced</td>
<td></td>
</tr>
<tr>
<td>1 bunch radishes, trimmed and sliced</td>
<td></td>
</tr>
<tr>
<td>2 carrots, peeled and sliced</td>
<td></td>
</tr>
<tr>
<td>3 green onions, thinly sliced</td>
<td></td>
</tr>
<tr>
<td>1/2 red onion, chopped</td>
<td></td>
</tr>
<tr>
<td>1/2 (16 ounce) bottle Italian-style salad dressing</td>
<td></td>
</tr>
<tr>
<td>4 romaine lettuce hearts, thinly sliced</td>
<td></td>
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</tbody>
</table>

### Directions

1. Hard boil the eggs by placing them into a saucepan in a single layer. Fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes. Pour out the hot water, then cool the eggs under cold running water in the sink. Peel once cold.

2. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the bow tie pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Drain well in a colander set in the sink, and rinse with cold water.

3. Simmer the chicken tenders in about 1/4 cup of water in a saucepan over medium-low heat, until no longer pink inside. Remove the tenders from the water, and set aside to cool.

4. Cut the tenders into bite-size pieces. Slice the eggs. Combine the cooked pasta, chicken, eggs, cucumber, radishes, carrots, green onions, and red onion in a salad bowl, and pour the Italian dressing over. Toss lightly to mix, and refrigerate the salad for at least 1 hour, or until cold.

5. Place about 3/4 cup of sliced romaine hearts on each plate, then top with about 1 cup of pasta-chicken salad to serve.
## Roasted Vegetable Chicken

### Ingredients

- 1 (4 pound) whole chicken
- Salt and pepper to taste
- 6 whole onions
- 4 carrots, cut into 2 inch pieces
- 4 stalks celery, chopped
- 6 potatoes, peeled
- 1 cup water

### Directions

Preheat oven to 325 degrees F (165 degrees C).

Season chicken with salt and pepper to taste; place in a large roasting pan. Arrange vegetables around chicken, add water to the bottom of the pan, and cover pan tightly.

Roast at 325 degrees F (165 degrees C), basting occasionally, for 2 hours or until chicken is golden brown and tender and juices run clear.
Rosemary and Peppercorn Chicken

**Ingredients**
- 3 tablespoons cracked pink peppercorns
- 3 tablespoons cracked green peppercorns
- 2 skinless, boneless chicken breast halves
- 1 cup heavy cream
- 1/2 cup butter, divided
- 1 clove garlic, pressed
- 1/2 teaspoon dried rosemary

**Directions**
Mix together the pink and green peppercorns. Spread over the both sides of the chicken breasts. Pound the chicken with a tenderizing mallet until it is half as thick as it was before.

Melt half of the butter in a skillet over medium heat. Fry chicken breasts for about 5 minutes per side, or until nicely browned and no longer pink in the center. Remove chicken to a serving dish, and keep warm.

Stir the remaining butter, heavy cream, garlic and rosemary into the skillet, mixing into the juices from the chicken. Simmer, stirring constantly, for 5 minutes. Pour sauce over the chicken, and serve.
Portuguese Chicken I

Ingredients

- 1/4 cup butter
- 4 bone-in chicken breast halves, with skin
- 1 1/2 cups chicken stock, or as needed
- 1 cup dry white wine
- 4 cloves garlic, peeled
- 1 tablespoon all-purpose flour
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 cup heavy cream

Directions

Melt butter in a large skillet over medium-high heat. Add chicken breasts, and cook until nicely browned on both sides. Pour in chicken stock and white wine, using enough chicken stock so that the chicken pieces are covered halfway to two thirds by liquid. Add whole garlic cloves. Reduce heat to medium-low, sprinkle flour over the top of the contents of the pan and cover with a lid. Simmer for 40 to 45 minutes, until chicken is cooked through.

When chicken is cooked through, remove to a dish, and keep warm. Boil the liquid in the skillet until it is reduced to about 1 1/2 cups. Whisk cream into the reduced liquid, breaking up the garlic cloves as much as you can. Return chicken to the pan, and heat through.
Hunan-Style Chicken

**Ingredients**

- 1 tablespoon honey
- 1 teaspoon black peppercorns
- 1/2 teaspoon salt
- 2 tablespoons dark soy sauce
- 2 tablespoons dry sherry
- 6 boneless skinless chicken thighs, cut into chunks
- 3 tablespoons vegetable oil
- 1 tablespoon minced fresh ginger root
- 1 tablespoon minced garlic
- 1 tablespoon crumbled dried red chile pepper
- 4 green onions, chopped
- 1 teaspoon hot bean sauce
- 2 tablespoons Chinese black vinegar
- 1 teaspoon sesame oil

**Directions**

Stir together the honey, peppercorns, salt, soy sauce, and sherry in a large bowl; add the chicken and toss to coat.

Heat the oil in a large skillet over medium-high heat. Add the ginger, garlic, red chile pepper, and green onions; cook and stir until fragrant, no more than 30 seconds. Stir in the chicken and soy sauce mixture; fry another 3 minutes. Reduce heat to low, cover. Simmer until the chicken is no longer pink in the center, 5 to 10 minutes. Whisk together the chili beans, vinegar, and sesame oil in a small bowl; pour over the chicken and stir. Turn heat to high and allow to cook 1 minute. Serve immediately.
Spinach Chicken Pockets

Ingredients

3/4 pound skinless, boneless chicken breast halves
1/2 cup reduced-fat plain yogurt
2 tablespoons reduced-fat mayonnaise
1 tablespoon Dijon mustard
1/4 teaspoon ground cumin
1/8 teaspoon cayenne pepper
2 cups fresh baby spinach
1/2 cup chopped seeded cucumber
2 green onions, sliced
4 (6-inch) pita breads, halved

Directions

In a large nonstick skillet coated with nonstick cooking spray, cook chicken over medium heat for 10-12 minutes on each side or until juices run clear. Remove; thinly sliced chicken and cool.

Meanwhile, in a small bowl, combine the yogurt, mayonnaise, mustard, cumin and cayenne; set aside. In a large bowl, combine the spinach, cucumber, onions and chicken. Drizzle with yogurt mixture; toss to coat. Microwave pita breads for 15-20 seconds or until warmed. Fill each half with 1/2 cup chicken mixture.
Chicken with Homemade Noodles

**Ingredients**

- 1 broiler/fryer chicken (3 to 4 pounds), cut up
- 3 cups water
- 1 medium onion, chopped
- 1/2 cup chopped green pepper
- 1 celery rib, sliced
- 3 garlic cloves, minced
- 1 teaspoon chicken bouillon granules
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

**NOODLES:**
- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 cup egg substitute
- 2 tablespoons fat-free milk
- 1 tablespoon snipped chives
- 1 teaspoon minced fresh parsley

**Directions**

Place the first nine ingredients in a Dutch oven; slowly bring to a boil. Reduce heat; skim foam. Cover and simmer for 1 hour or until chicken is tender. Refrigerate broth and chicken for several hours or overnight.

For noodles, combine flour and salt in a small bowl. Combine egg substitute and milk; stir into flour mixture. Mix until well blended. Shape into a ball; knead on a lightly floured surface for 4-5 minutes. Roll out into a paper-thin rectangle. Dust top of dough with flour. Roll up jelly-roll style. Using a sharp knife, cut into 1/4-in. slices. Unroll noodles; allow to dry for at least 1 hour.

Skim fat from the broth. Strain broth and return to pan, discarding vegetables. Discard chicken skin. Bone and cube chicken; discard bones and set chicken aside. Bring broth to a boil. Add noodles slowly; cook for 2-5 minutes or until tender. Add chicken; heat through. Garnish with chives and parsley if desired.
Italian Baked Chicken

Ingredients

- 1 tablespoon butter
- 3/4 cup Italian seasoned bread crumbs
- 1/4 cup flax seed meal
- 3 tablespoons grated Romano cheese
- 1 tablespoon dried parsley
- 3 eggs, beaten
- 1/2 cup all-purpose flour
- 6 skinless, boneless chicken breast halves

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly coat a medium baking dish with the butter.

In a shallow dish, mix the bread crumbs, flax seed, Romano cheese, and parsley. Place the beaten eggs and flour in 2 separate shallow bowls. Dredge chicken in the flour, dip in eggs, and press into the bread crumb mixture to coat. Arrange coated chicken in the prepared baking dish.

Cover, and bake 40 minutes in the preheated oven, or until chicken juices run clear. Turn on the oven broiler. Remove cover, and broil chicken 5 minutes, until coating is lightly browned.
## Homestyle Chicken and Biscuits

### Ingredients

- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup or Campbell's® Condensed 98% Fat Free Cream of Chicken Soup
- 1/4 cup milk
- 3/4 cup shredded Cheddar cheese
- 1/4 teaspoon ground black pepper
- 1 (16 ounce) bag frozen vegetable combination (broccoli, cauliflower, carrots)
- 2 (4.5 ounce) cans Swanson® Premium Chunk Chicken, drained
- 1 package refrigerated biscuits

### Directions

Mix soup, milk, cheese and pepper in 3-quart shallow baking dish. Stir in vegetables and chicken.

Bake at 400 degrees F for 15 minutes. Stir chicken mixture.

Top with biscuits. Bake 15 minutes or until biscuits are golden.
Ingredients

3 pounds chicken wings, separated at joints, tips discarded
1/2 cup butter
1 cup hot sauce
1/2 teaspoon cayenne pepper
1/4 teaspoon freshly ground black pepper

Directions

Preheat grill for high heat.

Lightly oil the grill grate. Cook the wings 8 to 12 minutes on each side, until juices run clear. The larger pieces will take slightly longer to cook.

Melt the butter in a saucepan, and mix in the hot sauce, cayenne pepper, and black pepper.

Place wings in a large container with a secure lid. Pour sauce over the wings, and seal. Shake wings with the sauce until thoroughly coated.
## Ingredients

- 2 (10 ounce) cans chunk chicken
- 1 cup sliced celery
- 1 cup halved seedless green grapes
- 1 cup halved seedless red grapes
- 1/4 cup dried cranberries
- 2 teaspoons dried chives
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 3/4 cup mayonnaise
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper

## Directions

Mix together the chicken, celery, green grapes, red grapes, cranberries, and chives in a bowl. Whisk together the honey, mustard, mayonnaise, salt, and pepper in a separate bowl. Add the mustard mixture to the chicken mixture, stir to coat.
Mediterranean Chicken and Orzo Salad In Red

**Ingredients**

- 1/2 pound uncooked orzo pasta
- 1/4 cup olive oil
- 1/3 cup red wine vinegar
- 1 teaspoon Dijon mustard
- 3/4 teaspoon garlic powder
- 3/4 teaspoon dried oregano
- 3/4 teaspoon dried basil
- 3/4 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup grape tomatoes, cut in half
- 1/4 cup black olives, cut in half lengthwise
- 2 ounces crumbled feta cheese
- 1 grilled chicken breast half, diced
- 2 red bell peppers, cut in half lengthwise and seeded
- 4 sprigs fresh oregano

**Directions**

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the orzo, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well in a colander set in the sink, transfer to a bowl, and let cool in the refrigerator.

In a small bowl, whisk together the olive oil, red wine vinegar, Dijon mustard, garlic powder, oregano, basil, onion powder, salt, and pepper. In a large bowl, stir together the cooked orzo, tomatoes, olives, feta cheese, and chicken breast meat until thoroughly combined. Pour the dressing over the orzo mixture, lightly mix to coat all ingredients with dressing, and spoon into the red pepper halves. Garnish each serving with an oregano sprig.
Ingredients

4 skinless, boneless chicken breasts
1/4 cup soy sauce
1 pinch garlic powder
1/4 teaspoon dried sage
3 green bell pepper, minced
1 onion, chopped
2 carrots, sliced thin
2 tablespoons olive oil

Directions

Slice chicken into small cubes.

Heat oil in a wok or frying pan over medium high heat. Brown chicken. Add carrots, and cook with chicken until slightly cooked. Add onions, bell peppers, sage, garlic powder, and soy sauce. Stir and cook continuously until chicken and vegetables are done, about five to ten minutes.
Koula's Best Ever Chicken Gyros

**Ingredients**

- 3 skinless, boneless chicken breast halves - cut into 1/2 inch strips
- 2 tablespoons ketchup
- 2 tablespoons olive oil
- 1 1/2 teaspoons white wine vinegar
- 1 teaspoon dried oregano
- 1 teaspoon mustard powder
- 1 1/2 teaspoons curry powder, or to taste
- 4 pita breads, cut in half
- 2 cups mixed salad greens
- 1 cup plain yogurt

**Directions**

Place the chicken strips side by side in a broiling pan. In a cup or small bowl, stir together the ketchup, olive oil, white wine vinegar, oregano, mustard powder and curry powder. Pour over the chicken. Allow the chicken to marinate while you preheat the oven's broiler.

Broil uncovered for 15 minutes with the meat about 6 inches from the heat. Just until the chicken is cooked through, but not browned. If left too long, it will turn stringy and dry.

Place hot chicken into pita pockets and spoon some of the juices from the pan over it. Top with salad greens and plain yogurt.
Josephine's Puerto Rican Chicken and Rice

Ingredients

- 1 tablespoon vegetable oil
- 5 chicken drumsticks
- 1 small onion, chopped
- 1/2 cup pitted green olives
- 2 tablespoons capers
- 1 (8 ounce) can tomato sauce
- 3 tablespoons shortening
- 2 tablespoons achiote seed
- 4 cups boiling water
- 4 cups uncooked jasmine rice

Directions

In a large saucepan saute chicken, onions, olives and capers over medium heat. Pour in a little juice from the olives to add more olive flavor. As the onion begins to turn clear and the chicken begins to brown, add tomato sauce. Saute mixture until everything is lightly cooked. Reduce heat to low.

In a small saucepan melt shortening over medium heat; add achiote seeds. When the shortening turns red remove it from the heat and strain out the seeds. Mix oil into chicken/tomato mixture. Add the boiling water to the mixture, increase the heat to medium high and bring to a boil, stirring well.

Add the rice to the boiling mixture and continue to boil for about 3 minutes. Reduce heat to low and continue cooking for about 30 minutes, or until rice is tender and has absorbed the liquid, stirring occasionally. Remove from heat and let stand for 10 minutes.

Transfer mixture to a large bowl and serve immediately.
Chicken and Garlic

Ingredients

- 3 tablespoons olive oil
- 5 boneless, skinless chicken breast halves, cut into bite-sized pieces
- 2 cloves garlic
- 2 tablespoons lime juice
- 1/2 cup chopped fresh cilantro
- Salt and pepper to taste

Directions

Heat the oil in a large skillet over medium heat. Fry chicken pieces in the hot oil until browned on all sides. Add the garlic, and continue to cook until the chicken is no longer pink in the middle. Stir in the cilantro and lime juice, and season with salt and pepper. Cook just until heated through. Serve with rice.
# Tara's Sweet and Chunky Chicken Salad

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (10 ounce) can chunk chicken, drained</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons mayonnaise</td>
<td></td>
</tr>
<tr>
<td>1/8 cup chopped dill pickle</td>
<td></td>
</tr>
<tr>
<td>1/8 cup chopped onion</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons sunflower seeds</td>
<td></td>
</tr>
<tr>
<td>1/4 cup dried cranberries</td>
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</tbody>
</table>

## Directions

Without breaking up large chicken pieces, empty canned chicken into medium bowl. Stir in mayonnaise, pickle, onion, sunflower seeds, and cranberries; mix until well blended and very large chicken chunks are broken up.
## Ingredients
1 tablespoon vegetable oil
4 skinless, boneless chicken breasts
1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup or Campbell's® Condensed 98% Fat Free Cream of Chicken Soup
1 1/2 cups water
1/4 teaspoon paprika
1/4 teaspoon ground black pepper
2 cups uncooked instant white rice*
2 cups fresh or frozen broccoli flowerets

## Directions
Heat oil in skillet. Cook chicken 10 minutes or until browned. Remove chicken.

Add soup, water, paprika and pepper. Heat to a boil.

Stir in rice and broccoli. Return chicken to pan. Sprinkle additional paprika and pepper over chicken. Cover and cook on low heat 5 minutes or until chicken is done.
## Ingredients

1 (3 pound) whole chicken, cut into parts  
3/4 cup melted butter  
2 cups crushed saltine crackers

## Directions

Preheat oven to 325 degrees F (165 degrees C).  
Dip the skinless chicken pieces in the melted butter/margarine. Coat with the crushed salted cracker crumbs. Place on a cookie sheet lined with tin foil and bake in the preheated oven for 1 hour.
Thai Ginger Chicken (Gai Pad King)

### Ingredients

- 1 1/2 cups uncooked jasmine rice
- 3 1/2 cups water
- 2 tablespoons vegetable oil
- 3 cloves garlic, minced
- 1 pound skinless, boneless chicken breast halves - cut into thin strips
- 1 tablespoon Asian fish sauce
- 1 tablespoon oyster sauce
- 1 tablespoon white sugar
- 1/2 cup fresh ginger, cut into matchsticks
- 1 large red bell pepper, cut into strips
- 3/4 cup sliced fresh mushrooms
- 4 green onions cut into 2-inch pieces
- 1/2 teaspoon Thai red chile paste, or to taste
- 2 tablespoons chicken broth
- salt and ground black pepper to taste
- 2 tablespoons fresh cilantro leaves

### Directions

Bring the rice and water to a boil in a saucepan. Reduce heat to medium-low; cover and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.

Meanwhile, heat a wok or large skillet over medium-high heat. Stir in the garlic and chicken; cook for 2 minutes. Add the fish sauce, oyster sauce, sugar, ginger, red pepper, mushrooms, and onions. Cook and stir until the chicken is no longer pink and the vegetables are nearly tender, about 3 minutes. Dissolve the chile paste in the chicken broth, then add to the chicken mixture. Season to taste with salt and pepper; sprinkle with cilantro leaves to garnish. Serve with the hot rice.
Easy Chicken Salad

**Ingredients**
- 6 skinless, boneless chicken breast halves - boiled
- 1 (15 ounce) can mixed vegetables, drained
- 1 (8.75 ounce) can sweet corn
- 1 bunch green onions, chopped
- 1/2 cup mayonnaise
- 1 tablespoon prepared mustard
- salt and pepper to taste

**Directions**
Combine the chicken, vegetables, corn, scallions, mayonnaise, mustard, salt and pepper. Mix well. Ready to serve!
Pineapple Macadamia Chicken

Ingredients

- 2 skinless, boneless chicken breast halves
- 3/4 cup finely chopped macadamia nuts
- 1/4 teaspoon seasoned salt
- 1/4 teaspoon Caribbean jerk seasoning
- 1/8 teaspoon dried minced onion
- 1/8 teaspoon onion powder
- 1/8 teaspoon pepper
- 1 egg, lightly beaten
- 2 tablespoons vegetable oil
- 1/4 cup crushed pineapple
- 1 tablespoon apricot preserves, warmed
- Lettuce Leaves

Directions

Flatten chicken to 1/4-in. thickness. In a shallow bowl, combine the nuts, seasoned salt, jerk seasoning, minced onion, onion powder and pepper. Place egg in another shallow bowl. Dip chicken in egg; coat with nut mixture. Let stand for 5 minutes.

In a skillet, cook chicken in oil for 3-4 minutes on each side or until chicken juices run clear. In a small bowl, combine pineapple and apricot preserves. Place lettuce on each plate; top with chicken and pineapple mixture.
Sour Cream Chicken Quiche

**Ingredients**

1 (9 inch) frozen pie crusts, thawed
1 tablespoon olive oil
1/4 cup chopped onion
1/4 cup chopped green bell pepper
1 tablespoon all-purpose flour
1 cup chopped cooked chicken breast
1/4 teaspoon salt
1/4 teaspoon nutmeg
1/4 teaspoon black pepper
1/2 cup shredded Cheddar cheese
1/4 cup shredded Swiss cheese
2 eggs, slightly beaten
3/4 cup milk
3/4 cup sour cream

**Directions**

Preheat oven to 400 degrees F (200 degrees C). Line a 9 inch pie plate with thawed pie crust. Keep in refrigerator until ready to fill.

In medium frying pan, heat olive oil on medium-high. Add onion and green pepper. Cook three minutes, stirring frequently. Add flour and cook for two minutes, stirring frequently. Stir in chicken, salt, nutmeg and pepper. Spread this mixture over bottom of unbaked pie shell and top with Cheddar and Swiss cheese.

Combine eggs, milk and sour cream, mix until smooth. Pour over chicken mixture.

Bake in preheated oven for 20 minutes. Reduce temperature to 350 degrees F (175 degrees C) and bake 30 to 35 minutes until inserted knife comes out clean.
Pepperidge Farm® Chicken Florentine Wrapped in Pastry

**Ingredients**

- 1 (17.3 ounce) package Pepperidge Farm® Puff Pastry Sheets
- 1 egg
- 1 tablespoon water
- 2 skinless, boneless chicken breast halves
- 1/3 cup all-purpose flour
- 3 tablespoons olive oil
- 1 (10 ounce) package frozen chopped spinach, thawed and well drained
- 1 teaspoon ground nutmeg
- 4 teaspoons Dijon-style mustard

**Directions**

Thaw the pastry sheets at room temperature for 40 minutes or until they're easy to handle. Heat the oven to 400 degrees F. Stir the egg and water in a small bowl with a fork.

Pound the chicken to 1/4-inch thickness. Cut each chicken breast in half. Coat the chicken with the flour.

Heat the oil in a 12-inch skillet over medium-high heat. Add the chicken and cook until it's well browned on both sides. Remove the chicken to a plate. Cover the plate and refrigerate for 15 minutes.

Stir the spinach and nutmeg in the skillet. Reduce the heat to medium. Cook for 5 minutes or until the mixture is hot, stirring often.

Unfold 1 pastry sheet on a lightly floured surface. Roll the pastry sheet into a 14-inch square. Cut the pastry sheet into 4 (7-inch) squares. Repeat with the remaining pastry sheet. Brush the edges of the pastry squares with the egg mixture.

Place 1 chicken piece in the center of each of 4 pastry squares. Spread each with 1 teaspoon mustard and top with about 1/4 cup spinach mixture. Top each with another pastry square. Press the edges to seal. Brush the pastries with the egg mixture. Place the pastries on a baking sheet.

Bake for 25 minutes or until the pastries are golden.
## Amaretto Chicken

### Ingredients

- 1/2 cup butter, divided
- 4 skinless, boneless chicken breast halves
- 3 green onions, diced
- 1 pound fresh mushrooms, sliced
- 3 cloves garlic, crushed
- 1/2 teaspoon chopped fresh tarragon
- 1 cup heavy cream
- 1 cup shredded Gruyere cheese
- 1/2 cup amaretto liqueur
- 1/4 cup capers

### Directions

Melt 1/4 cup of the butter in a large skillet over medium high heat. Brown chicken in butter quickly, and remove to a 9x13 inch baking dish.

Add remaining 1/4 cup butter to skillet and brown the green onion and mushrooms with the garlic and tarragon. Pour this saute mixture over chicken breasts.

Preheat oven to 350 degrees F (175 degrees C).

Heat the cream, cheese and amaretto in the skillet, whisking rapidly. Stir in capers, then pour sauce over chicken, green onions and mushrooms.

Bake in the preheated oven for 40 minutes, or until chicken is cooked through and no longer pink inside.
## Factory Workers Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 pounds chicken thighs</td>
<td></td>
</tr>
<tr>
<td>1 (16 ounce) bottle zesty Italian dressing</td>
<td></td>
</tr>
<tr>
<td>1 (16 ounce) jar salsa</td>
<td></td>
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</tbody>
</table>

### Directions

To Marinate: Place chicken in a nonporous glass dish or bowl; pour dressing and salsa over chicken and turn to coat. Cover with lid or aluminum foil and refrigerate to marinate for at least 2 hours, or overnight.

Preheat oven to Grill/Broil.

Remove chicken from dish or bowl, discarding any remaining marinade, and grill/broil for about 20 minutes or until cooked through and juices run clear. Serve immediately.
Creamy Chicken Hot Dish

**Ingredients**

- 2 celery ribs, chopped
- 1 small onion, chopped
- 1 tablespoon butter or margarine
- 1 1/2 cups mayonnaise*
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1 cup frozen peas, thawed
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 3 cups cubed cooked chicken
- 2 cups cooked rice
- 1 cup crushed potato chips

**Directions**

In a small skillet, saute celery and onion in butter until crisp-tender. Place in a bowl; add the mayonnaise, soup, peas, lemon juice and salt. Stir in chicken and rice. Transfer to a greased 11-in. x 7-in. x 2-in. baking dish. Sprinkle with potato chips. Bake, uncovered, at 350 degrees F for 25-30 minutes or until heated through.
Chicken Livers with Red Wine and Bacon

Ingredients

- 8 slices bacon, chopped
- 1 sweet onion, finely chopped
- 1 pound chicken livers, rinsed and trimmed
- 1 1/2 cups Burgundy or other dry red wine
- 1/4 cup chopped pitted green olives

Directions

Fry the bacon in a large skillet over medium heat until almost crisp. Remove bacon from the pan and drain on paper towels. Drain off grease from the skillet, leaving a thin coating on the bottom.

Using the same skillet, add the onions; cook and stir over medium heat until tender, about 5 minutes. Stir in the chicken livers, quickly browning them on the outside. Pour in the wine, adding more if needed to cover the chicken livers. Stir in the olives. Cover, and simmer for 20 minutes. Just before serving, stir in the bacon.
Goal-Line Chicken Salad

Ingredients

- 4 1/2 cups diced cooked chicken
- 1 1/2 cups diced apples
- 3/4 cup seedless green grapes, halved
- 6 tablespoons sweet pickle relish
- 6 tablespoons mayonnaise
- 6 tablespoons Ranch salad dressing
- 3/4 teaspoon onion salt
- 3/4 teaspoon garlic salt
- Lettuce Leaves

Directions

In a large bowl, combine the chicken, apples and grapes. In a small bowl, combine the pickle relish, mayonnaise, ranch dressing, onion salt and garlic salt. Pour over chicken mixture and toss to coat. Serve in a lettuce-lined bowl.
# Chinese Restaurant-Style Sesame Chicken

## Ingredients
- 2 (6 ounce) skinless, boneless chicken breast halves
- 1 tablespoon soy sauce
- 1 tablespoon real maple syrup
- 1 tablespoon dry sherry
- 1 teaspoon chopped fresh ginger root
- 1/2 teaspoon Chinese five-spice powder
- 2 tablespoons sesame seeds
- 3 tablespoons all-purpose flour
- Salt and pepper to taste
- 1/2 teaspoon peanut oil
- 4 leaves red leaf lettuce - rinsed
- 1 large tomato, cut into wedges

## Directions
1. Preheat oven to 350 degrees F (175 degrees C). Cut chicken into about 1 inch X 2 inch pieces.

2. In a large nonporous glass dish or bowl, combine the soy sauce, maple syrup, sherry, ginger and five spice powder. Mix together. Add chicken pieces and toss to coat. Cover dish and refrigerate for 20 minutes, turning once, to marinate. After 20 minutes, drain chicken, reserving marinade. Boil reserved marinade in a small saucepan for 5 minutes to remove risk of bacteria.

3. Meanwhile, spread sesame seeds out evenly on an aluminum foil-lined cookie sheet. Bake in the preheated oven, to toast, for 10 minutes or until slightly browned.

4. Heat oil in a medium skillet over medium high heat. In a shallow dish or bowl combine flour and salt and pepper to taste. Dredge chicken in seasoned flour, shaking off any excess. Brown chicken pieces in oil for about 1 minute each side. Spoon boiled marinade over chicken, reduce heat and saute all together for 1 more minute or until chicken is cooked through and no longer pink inside.

5. Remove chicken pieces from heat and roll in toasted sesame seeds. Rinse and dry lettuce leaves; line serving platter with leaves and spoon chicken on top. Garnish with tomato wedges and serve.
Crispy Chicken Wontons

**Ingredients**

- 3 cups finely chopped cooked chicken
- 1/2 cup shredded carrot
- 1/4 cup finely chopped water chestnuts
- 2 teaspoons cornstarch
- 1 tablespoon water
- 1 tablespoon soy sauce
- 1 teaspoon ground ginger
- 1 (16 ounce) package wonton wrappers
- 2 tablespoons butter or margarine, melted
- 1 tablespoon vegetable oil
- Plum or sweet-sour sauce

**Directions**

In a bowl, combine chicken, carrot and water chestnuts. In another bowl, combine cornstarch, water, soy sauce and ginger until smooth. Add to chicken mixture; toss to coat. Spoon 1 teaspoon of filling in the center of each wonton wrapper. Moisten edges with water. Bring opposite points together; pinch to seal. Place on greased baking sheets. Combine butter and oil; brush over wontons.

Bake at 375 degrees for 10-12 minutes or until golden brown. Serve with plum or sweet-sour sauce.
Ingredients

- 1 whole chicken breast, cut into big chunks
- 6 chicken wings, cut into thirds, tips discarded
- 1 cup dark soy sauce
- 1 tablespoon sesame oil
- 8 cloves garlic, smashed
- ground white pepper to taste
- 2 links lop chong (Chinese-style sausage)
- 6 dried shiitake mushrooms
- 2 tablespoons vegetable oil
- 1/2 cup dark soy sauce
- 1 2/3 cups jasmine rice
- 5 tablespoons chile paste
- 2 tablespoons grated fresh ginger root
- 2 tablespoons fresh lime juice
- 1 cup shredded iceberg lettuce

Directions

Combine the chicken breast, the chicken wings, 1 cup dark soy sauce, the sesame oil, and the garlic in a mixing bowl; season with white pepper. Slice the Chinese sausages on an angle and add to the chicken mixture. Mix well, cover, and chill at least 10 minutes.

Thoroughly rinse the shiitake mushrooms and place in a bowl; pour hot water over the mushrooms; allow the mushrooms to sit submerged until they are soaked and bloated, about 15 minutes. Remove the mushrooms, reserving the liquid. Cut the stalks from the mushrooms and discard. Slice the mushrooms in half and set aside.

Heat the oil in a large, deep skillet over medium heat. Cook the chicken pieces in the hot oil until no longer pink in the center and the juices run clear, 7 to 10 minutes. Drizzle 1/2 cup dark soy sauce over the chicken.

Wash the rice with water until the water comes out nearly clear; drain completely. Combine the rice and 1 1/2 cup of the reserved liquid from the mushrooms in a non-stick pan; bring to a boil. Reduce heat to low; cover and allow to simmer covered for 10 minutes with the heat on. Add the chicken mixture and mushrooms and remove from the heat; allow to sit covered until the rice is completely tender, 15 to 20 minutes.

Stir together the chile paste, ginger, and lime juice in a small bowl; drizzle over the chicken rice and top with shredded lettuce to serve.
Oven Barbecued Chicken

**Ingredients**

- 6 (8-ounce) chicken breast halves, bone-in
- 1/3 cup chopped onion
- 3/4 cup ketchup
- 1/2 cup water
- 1/3 cup white vinegar
- 3 tablespoons brown sugar
- 1 tablespoon Worcestershire sauce
- 1 teaspoon ground mustard
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

**Directions**

In a nonstick skillet coated with nonstick cooking spray, brown chicken over medium heat. Transfer to a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray.

Recoat skillet with nonstick cooking spray; cook onion over medium heat until tender. Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes. Pour over chicken. Bake, uncovered, at 350 degrees F for 45-55 minutes or until chicken juices run clear and a meat thermometer reads 170 degrees F.
Ingredients

1 (2 to 3 pound) chicken, skinned and quartered
2 tablespoons lemon juice
1 teaspoon salt
4 teaspoons ground allspice
2 tablespoons plain yogurt
2 tablespoons lemon juice
2 tablespoons vegetable oil
2 tablespoons distilled white vinegar

Directions

Make cuts in the chicken flesh, almost to the bone. Pour 2 tablespoons of the lemon juice over the chicken and rub in the salt.

Combine the tandoori spice, yogurt, 2 tablespoons lemon juice, oil and the vinegar. Coat the chicken with the mixture, rubbing well into the cuts. Place the chicken in a 13x9 inch pan, cover with foil and refrigerate overnight, turning occasionally.

Preheat oven to 350 degrees F (175 degrees C).

Bake covered chicken at 350 degrees F (175 degrees C) for 1 hour. Remove foil the last 15 minutes of baking.
## Ingredients

- 3/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 6 boneless, skinless chicken breast halves
- 1/4 cup butter
- 1 cup fresh or frozen cranberries
- 1 cup water
- 1/2 cup packed brown sugar
- 1 tablespoon red wine vinegar
- 1 dash ground nutmeg

## Directions

In a shallow bowl, combine flour, salt and pepper; dredge the chicken. In a large skillet, cook chicken in butter until browned on both sides. Remove chicken and set aside.

In the same skillet, combine the cranberries, water, brown sugar, vinegar and nutmeg; cover and simmer for 5 minutes. Place chicken on top; cover and simmer for 30 minutes. To serve, spoon cranberry mixture over chicken.
## Arizona Chicken

### Ingredients
- 6 boneless skinless chicken breast halves (1-1/2 pounds)
- 1/4 cup vegetable oil, divided
- 1 medium onion, sliced
- 4 cups chopped fresh tomatoes
- 2 celery ribs, sliced
- 1/4 cup water
- 1/4 cup sliced stuffed olives
- 2 teaspoons garlic powder
- 2 teaspoons dried oregano
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 pound fresh mushrooms, sliced

### Directions
In a skillet, brown chicken on both sides in 2 tablespoons of oil. Remove and set aside. In the same skillet, saute onion in remaining oil until tender. Add tomatoes, celery, water, olives, garlic powder, oregano, salt if desired and pepper; bring to a boil. Cover and simmer for 15 minutes. Return chicken to pan. Simmer, uncovered, for 15 minutes. Add mushrooms; simmer 15 minutes longer or until meat juices run clear.
## Ingredients

- 2 slices whole wheat bread
- 2 tablespoons butter, softened
- 1 tablespoon sour cream
- 2 slices Swiss cheese
- 1 thick slice deli cooked chicken breast meat
- 1 slice deli ham

## Directions

Spread butter or margarine on the outsides of the bread slices. Spread sour cream on the insides of the bread slices. Then layer sandwich as follows: Bread slice, cheese slice, chicken, ham, 2nd cheese slice, 2nd bread slice.

In a small skillet over medium heat, grill sandwich until meat is heated through and cheese has melted.
<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>2 skinless, boneless chicken breast halves, cut into bite size pieces</td>
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<tr>
<td>1 teaspoon soy sauce</td>
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<tr>
<td>1 dash Worcestershire sauce</td>
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<tr>
<td>1 tablespoon fresh oregano</td>
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<tr>
<td>1 teaspoon garlic salt</td>
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<tr>
<td>1 lemon</td>
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<table>
<thead>
<tr>
<th>Directions</th>
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<tbody>
<tr>
<td>Generously sprinkle chicken with soy sauce and Worcestershire sauce. Sparingly sprinkle with oregano leaves and garlic salt. Cook in microwave on high for 5 minutes. Stir and cook on high for another 5 minutes. Repeat until done.</td>
<td></td>
</tr>
<tr>
<td>To Prepare In Conventional Oven: Preheat oven to 350 degrees F (175 degrees C). Prepare chicken. Bake in preheated oven for 15 to 20 minutes, stirring after 7 minutes.</td>
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</tbody>
</table>
Ingredients

1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (regular or 98% Fat Free)
1/2 cup water
2 tablespoons cider vinegar
2 tablespoons lemon juice
2 teaspoons Worcestershire sauce
4 cloves garlic, minced
1/2 teaspoon ground black pepper
4 tablespoons grated Parmesan cheese
1 1/2 pounds skinless, boneless chicken breasts
1 large head romaine lettuce, torn into bite-size pieces
1/2 cup Pepperidge Farm® Generous Cut Fat Free Caesar Croutons

Directions

Mix soup, water, vinegar, lemon juice, Worcestershire, garlic, black pepper and 3 tablespoons cheese in shallow nonmetallic dish. Set aside 1 1/4 cups for dressing. Add chicken to remaining marinade and turn to coat. Refrigerate 15 minutes.

Remove chicken from marinade. Place chicken on lightly oiled grill rack or broiler pan. Grill or broil 15 minutes or until chicken is no longer pink, turning and brushing often with marinade. Discard remaining marinade. Thinly slice chicken.

Toss lettuce, chicken and reserved dressing. Sprinkle with croutons and remaining cheese.
Herbed Chicken Pasta

**Ingredients**

1 pound uncooked linguine
2 teaspoons vegetable oil
1 1/2 cups fresh sliced mushrooms
1/2 cup chopped onion
1 clove garlic, minced
1 pound skinless, boneless chicken breast halves - cut into 1 inch pieces
1/2 teaspoon salt
1/2 teaspoon dried basil
1/4 teaspoon ground black pepper
2 cups chopped tomatoes
1/4 cup grated Parmesan cheese

**Directions**

Cook pasta in about 4 quarts of boiling salted water until al dente. Drain.

Meanwhile, heat oil in a large nonstick skillet over medium high heat until hot. Add mushrooms, onions, and garlic; saute 2 minutes. Add chicken, salt, basil, and pepper; saute 5 minutes, or until chicken is done. Add chopped tomato, and saute an additional 2 minutes.

Serve chicken herb sauce over pasta. Sprinkle with Parmesan cheese.
## Ingredients

- 4 skinless, boneless chicken breasts
- 2 cups corn oil
- 1 egg, beaten
- 1/3 cup water
- 1/3 cup all-purpose flour
- 1 1/2 tablespoons sesame seeds, toasted
- 1 1/2 teaspoons salt

## Directions

Rinse chicken with cold water and pat dry with paper towels. Cut into 1x1x1/2 inch pieces.

Fill a deep fryer with corn oil, no more than 1/3 full. Heat to medium heat.

Place egg and water in a small bowl and mix well. Add the flour, sesame seeds and salt, stirring until a smooth batter is formed.

Dip chicken pieces in batter and drain off any excess. Add battered chicken, a few pieces at a time, to the hot oil. Fry about 4 minutes or until golden brown and done (remove chicken from oil to test). Drain on paper towels.
**Ingredients**

1 tablespoon vegetable oil  
4 skinless, boneless chicken breast halves  
1 3/4 cups Swanson® Chicken Stock  
1 teaspoon dried oregano leaves, crushed  
1 teaspoon garlic powder  
1 (14.5 ounce) can diced tomatoes  
1 small green pepper, cut into 2-inch long strips  
1 medium onion, cut into wedges  
1/4 teaspoon ground black pepper  
2 1/2 cups uncooked medium shell-shaped pasta

**Directions**

Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook for 10 minutes or until it's well browned on both sides.

Stir the stock, oregano, garlic powder, tomatoes, green pepper, onion and black pepper in the skillet and heat to a boil. Stir in the pasta. Reduce the heat to low. Cover and cook for 15 minutes or until the pasta is tender.
Thai Chicken with Basil Stir Fry

**Ingredients**
- 2 cups uncooked jasmine rice
- 1 quart water
- 3/4 cup coconut milk
- 3 tablespoons soy sauce
- 3 tablespoons rice wine vinegar
- 1 1/2 tablespoons fish sauce
- 3/4 teaspoon red pepper flakes
- 1 tablespoon olive oil
- 1 medium onion, sliced
- 2 tablespoons fresh ginger root, minced
- 3 cloves garlic, minced
- 2 pounds skinless, boneless chicken breast halves - cut into 1/2 inch strips
- 3 shiitake mushrooms, sliced
- 5 green onions, chopped
- 1 1/2 cups chopped fresh basil leaves

**Directions**
- Bring rice and water to a boil in a pot. Cover, reduce heat to low, and simmer 20 minutes.
- In a bowl, mix the coconut milk, soy sauce, rice wine vinegar, fish sauce, and red pepper flakes.
- In a skillet or wok, heat the oil over medium-high heat. Stir in the onion, ginger, and garlic, and cook until lightly browned. Mix in chicken strips, and cook about 3 minutes, until browned. Stir in the coconut milk sauce. Continue cooking until sauce is reduced by about 1/3. Mix in mushrooms, green onions, and basil, and cook until heated through. Serve over the cooked rice.
Ingredients

1 teaspoon sesame oil
1/2 cup soy sauce
4 cloves garlic, chopped
6 tablespoons honey
1/4 teaspoon minced fresh ginger root
4 large skinless, boneless chicken breast halves - cut into 1 inch strips
1 (16 ounce) package spaghetti
2 tablespoons butter, divided
1 pinch salt and black pepper to taste
1 onion, sliced

Directions

Whisk together the sesame oil, soy sauce, garlic, honey, and ginger in a large glass or ceramic bowl. Add the chicken breast and toss to evenly coat. Cover the bowl with plastic wrap, and marinate in the refrigerator for 8 hours.

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the spaghetti, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Drain well in a colander set in the sink. Stir in 1 tablespoon of butter and season with salt and pepper.

Heat the remaining 1 tablespoon of butter in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Remove the chicken from the marinade, and shake off excess, then add to the skillet. Discard the remaining marinade. Cook the chicken breast strips until no longer pink in the center, about 10 minutes. Serve chicken over spaghetti.
### Ingredients

1 (3 pound) whole chicken  
4 cubes chicken bouillon  
2 cups all-purpose flour  
4 eggs  
1 teaspoon salt

### Directions

Fill a large pot with water, and add whole chicken. Bring to a boil, and then reduce heat. Simmer until tender, about 1 to 2 hours.

Remove chicken from broth, and set aside to cool. Reserve broth. When cool enough to handle, remove meat from bones; cut into bite size pieces. Discard skin and bones.

In a medium bowl, stir together flour and salt. Break one egg into flour, and stir with fork till stiff. Continue adding eggs one at a time until all are incorporated. The dough should be very stiff.

Bring broth to a boil. Add bouillon cubes; stir until cubes have dissolved.

Using a fork and knife, pick up dough on fork. Hold over boiling broth, and cut off small pieces into broth until all the dough has been used. Stir, cover, and simmer for 20 minutes.

Add chicken meat, and stir. Serve hot.
**Saucy Chicken Dip**

**Ingredients**

- 1 tablespoon vegetable oil
- 3 skinless, boneless chicken breast halves - cubed
- 1 cup shredded mozzarella cheese
- 1 cup shredded Cheddar cheese
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 hot yellow banana pepper, chopped

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Heat the oil in a medium skillet over medium high heat. Cook the cubed chicken until no longer pink, 5 to 10 minutes.

Drain chicken and place it in a medium saucepan with mozzarella cheese, Cheddar cheese, condensed cream of mushroom soup and hot yellow banana pepper.

Bake uncovered in the preheated oven 20 to 25 minutes, or until bubbly and lightly browned.
## Mediterranean Chicken

### Ingredients

- 2 teaspoons olive oil
- 2 tablespoons white wine
- 6 skinless, boneless chicken breast halves
- 3 cloves garlic, minced
- 1/2 cup diced onion
- 3 cups tomatoes, chopped
- 1/2 cup white wine
- 2 teaspoons chopped fresh thyme
- 1 tablespoon chopped fresh basil
- 1/2 cup kalamata olives
- 1/4 cup chopped fresh parsley
- Salt and pepper to taste

### Directions

Heat the oil and 2 tablespoons white wine in a large skillet over medium heat. Add chicken and sauté about 4 to 6 minutes each side, until golden. Remove chicken from skillet and set aside.

Saute garlic in pan drippings for 30 seconds, then add onion and sauté for 3 minutes. Add tomatoes and bring to a boil. Lower heat, add 1/2 cup white wine and simmer for 10 minutes. Add thyme and basil and simmer for 5 more minutes.

Return chicken to skillet and cover. Cook over low heat until the chicken is cooked through and no longer pink inside. Add olives and parsley to the skillet and cook for 1 minute. Season with salt and pepper to taste and serve.
Easy Baked Chicken Cordon Bleu

**Ingredients**

- 6 skinless, boneless chicken breast halves - pounded to 1/2 inch thickness
- 6 string cheese sticks
- 6 slices ham
- 1/2 cup butter, melted
- 1 cup seasoned dry bread crumbs
- Toothpicks

**Directions**

Preheat the oven to 350 degrees F (175 degrees C).

Lay out the pounded chicken breasts on a clean surface. Place a slice of ham on each piece, then one stick of cheese. Roll the chicken up around the cheese and ham, and secure with toothpicks. Dip each roll in melted butter, then roll in bread crumbs. Place in a shallow baking dish.

Bake for 40 minutes in the preheated oven, or until chicken is browned and juices run clear.
### Ingredients

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<tbody>
<tr>
<td>1/2 cup buttermilk baking mix</td>
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<tr>
<td>2 tablespoons grated Parmesan cheese</td>
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<tr>
<td>1/2 teaspoon Italian seasoning</td>
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<tr>
<td>1/2 teaspoon paprika</td>
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<tr>
<td>1/4 teaspoon pepper</td>
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<tr>
<td>6 boneless, skinless chicken breast halves</td>
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<tr>
<td>1 cup spaghetti sauce</td>
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<tr>
<td>3/4 cup shredded mozzarella cheese</td>
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### Directions

Combine baking mix, Parmesan cheese, Italian seasoning, paprika and pepper; coat chicken. Place in a greased shallow baking dish. Bake, uncovered, at 400 degrees F for 10 minutes. Turn chicken and bake an additional 10 minutes. Turn chicken and bake an additional 10 minutes. Pour sauce over chicken. Reduce heat to 350 degrees F; bake for 15-20 minutes or until juices run clear. Sprinkle with mozzarella cheese during the last few minutes of baking.
Mushroom Chicken Dijon

**Ingredients**

1 skinless, boneless chicken breast half
2 tablespoons all-purpose flour for coating
1/2 tablespoon butter
4 ounces fresh mushrooms, sliced
2 ounces chopped green onions
salt and pepper to taste
1 1/2 cups heavy whipping cream
1 tablespoon Dijon-style prepared mustard

**Directions**

Cut the chicken breast in half, and pound until flat. Coat with flour. In a small skillet melt butter/margarine over medium low heat and saute the floured chicken breast on one side for 4 to 5 minutes.

Flip chicken breast. Add mushrooms, scallions and salt and pepper to taste. Add cream and mustard, stir all together and bring to a boil. Remove from heat and serve.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Measurement</th>
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<tbody>
<tr>
<td>4 ounces PHILADELPHIA Cream Cheese, softened</td>
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<tr>
<td>1 (10.75 ounce) can reduced-sodium condensed cream of mushroom soup</td>
<td></td>
</tr>
<tr>
<td>1/4 cup KRAFT Tuscan House Italian Dressing and Marinade</td>
<td></td>
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<tr>
<td>1/4 cup dry white wine</td>
<td></td>
</tr>
<tr>
<td>1 1/2 pounds boneless skinless chicken thighs, cut into bite-size pieces</td>
<td></td>
</tr>
<tr>
<td>1/2 pound angel hair pasta, uncooked</td>
<td></td>
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<tr>
<td>2 tablespoons chopped fresh parsley</td>
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</tbody>
</table>

### Directions

Beat cream cheese, soup, dressing and wine with whisk until blended; pour over chicken in slow cooker. Cook on LOW 4 to 5 hours (or on HIGH 2 to 3 hours).

Cook pasta as directed on package about 15 min. before chicken is done; drain. Serve topped with chicken mixture and parsley.
Balsamic Chicken Salad

Ingredients

1 (16 ounce) bottle light balsamic vinaigrette salad dressing (such as Newman’s Own® Lighten Up® Balsamic Vinaigrette Dressing), divided
8 chicken tenders
1 (6 ounce) package sliced portobello mushroom caps
2 hearts of romaine lettuce, chopped
2 green onions, sliced diagonally
1 pint cherry tomatoes, cut into quarters
1 cup shredded mozzarella cheese
1/4 cup sliced fresh basil leaves

Directions

Combine 1/3 bottle of balsamic vinaigrette dressing with the chicken tenders in a bowl. Toss together sliced mushrooms with 1/3 bottle of dressing in a separate bowl. Reserve the remaining 1/3 bottle. Allow the chicken tenders and mushrooms to marinate for at least 30 minutes.

Preheat the oven's broiler, and set the oven rack about 6 inches from the heat source.

Remove the chicken tenders and mushrooms from the marinade, and drain off the excess. Broil the chicken and mushrooms until the chicken is browned and cooked through, 5 to 8 minutes. Remove the chicken and mushrooms from the heat, and slice the chicken tenders into bite-sized pieces.

To serve, divide the chopped romaine lettuce between four plates, and top each with broiled chicken and mushrooms. Sprinkle each plate with cherry tomatoes, mozzarella cheese, and sliced basil leaves; serve with the remaining vinaigrette dressing.
Carnation® Chicken And Wild Rice Soup

### Ingredients

1 (6 ounce) package long-grain and wild rice mix, prepared according to package directions
1 tablespoon vegetable oil
2 boneless skinless chicken breast halves, chopped
2 cups sliced fresh mushrooms
1 1/4 cups chopped onion
2 cloves garlic
2 (14.5 ounce) cans chicken broth
1/2 teaspoon dried tarragon
1/4 teaspoon dried thyme
1/4 teaspoon salt
1/8 teaspoon ground black pepper
1 (12 fluid ounce) can NESTLE® CARNATION® Evaporated Milk
2 tablespoons cornstarch
2 tablespoons dry white wine
sliced green onions and toasted slivered almonds (optional)

### Directions

HEAT vegetable oil in large saucepan over medium-high heat. Add chicken, mushrooms, onion and garlic; cook, stirring occasionally, for 5 to 8 minutes or until vegetables are tender and chicken is no longer pink.

ADD rice, broth, tarragon, thyme, salt and pepper; bring to a boil over medium-high heat. Combine small amount of evaporated milk and cornstarch in small bowl; stir until smooth. Add to saucepan with remaining evaporated milk and wine. Cook, stirring occasionally, for 3 to 5 minutes or until soup is thickened. Garnish with green onions and almonds.
Chicken with Pepper Cheese Sauce

**Ingredients**

- 1/4 cup all-purpose flour
- 1 teaspoon ground black pepper
- 1 teaspoon cayenne pepper
- 3 skinless, boneless chicken breast halves - cut into 1 inch pieces
- 2 tablespoons olive oil
- 1 red bell pepper, seeded and chopped
- 1 onion, chopped
- 1 clove garlic, minced
- 1/2 jalapeno pepper, seeded and minced
- 3/4 cup chicken broth
- 2 teaspoons Worcestershire sauce
- 1/2 cup milk
- 1 tablespoon all-purpose flour
- 1/2 cup sour cream
- 1 cup shredded Monterey Jack cheese
- 1 (12 ounce) package uncooked linguini pasta

**Directions**

Bring a large pot of lightly salted water to a boil. Add linguine pasta and cook for 8 minutes, or until tender. Drain.

Meanwhile, in a shallow dish, mix together 1/4 cup flour, black pepper and cayenne pepper. Coat the chicken in the flour mixture, shaking off the excess. Heat the oil in a large skillet over medium heat. Add chicken pieces and cook until browned on the outside and no longer pink inside. Remove to a plate and keep warm.

Add the bell pepper, onion, garlic and jalapeno pepper to the skillet; cook and stir over medium heat for about 5 minutes. Stir in the chicken broth, Worcestershire sauce and milk. Bring to a simmer. Stir in 1 tablespoon of flour and simmer over medium-low heat until the sauce starts to thicken.

Remove from the heat and stir in sour cream and Monterey Jack cheese until melted. Return chicken to the pan and stir to coat with sauce. Serve chicken and sauce over pasta.
Chicken Fried Venison Steaks

**Ingredients**

1 egg  
1 cup whole milk  
2 tablespoons hot pepper sauce  
2 pounds 1/2 inch thick venison steaks  
1/2 cup cornmeal  
1/2 cup seasoned bread crumbs  
1 teaspoon cornstarch  
1 teaspoon baking soda  
1 teaspoon ground black pepper  
1 teaspoon garlic salt  
1 cup vegetable oil for frying  
1 onion, sliced  
1 cup whole milk

**Directions**

Beat the egg in a bowl, then whisk in 1 cup of milk and the hot pepper sauce. Pound the venison steaks with a meat mallet to 1/4 inch thick, and place into the milk mixture. Stir together the cornmeal, bread crumbs, cornstarch, baking soda, black pepper, and garlic salt in a shallow dish.

Remove the venison steaks from the milk mixture one at a time, allowing the excess to run off, and press into the bread crumb mixture; set aside. Reserve the remaining bread crumb mixture.

Heat the oil in a large skillet over medium heat. Place as many breaded venison steaks into the pan as will fit without overlapping. Cook until the venison is golden brown on both sides, about 3 minutes per side. Remove to drain on a paper towel lined plate and keep warm. Repeat with remaining venison.

Once the venison has finished cooking, stir the onions into the hot oil, and cook until dark brown, about 5 minutes. Pour off and discard the oil, remove the onions to a plate and set aside. Stir the reserved bread crumb mixture into the hot skillet, and cook for a few seconds until it begins to toast. Stir in the remaining cup of milk, and simmer until the milk has thickened, about 5 minutes. Pour the gravy over the venison steaks and top with the caramelized onions to serve.
Ingredients

6 skinless, boneless chicken breast halves
1 cup apricot preserves
1 (10 fluid ounce) bottle Russian-style salad dressing
1 (1 ounce) package dry onion soup mix

Directions

Preheat oven to 325 degrees F (165 degrees C).

Place the chicken breasts in a 9x13 inch baking dish. Combine the preserves, dressing and soup mix. Spoon mixture over the chicken and bake in the preheated oven for 35 to 45 minutes or until the chicken is done and the juices run clear.
Tandoori Chicken Salad

Ingredients

- 1 cup honey mustard dressing
- 1 1/2 tablespoons ground cumin
- 1 tablespoon curry powder
- 1 (8 ounce) container mango yogurt
- 2 tablespoons garam masala
- 2 teaspoons lemon juice
- 4 (4 ounce) skinless, boneless chicken breast halves
- 1/2 red onion, thinly sliced
- 1/2 cup raisins
- 1/2 cup blanched slivered almonds
- 3/4 cup drained canned pineapple tidbits
- 8 cups mixed salad greens
- 4 sprigs fresh mint
- 4 wedges lime

Directions

In a small bowl, whisk together honey mustard dressing, ground cumin, and curry powder. Cover, and refrigerate until serving.

In a baking dish, whisk together yogurt, garam masala, and lemon juice. Place chicken breasts in the dish, and turn to coat. Cover, and refrigerate for at least 1 hour, turning occasionally.

Preheat an outdoor grill for high heat. Lightly brush oil over grill grate. Grill chicken until done, about 6 to 8 minutes per side.

In a small bowl, mix together onion, raisins, almonds, and pineapple.

In a large bowl, toss salad greens with salad dressing and 3/4 of the almond mixture. Divide salad among 4 plates. Sprinkle equal amounts of reserved almond mixture over each salad. Top each with grilled chicken, and garnish with a mint sprig and a lime wedge.
Picnic Chicken Pitas

Ingredients

1 (10 ounce) package frozen broccoli florets, cooked and drained
2 cups shredded cooked chicken
1 cup shredded Cheddar cheese
1 medium tomato, chopped
1/4 cup mayonnaise
2 tablespoons prepared mustard
1/2 teaspoon salt (optional)
1/8 teaspoon pepper
4 pita breads, halved
4 bacon strips, cooked and crumbled (optional)

Directions

In a large bowl, combine the broccoli, chicken, cheese and tomato.

In a small bowl, combine the mayonnaise, mustard, salt if desired and pepper; pour over the broccoli mixture and toss to coat. Spoon about 3/4 cup into each pita half; top with bacon if desired.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>6 skinless, boneless chicken breasts</td>
</tr>
<tr>
<td>6 slices honey ham</td>
</tr>
<tr>
<td>6 slices Swiss cheese</td>
</tr>
<tr>
<td>1 cup Italian-style salad dressing</td>
</tr>
<tr>
<td>1 cup buttermilk</td>
</tr>
<tr>
<td>2 cups seasoned dry bread crumbs</td>
</tr>
<tr>
<td>3 tablespoons butter</td>
</tr>
</tbody>
</table>

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Cut all fat off of chicken breasts, then pound with a meat mallet until very thin. Place one slice ham on top of each breast, then one slice cheese. Then place enough dressing on lower half of each chicken piece, fold over and secure with toothpicks.

Dip rolled/stuffed chicken breasts into buttermilk, then crumbs. Place coated chicken pieces in a 9x13 inch baking dish and put butter or margarine pieces around chicken. Cover dish with aluminum foil and bake in the preheated oven for about 1 1/2 to 2 hours or until chicken is cooked through and juices run clear. Remove cover for last 15 minutes to brown.
Caramelized Baked Chicken

**Ingredients**

- 3 pounds chicken wings
- 2 tablespoons olive oil
- 1/2 cup soy sauce
- 2 tablespoons ketchup
- 1 cup honey
- 1 clove garlic, minced
- Salt and pepper to taste

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

Place chicken in a 9x13 inch baking dish. Mix together the oil, soy sauce, ketchup, honey, garlic, salt and pepper. Pour over the chicken.

 Bake in preheated oven for one hour, or until sauce is caramelized.
### Apricot Barbecued Chicken

#### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>1 pound boneless, skinless chicken breasts, cut into large chunks</td>
</tr>
<tr>
<td>3 garlic cloves, minced</td>
</tr>
<tr>
<td>1 tablespoon olive oil</td>
</tr>
<tr>
<td>1/2 cup apricot preserves</td>
</tr>
<tr>
<td>1/4 cup barbecue sauce</td>
</tr>
<tr>
<td>1/4 cup water</td>
</tr>
<tr>
<td>2 tablespoons onion soup mix</td>
</tr>
<tr>
<td>Hot cooked rice</td>
</tr>
</tbody>
</table>

#### Directions

In a large skillet, cook chicken and garlic in oil until browned, about 6 minutes. Transfer to a greased 8-in. square baking dish.

In a bowl, combine the apricot preserves, barbecue sauce, water and onion soup mix. Pour over the chicken. Bake, uncovered, at 375 degrees F for 25-30 minutes or until chicken juices run clear. Serve with rice.
**Ingredients**

1 (3 1/2) pound broiler-fryer
3 quarts water
1 cup chopped broccoli
1 cup shredded carrots
1 cup frozen peas
1 small onion, chopped
1/2 cup chopped celery
1/4 cup chicken bouillon granules
1 tablespoon chopped fresh parsley

**Directions**

Place chicken and water in a Dutch oven or soup kettle; bring to a boil. Skim fat. Reduce heat; cover and simmer for 2 hours or until chicken is tender. Remove chicken; allow to cool. Add enough water to broth to measure 3 qts. Remove chicken from bones; cut into bite-size pieces and return to pan. Add remaining ingredients; cover and simmer for 10 minutes or until vegetables are tender. If desired, pour into 1-pint freezer containers and freeze for future use.
**Ingredients**

- 1/4 cup butter or margarine
- 6 (6 ounce) boned, skinned chicken breast halves
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1 1/2 teaspoons minced fresh garlic
- 1 cup pitted ripe olives, drained
- 1 cup pimiento-stuffed green olives, drained
- 1/2 pound fresh mushrooms, sliced
- 1 cup frozen pearl onions, thawed and drained
- 1 cup chicken stock or canned low-salt broth
- 3 medium potatoes - peeled and cubed
- 1 (16 ounce) package frozen green peas, thawed and drained
- 1/4 cup dry white wine
- Salt and pepper to taste

**Directions**

Melt butter in a large skillet over medium high heat. Cook chicken breasts, turning occasionally and reducing heat when necessary, 5 minutes per side, or until no longer pink in center and juices run clear.

Add thyme, rosemary, garlic, black and green olives, mushrooms, pearl onions, and chicken stock to the skillet. Cover and simmer for 30 minutes, or until chicken is to desired tenderness. Stir in potatoes, peas, and wine. Cover and continue simmering another 20 minutes, stirring occasionally, or until potatoes are tender.

Season to taste with salt and pepper, and serve.
### Ingredients

- 3 tablespoons vegetable oil
- 1 1/2 cups cider vinegar
- 1 tablespoon salt
- 1/4 teaspoon ground black pepper
- 2 teaspoons poultry seasoning
- 2 pounds cut up chicken pieces

### Directions

Heat grill to medium heat.

In a small skillet combine the oil, vinegar, salt and pepper and put over low heat. Add the poultry seasoning while stirring constantly; when sauce mixes well and starts to bubble, it is done.

Place chicken on hot grill and brush with sauce. Grill for 45 to 60 minutes, turning every 5 to 10 minutes, and brush chicken with sauce after each turning. Grill until chicken is done and juices run clear. (Note: Be sure to keep an eye on the chicken as it cooks, as it tends to have flair ups due to the oil and chicken drippings!)
Marty's Thai Chicken Satay

**Ingredients**

- 2 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 2 teaspoons tamarind paste
- 1 stalk lemon grass, chopped
- 2 cloves garlic, crushed
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 tablespoon lime juice
- 1 teaspoon muscovado sugar
- 1/2 teaspoon chili powder
- 2 pounds skinless, boneless chicken breast, cut into strips
- 20 wooden skewers, soaked in water for 30 minutes

- 2 tablespoons crunchy peanut butter
- 2 tablespoons chopped peanuts
- 1 (14 ounce) can coconut milk
- 2 teaspoons red Thai curry paste
- 1 tablespoon fish sauce
- 1 teaspoon tomato paste
- 1 tablespoon brown sugar

**Directions**

Place vegetable oil, soy sauce, tamarind paste, lemon grass, garlic, cumin, coriander, lime juice, muscovado sugar, and chili powder in a blender and process to a smooth paste. In a large bowl, or a large resealable plastic bag, toss chicken strips with marinade. Refrigerate for 1 hour.

Preheat an outdoor grill for medium-high heat, and lightly oil the grate.

In a small saucepan, combine peanut butter, peanuts, coconut milk, curry paste, fish sauce, tomato paste, and brown sugar. Cook and stir over medium-low heat until smooth. Keep warm.

Thread chicken onto skewers. Grill until no longer pink in the center, 3 to 5 minutes on each side. Serve with peanut sauce.
Lemon Grass and Chicken Summer Rolls

Ingredients
- 2 pounds skinless, boneless chicken breast
- 2 tablespoons minced fresh ginger root
- 2 tablespoons minced fresh jalapeno chile
- 1/2 cup peeled and thinly-julienned seedless cucumber
- 1/4 cup minced fresh Thai basil leaves
- 1/4 cup minced fresh mint leaves
- 1/4 cup minced fresh cilantro
- 1 1/2 tablespoons minced lemon grass
- 1/2 cup ground peanuts
- 1/4 cup fish sauce
- 3 tablespoons lime juice
- 2 teaspoons white sugar
- 1 tablespoon sesame oil
- 1 tablespoon peanut oil
- 16 rice paper wrappers
- 16 leaves red leaf lettuce

Directions
- Bring a large pot of lightly-salted water to a boil. Season the chicken with salt and cook in the boiling water until no longer pink in the center, 7 to 10 minutes. Transfer to a large platter and allow to cool completely in refrigerator. Shred into small pieces once cooled.

- Combine the shredded chicken, ginger, jalapeno pepper, cucumber, basil, mint, cilantro, lemon grass, and peanuts in a large mixing bowl; toss until evenly distributed. Whisk together the fish sauce, lime juice, sugar, sesame oil, and peanut oil in a small bowl; add to the chicken mixture and mix with your hands until evenly coated.

- Fill a shallow pan with hot water. Dip the rice paper wrappers in the hot water until soft one at a time. Spread the rice paper onto a clean, flat surface. Place 1 leaf of lettuce into the center of a sheet of rice paper; spread about 1/3 cup of the chicken mixture onto the lettuce leaf. Fold the bottom end of the rice paper over the top of the mixture and then roll into a cylinder. Repeat until all ingredients are used. Cut into halves to serve.
Chicken, Avocado and Mango Salad

Ingredients

- 2 tablespoons brown sugar
- 1/4 cup water
- 1/3 cup lime juice
- 1/2 cup chili garlic sauce
- 4 cups shredded, cooked chicken
- 2 medium mangos - peeled, seeded and diced
- 2 avocados - peeled, pitted and diced
- 1 (10 ounce) package spring lettuce mix

Directions

In a saucepan over medium-high heat, stir together the brown sugar and water. Bring to a boil, then pour into a medium bowl. Stir in the garlic chili sauce and lime juice. Set the dressing aside.

In a large bowl, toss together the chicken, mangos and avocados. Arrange the spring salad mix on serving plates, then top with a few spoonfuls of the chicken mixture. Pour dressing over the top.
# Mumze's Sticky Chicken

## Ingredients
- 2 pounds chicken drumettes
- 1/4 cup light corn syrup
- 1/2 cup soy sauce
- 1/2 cup white sugar
- 1/4 cup white wine
- 1 pinch garlic powder, or to taste

## Directions
1. Preheat oven to 400 degrees F (200 degrees C).
2. Lay chicken in a single layer in a baking dish.
3. In a medium bowl combine corn syrup, soy sauce, sugar and wine. Pour over chicken and sprinkle with garlic powder.
4. Bake in preheated oven until sauce is hot and bubbly.
5. Reduce temperature to 350 degrees F (175 degrees C), and bake until thick and sticky, basting repeatedly.
Spinach Chicken Manicotti

Ingredients

- 1 large onion, chopped
- 1 garlic clove, minced
- 1 teaspoon olive oil
- 2 1/2 cups diced cooked chicken breast meat
- 1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
- 3/4 cup diced cooked ham
- 1/4 cup grated Parmesan cheese
- 2 egg whites
- 1/2 teaspoon dried basil
- 1/8 teaspoon pepper
- 1 dash ground nutmeg
- 12 uncooked manicotti shells

SAUCE:
- 3/4 cup all-purpose flour
- 3 cups reduced-sodium chicken broth
- 1 cup fat-free milk
- 1/4 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon pepper
- dash cayenne pepper
- 1/4 cup grated Parmesan cheese

Directions

In a small skillet, saute onion and garlic in oil until tender. In a large bowl, combine the onion mixture, chicken, spinach, ham, Parmesan cheese, egg whites, basil, pepper and nutmeg; set aside.

Cook manicotti shells according to package directions. Meanwhile, for sauce, combine flour and broth in a large saucepan until smooth. Stir in the milk, salt, nutmeg, pepper and cayenne. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Spoon 1 cup into chicken mixture. Add Parmesan cheese to remaining sauce.

Spread 1 cup sauce into a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Drain shells; stuff with chicken mixture. Arrange over sauce. Drizzle with remaining sauce. Cover and bake at 375 degrees F for 35-40 minutes or until bubbly and heated through.
# Peruvian Chicken Soup (Aguadito de Pollo)

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves - cut in half</td>
</tr>
<tr>
<td>salt and pepper to taste</td>
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<tr>
<td>1/2 cup olive oil</td>
</tr>
<tr>
<td>1 medium onion, chopped</td>
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<tr>
<td>1 teaspoon minced garlic</td>
</tr>
<tr>
<td>1 tablespoon seeded, minced serrano chile</td>
</tr>
<tr>
<td>1/2 cup chopped cilantro</td>
</tr>
<tr>
<td>1 cup green peas</td>
</tr>
<tr>
<td>1 cup corn</td>
</tr>
<tr>
<td>1/2 red bell pepper, chopped</td>
</tr>
<tr>
<td>10 cups chicken broth</td>
</tr>
<tr>
<td>4 Yukon Gold potatoes, cut in half</td>
</tr>
<tr>
<td>1 cup uncooked white rice</td>
</tr>
</tbody>
</table>

## Directions

Season the chicken with salt and pepper. Heat the olive oil in a large, heavy pot over medium-high heat. Stir in the onion, garlic, and serrano chili; cook until the onion has softened, about 1 minute. Add the chicken, and continue to cook for 5 minutes.

Stir in the cilantro, peas, corn, and red pepper; cook for 1 minute. Pour in the chicken broth, potatoes, and rice. Bring to a boil, then reduce heat to medium-low, and simmer until the chicken is opaque and the potatoes are tender, about 40 minutes.
Ingredients

1/4 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon pepper
4 (4 ounce) boneless, skinless chicken breast halves
1/4 cup butter, cubed
1/4 cup white wine or chicken broth
1 tablespoon lemon juice

Directions

In a large resealable plastic bag, combine the flour, salt and pepper. Flatten chicken to 1/2-in. thickness; place in bag, one piece at a time, and shake to coat.

In a large skillet over medium heat, brown chicken in butter. Stir in wine or broth. Bring to a boil. Reduce heat; simmer, uncovered, for 12-15 minutes or until chicken juices run clear. Drizzle with lemon juice.
## Chicken and Sun-Dried Tomato Bruschetta

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1 1/4 cups Italian salad dressing, divided</td>
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</tr>
<tr>
<td>4 cups fresh spinach, torn</td>
<td></td>
</tr>
<tr>
<td>1/3 cup crumbled feta cheese</td>
<td></td>
</tr>
<tr>
<td>8 sun-dried tomatoes, packed without oil, chopped</td>
<td></td>
</tr>
<tr>
<td>1 (1 pound) loaf focaccia bread, cut into 1/2-inch thick slices</td>
<td></td>
</tr>
<tr>
<td>1/4 cup olive oil</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

1. Place the chicken and 1 cup salad dressing in a bowl. Cover, and marinate at least 3 hours in the refrigerator.
2. Preheat the grill for high heat.
3. Lightly oil the grill grate. Discard dressing used for marinating, and grill chicken 7 minutes per side, or until juices run clear. Cool and shred.
4. In a large bowl, mix the cooked chicken, spinach, feta cheese, sun-dried tomatoes, and remaining dressing.
5. Brush the focaccia bread with olive oil, and cook 1 minute per side on the prepared grill, or until lightly toasted. Place portions of the chicken mixture on the toasted focaccia to serve.
### Ingredients
- 4 skinless, boneless chicken breast halves
- 1 (18 ounce) bottle honey barbecue sauce
- 1 pound sliced bacon

### Directions
1. Preheat oven to 350 degrees F (175 degrees C).
2. Wash chicken and pat dry, then place in a 9x13 inch baking dish. Smother chicken with 1/2 of the barbecue sauce, then layer bacon slices cross-ways on top. Pour remaining 1/2 of barbecue sauce over all.
3. Bake at 350 degrees F (175 degrees C) for about 45 minutes or until chicken is cooked through and juices run clear. Serve one chicken breast per person with just the crispy, top pieces of bacon.
Chicken Cordon Bleu Casserole

**Ingredients**

- 1 egg
- 1/2 cup milk
- 2 pounds skinless, boneless chicken breast halves - cut into chunks
- 1 cup plain dried bread crumbs
- 1 cup oil for frying
- 8 ounces Swiss cheese, cubed
- 8 ounces cubed ham
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 cup milk

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Beat egg and 1/2 cup milk together until combined. Stir in the chicken chunks to coat, then drain, and coat with bread crumbs. Heat oil in a large skillet to 375 degrees F (190 degrees C). Fry breaded chicken cubes in hot oil until golden brown on all sides, then remove, and drain on paper towels.

Place chicken cubes in a glass baking dish, along with the Swiss cheese, and ham. Stir together the soup with 1 cup milk, pour over casserole.

Bake in preheated oven until golden brown and bubbly, about 30 minutes.
### Deep-Dish Chicken Potpie

**Ingredients**

2 cups all-purpose flour  
1/2 teaspoon salt  
2/3 cup cold butter or margarine  
6 tablespoons cold water  

**FILLING:**

3 tablespoons butter or margarine  
3 tablespoons all-purpose flour  
1 cup half-and-half cream  
1/2 cup chicken broth  
1/2 teaspoon salt  
1/2 teaspoon dried thyme  
1/4 teaspoon pepper  
2 1/2 cups cubed cooked chicken  
2 cups fresh or frozen peas  
2 medium potatoes, cut into 1/2 inch cubes  
3 medium carrots, thinly sliced  
1/4 cup chopped onion  
1 teaspoon milk

**Directions**

In a bowl, combine flour and salt; cut in butter until mixture resembles coarse crumbs. Add water, 1 tablespoon at a time, stirring with a fork until a ball forms. Divide pastry into thirds. On a floured surface, roll two-thirds of the pastry to fit an ungreased 2-qt. baking dish; line dish with pastry.

For filling, melt butter in a large saucepan; stir in flour until smooth. Add cream, broth, salt, thyme and pepper. Bring to a boil; boil for 2 minutes, stirring constantly. Stir in chicken, peas, potatoes, carrots and onion. Pour into prepared dish. Roll out remaining pastry to fit top of dish. Place over filling; seal edges. Cut slits in top; brush with milk. Bake at 350 degrees F for 1 hour or until vegetables are tender.
Chicken Fried Steak with Cream Pork Sausage

**Ingredients**

- 4 cups vegetable oil for frying
- 1 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon white pepper
- 1 teaspoon garlic powder
- 3 eggs
- 1 clove garlic, minced
- 1 tablespoon chopped fresh parsley
- 4 (4 ounce) beef tenderloin fillets, pounded thin
- 2 links pork sausage
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 2 1/2 cups heavy cream
- salt and black pepper to taste

**Directions**

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).

In a bowl, stir together 1 cup flour, 1 teaspoon salt, white pepper, and garlic powder. In a separate bowl, beat eggs with garlic and parsley. Dredge each tenderloin fillet in seasoned flour, dip in egg mixture, and dip back into flour mixture. Shake off any excess flour.

Gently place the steaks into the hot oil, 2 at a time, and cook until golden brown on both sides, about 3 minutes per side. Drain on paper towels.

Place the sausages in a small skillet over medium heat, and fry them until very dark brown on all sides, about 10 minutes. Finely chop the sausages, and set aside. In the same skillet, melt butter, and stir in 3 tablespoons of flour. Cook the butter-flour mixture until it turns a pale beige color, about 1 minute, then stir in the sausage, cream, salt, and black pepper. Bring the mixture to a simmer, and cook until thickened, about 5 minutes. Serve sauce over the fried steaks.
**Ingredients**

- 10 skinless, boneless chicken breast halves
- 1 teaspoon fresh lemon juice
- Salt and pepper to taste
- 1/8 teaspoon celery salt
- 1 teaspoon paprika
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (10.75 ounce) can condensed cream of celery soup
- 1/3 cup dry sherry
- 1/4 cup grated Parmesan cheese

**Directions**

Rinse the chicken breasts and pat dry. Season with the lemon juice, salt, pepper, celery salt and paprika to taste. Place in a slow cooker.

In a medium size bowl mix the mushroom and celery soups with the sherry/wine. Pour mixture over the chicken breasts and sprinkle with grated Parmesan cheese.

Cook on LOW setting for 8 to 10 hours, OR on HIGH setting for 4 to 5 hours.
Garlic Herbed Chicken

Ingredients

- 6 cloves garlic, crushed
- 2 teaspoons dried tarragon
- 1/2 teaspoon salt
- 1 tablespoon freshly ground black pepper
- 1/2 cup olive oil
- 4 skinless, boneless chicken breast halves

Directions

- Preheat an outdoor grill for high heat and lightly oil grate.

- In a small bowl, whisk together garlic, dried tarragon, salt, ground black pepper and olive oil.

- Place each chicken breast half on a piece of foil large enough to cover the chicken. Brush chicken with the garlic mixture.

- Tightly seal chicken in the foil. Cook on the prepared grill approximately 40 minutes.

- Remove from grill. Discard foil and juices. Place unwrapped chicken on the grill. Brushing frequently with remaining garlic mixture and turning often, continue cooking 5 to 10 minutes per side, or to desired doneness.
## Southern Fried Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (3 pound) whole chicken, cut into pieces</td>
<td></td>
</tr>
<tr>
<td>1 cup all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>salt to taste</td>
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<tr>
<td>ground black pepper to taste</td>
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</tr>
<tr>
<td>1 teaspoon paprika</td>
<td></td>
</tr>
<tr>
<td>1 quart vegetable oil for frying</td>
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</tbody>
</table>

### Directions

Season chicken pieces with salt, pepper, and paprika. Roll in flour.

Add 1/2 to 3/4 inch oil to a large, heavy skillet. Heat to approximately 365 degrees F (185 degrees C). Place chicken pieces in hot oil. Cover, and fry until golden, turning once, 15 to 20 minutes. Drain on paper towels.
Southwest Stuffed Chicken

**Ingredients**

- 6 (4 ounce) boneless skinless chicken breast halves
- 6 ounces Monterey Jack cheese, cut into 2-inch x 1/2-inch sticks
- 2 (4 ounce) cans chopped green chilies, drained
- 1/2 cup dry bread crumbs
- 1/4 cup grated Parmesan cheese
- 1 tablespoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground cumin
- 3/4 cup all-purpose flour
- 1/2 cup butter or margarine, melted

**Directions**

Flatten chicken to 1/8-in. thickness. Place a cheese stick down the middle of each; top with chilies. Roll up and tuck in ends. Secure with a toothpick. In a shallow bowl, combine the bread crumbs, Parmesan cheese, chili powder, salt and cumin. Coat chicken with flour, then dip in butter and roll in crumb mixture.

Place roll-ups, seam side down, in a greased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 400 degrees F for 25 minutes or until chicken juices run clear. Discard toothpicks.
Ingredients

- 4 boneless, skinless chicken breast halves
- 1 onion, chopped
- 1 green bell pepper, seeded and chopped
- 1/4 cup butter
- 2 tablespoons ground turmeric
- Salt and pepper to taste

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place chicken breasts in a single layer in a 9x13 inch baking dish. Sprinkle the chopped onion and green pepper over the breasts. Place small pieces of butter around on the vegetables. Sprinkle turmeric powder evenly over the entire dish, and season with salt and pepper to taste. Cover the dish with a lid or aluminum foil.

Bake for 45 to 60 minutes in the preheated oven, or until the chicken is no longer pink, and the juices run clear.
Tangy Citrus Chicken

**Ingredients**
- 8 boneless skinless chicken breast halves
- 1 (6 ounce) can frozen lemonade concentrate, thawed
- 1/2 cup honey
- 1 teaspoon rubbed sage
- 1/2 teaspoon ground mustard
- 1/2 teaspoon dried thyme
- 1/2 teaspoon lemon juice

**Directions**

Place chicken breasts in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. In a small bowl, combine remaining ingredients; mix well. Pour half over the chicken. Bake, uncovered, at 350 degrees F for 20 minutes. Turn chicken; pour remaining sauce on top. Bake 15-20 minutes longer or until meat juices run clear.
## Ingredients
- 1 cup shredded Cheddar cheese, divided
- 1 (9 inch) unbaked pastry shell
- 1 cup diced cooked chicken
- 1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
- 1/4 cup finely chopped onion
- 2 eggs
- 3/4 cup milk
- 3/4 cup mayonnaise*
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

## Directions
Sprinkle 1/4 cup cheese into the pastry shell. In a bowl, combine the chicken, 1/2 cup spinach, onion and remaining cheese (save remaining spinach for another use). Spoon into pastry shell. In a bowl, whisk the eggs, milk, mayonnaise, salt and pepper; pour over the chicken mixture.

Bake at 350 degrees F for 40-45 minutes or until a knife inserted near the center comes out clean. Let stand for 15 minutes before cutting.
Ingredients

- 1 tablespoon raw sunflower seeds
- 1 tablespoon fresh lemon juice
- 2/3 teaspoon freshly ground black pepper
- 1/4 teaspoon salt
- 4 boneless, skinless chicken breast halves
- 1 (14.5 ounce) can peeled and diced tomatoes, drained
- 5 ounces shredded Monterey Jack cheese

Directions

Preheat the oven to 350 degrees F (175 degrees C). Place the sunflower seeds on a baking sheet in a single layer. Place them into the oven to toast while the oven is preheating. This should take only about 10 minutes. Keep an eye on them, they burn easily.

In a small bowl, mix together the lemon juice, pepper and salt. Place the chicken into an 11x7 inch baking dish, and sprinkle with the lemon juice mixture. Cover with a lid or aluminum foil.

Bake for 25 to 30 minutes in the preheated oven, or until chicken is no longer pink, and the juices run clear. Remove the dish from the oven, and drain off any liquid. Spoon the tomatoes over the chicken. Sprinkle the toasted sunflower seeds and Monterey Jack cheese evenly over the top. Switch the oven to Broil.

Place the dish with the chicken back into the oven uncovered, and broil for about 1 or 2 minutes, until the cheese is melted. There you have it!
Campbell's Kitchen Chicken Mozzarella

**Ingredients**

- 4 skinless, boneless chicken breasts
- 1 (10.75 ounce) can Campbell's® Healthy Request® Condensed Tomato Soup
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/4 cup shredded mozzarella cheese
- 4 cups hot cooked corkscrew-shaped pasta, cooked without salt

**Directions**

Place chicken in 2-quart shallow baking dish. Mix soup, Italian seasoning and garlic powder. Spoon over chicken.

Bake at 400 degrees F for 20 minutes or until done.

Sprinkle cheese over chicken. Serve with pasta.
Mustard Fried Chicken

**Ingredients**
- 5 pounds chicken wings, separated at joints, tips discarded
- 1 tablespoon seasoned salt
- 2 tablespoons garlic powder
- 2 tablespoons onion powder
- 2 tablespoons ground black pepper
- 1 tablespoon monosodium glutamate (MSG, or Accent flavor enhancer) (optional)
- 3 tablespoons prepared yellow mustard
- 3 cups all-purpose flour
- 1 quart oil for frying, or as needed

**Directions**
Season the chicken wings on both sides by sprinkling with seasoned salt, garlic powder, onion powder, pepper, and MSG. I like to lay it all out on a big plastic bag for easier clean up. Coat each piece with a thin layer of mustard. You may use a basting brush or your fingers. Put the flour into a plastic bag, add the chicken, and shake to coat.

Heat the oil in a deep-fryer or deep heavy skillet to 350 degrees F (175 degrees C). When the oil is hot, add the chicken and cook for 6 minutes on each side, or until juices run clear. Drain on paper towels, and cool for 5 minutes before serving.
Sweet and Spicy Baked Chicken

Ingredients

- 1 (4 pound) whole chicken
- salt and pepper to taste
- 1/2 cup hot pepper jelly
- 1 cup butter

Directions

To Prepare Chicken: Remove giblets and set aside for another use. Rinse chicken in cold water and pat dry with paper towels. Pull front skin down over neck cavity and tuck under chicken. Fold wings under breast, and tie legs and tail together securely with kitchen twine or string.

Preheat oven to 400 degrees F (200 degrees C).

Place chicken on rack in roasting pan. Season with salt and pepper to taste. Melt jelly and 1/2 cup butter or margarine together in a small saucepan or in the microwave. Melt the remaining 1/2 cup butter or margarine separately.

Bake chicken in preheated oven for 15 minutes. Reduce heat to 375 degrees F (190 degrees C) and baste with melted plain butter or margarine. Bake for another 30 minutes, basting often with the plain butter or margarine. Then baste liberally with the melted jelly/butter mixture and bake for another 15 minutes. Remove from oven and allow to cool 10 minutes before cutting and serving.
# Grandma's Favorite Chicken

## Ingredients

- 8 chicken legs
- 5 large white potatoes
- 1 (8 ounce) package baby carrots
- 5 cloves garlic
- 2 yellow squash, quartered lengthwise and cut crosswise into 1/2-inch slices
- 1 large onion, peeled and sliced
- 1 tablespoon dried parsley flakes
- 1/2 tablespoon garlic powder
- Salt to taste
- Black pepper to taste
- 4 tablespoons butter, divided
- 2 cups water, or as needed

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place the chicken legs in a 9x13 inch baking dish. Arrange potatoes, carrots, garlic, and squash around the chicken. Top with onion slices. Season with parsley, garlic powder, salt, and pepper. Place 1/2 tablespoon butter on each chicken leg. Pour water into pan to a level of about 1/2 inch.

Cover pan with foil and cook 1 hour in the preheated oven. Remove foil and continue cooking 20 minutes, until vegetables are tender and chicken juices run clear.
# Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 tablespoon vegetable oil</td>
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</tr>
<tr>
<td>3 skinless, boneless chicken breast halves - cut into bite size pieces</td>
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<tr>
<td>1 cup sliced carrots</td>
<td></td>
</tr>
<tr>
<td>1/3 cup frozen green peas</td>
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<tr>
<td>4 cups chicken broth</td>
<td></td>
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<tr>
<td>1 cup chopped celery</td>
<td></td>
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<tr>
<td>1/2 red onion, chopped</td>
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<tr>
<td>3/4 cup chopped fresh mushrooms</td>
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</tr>
<tr>
<td>1 cup uncooked egg noodles</td>
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</tbody>
</table>

# Directions

Heat oil in a medium skillet over medium high heat. Fry chicken pieces in the oil until slightly browned and the juices run clear. Remove from the pan and drain on a paper towel.

In a large saucepan or Dutch oven, heat chicken broth over medium heat. Add the carrots, peas, celery, onion and mushrooms. Bring to a boil, then reduce heat and let simmer for 20 to 25 minutes. Add the noodles and cook for 10 more minutes or until noodles are al dente.
Chicken Vegetable Rollatini

Ingredients

1 (4.7 ounce) package Knorr® Sides Plus™ Veggies - Cheddar Rice With Broccoli & Carrots
2 large red bell peppers, chopped
5 (5 ounce) boneless, skinless chicken breast halves, pounded 1/4 inch thick
1/4 cup Japanese-style panko bread crumbs
2 tablespoons grated Parmesan cheese
1 tablespoon olive oil
1 small yellow onion, chopped
1 clove garlic, chopped
1 (10 ounce) box frozen chopped spinach, thawed and squeezed dry

Directions

Preheat oven to 375 degrees F. Prepare Knorr® Sides Plus™ Veggies - Cheddar Rice with Broccoli and Carrots according to package directions, omitting spread. Stir in 1 chopped red pepper; let cool 10 minutes.

Top each chicken breast with about 1/4 cup rice; reserve remaining rice and set aside. Roll chicken and secure with wooden toothpicks. Combine bread crumbs with cheese in shallow dish, then coat chicken. Heat olive oil in large nonstick skillet over medium-high heat and brown chicken. Arrange chicken in 11 x 7-inch glass baking dish. Bake 20 minutes until chicken is thoroughly cooked.

Meanwhile, in same skillet, cook remaining red pepper and onion with 2 tablespoons water, covered, over medium heat 5 minutes, until tender, stirring occasionally. Add garlic and cook 30 seconds, stirring. Stir in spinach and reserved rice and cook 3 minutes, until spinach is heated through, stirring frequently. Remove toothpicks and serve sliced chicken over spinach mixture.
Chicken with Bouillon

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 4 tablespoons margarine
- 2 tablespoons chicken bouillon granules

**Directions**

Melt margarine in a medium skillet over medium heat. Stir in bouillon granules; when melted together, add chicken and brown, turning often. If necessary, add a little more margarine and bouillon. Cook for about 20 minutes, or until chicken is cooked through and juices run clear.
**Ingredients**

1 lemon
2 teaspoons dried oregano
3 cloves garlic, minced
1 tablespoon olive oil
1/4 teaspoon salt
1/4 teaspoon ground black pepper
6 chicken legs

**Directions**

Preheat oven to 425 degrees F (220 degrees C).

In a 9x13 inch baking dish, grate the peel from 1/2 the lemon, squeeze out the juice (about 1/4 cup) and add to peel with the oregano, garlic, oil, salt and pepper. Stir until mixed.

Remove skin from chicken pieces and discard. Coat chicken pieces with the lemon mixture and arrange, bone side up, in the baking dish. Cover dish and bake for 20 minutes. Turn and baste chicken.

Reduce heat to 400 degrees F (205 degrees C) and bake uncovered, basting every 10 minutes, for about 30 more minutes. Serve chicken with pan juices.
Sesame Chicken Pasta Salad

Ingredients

- 6 ounces uncooked spiral pasta
- 1/4 cup reduced-sodium soy sauce
- 1/3 cup white wine vinegar or cider vinegar
- 2 tablespoons canola oil
- 2 tablespoons sugar
- 2 tablespoons sesame seeds, toasted
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups chopped cooked chicken breast
- 2 cups torn fresh spinach
- 1/2 cup sliced green onions
- 1/4 cup minced fresh parsley

Directions

Cook pasta according to package directions. In a jar with a tight-fitting lid, combine the soy sauce, vinegar, oil, sugar, sesame seeds, salt and pepper; shake well. Drain pasta and rinse in cold water; place in a bowl. Add chicken and half of the dressing; toss to coat. Cover and refrigerate for at least 4 hours. Set remaining dressing aside.

Just before serving, add the spinach, onions, parsley and remaining dressing; toss to coat.
Simple Whole Roasted Chicken

**Ingredients**

- 2 teaspoons salt
- 1 teaspoon white sugar
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground allspice
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground cinnamon
- 1 (4 pound) whole chicken
- 5 cloves garlic, crushed

**Directions**

In a bowl, mix the salt, sugar, cloves, allspice, nutmeg, and cinnamon. Rub the chicken with the mixture. Cover chicken, and place in the refrigerator for 24 hours.

Preheat oven to 500 degrees F (260 degrees C).

Stuff the chicken cavity with the garlic. Place the chicken, breast side down, on a rack in a roasting pan.

Roast 15 minutes in the preheated oven. Reduce heat to 450 degrees F (230 degrees C), and continue roasting 15 minutes. Baste chicken with pan drippings, reduce heat to 425 degrees F (220 degrees C), and continue roasting 30 minutes, to an internal temperature of 180 degrees F (85 degrees C). Let stand 20 minutes before serving.
## PHILLY Chicken Alfredo Pesto Pasta

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>300 grams angel hair pasta, uncooked</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons oil</td>
<td></td>
</tr>
<tr>
<td>450 grams boneless skinless chicken breasts, cut into bite-size pieces</td>
<td></td>
</tr>
<tr>
<td>2 cups milk</td>
<td></td>
</tr>
<tr>
<td>125 grams PHILADELPHIA Cream Cheese Spread</td>
<td></td>
</tr>
<tr>
<td>1 large red bell pepper, cut into strips</td>
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</tr>
<tr>
<td>1/4 cup KRAFT 100% Grated Parmesan Cheese</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons pesto</td>
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</table>

### Directions

Cook pasta as directed on package. Meanwhile, heat oil in large nonstick skillet on medium heat. Add chicken; cook and stir 7 min. or until cooked through.

Stir in milk and cream cheese spread; cook 3 min. or until cream cheese spread is completely melted and mixture is well blended. Add peppers, Parmesan cheese and pesto; stir. Cook 3 min. or until heated through, stirring occasionally.

Drain pasta. Add to cream cheese mixture; toss to coat.
The Best Chicken Fried Steak

**Ingredients**

- 4 (1/2 pound) beef cube steaks
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon black pepper
- 3/4 teaspoon salt
- 1 1/2 cups buttermilk
- 1 egg
- 1 tablespoon hot pepper sauce (e.g., Tabasco®)
- 2 cloves garlic, minced
- 3 cups vegetable shortening for deep frying
- 1/4 cup all-purpose flour
- 4 cups milk
- Kosher salt and ground black pepper to taste

**Directions**

Pound the steaks to about 1/4-inch thickness. Place 2 cups of flour in a shallow bowl. Stir together the baking powder, baking soda, pepper, and salt in a separate shallow bowl; stir in the buttermilk, egg, Tabasco Sauce, and garlic. Dredge each steak first in the flour, then in the batter, and again in the flour. Pat the flour onto the surface of each steak so they are completely coated with dry flour.

Heat the shortening in a deep cast-iron skillet to 325 degrees F (165 degrees C). Fry the steaks until evenly golden brown, 3 to 5 minutes per side. Place fried steaks on a plate with paper towels to drain. Drain the fat from the skillet, reserving 1/4 cup of the liquid and as much of the solid remnants as possible.

Return the skillet to medium-low heat with the reserved oil. Whisk the remaining flour into the oil. Scrape the bottom of the pan with a spatula to release solids into the gravy. Stir in the milk, raise the heat to medium, and bring the gravy to a simmer, cook until thick, 6 to 7 minutes. Season with kosher salt and pepper. Spoon the gravy over the steaks to serve.
Chicken Enchiladas with Creamy Green Chile

**Ingredients**

- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 1/2 cup sour cream
- 1 tablespoon butter
- 1 medium onion, chopped
- 1 teaspoon chili powder
- 2 cups chopped cooked chicken or turkey
- 1 (4 ounce) can chopped green chiles
- 8 (8 inch) flour tortillas, warmed
- 1 cup shredded Cheddar cheese or Monterey Jack cheese

**Directions**

Stir the soup and sour cream in a small bowl.

Heat the butter in a 3-quart saucepan over medium heat. Add the onion and chili powder and cook until the onion is tender. Stir in the chicken, chiles and 2 tablespoons soup mixture.

Spread 1/2 cup soup mixture in a 2-quart shallow baking dish. Spoon about 1/4 cup chicken mixture down the center of each tortilla. Roll up and place seam-side down into the baking dish. Spoon the remaining soup mixture over the tortillas. Sprinkle with the cheese.

Bake at 350 degrees F for 25 minutes or until the enchiladas are hot and bubbling.
Chicken 'n' Carrot Dumpling Stew

Ingredients

1/2 pound boneless skinless chicken breasts
1 cup chicken broth
1 small onion, chopped
1 celery rib, sliced
1/8 teaspoon salt
1 dash dried thyme
Dash pepper
4 1/2 teaspoons all-purpose flour
3 tablespoons water

DUMPLINGS:
1/2 cup all-purpose flour
1 teaspoon baking powder
1/4 teaspoon salt
2 tablespoons shortening
1/4 cup milk
2 tablespoons finely grated carrot
1/2 teaspoon minced fresh parsley

Directions

In a large saucepan, combine the chicken, broth, onion, celery, salt, thyme and pepper. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until chicken juices run clear and vegetables are tender. Combine flour and water until smooth. Stir into broth. Bring to a boil; cook and stir for 1 minute or until thickened.

For dumplings, in a bowl, combine the flour, baking powder and salt; cut in shortening until mixture resembles coarse crumbs. Stir in the milk, carrot and parsley. Drop by rounded tablespoonfuls into simmering broth. Cover and simmer for 20 minutes or until a toothpick inserted in a dumpling comes out clean (do not lift the cover while simmering).
Easy Mexican Chicken Bake

**Ingredients**

- 6 boneless, chicken breast halves - cooked, skinned
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed nacho cheese soup
- 1 pound processed cheese, cubed
- 1/2 teaspoon chili powder
- 1 (14.5 ounce) package nacho-flavor tortilla chips

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine the chicken, mushroom soup, chicken soup, nacho cheese soup, process cheese food and chili powder to taste.

Spread a layer of tortilla chips in the bottom of a 9x13 inch baking dish. Spread the mixture over the chips and top with the remaining chips.

Bake at 350 degrees F (175 degrees C) for 30 to 45 minutes, or until all the cheese is melted and bubbly.
Roasted Chicken Salad Bites

Ingredients

1 (2 to 3 pound) whole chicken
4 tablespoons olive oil
1 teaspoon salt
1/2 teaspoon ground black pepper

3/4 cup mayonnaise
2 tablespoons chopped fresh dill
1 cup seedless red grapes, sliced
1 (11 ounce) can mandarin oranges, drained
1/2 cup sunflower seeds
24 miniature croissants

Directions

Preheat oven to 350 degrees F (175 degrees C).

Brush chicken with olive oil, salt and pepper. Wrap in foil and bake in the preheated oven 1 to 1 1/2 hours, until internal temperature has reached 160 degrees F (70 degrees C).

Remove chicken from heat. Cool, debone and chop.

In a large bowl, mix chicken, mayonnaise and dill. Gently fold in grapes, mandarin oranges and sunflower seeds.

Spread the mixture on miniature croissants. Cover and chill in the refrigerator until serving.
Herb Roasted Chicken and Vegetables

Ingredients

1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup or Campbell's® Condensed 98% Fat Free Cream of Mushroom Soup
1/3 cup water
2 teaspoons dried oregano leaves, crushed
4 medium potatoes, cut into quarters
2 cups fresh or frozen whole baby carrots
4 bone-in chicken breast halves
1/2 teaspoon paprika

Directions

Mix soup, water, 1 teaspoon oregano, potatoes and carrots in shallow roasting pan.

Top with chicken. Sprinkle with remaining oregano and paprika.

Bake at 400 degrees F 50 minutes or until chicken is done. Stir vegetables.
Slow-Cooked Parmesan Chicken

**Ingredients**

- Vegetable cooking spray
- 6 skinless, boneless chicken breast halves
- 6 tablespoons butter or margarine
- 1 (2 ounce) pouch Campbell's® Dry Onion Soup and Recipe Mix
- 2 (10.75 ounce) cans Campbell's® Condensed Cream of Mushroom Soup
- 1 1/2 cups milk
- 1 cup converted long-grain white rice
- 1/4 cup grated Parmesan cheese

**Directions**

Spray the inside of a 4-quart slow cooker with the cooking spray. Place the chicken into the cooker. Place 1 tablespoon of butter onto each chicken breast half.

Stir the onion soup mix, mushroom soup, milk and rice in a medium bowl. Pour over the chicken. Sprinkle with the cheese.

Cover and cook on LOW for 8 to 9 hours* or until the chicken is cooked through.
Lemon Pepper Grilled Chicken

**Ingredients**

1/4 cup lemon pepper  
1 tablespoon dry mustard  
1 tablespoon dried rosemary  
5 skinless, boneless chicken breast halves  
4 cloves garlic, crushed  
4 tablespoons fresh lemon juice  
3 cups dry white wine

**Directions**

In a small bowl, mix lemon pepper, dry mustard and crushed dried rosemary.

Place chicken breast halves in a medium bowl. Rub with garlic. Introduce the lemon pepper mixture and rub it into the chicken. Pour in lemon juice and dry white wine. Cover and refrigerate at least 3 hours before grilling.

Preheat an outdoor grill for high heat and lightly oil grate.

Cook marinated chicken breasts on the prepared grill until meat is no longer pink and juices run clear, or to desired doneness.
## Chicken A La King

### Ingredients

<table>
<thead>
<tr>
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<th>Quantity</th>
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<tbody>
<tr>
<td>1/2 cup quartered fresh mushrooms</td>
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<tr>
<td>1/4 cup chopped green pepper</td>
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</tr>
<tr>
<td>1/4 cup butter or margarine</td>
<td></td>
</tr>
<tr>
<td>1/4 cup all-purpose flour</td>
<td></td>
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<tr>
<td>3/4 teaspoon chicken bouillon granules</td>
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<tr>
<td>1/4 teaspoon pepper</td>
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<tr>
<td>1/8 teaspoon salt</td>
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<tr>
<td>3/4 cup milk</td>
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<tr>
<td>1/4 cup water</td>
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<tr>
<td>1 cup cubed cooked chicken</td>
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### Directions

In a skillet, saute mushrooms and green pepper in butter until crisp-tender. Add in the flour, bouillon, pepper and salt; stir until smooth. Gradually add milk and water. Bring to a boil; cook and stir 1-2 minutes or until thickened. Stir in chicken; cook until heated through.
Chicken 'N' Chilies Casserole

**Ingredients**

- 1 cup sour cream
- 1 cup light cream
- 1 cup chopped onion
- 1 (4 ounce) can chopped green chilies
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 (2 pound) package frozen loose-pack hash brown potatoes
- 2 1/2 cups cubed cooked chicken
- 2 1/2 cups shredded Cheddar cheese, divided

**Directions**

In a large bowl, combine sour cream, light cream, onion, chilies, salt and pepper. Stir in potatoes, chicken and 2 cups of the cheese. Pour into a greased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 350 degrees F for 1 hour and 15 minutes or until golden brown. Sprinkle with remaining cheese before serving.
Ingredients

1 (8 ounce) package uncooked spaghetti
2 teaspoons extra virgin olive oil
2 onions, chopped
2 green bell peppers cut into thin strips
1 pound skinless, boneless chicken breast halves
1 (28 ounce) can crushed tomatoes
1/2 tablespoon Italian seasoning
1/2 teaspoon garlic powder
1/2 teaspoon chili powder
1/4 teaspoon crushed red pepper
1/8 teaspoon ground cinnamon
1/8 teaspoon ground cumin

Directions

Bring a large pot of lightly salted water to a boil, cook the spaghetti for 8 to 10 minutes, until al dente, and drain.

Heat the oil in a skillet over medium heat, and saute the onions and peppers until tender. Remove from heat, and set aside.

Place the chicken in the skillet, and brown about 5 minutes on each side. Return onions and peppers to skillet, and pour in the tomatoes. Season with Italian seasoning, garlic powder, chili powder, red pepper, cinnamon, and cumin. Cover, reduce heat to low, and cook 25 minutes, or until chicken juices run clear. Serve over the cooked pasta.
Ingredients

1 sweet potato
1/2 medium sweet onion, chopped
1 medium apple - peeled, cored, and chopped
3 carrots, peeled and chopped
2 skinless, boneless chicken breast halves
2 tablespoons barbecue sauce
1 cup cranberries

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking dish.

Pierce the sweet potato several times with a fork and cut in half. Place in a microwave-safe dish; pour water to about 1/2-inch deep. Cook in microwave 10 minutes.

Arrange the onion, apple, and carrots into the bottom of the prepared baking dish. Brush the barbecue sauce on both sides of the chicken breasts and lay atop the vegetables. Peel the sweet potato and cut into large chunks; scatter into the baking dish. Sprinkle the cranberries over the dish.

Bake in the preheated oven until the chicken is tender and no longer pink in the center, 45 to 55 minutes. Allow to cool 5 minutes before serving.
Ingredients

- 1 tablespoon olive oil
- 3 pounds skinless chicken thighs
- salt and ground black pepper to taste
- 1/4 cup loosely packed cilantro leaves
- 2 large sweet potatoes, cut into chunks
- 1 red bell pepper, cut into strips
- 2 (15.5 ounce) cans black beans, rinsed and drained
- 1/2 cup chicken broth
- 1/4 cup loosely packed cilantro leaves
- 1 cup hot salsa
- 2 teaspoons ground cumin
- 1/2 teaspoon ground allspice
- 3 large cloves garlic, chopped
- lime wedges, for garnish

Directions

- Heat the olive oil in a large skillet; season the chicken thighs with salt and pepper. Sprinkle 1/4 cup cilantro over the chicken thighs; brown the chicken in the frying pan, 3 to 5 minutes each side.

- Arrange the chicken in the bottom of a slow cooker. Place the sweet potatoes, red bell pepper, and black beans on top of the chicken. Mix together the chicken broth, 1/4 cup cilantro leaves, salsa, cumin, allspice, and garlic together in a bowl; pour into the slow cooker. Set slow cooker to LOW and cook for 4 hours. Garnish with lime wedges to serve.
**Lemonade Chicken**

**Ingredients**
- 6 (4 ounce) skinless, boneless chicken breast halves
- 3/4 cup lemonade concentrate
- 3 tablespoons ketchup
- 2 tablespoons brown sugar
- 1 tablespoon cider vinegar
- 2 tablespoons cornstarch
- 2 tablespoons cold water

**Directions**

Place chicken in a 5-qt. slow cooker. Combine the lemonade, ketchup, brown sugar and vinegar; pour over chicken. Cover and cook on low for 2-1/2 hours or until chicken juices run clear.

Remove chicken and keep warm. For gravy, combine cornstarch and water until smooth; stir into cooking juices. Cover and cook on high for 30 minutes or until thickened. Return chicken to the slow cooker; heat through.
Creamy Chicken Breasts

Ingredients

- 3/4 cup creamy salad dressing
- 1/2 cup Italian-style salad dressing
- 1/8 teaspoon cayenne pepper
- 2 skinless, boneless chicken breast halves

Directions

In a large glass dish, mix together the creamy salad dressing, Italian-style salad dressing and cayenne pepper. Add chicken breasts and toss to coat. Cover and refrigerate. Marinate for 1 to 2 hours.

Preheat an outdoor grill for high heat, and lightly oil grate.

Remove chicken breasts from marinade, and grill for 6 to 8 minutes each side, until no longer pink and juices run clear.
### Ingredients

- 3/4 cup orange juice
- 2 tablespoons fresh lemon juice
- 1/4 cup olive oil
- 1/2 cup honey
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon curry powder
- 1/2 teaspoon paprika
- 4 skinless, boneless chicken breast halves

### Directions

To Marinate: In a nonporous glass dish or bowl, combine the orange juice, lemon juice, oil, honey, salt, pepper, curry powder and paprika. Mix well, then add chicken breasts and toss to coat. Cover dish and refrigerate to marinate overnight.

Preheat oven to 350 degrees F (175 degrees C).

Remove chicken from marinade, discarding of any remaining marinade, and place in a lightly greased 9x13 inch baking dish.

Bake at 350 degrees F (175 degrees C) for about 20 to 25 minutes, or until chicken is cooked through and juices run clear.
Country Style Chicken

Ingredients

1/4 cup butter
3 cups sliced potatoes
2 (15.25 ounce) cans sweet corn
1 teaspoon salt
1 teaspoon dried basil
1/4 teaspoon ground nutmeg
3/4 cup graham cracker crumbs
1 teaspoon salt
1 teaspoon dried basil
1/3 cup butter, melted
1/4 teaspoon ground nutmeg
4 skinless, boneless chicken breast halves

Directions

Preheat oven to 375 degrees F (190 degrees C).

Melt 1/4 cup butter or margarine in a 9x13 inch glass baking dish. Add the potatoes and corn. Sprinkle with 1 teaspoon each salt and basil and 1/4 teaspoon nutmeg. Set aside.

In a shallow dish or bowl, combine crackers, 1 teaspoon each salt and basil, and 1/4 teaspoon nutmeg. Mix well. Place 1/3 cup melted butter or margarine in another shallow dish or bowl. Dip chicken pieces into melted butter or margarine, then into crumb mixture to coat. Place coated chicken breasts on top of vegetable mixture in baking dish. Cover dish tightly and bake in the preheated oven for 70 to 75 minutes or until chicken is cooked through and juices run clear.
Adobo Chicken with Ginger

**Ingredients**

- 1 (3 pound) whole chicken, cut into 8 pieces
- 1/2 cup soy sauce
- 3/4 cup distilled white vinegar
- 1 bulb garlic, peeled and crushed
- 2 tablespoons thinly sliced fresh ginger root
- 2 bay leaves
- 1/2 tablespoon black peppercorns

**Directions**

Combine the chicken, soy sauce, vinegar, garlic, ginger, bay leaves and peppercorns in a Dutch oven. Bring to a boil over medium heat. Once it boils, reduce heat to a simmer. Cover the pot and simmer for 30 minutes, basting the chicken occasionally. After 30 minutes, remove lid and cook until liquid has reduced to half.

Remove chicken from the pot to a serving plate. Strain the liquid from the pot to remove all the food particles, and set aside. Serve chicken hot over steamed rice and drizzle with reserved sauce.
## Kai Kang Dang (Chicken Curry with Coconut Milk)

### Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
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</thead>
<tbody>
<tr>
<td>1/2 cup coconut milk</td>
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<tr>
<td>1 tablespoon red curry paste</td>
</tr>
<tr>
<td>1 pound skinless, boneless chicken breast, cut in bite-sized pieces</td>
</tr>
<tr>
<td>2 cups coconut milk</td>
</tr>
<tr>
<td>3 tablespoons fish sauce</td>
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<tr>
<td>1 tablespoon brown sugar</td>
</tr>
<tr>
<td>3/4 cup bamboo shoots, drained</td>
</tr>
<tr>
<td>2 cups frozen mixed vegetables, thawed</td>
</tr>
<tr>
<td>1/2 red bell pepper, sliced</td>
</tr>
<tr>
<td>1/2 orange bell pepper, sliced</td>
</tr>
<tr>
<td>3/4 cup fresh Thai basil leaves</td>
</tr>
<tr>
<td>2 tablespoons fresh lime juice</td>
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</tbody>
</table>

### Directions

Bring 1/2 cup coconut milk to a boil in a heavy saucepan. Whisk in the curry paste and cook until fragrant, about 5 minutes. Add the chicken and cook until browned, about 5 minutes. Stir in the 2 cups coconut milk, fish sauce, sugar, vegetables, bamboo shoots, and basil; simmer until the chicken is cooked through, about 15 minutes. Pour the lime juice over the dish and remove from heat. Serve warm.
Honey Mustard Grilled Chicken

**Ingredients**
- 1/3 cup Dijon mustard
- 1/4 cup honey
- 2 tablespoons mayonnaise
- 1 teaspoon steak sauce
- 4 skinless, boneless chicken breast halves

**Directions**
- Preheat the grill for medium heat.

- In a shallow bowl, mix the mustard, honey, mayonnaise, and steak sauce. Set aside a small amount of the honey mustard sauce for basting, and dip the chicken into the remaining sauce to coat.

- Lightly oil the grill grate. Grill chicken over indirect heat for 18 to 20 minutes, turning occasionally, or until juices run clear. Baste occasionally with the reserved sauce during the last 10 minutes. Watch carefully to prevent burning!
## Ingredients

- 1 tablespoon olive oil
- 12 cloves garlic, pressed and divided
- 4 zucchini, thinly sliced
- salt and pepper to taste
- 1 1/4 pounds skinless, boneless chicken breast halves - cut into bite-size pieces
- 1 pound carrots, peeled and thinly sliced
- 1 (16 ounce) package uncooked farfalle (bow tie) pasta
- 1/4 cup butter
- 1 (14 ounce) can chicken broth
- 3/4 cup water
- 1 (.18 ounce) packet chicken bouillon granules
- 1/2 cup grated Parmesan cheese

## Directions

Heat the oil in a skillet over medium heat, and cook 4 cloves garlic 1 minute, until golden brown. Place zucchini in the skillet, season with salt and pepper, and cook until tender. Set aside. Place chicken in the skillet, and cook 10 minutes, or until juices run clear.

Place the carrots in a pot with enough water to cover, and bring to a boil. Cook until tender, drain, and set aside.

Bring a large pot of lightly salted water to a boil. Add farfalle pasta and cook for 8 to 10 minutes or until al dente; drain.

Melt the butter in the skillet over medium heat, and cook the remaining garlic until golden brown. Pour in the chicken broth and water, and stir in bouillon granules until dissolved. Gradually stir in Parmesan cheese. Mix in zucchini, chicken, and carrot, and continue cooking until heated through. Gently toss with pasta to serve.
# Parmesan Sesame Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1 cup bread crumbs</td>
<td></td>
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<tr>
<td>1/4 cup Parmesan cheese</td>
<td></td>
</tr>
<tr>
<td>1/4 cup sesame seeds</td>
<td></td>
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<tr>
<td>1 egg, beaten</td>
<td></td>
</tr>
<tr>
<td>4 boneless, skinless chicken breast halves</td>
<td></td>
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</tbody>
</table>

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a bowl, mix the bread crumbs, Parmesan cheese, and sesame seeds. Place the egg in a separate bowl. Dip the chicken in the egg, then dip into the bread crumb mixture to coat. Place the chicken breasts in a shallow baking dish.

Bake chicken 20 to 30 minutes in the preheated oven, until juices run clear.
**Shandong Chinese Chicken**

**Ingredients**
2 tablespoons melted butter  
1/2 cup white vinegar  
1/4 cup water  
1/2 cup mayonnaise  
2 tablespoons prepared horseradish  
1 tablespoon white sugar  
3/4 teaspoon ground black pepper  
1 pinch salt  
4 chicken leg quarters

**Directions**
Preheat the oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil, and brush the foil with melted butter.

In a medium bowl, mix together the vinegar, water, mayonnaise, horseradish, sugar, salt and pepper until well blended. Coat each piece of chicken heavily with the sauce, and place onto the prepared baking sheet.

Bake, uncovered, for about 45 minutes in the preheated oven. Baste occasionally with remaining sauce. Chicken is done when the juices run clear, and the meat is no longer pink. Serve with rice or noodles.
Honey Black Pepper Chicken Wings

Ingredients

- 8 chicken wings
- 2 red onions, minced
- 4 cloves garlic, finely chopped
- 1 slice fresh ginger root, minced
- water as needed
- 2 teaspoons sesame seeds
- 1 tablespoon sesame oil
- 2 tablespoons dark soy sauce
- 2 tablespoons white wine
- 1 1/2 tablespoons oyster sauce
- 1 tablespoon fresh lemon juice
- 3 tablespoons honey
- 1 pinch salt
- 1 slice fresh ginger root, finely chopped
- 4 cloves garlic, finely chopped
- 10 black peppercorns, coarsely ground
- 4 cups oil for deep frying

Directions

Place wings in a nonporous glass dish or bowl. Blend onions, 4 cloves garlic and 1 slice ginger in a blender, adding water as needed to dilute; rub this mixture into the chicken pieces.

In a small bowl, combine the sesame seeds, sesame oil, soy sauce, wine, oyster sauce, lemon juice, honey and salt. Mix well, then stir in 1 slice ginger, 4 cloves garlic and ground peppercorns. Add mixture to chicken and turn to coat; cover dish and refrigerate to marinate for about 30 minutes.

Heat oil in a deep skillet or deep fryer; fry chicken in hot oil for about 10 to 15 minutes, or until cooked through and juices run clear.
## Potato Chip Chicken

### Ingredients

- 2 pounds skinless, boneless chicken breast meat
- 2 tablespoons butter, melted
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 cup crushed potato chips

### Directions

To Marinate: Put chicken breasts in a nonporous glass dish or bowl. Drizzle melted butter or margarine over chicken and season with salt and ground black pepper. Cover dish and refrigerate overnight.

Preheat oven to 375 degrees F (190 degrees C).

Put potato chip crumbs in a shallow dish or bowl. Roll chicken in crumbs until well coated, then place in a lightly greased 9x13 inch baking dish.

Bake at 375 degrees F (190 degrees C) for 45 minutes or until chicken juices run clear.
Ingredients

2 cups uncooked white rice  
1 tablespoon butter  
2 skinless, boneless chicken breast halves - cubed  
salt to taste  
2 eggs, beaten  
3/4 cup sliced mushrooms  
2 green onions, chopped  
1 tablespoon soy sauce, or to taste

Directions

In a saucepan bring 4 cups water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.

Heat butter in a large skillet over medium-high heat. Brown chicken in butter and season with salt to taste. Set chicken aside.

Transfer cooked rice to the skillet in which the chicken was cooked, stirring to brown.

In a separate skillet, scramble eggs.

To the rice add chicken, mushrooms, green onions, eggs and soy sauce to taste.
Asian Chicken Salad

**Ingredients**

- 2 tablespoons brown sugar
- 2 teaspoons soy sauce
- 1 tablespoon sesame oil (optional)
- 1/4 cup vegetable oil
- 3 tablespoons rice vinegar
- 1 (8 ounce) package dried rice noodles
- 1 head iceberg lettuce - rinsed, dried, and chopped
- 4 boneless chicken breast halves, cooked and shredded
- 3 green onions, chopped
- 1 tablespoon sesame seeds, toasted

**Directions**

Prepare the dressing 30 minutes ahead of time by combining the brown sugar, soy sauce, sesame oil, salad oil, and rice vinegar in a salad dressing carafe.

To prepare the Chinese rice noodles, heat a skillet with a few tablespoons of oil and break off a little bit of the noodles and add them to the skillet and fry them. They will puff up in the skillet, so only add a few at a time. As they begin to puff up, remove and drain them on paper towels. Be sure to cook long enough as the undercooked noodles will be like eating needles. Once cooked, add them to the salad mixture.

In a large bowl combine the iceberg lettuce, cooked and shredded chicken, green onions and toasted sesame seeds. Let chill about 10 minutes, and just before serving add the cooked rice noodles. Serve in salad bowls and offer the dressing in a pourable container so your family can add as much dressing as they want. You can also pour the dressing over the top of the salad, toss, and serve immediately.
**Ingredients**

- 8 skinless, boneless chicken breasts
- 2 green chile peppers, cut into 8 strips
- 1 (8 ounce) package Monterey Jack cheese, cut into 8 slices
- 1/2 cup butter, melted
- 1 cup Italian-style seasoned bread crumbs
- 1 1/2 tablespoons grated Parmesan cheese
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground black pepper

**Directions**

Place 1 chicken breast between two sheets of wax paper. Working from the center to the edges, pound with a meat mallet until flat and rectangular shaped. Repeat with remaining breasts.

Wrap the green chili strips around the cheese, then wrap the flattened chicken breasts around the chili and cheese. Secure with toothpicks or uncooked spaghetti noodles.

Combine the bread crumbs, parmesan cheese, salt, cumin and pepper.

Roll the secured chicken pieces in the melted butter and then in the bread crumb mixture. Place chicken breasts in a 13x9 inch baking dish; don’t let them crowd. Drizzle the remaining butter over all eight of the breasts. Refrigerate for 1 hour, or freeze to bake later (baking time will be increased by about 5 to 10 minutes)

Bake in a preheated 400 degrees F (200 degrees C) oven for 25 to 30 minutes, or until chicken is no longer pink and juices run clear.
Chicken Fiesta Salad

Ingredients

- 2 skinless, boneless chicken breast halves
- 1 (1.27 ounce) packet dry fajita seasoning, divided
- 1 tablespoon vegetable oil
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (11 ounce) can Mexican-style corn
- 1/2 cup salsa
- 1 (10 ounce) package mixed salad greens
- 1 onion, chopped
- 1 tomato, cut into wedges

Directions

Rub chicken evenly with 1/2 the fajita seasoning. Heat the oil in a skillet over medium heat, and cook the chicken 8 minutes on each side, or until juices run clear; set aside.

In a large saucepan, mix beans, corn, salsa and other 1/2 of fajita seasoning. Heat over medium heat until warm.

Prepare the salad by tossing the greens, onion and tomato. Top salad with chicken and dress with the bean and corn mixture.
Ingredients

- 2 ounces PHILADELPHIA Cream Cheese, softened
- 2 tablespoons tandoori paste
- 1 pound boneless, skinless chicken breasts, cut into 2-inch pieces

Directions

Mix cream cheese and tandoori paste in medium bowl. Add chicken; toss to coat. Refrigerate 30 min. to marinate.

Heat broiler. Remove chicken from marinade; reserve marinade. Thread chicken onto 4 skewers; brush with reserved marinade. Place on rack of broiler pan.

Broil, 6 inches from heat, 8 to 10 min. or until chicken is done, turning after 5 min.
Ingredients

3/4 cup soy sauce
1 cup mayonnaise
6 skinless, boneless chicken breast halves - pounded thin

Directions

In a medium bowl, mix together the soy sauce and mayonnaise. Add the chicken, and turn to coat. Cover, and marinate for 30 minutes.

Preheat a grill for medium heat. When the grill is hot, lightly brush the grate with oil.

Place the chicken onto the grill with a thick coating of the marinade. Discard remaining marinade. Cook for about 10 minutes per side, or until chicken is firm and juices run clear.
Lime Chicken Soft Tacos

Ingredients

- 1 1/2 pounds skinless, boneless chicken breast meat - cubed
- 1/8 cup red wine vinegar
- 1/2 lime, juiced
- 1 teaspoon white sugar
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 green onions, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 10 (6 inch) flour tortillas
- 1 tomato, diced
- 1/4 cup shredded lettuce
- 1/4 cup shredded Monterey Jack cheese
- 1/4 cup salsa

Directions

Saute chicken in a medium saucepan over medium high heat for about 20 minutes. Add vinegar, lime juice, sugar, salt, pepper, green onion, garlic and oregano. Simmer for an extra 10 minutes.

Heat an iron skillet over medium heat. Place a tortilla in the pan, warm, and turn over to heat the other side. Repeat with remaining tortillas. Serve lime chicken mixture in warm tortillas topped with tomato, lettuce, cheese and salsa.
# Chicken Stroganoff

## Ingredients

- 4 cups uncooked egg noodles
- 2 cups cubed, cooked chicken
- 1 1/2 cups sour cream
- 1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
- 1/2 teaspoon seasoned salt
- 1/4 teaspoon pepper
- Minced fresh parsley

## Directions

Cook noodles according to package directions; drain. In a greased 2-qt. microwave-safe dish, combine the chicken, sour cream, soup, seasoned salt and pepper. Stir in the noodles. Cover and microwave on high for 5-7 minutes or until heated through. Sprinkle with parsley if desired. Let stand for 5 minutes before serving.
Campbell's Kitchen Sweet and Sour Chicken

Directions

Mix cornstarch and broth.

Heat oil in skillet. Add chicken and stir-fry until browned.

Add broth mixture, pineapple, sugar, vinegar and pepper. Heat to a boil. Cook and stir until mixture boils and thickens. Cover.

Cook over low heat 5 minutes or until done. Serve over rice.

Ingredients

3 tablespoons cornstarch
1 (10.5 ounce) can Campbell's® Condensed Chicken Broth
1 tablespoon vegetable oil
1 pound skinless, boneless chicken breast, cut into 1-inch pieces
1 (8 ounce) can pineapple chunks in juice, undrained
1/4 cup sugar
1/4 cup vinegar
1 small green pepper
4 cups hot cooked rice
Chicken Alfredo with Plum Tomatoes

Ingredients

1 tablespoon olive oil
4 (5 ounce) skinless, boneless chicken breast halves
4 plum tomatoes, chopped
1/3 cup dry white wine or chicken broth
1 (15 ounce) jar Bertolli® Creamy Alfredo Sauce
1 tablespoon thinly sliced fresh basil leaves (optional)

Directions

Heat olive oil in 12-inch nonstick skillet over medium-high heat and brown chicken. Remove chicken and set aside.

Add tomatoes to same skillet and cook, stirring occasionally, 6 minutes. Add wine and cook 1 minute. Stir in sauce. Bring to a boil over high heat. Reduce heat to low, then return chicken to skillet. Simmer covered 5 minutes or until chicken is thoroughly cooked. Stir in basil. To serve, arrange chicken on platter and spoon hot sauce over chicken. Serve, if desired, with hot cooked pasta or rice.
Chicken with Raspberry Sauce

**Ingredients**

- 3/4 cup seedless raspberry preserves, divided
- 1/2 cup raspberry vinegar
- 1/2 cup unsweetened pineapple juice
- 1/4 cup reduced-sodium soy sauce
- 2 tablespoons balsamic vinegar
- 1 garlic clove, minced
- 2 teaspoons dried basil
- 1/2 teaspoon salt
- 1/2 teaspoon chili powder
- 1/2 teaspoon curry powder
- 6 boneless skinless chicken breast halves (1-1/2 pounds)
- 2 teaspoons cornstarch
- 1/4 cup unsweetened raspberries

**Directions**

In a bowl, combine 1/2 cup preserves, raspberry vinegar, pineapple juice, soy sauce, balsamic vinegar, garlic and seasonings; mix well. Remove 1 cup for sauce; cover and refrigerate.

Place the chicken in a large resealable plastic bag; add remaining marinade. Seal bag and turn to coat; refrigerate for at least 3 hours.

Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade. Grill chicken, uncovered, over medium heat for 5-8 minutes on each side or until juices run clear.

In a small saucepan, combine cornstarch and reserved marinade until blended. Bring to a boil; cook and stir for 2 minutes or until thickened. Add remaining preserves; mix well. Drizzle over chicken. Garnish with raspberries.
Springfield Style Cashew Chicken I

Ingredients

- 4 skinless, boneless chicken breasts
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 5 tablespoons cornstarch, divided
- 3 eggs, beaten
- 2 cups peanut oil for frying
- 2 cups chicken broth
- 2 tablespoons oyster sauce
- 1 tablespoon white sugar
- 2 tablespoons soy sauce
- 1 teaspoon ground white pepper
- 2 tablespoons chopped green onion for topping
- 2 cups cashew halves

Directions

Cut the chicken breasts into 1 inch pieces. In a shallow dish or bowl, mix together the flour, baking soda and 1 tablespoon of the cornstarch. In another dish or bowl beat the eggs. Dip chicken pieces into flour mixture, then eggs, then flour mixture again. Heat peanut oil in a large skillet and deep fry coated chicken in hot oil for 3 to 4 minutes. Drain on paper towels.

Meanwhile (while frying chicken), heat broth to boiling in a medium saucepan. Add oyster sauce, sugar, soy sauce and white pepper. Mix remaining 4 tablespoons cornstarch with a small amount of cold water in a cup. Stir cornstarch mixture slowly into broth mixture to thicken, then cook for another 5 minutes over medium-low heat.

Preheat oven to 200 degrees F (95 degrees C). Heat cashew nuts and chopped green onions in preheated oven for about 5 minutes. Pour sauce over fried chicken and top with cashews and green onion. Serve with soy sauce to taste over a bed of fried rice, if desired.
## Ingredients

- 4 boneless, skinless chicken breast halves
- 2 slices processed American cheese
- 1 cup chopped fresh or frozen broccoli, thawed
- 1 tablespoon all-purpose flour
- 1/2 cup milk
- 1 tablespoon white wine or chicken broth
- 1 teaspoon minced fresh parsley
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

## Directions

Flatten chicken to 1/4-in. thickness. Cut one cheese slice into four strips; place one strip in the center of each piece of chicken. Top with broccoli. Fold chicken in half and secure with wooden toothpicks. Place seam side down around the outside of a greased 8-in. square microwave-safe dish. Cover and microwave on high for 5-7 minutes or until chicken juices run clear; keep warm.

In a microwave-safe bowl, combine the flour, milk, wine or broth, parsley, salt and pepper until blended. Microwave, uncovered, on high for 1-1/2 to 2 minutes or until thickened. Dice remaining cheese slice; add to the sauce and stir until melted. Pour over chicken. Cook, uncovered, on high for 30 seconds or until heated through.
# Oyakodon (Japanese Chicken and Egg Rice Bowl)

## Ingredients
- 2 cups uncooked jasmine rice
- 4 cups water
- 4 skinless, boneless chicken thighs, cut into small pieces
- 1 onion, cut in half and sliced
- 2 cups dashi stock, made with dashi powder
- 1/4 cup soy sauce
- 3 tablespoons mirin (Japanese rice wine)
- 3 tablespoons brown sugar
- 4 eggs

## Directions
Rinse the rice in 3 to 4 changes of water until the rinse water is almost clear, and drain off the rinse water. Bring the rice and 4 cups of water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.

Place the chicken in a nonstick skillet with a lid, and cook and stir over medium heat until the chicken is no longer pink inside and beginning to brown, about 5 minutes. Stir in the onion, and cook and stir until the onion is soft, about 5 more minutes. Pour in the stock, and whisk in soy sauce, mirin, and brown sugar, stirring to dissolve the sugar. Bring the mixture to a boil, and let simmer until slightly reduced, about 10 minutes.

Whisk the eggs in a bowl until well-beaten, and pour over the chicken and stock. Cover the skillet, reduce heat, and allow to steam for about 5 minutes, until the egg is cooked. Remove from heat.

To serve, place 1 cup of cooked rice per bowl into 4 deep soup bowls, top each bowl with 1/4 of the chicken and egg mixture, and spoon about 1/2 cup of soup into each bowl.
Brandy Chicken

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1 cup all-purpose flour
- 1 egg, beaten with water
- 1 cup bread crumbs
- 3 tablespoons vegetable oil
- 1/4 cup grated Parmesan cheese
- salt and ground black pepper to taste
- 1/3 cup brandy
- 2 cups milk

**Directions**

Preheat an oven to 400 degrees F (200 degrees C).

Gently press the chicken breasts into the flour to coat and shake off the excess flour. Dip into the beaten egg, then press into bread crumbs. Gently toss between your hands so any bread crumbs that haven’t stuck can fall away. Place the breaded chicken onto a plate while breading the rest; do not stack.

Heat the oil in a large skillet over medium-high heat. Cook the breaded chicken breasts on both sides in the hot oil until evenly browned; transfer to a large baking dish. Sprinkle Parmesan cheese over the chicken and season with salt and pepper. Pour the brandy and milk over the chicken.

Bake in the preheated oven until the milk is bubbly and browned around the edges, about 1 hour.
Mediterranean Chicken with Eggplant

**Ingredients**

- 3 eggplants, peeled and cut lengthwise into 1/2 inch thick slices
- 3 tablespoons olive oil
- 6 skinless, boneless chicken breast halves - diced
- 1 onion, diced
- 2 tablespoons tomato paste
- 1/2 cup water
- 2 teaspoons dried oregano
- Salt and pepper to taste

**Directions**

Place eggplant strips in a big pot of lightly salted water and soak for 30 minutes (this will improve the taste; they will leave a brown color in the pot).

Remove eggplant from pot and brush lightly with olive oil. Saute or grill until lightly browned and place in a 9x13 inch baking dish. Set aside.

Saute diced chicken and onion in a large skillet over medium heat. Stir in tomato paste and water, cover skillet, reduce heat to low and simmer for 10 minutes.

Preheat oven to 400 degrees F (200 degrees C).

Pour chicken/tomato mixture over eggplant. Season with oregano, salt and pepper and cover with aluminum foil. Bake in the preheated oven for 20 minutes.
## Ingredients

- 3/4 cup soy sauce
- 1/2 cup packed brown sugar
- 1/4 cup water
- 3 tablespoons sesame seeds, toasted
- 1 garlic clove, minced
- Crushed red pepper flakes
- 4 bone-in chicken breast halves

## Directions

In a large resealable plastic bag, combine the first six ingredients; add chicken. Seal bag and refrigerate overnight. Drain and discard marinade. Grill chicken, skin side down, uncovered, over medium heat for 15 minutes. Turn; grill 15-20 minutes longer or until meat juices run clear.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
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<tbody>
<tr>
<td>2 tablespoons olive oil</td>
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<tr>
<td>2 tablespoons butter</td>
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<td></td>
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<tr>
<td>1 large onion, chopped</td>
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<td></td>
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<tr>
<td>1 red bell pepper, seeded and chopped</td>
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<tr>
<td>1 yellow bell pepper, seeded and chopped</td>
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<tr>
<td>1 green bell pepper, seeded and chopped</td>
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<tr>
<td>2 cups cubed cooked chicken breast meat</td>
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<tr>
<td>3 cloves garlic</td>
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<tr>
<td>1 teaspoon sugar</td>
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<tr>
<td>1/4 cup pure maple syrup</td>
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<tr>
<td>1 cup heavy cream</td>
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<tr>
<td>2 1/2 tablespoons hot curry paste</td>
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### Directions

Heat butter and oil in a large skillet over medium heat. Add onion and peppers, and cook until onions are soft and translucent. Stir in cooked chicken and garlic, and sprinkle with sugar. Cook, stirring for about 3 minutes, then stir in maple syrup, and cook for about 5 more minutes, until caramelized.

Stir in curry paste and heavy cream, and reduce heat to low. Simmer uncovered for 10 to 15 minutes, or until the sauce reaches your desired thickness.
Richard's Chicken Breasts

**Ingredients**

- 8 skinless, boneless chicken breast halves
- 1/2 cup all-purpose flour
- 1 teaspoon poultry seasoning
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/4 cup Marsala wine
- 1 cup chopped portobello mushrooms
- 1 cup chopped onion
- 1 teaspoon dried rosemary
- 4 slices mozzarella cheese

**Directions**

Season flour with poultry seasoning. Dredge the chicken breasts in the seasoned flour. In a medium skillet over medium-high heat, fry the chicken in the oil for about 5 minutes each side, depending on the thickness. Remove the chicken and set aside (keep warm.)

Deglaze pan with Marsala wine (deglazing is swirling or stirring a liquid in a pan to dissolve cooked food particles remaining on the bottom). Add the chopped mushrooms, chopped onions and rosemary. Saute for 5 minutes over high heat.

Return the chicken breasts to the skillet, baste with drippings, put cheese on the breasts and cook for another 2 1/2 minutes with the lid on tightly. Don’t touch the lid! Remove from heat and let stand for 10 minutes, until the breasts cook through. Check the seasoning and adjust. You will have the plumpest, juiciest chicken breasts you can imagine!
**Favorite Barbecue Chicken**

**Ingredients**
- 1 1/2 tablespoons olive oil
- 1/4 cup diced onion
- 2 cloves garlic, minced
- 5 tablespoons ketchup
- 3 tablespoons honey
- 3 tablespoons brown sugar
- 2 tablespoons apple cider vinegar
- 1 tablespoon Worcestershire sauce
- Salt and pepper to taste
- 2 skinless, boneless chicken breast halves

**Directions**

Preheat grill for medium-high heat.

Heat olive oil in a skillet over medium heat. Saute onion and garlic until tender. Stir in ketchup, honey, brown sugar, apple cider vinegar, Worcestershire sauce, salt, and pepper. Cook for a few minutes to thicken sauce. Remove from heat, and allow to cool.

Lightly oil the grill grate. Dip chicken in sauce, and turn to coat. Cook on grill for 10 to 15 minutes, turning once. Move chicken to the skillet with sauce. Simmer over medium heat for about 5 minutes on each side.
## Ambrosian Chicken

### Ingredients
- 2 pounds skinless, boneless chicken breast, cut into 1 inch thick strips
- 1 1/2 cups panko (Japanese bread crumbs)
- 1 1/2 cups flaked coconut
- 3 cups fat-free plain yogurt
- 1 teaspoon almond extract
- 2 tablespoons orange marmalade
- 1/4 cup crushed pineapple

### Directions
1. Preheat oven to 400 degrees F (200 degrees C). Line a large baking sheet with parchment paper.
2. Toss together the panko and coconut in a bowl; set aside.
3. Stir together the yogurt, almond extract, and marmalade in a large bowl. Pour half into a separate bowl, and stir in the crushed pineapple to make a dipping sauce; set aside.
4. Coat the chicken strips in the remaining yogurt mixture and roll in the panko mixture. Place the chicken strips on the parchment lined baking sheet.
5. Bake the strips in the preheated oven for 15 minutes, then reduce the oven temperature to 350 degrees F (175 degrees C). Continue baking until the chicken is golden brown, no longer pink, and the juices run clear, about 15 minutes. Serve the hot ambrosian chicken strips with the pineapple-yogurt dipping sauce.
Chicken Salad with Bacon, Lettuce and Tomato

**Ingredients**

- 3 cups chopped cooked chicken breast
- 5 slices bacon
- 2 stalks celery, chopped
- 1 cup chopped fresh tomato
- 3/4 cup mayonnaise
- 1 tablespoon chopped fresh parsley
- 2 tablespoons chopped green onion
- 1 teaspoon lemon juice
- 1 dash Worcestershire sauce
- salt and pepper to taste
- 12 leaves romaine lettuce
- 1 avocado - peeled, seeded and sliced

**Directions**

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside to cool.

Prepare the dressing by mixing together the mayonnaise, parsley, green onions, lemon juice, Worcestershire sauce, salt and pepper.

In a medium bowl, stir together the chicken breast, tomatoes and bacon. Pour dressing over chicken mixture and toss well to coat. Refrigerate until chilled; serve over lettuce leaves and garnish with avocado slices.
## Minestrone with Roast Chicken

### Ingredients

- 1/2 cup chopped onion
- 1 clove garlic
- 2 teaspoons olive oil
- 1 (32 ounce) carton COLLEGE INN® Chicken Broth
- 1 (14.5 ounce) can DEL MONTE® Dice Tomatoes with Basil, Garlic & Oregano, No Salt Added
- 1/2 cup small shell pasta
- 2 cups diced, roasted chicken
- 1 (15 ounce) can DEL MONTE Sweet Peas, No Salt Added

### Directions

1. Cook onion and garlic in oil in large saucepan, 3 minutes or until tender.
2. Stir in broth, undrained tomatoes and pasta. Cover and bring to boil; reduce heat. Cover and simmer 8 minutes, or until pasta is tender.
3. Add chicken and peas; cook 3 minutes or until heated through. Serve with grated Parmesan cheese and chopped fresh basil, if desired.
Garlic Chive Chicken

**Ingredients**

- 1 head garlic
- 1 (8 ounce) package egg noodles
- 1 cup chicken broth
- 1 lemon, zested and juiced
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 teaspoons olive oil
- 4 skinless, boneless chicken breast halves
- 2 tablespoons all-purpose flour
- 4 tablespoons butter
- 1/3 cup chopped fresh chives

**Directions**

Preheat oven to 400 degrees F (200 degrees C). Wrap the garlic head in foil, and bake 30 minutes, until cloves are soft. Remove from heat, and cool enough to handle.

Bring a large pot of lightly salted water to a boil. Add egg noodles and cook for 6 to 8 minutes or until al dente; drain.

Slice off the top of the garlic head, and squeeze the softened cloves into a medium bowl. Mix in the chicken broth, lemon zest, lemon juice, salt, and pepper.

Heat the olive oil in a skillet over medium heat. Lightly coat the chicken breast halves with flour, and cook in the skillet about 10 minutes on each side, until lightly browned. Set chicken aside, retaining skillet juices. Stir in the garlic mixture, and bring to a boil. Reduce heat, and return chicken to the skillet. Continue cooking the chicken about 5 minutes on each side, until no longer pink and juices run clear. Remove chicken, and arrange on plates over the egg noodles.

Mix the butter into the garlic sauce mixture in the skillet until melted, and stir in the chives. Spoon the sauce over the chicken and egg noodles to serve.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup Marzetti® Supreme Caesar Dressing</td>
<td>Combine all ingredients in large bowl. Toss gently to coat well.</td>
</tr>
<tr>
<td>3 cups pre-cooked roasted chicken breast, skinned and shredded</td>
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<tr>
<td>3 cups hot cooked penne (tubular-shaped) pasta</td>
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<tr>
<td>2 cups Romaine lettuce (bite-sized pieces)</td>
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<tr>
<td>1 1/2 cups cherry tomatoes, halved</td>
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<td>1/2 cup fresh basil, thinly sliced</td>
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<tr>
<td>1/2 cup green onions, chopped</td>
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<tr>
<td>1/4 cup carrots, shredded</td>
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<td>1/4 cup fresh parsley</td>
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<tr>
<td>1 (4 ounce) package feta cheese, crumbled</td>
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<tr>
<td>1 garlic clove, minced</td>
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</tbody>
</table>

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Chicken Salad Puffs

**Ingredients**

- 1 cup water
- 1/2 cup butter (no substitutes)
- 1/2 teaspoon salt
- 1 cup all-purpose flour
- 4 eggs

**Filling:**

- 2 cups finely chopped cooked chicken
- 1 (8 ounce) can crushed pineapple, drained
- 1/2 cup mayonnaise
- 1/4 cup chopped celery
- 1/4 cup thinly sliced green onions
- 1/4 cup chopped pecans
- 2 tablespoons sweet pickle relish
- 1/4 teaspoon onion salt
- 1/4 teaspoon garlic salt
- 1/4 teaspoon paprika
- salt and pepper to taste

**Directions**

In a saucepan, bring water, butter and salt to a boil. Add flour all at once and stir until a smooth ball forms. Remove from the heat; let stand for 5 minutes. Add eggs, one at a time, beating well after each addition. Continue beating until smooth and shiny. Drop by rounded teaspoonfuls 2 in. apart onto a greased baking sheet. Bake at 400 degrees F for 15-20 minutes or until golden brown. Remove to wire racks. Immediately cut a slit in each puff to allow steam to escape; cool. Split puffs and set tops aside; remove soft dough form inside. In a bowl, combine the filling ingredients; mix well. Fill puffs and replace tops. Refrigerate until serving. Refrigerate leftovers.
Chicken, Cheese, and Biscuits

**Ingredients**

- 1 tablespoon margarine
- 3 tablespoons all-purpose flour, divided
- 1/2 teaspoon ground mustard
- 1/4 teaspoon rubbed sage
- 1 1/2 cups milk
- 2 cubes chicken bouillon
- 1 pinch ground white pepper
- 2 ounces shredded Cheddar cheese
- 1 cup cooked, diced chicken breast
- 1 cup fresh mushrooms, sliced
- 1 cup chopped fresh green beans
- 1 (10 ounce) can refrigerated biscuit dough

**Directions**

In a saucepan, heat margarine until hot and bubbly. Add flour, mustard, and sage; stir quickly to combine. Stirring constantly, add milk. Cook and stir until smooth.

Add bouillon and pepper, and mix well. Reduce heat to low. Cook, stirring occasionally, until mixture is thick, 5 to 10 minutes.

Stir in the cheese, and cook until melted. Add the chicken, mushrooms, and green beans. Cook until heated through, 3 to 5 minutes.

Pour chicken mixture into a lightly greased 9x13 inch baking dish. Separate biscuits into 2 layers, making 10 circles. Arrange biscuits over chicken mixture.

Bake, uncovered, at 400 degrees F (205 degrees C) until biscuits are golden, about 10 to 12 minutes.
Chicken A La Orange

**Ingredients**

- 4 skinless, boneless chicken breasts
- 1 tablespoon vegetable oil
- 2 1/2 cups orange juice
- 3 tablespoons cornstarch
- 1/2 cup hot water
- 3 tablespoons honey
- 1/4 teaspoon ground ginger

**Directions**

In a skillet, brown chicken breasts in 1 tablespoon oil over medium heat. Cook till juices run clear.

Add orange juice to the pan. When juice just begins to bubble around the edges of the pan, add corn starch dissolved in hot water. Mix ginger and honey together in a cup, and add to orange juice. Cook until sauce is thick and slightly browned. Serve.
## Shortcut Chicken Cordon Bleu

### Ingredients

1 tablespoon butter  
4 skinless, boneless chicken breasts  
1 (10.75 ounce) can Campbell’s® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)  
2 tablespoons water  
2 tablespoons Chablis or other dry white wine  
1/2 cup shredded Swiss cheese  
1/2 cup chopped cooked ham  
4 cups hot cooked medium egg noodles

### Directions

Heat butter in skillet. Add chicken and cook until browned.

Add soup, water, wine, cheese and ham. Heat to a boil. Cover and cook over low heat 5 minutes or until done. Serve with noodles.
Citrus-Tarragon Chicken Salad

**Ingredients**
- 5 cups chopped cooked chicken breast meat
- 1 celery stalk, chopped
- 4 green onions, chopped
- 2 tablespoons fresh tarragon, chopped
- 2 tablespoons fresh lemon juice
- 2 teaspoons lemon zest
- 2 teaspoons orange zest
- 1 cup mayonnaise
- salt and pepper to taste

**Directions**
Mix the chicken, celery, green onions, and tarragon together in a large bowl. Stir in the lemon juice, lemon zest, orange zest, and mayonnaise. Season to taste with salt and pepper. Refrigerate at least 30 minutes before serving.
Grilled Chicken with Fresh Mango Salsa

**Ingredients**

- 4 boneless, skinless chicken breast halves
- Salt and freshly ground black pepper to taste
- 1 tablespoon olive oil
- 2 cloves garlic, peeled and minced
- 1 (1/2 inch) piece fresh ginger root, minced
- 2 mangos - peeled, seeded, and diced
- 2 tablespoons cider vinegar
- 1 teaspoon white wine
- 1/4 cup chopped fresh cilantro

**Directions**

Preheat an outdoor grill for high heat, and lightly oil grate.

Rub chicken breast halves with salt and pepper. Place on the prepared grill. Cook 10 to 15 minutes on each side, until no longer pink and juices run clear. Remove from heat, set aside, and keep warm.

Heat oil in a medium skillet over medium heat, and saute garlic for about 1 minute. Mix in ginger and mangos, and cook 3 to 4 minutes, until mangos are tender. Pour in the cider vinegar and white wine. Season with salt and pepper. Stir in cilantro, and remove from heat. Spoon over the grilled chicken to serve.
Chicken Rice Salad

**Ingredients**
- 5 cups cubed cooked chicken
- 3 cups cooked rice
- 1 1/2 cups diced green pepper
- 1 1/2 cups sliced celery
- 1 (20 ounce) can pineapple tidbits, drained
- 3/4 cup mayonnaise
- 4 teaspoons orange juice
- 2 teaspoons vinegar
- 1 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/4 teaspoon garlic salt
- 1 (15 ounce) can mandarin oranges, drained
- 1 cup slivered almonds, toasted

**Directions**
In a large bowl, combine the first five ingredients. In a small bowl, combine mayonnaise, orange juice, vinegar, salt, ginger and garlic salt. Pour over salad and toss. Refrigerate. Just before serving, fold in the oranges and almonds.
Sweet, Sticky and Spicy Chicken

**Ingredients**

1 tablespoon brown sugar
2 tablespoons honey
1/4 cup soy sauce
2 teaspoons chopped fresh ginger root
2 teaspoons chopped garlic
2 tablespoons hot sauce
salt and pepper to taste
4 skinless, boneless chicken breast halves - cut into 1/2 inch strips
1 tablespoon vegetable oil

**Directions**

Mix together brown sugar, honey, soy sauce, ginger, garlic and hot sauce in a small bowl.

Lightly salt and pepper the chicken strips.

Heat oil in a large skillet over medium heat. Add chicken strips and brown on both sides, about 1 minute per side. Pour the sauce over the chicken. Simmer uncovered until the sauce thickens, 8 to 10 minutes.
### Ingredients
- 12 chicken wings
- 1/2 cup barbecue sauce
- 1/2 cup honey
- 1/2 cup soy sauce

### Directions
Cut chicken wings into three sections; discard wing tip section. Place in a greased 13-in. x 9-in. x 2-in. baking dish. Combine barbecue sauce, honey and soy sauce; pour over wings. Bake, uncovered, at 350 degrees F for 50-60 minutes or until chicken juices run clear.
Chicken and Sausage with Bowties

Ingredients

1 (16 ounce) package uncooked farfalle pasta
2 skinless, boneless chicken breasts
1 pound spicy Italian turkey sausage
1 tablespoon olive oil
2 cloves garlic, sliced
1 (14.5 ounce) can crushed tomatoes
1/2 cup red wine
2 tablespoons chopped fresh basil
1 teaspoon dried rosemary
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Wash chicken breasts and cut into large bite size pieces. Remove casing from sausage and cut into large pieces. In a large, deep skillet over medium low heat, put oil and garlic and saute to flavor oil. Remove garlic from oil.

Add chicken and sausage to skillet and brown both lightly until they are opaque. Add the tomatoes and the wine. Bring to a boil and let simmer for 20 minutes. Season sauce mixture with basil, rosemary and salt and pepper to taste. Add cooked, drained pasta to the skillet mixture. Toss and serve.
## Herb Chicken with Rice

### Ingredients
- 1 (19.8 ounce) box Campbell's® Supper Bakes™ Herb Chicken with Rice includes seasoning, rice, baking sauce, crumb topping
- 2 1/2 cups hot water
- 2 tablespoons butter or margarine, cut up
- 4 skinless, boneless chicken breasts

### Directions
- Preheat oven to 375 degrees F.
- Mix seasoning, hot water, butter and rice in 13x9x2-inch baking dish. Top with chicken.
- Pour baking sauce over chicken. Sprinkle chicken with crumb topping.
- Bake 30 minutes or until chicken reaches 160 degrees F. Stir rice before serving.
Gerry's Chicken Enchiladas

### Ingredients

- 4 boneless, skinless chicken breast halves
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 (10 ounce) can diced tomatoes with green chile peppers
- 1 (14.5 ounce) can stewed tomatoes
- 12 small chile peppers, diced (optional)
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (14.5 ounce) can chicken broth
- 1 bunch green onions, chopped
- 1/2 pint heavy cream
- 6 (6 inch) corn tortillas
- 3 cups shredded Cheddar cheese
- 1 (10 ounce) can enchilada sauce

### Directions

Cut chicken breasts into 1 inch strips. Place in a medium bowl with desired marinade, and marinate in the refrigerator for at least 30 minutes.

Preheat oven to 350 degrees F (175 degrees C).

Heat oil in a large skillet over medium heat. Saute chicken and onions until chicken is evenly brown. Stir in diced tomatoes with green chile peppers, stewed tomatoes, chile peppers, soup and broth. Bring mixture to a boil. Reduce heat, cover skillet, and simmer for 20 to 30 minutes, or until chicken is no longer pink and juices run clear.

Remove chicken from skillet, and shred when cool enough to handle. Meanwhile, allow skillet mixture to simmer and reduce to about 2 1/4 cups. In a medium bowl, combine shredded chicken and about 1/4 cup skillet mixture (just enough to make a paste like mixture). Mix together with half the chopped green onions. Pour remaining 2 cups of skillet mixture into a 9x13 inch baking dish.

In a second skillet, heat cream over low heat, being careful not to boil. Dip tortillas in the warm cream to soften and coat. Spoon about 1/3 cup chicken mixture onto each tortilla. Top chicken mixture with half the shredded cheese, and roll up tortillas. Place rolled tortillas in baking dish, seam side down, and drizzle with enchilada sauce. Cover with remaining shredded cheese, and sprinkle remaining chopped green onion over cheese. Bake uncovered in preheated oven for 25 minutes, or until cheese is melted and bubbling.
## Apple Pan Chicken

### Ingredients

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 clove garlic, crushed
- 4 boneless, skinless chicken breast halves
- 3 apples - peeled, cored and sliced
- 3 tablespoons dried currants
- 3 tablespoons pine nuts (optional)
- 1/3 cup apple juice
- 1 1/2 teaspoons dried thyme
- 1 1/2 teaspoons chopped fresh parsley
- 1 jalapeno pepper, seeded and chopped (optional)
- salt and pepper to taste

### Directions

Heat oil in a large heavy skillet over medium heat. Saute onions and garlic until soft and translucent. Move the onions to the side, and brown chicken breasts 4 minutes on each side. Top chicken with apples, currants and pine nuts. Pour in apple juice. Season with thyme, parsley, jalapeno, salt and pepper. Cover, reduce heat, and simmer for 15 to 20 minutes, or until apples are cooked and chicken is no longer pink.
**Ingredients**

2 tablespoons olive oil  
1/4 cup sliced fresh mushrooms  
1/4 cup chopped green bell pepper  
1 small onion, chopped  
1 pound skinless, boneless chicken breast meat - cut into strips  
1 (8 ounce) package angel hair pasta  
1 cup spaghetti sauce

**Directions**

Heat oil in a large skillet over medium high heat. Saute mushrooms, bell pepper and onion until soft; remove from skillet and set aside. Saute chicken for about 15 minutes, or until cooked through and juices run clear. Return mushroom mixture to skillet and stir all together.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Return pasta to pot over medium heat and stir in spaghetti sauce; heat through, then stir in chicken mixture and heat through, stirring. Serve hot.
**Ingredients**

- 8 ounces uncooked rigatoni pasta
- 1 tablespoon olive oil, divided
- 2 skinless, boneless chicken breast halves - cubed
- 1 onion, sliced and separated into rings
- 1 green bell pepper, cut into thin strips
- 3 cloves garlic, minced
- 1 teaspoon fresh ginger, minced
- 1 mango - peeled, seeded and chopped
- 1 cup heavy cream
- salt and pepper to taste
- 1 tablespoon grated Parmesan cheese
- 4 sprigs fresh parsley, for garnish

**Directions**

Bring a large pot of lightly salted water to a boil. Add rigatoni pasta, cook for 8 minutes, until almost done, and drain.

Heat 1/2 the olive oil in a large skillet over medium heat. Place chicken in the skillet, and cook 10 minutes, or until juices run clear. Remove from heat, and set aside.

Heat the remaining olive oil in the skillet, and cook the onion and green pepper until tender. Mix in the garlic, ginger, and mango, and continue to cook and stir 5 minutes, or until mango is soft. Gradually mix the heavy cream into the skillet, and cook 5 minutes, until thickened.

Return the chicken to the skillet. Stir in the partially cooked pasta, and season with salt and pepper. Cook and stir 2 minutes, until ingredients are well blended and pasta is al dente. Mix in the cheese. Garnish with parsley to serve.
### Chicken Crumb Coating

#### Ingredients
- 2 cups crushed cornflakes
- 1 cup grated Parmesan cheese
- 1/4 cup sesame seeds
- 1 teaspoon paprika
- 1/2 teaspoon ground oregano

ADDITIONAL INGREDIENTS:
- 1 broiler/fryer chicken (3 to 4 pounds), cut up
- 1/3 cup milk

#### Directions

In a bowl, combine the first five ingredients. Cover and refrigerate for up to 4 months.

To prepare chicken: Dip chicken pieces in milk, then roll in about 1 - 1/4 cups coating mix. Place in a greased 13-in. x 9-in. x 2-in. baking pan. Bake, uncovered, at 350 degrees F for 45-50 minutes or until chicken juices run clear.
Ingredients

2 tablespoons butter
1 (10.75 ounce) can condensed cream of mushroom soup
1 1/4 cups water, or as needed
1 (12 fluid ounce) can evaporated milk
1 onion, chopped
salt and pepper to taste
2 pounds skinless, boneless chicken breast halves - cubed
1 (6 ounce) can sliced mushrooms, drained

Directions

In a large saucepan, melt the butter/margarine. Add the soup, water and milk. Stir together over medium heat. Add the onion, salt and pepper and bring all to a boil.

When mixture starts boiling, add the chicken meat and simmer all together until chicken is cooked through. Add the sliced mushrooms and boil over medium heat for about 5 minutes, stirring often. Serve!
Underground Baked Chicken and Potatoes

**Ingredients**
- 4 (6 ounce) skinless, boneless chicken breast halves
- 2 tablespoons vegetable oil
- 2 teaspoons garlic salt
- 1/2 teaspoon black pepper
- 2 teaspoons dried oregano
- 4 medium baking potatoes

**Directions**

Dig a hole about 1 foot into the ground. Place a layer of hot coals on the bottom, and cover with a 1/2 inch layer of dirt.

Rub the chicken breasts with oil, then season with garlic salt, pepper, and oregano. Wrap each breast securely in aluminum foil and place into the hole.

Cover the hole with about 6 inches of dirt and allow the chicken to cook for 3 to 4 hours. About 45 minutes before you are ready to eat, wrap the potatoes individually in aluminum foil, and place them in the coals of a campfire to cook. When the potatoes are ready, dig up the chicken and serve with potatoes.
Whisk together the rice vinegar, sesame oil, 3 green onions, garlic, sugar, ginger, soy sauce, vegetable oil, coriander, and mustard in a mixing bowl until the sugar has dissolved. Pour half of the dressing into another container, and refrigerate for later. Place the chicken breasts into the remaining dressing, and coat on all sides. Cover, and refrigerate 30 minutes to 1 hour.

Preheat an oven to 350 degrees F (175 degrees C). Remove the chicken breasts from the marinade, and shake off excess. Discard the remaining marinade. Place the chicken into a baking dish.

Bake the chicken breasts in the preheated oven until no longer pink in the center and the juices run clear, about 45 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Remove from the oven, and allow to cool. Shred the chicken using 2 forks and set aside.

To assemble the salad, combine the green cabbage, red cabbage, carrots, 3 green onions, cilantro, almonds, and cooled chicken in a large mixing bowl. Pour the reserved dressing overtop and toss to coat.
Indian Barbeque Chicken

**Ingredients**
- 3 pounds bone-in chicken pieces
- 3 tablespoons fresh lemon juice
- 1 tablespoon meat tenderizer
- 2 cups plain yogurt, divided
- 3 tablespoons ground cumin
- 2 tablespoons ground coriander
- 1/3 cup chopped fresh cilantro
- 2 teaspoons paprika
- 1/2 teaspoon ground turmeric
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 6 cloves garlic, minced

**Directions**

Make shallow crosswise slits in the meat of the chicken parts to help absorb more flavor. Mix together the lemon juice and meat tenderizer; rub into the chicken meat. Place chicken into a shallow dish.

Place 1/2 cup yogurt, cumin, coriander, cilantro, paprika, turmeric, salt, pepper, and garlic into a blender or food processor, and blend until smooth. Transfer to a bowl, and stir in remaining 1 1/2 cups of yogurt. Pour over the chicken parts, cover, and marinate in the refrigerator for at least 8 hours, or overnight.

Preheat grill for medium heat.

Lightly oil the grill grate. Remove chicken from the marinade, and discard any remaining marinade. Grill chicken 30 to 45 minutes, turning frequently to prevent burning, until juices run clear. Smaller pieces will finish cooking first.
Greek Chicken Salad

Ingredients
- 2 cups cubed, cooked chicken meat
- 1/2 cup sliced carrots
- 1/2 cup sliced cucumber
- 1/4 cup sliced black olives
- 1/4 cup crumbled feta cheese
- 1/4 cup Italian-style salad dressing

Directions
- In a large bowl combine the chicken, carrots, cucumber, olives and cheese. Gently mix together. Add the salad dressing and mix well.
- Cover and refrigerate. Let flavors marinate for at least 1 hour. Serve on a bed of lettuce if desired.
Ingredients
6 skinless, boneless chicken breast halves
6 cups water
1 tablespoon butter
salt and pepper to taste
2 cups all-purpose baking mix
2/3 cup milk
1/2 cup all-purpose flour
1/2 cup cold water

Directions
In a large pot over medium heat, simmer chicken in 6 cups water until no longer pink. Remove chicken, cool and shred.

Return shredded chicken to pot and stir in butter, salt and pepper. Cook until chicken reaches desired tenderness, 15 to 60 minutes.

In a bowl, stir together baking mix and milk until smooth. In a separate bowl, stir together flour and 1/2 cup cold water until smooth. Stir flour mixture into soup; bring soup to a rolling boil.

Drop baking mix mixture by tablespoonfuls into the boiling water, neatly around the chicken. Reduce heat to a simmer and cook, uncovered, 10 minutes. Then cover and cook 10 minutes more. (Sneak a spatula under the dumplings to prevent chicken from sticking to the bottom of the pot.) Serve hot.
**Ingredients**

- 4 1/2 teaspoons all-purpose flour
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon dried thyme
- 2 chicken thighs, skin removed
- 2 tablespoons butter or margarine
- 3/4 cup sliced fresh mushrooms
- 1/2 cup diced onion
- 1/4 cup diced celery
- 3/4 cup water
- 1 small bay leaf
- 1/4 cup milk
- 2 teaspoons minced fresh parsley

**Directions**

In a resealable plastic bag, combine 2-1/4 teaspoons flour, salt, pepper and thyme. Add chicken and shake to coat. In a small skillet, brown chicken in butter. Remove chicken and set aside. In same skillet, sauté the mushrooms, onion and celery until crisp-tender. Return chicken to the pan. Add water and bay leaf. Bring to a boil. Reduce heat; cover and simmer for 30-35 minutes or until chicken juices run clear, turning occasionally.

Place remaining flour mixture in a bowl; stir in milk until smooth. Stir into pan juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Discard bay leaf. Sprinkle with parsley.
Uncle Bill's Chicken Strips

Ingredients

- 2 pounds skinless, boneless chicken breast halves
- 2 eggs
- 6 tablespoons buttermilk
- 1 1/2 cups dried bread crumbs
- 1/3 cup grated Parmesan cheese
- 1 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 1/2 teaspoons dried dill weed
- 1/3 cup butter, melted

Directions

Preheat oven to 400 degrees F (200 degrees C).

Remove all fat from chicken breasts and cut into 1 inch by 4 inch strips. In a bowl, whisk together the eggs and buttermilk. In a plastic resealable bag mix together the bread crumbs, grated cheese, garlic powder, salt, pepper and dill weed.

Dip each chicken strips into buttermilk mixture, then into bread crumb mixture (about 4 strips at a time), and toss to coat well. Place strips in a single layer in a 9x13 inch baking dish and drizzle with melted butter/margarine. Bake in the preheated oven for 15 minutes or until golden brown, turning once after about 8 minutes of baking time.
Ingredients
3 tablespoons vegetable oil
3 (6 inch) corn tortillas, cut into 1/2 inch strips
1/3 cup chopped onion
1 cup chopped green bell pepper
1 clove garlic, minced
1/4 cup all-purpose flour
2 (14 ounce) cans chicken broth
2 cups cubed, cooked chicken meat
2 cups frozen mixed vegetables
1 teaspoon chili powder

Directions
Heat oil in large stock pot; add tortilla strips and fry, stirring until golden. Once golden remove tortillas and place on paper towel, lined plate. Try absorbing as much oil as possible.

Place onion and bell pepper into stock pot, over medium heat, and cook until soft.

Add garlic, stir in flour and gradually stir in chicken broth.

Add cooked chicken, frozen vegetables and chili powder and cook until thickened.

Sprinkle with tortilla strips before serving.
Three-Minute Prep Baked Crispy Cranberry Chicken

**Ingredients**
- 1 whole chicken, cut into pieces
- 1 (14.5 ounce) can whole berry cranberry sauce
- 1 cup cornflake crumbs

**Directions**
- Preheat an oven to 375 degrees F (190 degrees C).
- Place the chicken pieces into a glass baking dish, and cover with the cranberry sauce. Sprinkle evenly with the cornflake crumbs.
- Cook the chicken until no longer pink at the bone and the juices run clear, about 30 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).
Jalapeno Grilled Chicken

Ingredients

- 4 jalapeno peppers, seeded and chopped*
- 2/3 cup lemon juice, divided
- 1/4 cup minced fresh parsley
- 6 cloves garlic, minced
- 2 teaspoons dried rosemary, crushed
- 2 teaspoons dried thyme
- 8 bone-in chicken breast halves
- 2/3 cup chicken broth
- 2 teaspoons pepper
- 1/2 teaspoon grated lemon peel

Directions

In a bowl, combine the peppers, 1/3 cup lemon juice, parsley, garlic, rosemary and thyme. Gently stuff pepper mixture under the skin of each chicken breast. Place in a greased 13-in. x 9-in. x 2-in. baking dish. Combine the broth, pepper, lemon peel and remaining lemon juice; pour over chicken. Cover and refrigerate for at least 6 hours. Drain and discard marinade. Place chicken skin side up on grill. Grill, covered, over medium heat for 45 minutes or until juices run clear, turning once.
Marinated Rosemary Lemon Chicken

Ingredients

- 1/2 cup lemon juice
- 1/8 cup olive oil
- 2 tablespoons dried rosemary
- 4 skinless, boneless chicken breast halves
- 1 lemon, sliced

Directions

In a large resealable plastic bag, mix the lemon juice, olive oil, and rosemary. Place the chicken and lemon slices in the bag. Seal, and shake to coat. Marinate in the refrigerator 8 hours or overnight.

Preheat the grill for high heat.

Lightly oil the grill grate. Discard marinade, and grill chicken 8 minutes per side, or until juices run clear. Don't worry about the rosemary sticking to the chicken, it tastes great when it's grilled. If you use fresh rosemary sprigs, throw the stems onto the coals - they give the chicken even more of a smoky rosemary flavor!
# Jalapeno-Lime Marinated Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 cup orange juice concentrate</td>
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<td>2/3 cup chopped onion</td>
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<td>1/2 cup lime juice</td>
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<tr>
<td>1/2 cup honey</td>
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<tr>
<td>1 jalapeno pepper, seeded and diced</td>
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<td>2 teaspoons ground cumin</td>
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<td>2 teaspoons grated lime peel</td>
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<tr>
<td>1/2 teaspoon garlic salt</td>
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<tr>
<td>2 garlic cloves, minced</td>
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<tr>
<td>10 skinless, boneless chicken breast halves</td>
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## Directions

In a 4-cup measuring cup, combine the first nine ingredients. Pour 2 cups into a large resealable plastic bag; add chicken. Seal bag and turn to coat; refrigerate for 2-4 hours. Cover and refrigerate remaining marinade for basting.

Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade from chicken. Grill chicken, covered, over medium heat for 4-6 minutes on each side or until juices run clear, basting frequently with the reserved marinade.
**Italian Chicken Sausage Risotto**

**Ingredients**

- 1 tablespoon olive oil
- 1 (16 ounce) package al fresco® All Natural Sweet Italian Chicken Sausage
- 1 cup chopped sweet onion
- 1 tablespoon minced fresh garlic
- 1/2 teaspoon dried thyme
- 1 1/4 cups Arborio rice
- 1 cup Chardonnay or other dry white wine
- 3 1/2 cups chicken broth, low-sodium
- 1 cup frozen petite sweet peas

**Directions**

In a heavy, large Dutch oven or saucepan, heat oil over medium heat. Saute sausage and onion until onion is translucent, about 3 minutes. Add garlic and thyme and cook until garlic is fragrant, about 30 seconds. Add rice and wine; stir 1-2 minutes or until wine is absorbed.

Stir in 3 cups broth. Lower heat to medium-low and simmer, uncovered, until broth is absorbed, stirring occasionally, for about 15 minutes. Continue adding stock, 1/4 cup at a time, stirring until liquid is absorbed and rice is tender and creamy, about 5 minutes. Stir in peas and 1/4 cup Parmesan; cook 1 minute or until heated throughout. Season with 1/4 tsp black pepper. Garnish with parsley and remaining cheese. Serve immediately.
# Quick and Easy 20-Minute Chicken Posole

## Ingredients
- 1 tablespoon olive oil
- 1 large onion, thinly sliced
- 2 cloves garlic, minced
- 2 teaspoons dried oregano
- 1/2 teaspoon ground cumin
- 2 (14.5 ounce) cans chicken broth
- 1 (15 ounce) can white hominy
- 1 (7 ounce) can chopped green chile peppers, drained
- 1 (2 ounce) can sliced black olives, drained
- 3/4 pound skinless, boneless chicken breast meat - cut into cubes

## Directions
In a large pot over medium heat, combine oil, onion, garlic, oregano and cumin. Cook, covered, 5 minutes, until onions are tender.

Stir in broth, hominy, chile peppers and olives. Bring to a boil, then reduce heat to medium. Stir chicken into pot. Cover and cook until chicken is no longer pink, 5 to 10 minutes.
## Easy Chicken Satay

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/2 cup coconut milk</td>
<td></td>
</tr>
<tr>
<td>1 clove garlic, minced</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon curry powder</td>
<td></td>
</tr>
<tr>
<td>1 1/2 teaspoons brown sugar</td>
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<tr>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon ground black pepper</td>
<td></td>
</tr>
<tr>
<td>3/4 pound skinless, boneless chicken breast halves - cut into 1 inch strips</td>
<td></td>
</tr>
<tr>
<td>1 cup coconut milk</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon curry powder</td>
<td></td>
</tr>
<tr>
<td>1/2 cup creamy peanut butter</td>
<td></td>
</tr>
<tr>
<td>3/4 cup chicken stock</td>
<td></td>
</tr>
<tr>
<td>1/4 cup brown sugar</td>
<td></td>
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<tr>
<td>2 tablespoons lime or lemon juice</td>
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</tr>
<tr>
<td>1 teaspoon soy sauce</td>
<td></td>
</tr>
<tr>
<td>Salt to taste</td>
<td></td>
</tr>
<tr>
<td>10 (6 inch) wooden skewers, or as needed, soaked in water for 30 minutes</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

Stir together 1/2 cup coconut milk, garlic, 1 teaspoon curry powder, brown sugar, salt, and pepper until the sugar has dissolved. Toss marinade with the chicken, cover, and marinate for at least 2 hours.

Bring 1 cup coconut milk, 1 tablespoon curry powder, peanut butter, chicken stock, and 1/4 cup brown sugar to a simmer in a saucepan over medium-high heat. Simmer for 5 minutes, stirring constantly, until smooth and thickened. Remove from heat and stir in lime juice and soy sauce; season to taste with salt.

Preheat a grill for medium-high heat.

Thread marinated chicken onto skewers, then grill 4 to 5 minutes per side, or until cooked through. Serve with warm peanut sauce.
## Ingredients

- 6 tablespoons grated Parmesan cheese
- 1 1/2 cups Prego® Traditional Italian Sauce
- Vegetable cooking spray
- 6 small skinless, boneless chicken breasts
- 1 1/2 cups shredded part-skim mozzarella cheese

## Directions


2. Spray skillet with cooking spray and heat 1 min. Add chicken and cook until browned. Drain.

3. Pour pasta sauce over chicken; turn breasts over to coat both sides with sauce. Cover and cook over medium heat 10 min. or until done.

4. Top with mozzarella cheese and remaining 2 tbsp. Parmesan cheese. Let stand 5 min. or until cheese is melted.
# Parmesan Herb Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 cups grated Parmesan cheese</td>
<td></td>
</tr>
<tr>
<td>1/4 cup minced fresh parsley</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons dried oregano</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons paprika</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon pepper</td>
<td></td>
</tr>
<tr>
<td>12 bone-in chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1 cup butter or margarine, melted</td>
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</tr>
</tbody>
</table>

## Directions

In a shallow dish, combine the first six ingredients. Dip chicken in butter, then coat with Parmesan mixture. Place in two greased 15-in. x 10-in. x 1-in. baking pans. Bake, uncovered, at 350 degrees F for 40-45 minutes or until the juices run clear.
Curried Chicken and Potatoes

**Ingredients**

- 2 tablespoons olive oil
- 1 teaspoon cumin seed
- 1/2 teaspoon garam masala
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon black mustard seed
- 1/4 teaspoon salt
- 2 cloves garlic, minced
- 2 (4 ounce) chicken thighs, cut into bite size pieces
- 2 medium potatoes, diced
- 2 roma (plum) tomatoes, diced
- 1/2 bunch Swiss chard, chopped
- 1 (8 ounce) container plain yogurt

**Directions**

In a large skillet, heat oil over medium heat. In hot oil, cook cumin seeds, garam masala, cardamom, cayenne pepper, mustard seeds, salt, and garlic. When seeds start to pop, stir in chicken and potatoes. Cook for 15 minutes, or until chicken is nearly done.

Stir in tomatoes, chard, and yogurt. Cover, and cook 15 minutes more, or until potatoes are tender and chicken is cooked through.
Chicken Salad With Pine Nuts and Raisins

**Ingredients**

1 1/2 cups cubed French bread  
1/2 cup sour cream  
1/3 cup mayonnaise  
2 tablespoons lemon juice  
2 teaspoons Dijon-style prepared mustard  
2 teaspoons honey  
1 tablespoon chopped fresh rosemary  
1/8 teaspoon salt  
1/4 teaspoon ground black pepper  
1 pound skinless, boneless chicken breasts  
2 stalks celery, chopped  
1/3 cup golden raisins  
1 tablespoon lemon zest  
6 leaves romaine lettuce  
6 leaves Radicchio, raw  
2 teaspoons lemon juice  
1 teaspoon olive oil  
3 slices red onion  
1/3 cup pine nuts, toasted

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Spray a baking sheet with olive oil or non-stick cooking spray.

Prepare the croutons by spreading bread cubes over prepared baking sheet. Lightly spray cubes with oil or cooking spray and bake for 20 minutes or until golden brown. Remove from oven and cool.

Prepare the dressing by whisking together the sour cream, mayonnaise, lemon juice, mustard, honey, rosemary, salt and pepper. Cover and refrigerate until ready to serve.

Prepare the salad by placing the chicken in a pan and cover with water. Bring just to a boil, cover and reduce the heat to medium-low. Cook 10 minutes, or until chicken is cooked through. Remove from heat, drain and cool; dice or pull into shreds.

Combine the chicken with the celery, raisins and lemon peel.

When ready to serve, stir together the lemon juice and olive oil. Tear the lettuce into small pieces and toss with the lemon and oil mixture. Divide between plates and top with the chicken salad. Garnish with onion rings, a sprinkling of pine nuts and the croutons.
## One Dish Bourbon Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 tablespoon butter</td>
</tr>
<tr>
<td>2 tablespoons olive oil</td>
</tr>
<tr>
<td>1 clove garlic, minced</td>
</tr>
<tr>
<td>1 onion, chopped</td>
</tr>
<tr>
<td>4 skinless, boneless chicken breasts</td>
</tr>
<tr>
<td>2 tablespoons chicken stock</td>
</tr>
<tr>
<td>2 tablespoons bourbon</td>
</tr>
<tr>
<td>salt and pepper to taste</td>
</tr>
</tbody>
</table>

### Directions

In a large skillet, melt butter or margarine and add olive oil. Saute garlic and onion until translucent. Remove garlic and onion from skillet with a slotted spoon.

Add chicken breast halves to skillet and brown on both sides. Return garlic and onion to skillet. Add broth and bourbon and stir all together. Cover and let simmer over very low heat for 20 to 25 minutes, or until chicken is tender and done (chicken juices run clear).
Cabbage Chicken Salad

Ingredients

- 1 (3 ounce) package chicken flavored ramen noodles
- 2 cups shredded cabbage
- 1 cup cubed cooked chicken
- 1/4 cup sliced green onions
- 3 tablespoons sesame seeds, toasted
- 1/3 cup white vinegar
- 2 tablespoons sugar
- 2 tablespoons water
- 4 teaspoons vegetable oil
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Directions

Set seasoning packet from noodles aside. Crumble the noodles into a large bowl; add the cabbage, chicken, onions and sesame seeds. In a jar with a tight-fitting lid, combine the vinegar, sugar, water, oil, salt, pepper and contents of seasoning packets; shake well. Pour over cabbage mixture and toss to coat. Cover and refrigerate for 8 hours or overnight.
Chicken Pasta II

**Ingredients**

- 1 (16 ounce) package radiatore pasta
- 1/2 pound bacon
- 4 boneless, skinless chicken breast halves, cut into bite-sized pieces
- 3/4 cup white wine
- 2 large tomatoes, cut into bite-size pieces
- 1 teaspoon dried Italian seasoning

**Directions**

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Set bacon aside to drain on paper towels. Drain all but 1 tablespoon bacon grease, then sauté chicken until no longer pink, and juices run clear. Break bacon into pieces, and return to skillet. Stir in wine and tomatoes. Sprinkle with Italian seasoning. Simmer until tomatoes are cooked, about 20 minutes. Serve sauce over cooked pasta.
Marinated Grilled Chicken II

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1 (16 ounce) bottle Italian-style salad dressing
- 1/4 teaspoon lemon pepper
- Salt to taste

**Directions**

- Rinse chicken and pat dry. Place in a shallow glass bowl and pour 1/2 bottle of salad dressing over it. Cover and refrigerate for at least 3 hours.

- Lightly oil grill and preheat to medium high.

- Remove chicken breasts from marinade. Season with lemon pepper and salt to taste. Grill over medium high heat for 10 to 15 minutes on each side, or until chicken is cooked through and juices run clear.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 (8 ounce) package uncooked penne pasta</td>
</tr>
<tr>
<td>2 skinless, boneless chicken breast halves - cubed</td>
</tr>
<tr>
<td>5 slices bacon</td>
</tr>
<tr>
<td>3 cloves garlic, chopped</td>
</tr>
<tr>
<td>1 (26 ounce) jar spicy red pepper pasta sauce</td>
</tr>
<tr>
<td>1/2 pound medium shrimp - peeled and deveined</td>
</tr>
<tr>
<td>1 fresh red chile pepper, finely chopped</td>
</tr>
<tr>
<td>1 cup grated Parmesan cheese</td>
</tr>
</tbody>
</table>

### Directions

1. Bring a large pot of lightly salted water to a boil. Place penne pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain.
2. Place chicken, bacon, and garlic in a large skillet over medium heat, and cook 10 minutes, until bacon is evenly brown and chicken juices run clear. Drain grease.
3. Mix pasta sauce into skillet. Continue cooking until sauce is heated through. Mix in shrimp. Cook 2 minutes, or until shrimp are opaque. Stir in chile pepper. Toss with cooked pasta and 1/2 the Parmesan cheese just before serving. Garnish with remaining Parmesan.
Wild Rice Spaghetti Chicken

Ingredients

2 whole boneless, skinless chicken breast, cubed
1 tablespoon olive oil
1 cup wild rice
3 green onions, chopped
1/4 cup red bell pepper, chopped
3 cups chicken broth
2 cups spaghetti, cooked and drained

Directions

Saute chicken pieces in olive oil and set aside. In the same pan saute wild rice, green onions and red pepper pieces (about 3 minutes). Add chicken broth, cover and simmer for 15 minutes.

Add the chicken and cooked spaghetti. Cook another 10 to 12 minutes covered (stir at least once to prevent spaghetti from sticking). When ready, chicken should be very tender and have a nice creamy sauce to dish onto the plate.
Baked Chicken on Rice

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 2 (10.75 ounce) cans condensed cream of mushroom soup
- 2 1/2 cups milk
- 1 1/2 cups uncooked white rice
- 2 (4.5 ounce) cans sliced mushrooms
- 2 (1 ounce) packages dry onion soup mix

**Directions**
- Preheat oven to 350 degrees F (175 degrees C). Cut each chicken breast in half to make a total of 8 pieces; set aside.
- Mix cream of mushroom soup with milk. Reserve 1 cup of mixture. Combine remaining mixture with rice, undrained mushrooms and 1 envelope of dry onion soup mix.
- Spoon rice mixture into a 9x13 inch baking dish. Arrange chicken pieces on top. Pour reserved soup mixture over chicken and sprinkle with other envelope of onion soup mix. Cover tightly with aluminum foil and bake in preheated oven for 1 hour. Remove cover and bake for an additional 15 minutes. Let cool 10 minutes and serve.
Greek Chicken Pitas

**Ingredients**

- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 pound skinless, boneless chicken breast halves - cut into strips
- 1 teaspoon lemon pepper
- 1/2 teaspoon dried oregano
- 1/4 teaspoon allspice
- 1/4 cup plain yogurt
- 1/4 cup sour cream
- 1/2 cup cucumber, peeled and diced
- 4 pita bread rounds, cut in half

**Directions**

Place onion and garlic in a slow cooker. Season chicken with lemon pepper, oregano, and allspice; place on top of onions.

Cover, and cook on High for 6 hours.

In a small bowl, stir together yogurt, sour cream, and cucumber. Refrigerate until chicken is done cooking.

When chicken is done, fill pita halves with chicken, and top with the yogurt sauce.
Ingredients

- 4 skinless, boneless chicken breasts
- 1 egg
- 3 tablespoons lemon juice
- 1/4 cup all-purpose flour
- 1/8 teaspoon garlic powder
- 1/8 teaspoon paprika
- 1/4 cup butter
- 2 teaspoons chicken bouillon powder
- 1/2 cup boiling water

Directions

In a small bowl, beat the egg together with 1 tablespoon of the lemon juice. Set aside.

In a shallow bowl or dish mix together the flour, garlic powder and paprika. Dip the chicken in the egg/lemon mixture, then in the seasoned flour.

In a large skillet, melt butter/margarine and brown the coated chicken pieces.

Dissolve the bouillon in the boiling water, then add the remaining 2 tablespoons of lemon juice. Pour liquid into skillet. Cover and let simmer for 20 minutes, turning chicken pieces after 10 minutes, until chicken is tender. Garnish as desired and serve.
Byrdhouse Spicy Chicken and Peaches

**Ingredients**

1 (15 ounce) can peaches, drained and chopped  
4 cloves garlic, pressed  
1 1/2 cups orange juice  
2 tablespoons distilled white vinegar  
2 tablespoons brown sugar  
1 1/2 teaspoons nutmeg  
1/2 teaspoon red pepper flakes  
2 teaspoons dried basil  
salt and pepper to taste  
4 (6 ounce) skinless, boneless chicken breast halves - cut into bite-size pieces  
2 tablespoons flour  
3 tablespoons butter

**Directions**

Bring peaches, garlic, orange juice, vinegar, sugar, nutmeg, red pepper flakes, and basil to a boil in a saucepan over high heat. Reduce heat to medium-low, and simmer for 15 minutes, stirring occasionally.

Meanwhile, season the chicken to taste with salt and pepper, then dust with flour and shake off the excess. Melt the butter in a large skillet over medium-high heat. Add the chicken, and cook until lightly brown on both sides, but still pink in the center.

Season peach sauce with salt and pepper, and pour over browned chicken. Return the chicken to a simmer, then reduce heat to medium-low, cover, and simmer 15 minutes more until the chicken is no longer pink in the center.
### Ingredients

2 medium carrots, sliced  
1 medium potato, peeled and cubed  
1 small onion, chopped  
1 celery rib, chopped  
1 cup water  
1/2 cup frozen peas, thawed  
1 cup cubed cooked chicken  
1 (10.75 ounce) can condensed cream of chicken soup, undiluted  
Pastry for a single-crust 9-inch pie

### Directions

In a saucepan, cook the carrots, potato, onion and celery in water for 10 minutes or until tender; drain. Stir in the peas, chicken and soup. Pour into a greased 1-1/2-qt. deep baking dish. Roll out pastry to fit top of dish; place over filling. Trim, seal and flute edges. Cut slits in pastry. Bake at 350 degrees F for 50 minutes or until crust is golden and filling is bubbly.
# Italian Beer Marinade for Chicken

## Ingredients
- 3 pounds skinless, boneless chicken breast halves
- 1 cup Italian-style salad dressing
- 1 (12 fluid ounce) can beer

## Directions
- Place chicken in a nonporous glass dish or bowl. Pour dressing over chicken and turn to coat. Cover dish and refrigerate to marinate for 3 hours.
- Preheat oven to Grill/Broil. Remove chicken from marinade and grill for about 4 minutes each side to brown.
- Place chicken in a deep dish and pour beer over the top. Cover and refrigerate overnight (8 hours).
- Use preferred method to cook chicken on low heat.
Ainaa's BBQ Chicken

**Ingredients**

- 1 (4 pound) chicken, cut into pieces
- 1/2 (10.75 ounce) can condensed tomato soup
- 1 tablespoon garlic powder
- 3 tablespoons ginger juice
- 1 teaspoon ground cardamom
- 1/2 tablespoon curry powder
- 1 teaspoon salt
- 1 teaspoon brown sugar
- 2 tablespoons lemon juice
- 1/2 cup buttermilk

**Directions**

FOR MARINADE: In a large bowl combine the soup, garlic powder, ginger juice, cardamom, curry powder, salt, brown sugar and lemon juice. Mix well. Marinate the chicken in the refrigerator overnight.

The next day, mix in the buttermilk, then grill the chicken until cooked through. You'll love it!
# Baked Chicken on the Grill

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>2/3 cup buttermilk baking mix</td>
<td></td>
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<tr>
<td>1 1/2 teaspoons paprika</td>
<td></td>
</tr>
<tr>
<td>1 1/4 teaspoons seasoned salt</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon pepper</td>
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</tr>
<tr>
<td>1 (3 pound) broiler-fryer chicken, cut up</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Place baking mix, paprika, seasoned salt and pepper in a large resealable plastic bag. Close and shake to mix. Add chicken, a few pieces at a time, and shake to coat. Place chicken in a greased metal or foil 13-in. x 9-in.x 2-in. baking pan. Place on grill. Cover and grill over low coals, turning once halfway through cooking time, for 60-75 minutes or until juices run clear.
Roasted Rosemary Chicken And Vegetables

### Ingredients

- 1/3 cup olive oil
- 1/3 cup balsamic vinegar
- 1 tablespoon dried rosemary
- 1/2 teaspoon crushed red pepper flakes
- 1 clove garlic, minced
- 4 skinless, boneless chicken breasts
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced
- 1 small red onion, quartered
- 3 carrots, cut into 1 inch pieces
- 1 eggplant, cut into 1/2 inch cubes

### Directions

Preheat oven to 400 degrees F (200 degrees C). Line a cookie sheet with aluminum foil, and coat with cooking spray.

In a large bowl, combine olive oil, balsamic vinegar, rosemary, red pepper flakes, and garlic. Place chicken in the bowl, and marinate 5 minutes. Transfer to a baking dish, reserving marinade in the bowl.

Place green bell pepper, red bell pepper, red onion, carrots, and eggplant in the marinade, and toss to coat. Arrange in a single layer on the prepared cookie sheet.

Place the chicken and vegetables in the preheated oven. Bake chicken for 20 minutes, or until juices run clear. Bake the vegetables for 35 minutes, or until the edges of the vegetables brown.
**Ingredients**

- 1/4 cup butter
- 1/2 cup chopped mushrooms
- 2 cups chopped celery
- 2 onions, chopped
- 1/4 teaspoon garlic powder
- 2 1/2 cups chicken broth
- 1 (15 ounce) can baby corn
- 1/2 cup green beans
- 2 teaspoons soy sauce
- 2 tablespoons cornstarch
- 1/3 cup cold water
- 3 cups cooked, cubed chicken meat

**Directions**

In a wok or skillet, melt butter or margarine over medium heat. Add mushrooms, celery, onions and garlic powder; cook until the onions have wilted. Add chicken broth and baby corn. Continue cooking until celery is cooked but still crisp. Stir in the green beans or bean sprouts and soy sauce.

Mix cornstarch and water together in a small bowl. Slowly stir into vegetables. Sauce should start to thicken a little. Mix in chicken, and heat through.
**Bacon Wrapped Chicken**

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 1/2 (8 ounce) package cream cheese, sliced
- 4 slices bacon
- 1 teaspoon chopped fresh chives
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/2 cup mayonnaise
- 1/2 cup milk
- 1 teaspoon lemon juice
- 1/4 teaspoon ground black pepper
- 1 pinch salt

**Directions**

Preheat oven to 325 degrees F (165 degrees C).

Pound the chicken breasts until flat. Put a slice of cream cheese and 1 teaspoon chopped chives in the middle of each breast and roll up. Wrap each rolled breast with 1 slice of bacon and secure with toothpicks. Place in a 9x13 inch baking dish.

In a medium bowl, combine condensed soup, mayonnaise, milk, lemon juice, pepper and salt. Mix until smooth, then pour over chicken.

Bake in the preheated oven for 1 hour, or until no longer pink and juices run clear.
Chicken Tequila Fettuccini

Ingredients

1 (16 ounce) package fettuccine pasta
1/3 cup chopped fresh cilantro
2 tablespoons minced garlic
2 tablespoons minced jalapeno peppers
3 tablespoons butter
1/2 cup chicken stock
3 tablespoons tequila
2 tablespoons fresh lime juice
3 tablespoons soy sauce
1 1/4 pounds skinless, boneless chicken breast halves - cubed
1/4 red onion, sliced
1 red bell pepper, thinly sliced
1/2 yellow bell pepper, thinly sliced
1/2 green bell pepper, sliced
1 1/2 cups heavy whipping cream

Directions

In a medium saucepan, saute the cilantro, garlic and jalapeno pepper in 2 tablespoons of butter or margarine over medium heat for 4 to 5 minutes. Add the stock, tequila and lime juice. Bring the mixture to a boil and cook until reduced to a paste-like consistency. Set aside.

Pour soy sauce over the chicken and set aside for 5 minutes. Meanwhile, In a medium sized skillet, saute the onion and the red, green and yellow bell peppers with the remaining tablespoon of butter or margarine, stirring occasionally.

Meanwhile, cook fettuccini according to package directions.

When the peppers have wilted, add the chicken and soy sauce. Toss and add the reserved tequila/lime paste and cream. Bring to a boil. Gently simmer until chicken is cooked through and sauce is thick. Toss with well drained fettuccini and garnish with cilantro. Serve.
Cheesy Breaded Chicken

**Ingredients**
- 1 egg
- 1 tablespoon milk
- 1 cup seasoned dry bread crumbs
- 1 tablespoon Italian seasoning
- 4 skinless, boneless chicken breast halves
- 1 cup shredded mozzarella cheese

**Directions**
Preheat oven to 375 degrees F (190 degrees C).

In a small bowl, beat egg with milk. In a shallow plate or bowl, mix bread crumbs with Italian seasonings. Dip each piece of chicken into the egg/milk mixture, then into the bread crumb mixture to coat thoroughly.

Place coated chicken in a 9x13 inch baking dish. Bake in the preheated oven for about 30 minutes, depending on how thick the chicken breasts are (bake until chicken is done and juices run clear). In the last 3 to 4 minutes of baking, sprinkle the top of the chicken pieces with cheese. Remove from oven and serve!
Directions

Cook macaroni in a large pan of boiling water until al dente. Drain, and rinse. Set aside.

Place nuts in a dry skillet. Toast over medium heat, turning frequently, until nuts are fragrant and lightly browned.

In a large bowl, combine pasta, chicken, pineapple, apples, celery, mandarin oranges, and toasted nuts.

In a small bowl, mix together mayonnaise, reserved pineapple juice, and almond flavoring. Stir into pasta mixture, and mix well. Chill.
**Ingredients**

1/2 cup soy sauce  
1/2 cup fresh lemon juice  
1/2 cup sherry  
1/2 cup honey  
1/2 teaspoon ground thyme  
2 teaspoons curry powder  
1/2 teaspoon dried oregano  
1/2 teaspoon ground ginger  
1/2 teaspoon ground black pepper  
1 clove garlic, pressed  
3 pounds cut up chicken pieces  
1 1/2 cups uncooked brown rice  
3 cups water  
2 tablespoons olive oil  
8 pitted prunes  
8 dried apricot halves

**Directions**

Whisk together the soy sauce, lemon juice, sherry, honey, thyme, curry powder, dried oregano, ground ginger, ground black pepper, and garlic. Place the marinade with the chicken into a resealable bag, and marinate for at least 30 minutes or up to 24 hours.

Bring the brown rice and water to a boil in a saucepan over high heat. Reduce the heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 45 to 50 minutes.

Heat the olive oil in a large skillet over medium-high heat, and cook the chicken pieces until browned on all sides. Sprinkle the chicken with prunes and apricots; pour the marinade into the skillet. Bring to a simmer, cover, and cook for 30 minutes. Uncover and simmer until the sauce is slightly thickened, the chicken is no longer pink at the bone, and the juices run clear, about 15 minutes. An Instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C). Serve over the brown rice.
Quick Chicken a la King

**Ingredients**

- 1 tablespoon margarine or butter
- 1/4 cup chopped green pepper or red pepper
- 1 (10.75 ounce) can Campbell’s® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
- 1/2 cup milk
- 1 1/2 cups cubed cooked chicken or ham
- 4 cups hot cooked regular long-grain white rice

**Directions**

Heat margarine in saucepan. Add pepper and cook until tender.

**Chicken with Cashews**

**Ingredients**
- 4 skinless, boneless chicken breast halves - cut into strips
- 3 tablespoons butter
- 3 tablespoons vegetable oil
- 1 onion, chopped
- 1 red bell pepper, thinly sliced
- 1 green bell pepper, sliced
- 1/2 cup cashew halves
- salt and pepper to taste
- 1 teaspoon curry powder
- 4 tablespoons sesame oil

**Directions**

In a skillet over medium-high heat, mix butter or margarine and vegetable oil until hot. Add chicken and saute, stirring often, until the chicken turns white. Remove with a slotted spoon and set aside.

In the same skillet, saute onion and peppers. Add the cooked chicken and the cashews and season with salt and pepper, curry powder and sesame oil. Saute for another 2 minutes and serve.
Chicken and Rice with Meat

Ingredients

1 tablespoon butter
1/2 pound ground beef
1 teaspoon allspice
1/2 teaspoon ground cinnamon
1/8 teaspoon ground black pepper
2 3/4 cups hot water
1 1/2 teaspoons salt
1/2 pound skinless, boneless chicken breast halves
1 cup uncooked basmati rice
1/2 cup pine nuts

Directions

Melt the butter in a large skillet over medium heat, and cook the ground beef until evenly brown. Season with allspice, cinnamon, and pepper, and continue cooking 1 minute. Pour in the hot water, season with salt, and place the chicken in the skillet. Cover, and cook 25 minutes, until chicken juices run clear.

Remove chicken from skillet, and shred. Return to skillet, and mix in the rice. Cover, and continue cooking 20 minutes, until rice is tender, and liquid has been absorbed.

In a separate skillet over medium heat, cook and stir the pine nuts 5 minutes, or until lightly browned. Sprinkle pine nuts over the beef, chicken, and rice mixture to serve.
# Simple Slow Roast Chicken

## Ingredients

- 1 teaspoon paprika
- 1 teaspoon ground black pepper
- 1 teaspoon garlic salt
- 1 teaspoon dried parsley
- 1 teaspoon dried marjoram
- 1 cup red wine
- 4 stalks celery, cut in half
- 1 onion, quartered
- 1 (4 pound) whole chicken

## Directions

Preheat an oven to 250 degrees F (120 degrees C). Combine the paprika, black pepper, garlic salt, parsley, and marjoram in a small bowl. Pour the red wine into a roasting pan with lid; set aside.

Place the celery and quartered onions into the cavity of the chicken. Rub the chicken with the reserved spice mixture, and set into the roasting pan.

Cover, and bake the chicken in the preheated oven until no longer pink at the bone and the juices run clear, 4 to 5 hours. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C). Remove the chicken from the pan, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area for 10 minutes before serving.
Ingredients

2/3 cup packed light brown sugar
1 cup light soy sauce
1/4 cup unsweetened cocoa powder
1 tablespoon chopped cilantro
1 tablespoon dried sage
1/4 cup finely ground almonds
1/4 cup chopped green bell pepper
1/4 cup chopped red bell pepper
1/4 cup cubed tomatoes
2/3 cup diced Swiss cheese
4 skinless, boneless chicken breast halves - cubed

Directions

In a bowl, mix the brown sugar and soy sauce. Stir in the cocoa, cilantro, sage, and almonds. Set aside.

In a separate bowl, toss together the green bell pepper, red bell pepper, tomatoes, and Swiss cheese.

Heat the oil in a skillet over medium heat. Place chicken in the skillet, and cook 15 minutes, until juices run clear. Reduce heat to low, and stir in the brown sugar and soy sauce mixture until heated through. Top with the peppers, tomatoes, and cheese to serve.
## Ingredients

- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1 boneless, skinless chicken breast, cubed
- 1 pocket bread round, cut in half
- 1 small onion, sliced
- 1 tomato, sliced
- 1/2 cup plain yogurt

## Directions

Combine the olive oil, lemon juice, salt, oregano, garlic powder, and pepper in a large resealable bag. Add chicken cubes, mix well, and allow to marinate in the refrigerator 3 hours or overnight.

Pour the chicken and marinade into a frying pan over medium-high heat. Cook until the chicken is no longer pink. Stuff each half of the pocket bread with chicken, onion, tomato, and yogurt; serve while still hot.
Outrageous Warm Chicken Nacho Dip

Ingredients

- 1 (14 ounce) can diced tomatoes with green chile peppers (such as RO*TEL®), drained
- 1 (1 pound) loaf processed cheese food (such as Velveeta®), cubed
- 2 large cooked skinless, boneless chicken breast halves, shredded
- 1/3 cup sour cream
- 1/4 cup diced green onion
- 1 1/2 tablespoons taco seasoning mix
- 2 tablespoons minced jalapeno pepper, or to taste (optional)
- 1 cup black beans, rinsed and drained

Directions

Place the diced tomatoes, processed cheese, chicken meat, sour cream, green onion, taco seasoning, and jalapeno pepper into a slow cooker. Cook on High, stirring occasionally until the cheese has melted and the dip is hot, 1 to 2 hours. Stir in the black beans, and cook 15 more minutes to reheat.
**Cherry Cola Chicken**

**Ingredients**
- 2 cups hickory smoke flavored barbeque sauce
- 1 (2 liter) bottle cherry cola
- 1 cup grape jelly
- 1 (4 pound) whole chicken, cut into 6 pieces

**Directions**

In a Dutch oven, large enough to hold your chicken, combine the barbeque sauce, 1 liter of cola and grape jelly. Add the chicken and pour in more cola if needed to cover it. Bring to a boil, then simmer over medium-low heat for 1 hour, adding more cola as needed to keep the chicken covered.

Preheat a grill for medium heat. Remove the chicken from the sauce, and place on the grill.

Cook, turning frequently for about 20 minutes, just until the skin is crispy. Heat the leftover sauce over high heat and boil for about 10 minutes to serve alongside the chicken.
**Ingredients**

- 3/4 cup white wine
- 1/2 cup soy sauce
- 1/4 cup vegetable oil
- 2 tablespoons water
- 1 clove garlic, chopped
- 1 teaspoon ground ginger
- 1/4 teaspoon dried oregano
- 1 tablespoon brown sugar
- 2 pounds skinless, boneless chicken breast

**Directions**

Preheat an oven to 350 degrees F (175 degrees C).

Whisk the white wine, soy sauce, vegetable oil, water, garlic, ginger, oregano, and brown sugar together in a bowl. Arrange the chicken breasts in a covered baking dish; pour the sauce over the chicken.

Bake covered in the preheated oven for 1 hour, turn and cook until no longer pink in the center and the juices run clear, about 30 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
# Chicken and Chorizo Pasta Bake

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>3 1/2 cups penne pasta</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon olive oil</td>
<td></td>
</tr>
<tr>
<td>4 boneless chicken breasts, cut into 1/2 inch cubes</td>
<td></td>
</tr>
<tr>
<td>1 red bell pepper, chopped</td>
<td></td>
</tr>
<tr>
<td>1 chorizo sausage, cut into chunks</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups tomato puree</td>
<td></td>
</tr>
<tr>
<td>1 cup light cream</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon red pepper flakes (optional)</td>
<td></td>
</tr>
<tr>
<td>1/2 cup shredded Cheddar cheese</td>
<td></td>
</tr>
<tr>
<td>1/2 cup shredded mozzarella cheese</td>
<td></td>
</tr>
<tr>
<td>1/4 cup freshly grated Parmesan cheese</td>
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</tbody>
</table>

## Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and set aside.
3. Heat the oil in a large deep skillet over medium-high heat. Add chicken, and cook until firm and lightly browned, about 5 minutes. Stir in the bell pepper and chorizo and cook for 5 minutes until the chorizo is hot and the chicken is no longer pink in the center. Remove from heat.
4. Pour the tomato puree, cream, and red pepper flakes into a small saucepan. Bring to a simmer over medium-high heat, then reduce heat to medium-low, and simmer 5 minutes until the sauce has thickened. Add drained pasta and sauce to the skillet containing the chicken and mix well. Spoon the mixture into an oven proof dish. Sprinkle the Cheddar, mozzarella, and Parmesan cheese over the top. Bake 30 minutes, or until the top is golden and bubbly.
## Buttermilk Baked Chicken

### Ingredients

- 1 (12 fluid ounce) can Regular, 2% or Fat Free Carnation® Evaporated Milk
- 1/4 cup white vinegar or lemon juice
- 8 pieces of chicken with the bone (breasts, thighs, legs, wings)
- 2 cups Robin Hood® All Purpose Flour
- Salt and black pepper to taste

### Directions

Combine Carnation Milk® and vinegar in a large bowl. It will thicken up. Add chicken pieces and make sure the pieces are covered in the milk mixture. Cover well and marinate in the refrigerator overnight.

Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper.

Place flour in a shallow dish. Remove chicken from milk. Dip chicken pieces into flour, shaking off any excess. Place on prepared baking sheet. Season with salt and pepper.

Bake in preheated oven 50 minutes or until chicken is cooked through. Turn chicken over after 30 minutes and continue baking.
# Quick Creamy Chicken and Noodles

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken and Mushroom Soup</td>
</tr>
<tr>
<td>1/2 cup milk</td>
</tr>
<tr>
<td>1/8 teaspoon ground black pepper</td>
</tr>
<tr>
<td>1/3 cup grated Parmesan cheese</td>
</tr>
<tr>
<td>2 cups cubed cooked chicken or turkey</td>
</tr>
<tr>
<td>3 cups medium egg noodles, cooked and drained</td>
</tr>
<tr>
<td>Chopped fresh parsley</td>
</tr>
</tbody>
</table>

## Directions

Heat the soup, milk, black pepper, cheese, chicken and noodles in a 4-quart saucepan over medium heat until the mixture is hot and bubbling, stirring occasionally. Sprinkle with the parsley before serving.
**Ingredients**

1 (3 pound) broiler-fryer chicken, cut up  
1 pound red potatoes, cut into chunks  
1/2 cup prepared Italian dressing  
1 tablespoon Italian seasoning  
1/2 cup grated Parmesan cheese

**Directions**

Place chicken in a greased 13-in. x 9-in. x 2-in. baking dish. Arrange potatoes around chicken. Drizzle with dressing; sprinkle with Italian seasoning and Parmesan cheese. Cover and bake at 400 degrees F for 20 minutes. Uncover; bake 20-30 minutes longer or until potatoes are tender and chicken juices run clear.
Ingredients

4 2/3 cups uncooked bow tie pasta
12 ounces boneless, skinless chicken breasts, cut in 1-inch strips
1/2 teaspoon salt-free lemon-pepper seasoning
2 garlic cloves, minced
1 tablespoon canola oil
1 cup chicken broth
1 cup frozen peas, thawed
2/3 cup shredded carrots
1/4 cup cubed reduced-fat cream cheese
2 teaspoons lemon juice
1/2 teaspoon salt
1/3 cup shredded Parmesan cheese

Directions

Cook pasta according to package directions. Meanwhile, sprinkle chicken with lemon-pepper. In a large nonstick skillet, stir-fry chicken and garlic in oil until chicken juices run clear. Remove and keep warm. Add broth, peas, carrots, cream cheese and lemon juice to the skillet; cook and stir until cheese is melted. Drain pasta. Add pasta, chicken and salt to vegetable mixture; heat through. Sprinkle with Parmesan cheese.
Chicken, Garlic, and Sundried Tomato Pasta

Ingredients

- 1 (16 ounce) package farfalle pasta
- 1/2 cup butter
- 3 cloves garlic, minced
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/2 cup milk
- 1 tablespoon dried parsley
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 cooked skinless, boneless chicken breast halves, cut into bite-size pieces
- 1/3 cup sun-dried tomatoes, rehydrated in water
- 2 tablespoons grated Romano cheese

Directions

In a large pot with boiling salted water cook farfalle pasta until al dente. Drain.

Meanwhile, melt butter in a large saucepan. Add garlic cloves and cook until garlic browns. Add the cream of chicken soup and milk, stirring until smooth. Stir in the dried parsley, salt, and ground fresh pepper. Let simmer for 2 to 3 minutes. Add bite size chicken pieces and hydrated sun dried tomatoes. Simmer for 6 to 8 minutes. Mix in grated Romano cheese.

Toss cooked and drained pasta with chicken sauce. Serve warm.
## Ingredients

- 4 skinless, boneless chicken breast halves
- 1 (16 ounce) jar prepared salsa
- 3 tablespoons brown sugar
- 1 teaspoon brown mustard

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place the chicken in a shallow baking dish. In a medium bowl, stir together the salsa, brown sugar and mustard; pour over the chicken. Cover the dish with aluminum foil.

Bake for 1 hour in the preheated oven, until chicken is cooked through. Remove the foil for the last 15 minutes to brown the chicken.
Chicken and Tomato Scampi

Ingredients
- 2 cloves garlic cloves, minced
- 1/4 cup chopped green onions
- 2 tablespoons butter or margarine
- 1 tablespoon olive or vegetable oil
- 4 boneless, skinless chicken breast halves, cut into 1-inch pieces
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 (14.5 ounce) can Italian stewed tomatoes
- 1/4 cup lemon juice
- 1/2 teaspoon sugar
- 2 teaspoons cornstarch
- 2 teaspoons cold water
- 1/4 cup chopped fresh parsley
- Hot cooked rice

Directions
In a skillet over medium heat, sauté garlic and onions in butter and oil until onions are tender. Add chicken, salt if desired and pepper. Cook for 6-8 minutes or until chicken juices run clear. Add tomatoes, lemon juice and sugar; heat through. Combine cornstarch and water; stir into chicken mixture. Bring to a boil; cook and stir for 1 minute or until thickened. Add parsley. Serve over rice if desired.
Hobart's Chicken and Red Bean Soup

Ingredients

- 1 (14.5 ounce) can diced tomatoes
- 1 (15 ounce) can tomato sauce
- 1 1/2 quarts water
- 1/4 cup diced onion
- 1 pound boneless chicken breast halves, cooked and cubed
- 1 (16.5 ounce) can red beans, drained and rinsed
- 1 cup chopped broccoli
- 1 cup diced carrots
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon Cajun seasoning
- 1 pinch garlic powder

Directions

In a large saucepan over medium-high heat, combine diced tomatoes, tomato sauce, water and onion. Bring to a boil, then stir in cooked chicken, beans, broccoli, carrots, salt, pepper, Cajun seasoning and garlic powder. Let boil 5 minutes, then reduce heat and simmer 20 minutes more.
Honey Barbecue Chicken

**Ingredients**

- 1 (20 ounce) can pineapple chunks
- 4 (4 ounce) boneless, skinless chicken breast halves
- 1 teaspoon curry powder
- 1 tablespoon vegetable oil
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1 (18 ounce) bottle honey barbecue sauce
- Hot cooked rice

**Directions**

Drain pineapple, reserving juice; set fruit and juice aside. Sprinkle chicken with curry powder. In a large skillet, brown chicken on both sides in oil over medium-high heat. Remove and keep warm.

In the same skillet, saute the onion, green pepper and pineapple until vegetables are tender and pineapple is golden brown. Stir in barbecue sauce and reserved pineapple juice. Return chicken to the pan. Cover and simmer for 15 minutes or until chicken juices run clear. Serve over rice.
## Warm Gingered Chicken Salad with Crispy Greens

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup Hellmann's® or Best Foods® Light Mayonnaise</td>
<td>In small bowl, combine Hellmann's® or Best Foods® Light Mayonnaise, vinegar, soy sauce, honey, ginger and salt. Reserve 1/4 cup mayonnaise mixture for grilling. Stir orange juice into remaining mayonnaise mixture; reserve for greens.</td>
</tr>
<tr>
<td>2 teaspoons rice wine vinegar or white wine vinegar</td>
<td>Grill or broil chicken, brushing with reserved 1/4 cup mayonnaise mixture, 12 minutes or until chicken is thoroughly cooked, turning once.</td>
</tr>
<tr>
<td>1 teaspoon soy sauce</td>
<td>In large bowl, toss lettuce and watercress with reserved orange juice mixture. To serve, arrange sliced chicken over greens, then top with snow peas and oranges.</td>
</tr>
<tr>
<td>1 teaspoon honey</td>
<td></td>
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<tr>
<td>1/4 teaspoon ground ginger</td>
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<tr>
<td>Pinch salt</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon orange juice</td>
<td></td>
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<tr>
<td>4 (5 ounce) boneless skinless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>6 cups torn romaine lettuce leaves</td>
<td></td>
</tr>
<tr>
<td>1 small bunch watercress (optional)</td>
<td></td>
</tr>
<tr>
<td>4 ounces snow peas (optional)</td>
<td></td>
</tr>
<tr>
<td>2 oranges, peeled and sectioned (optional)</td>
<td></td>
</tr>
</tbody>
</table>
Easy Cheesy Chicken II

Ingredients
4 skinless, boneless chicken breast halves
1/4 cup butter, melted
3 cups crushed cheese flavored butter crackers

Directions
Preheat the oven to 350 degrees F (175 degrees C).

Lightly grease a 9x13 inch baking dish. Roll the chicken breasts in melted butter or margarine, then in the crushed cracker crumbs. Bake in the preheated oven for 50 to 60 minutes.
**Ingredients**

2 cloves garlic, minced  
1/2 cup chopped fresh ginger root  
6 cups soy sauce  
1 cup brown sugar  
10 pounds boneless chicken thighs

**Directions**

Place chicken in a container large enough to hold it all. In a separate medium bowl, combine the garlic, ginger, soy sauce and brown sugar. Mix well and pour over the chicken. Seal container and let marinate in the refrigerator overnight.

Preheat an outdoor grill for medium to low heat and lightly oil grate.

Grill chicken over medium to low heat for 1 hour, turning halfway through cooking time. Chicken is done when it's juices run clear.
**Ingredients**

- 2 tablespoons vegetable oil
- 1 small onion, chopped
- 1 pound skinless, boneless chicken breast halves - chopped
- 2 (32 fluid ounce) containers chicken broth
- 1 large head fresh broccoli, cut into bite size pieces
- 8 ounces processed cheese food, shredded
- 1 cup shredded Cheddar cheese
- salt and pepper to taste
- 4 cups uncooked instant rice

**Directions**

Heat the oil in a skillet over medium heat. Cook the onion and chicken in the skillet 5 minutes, or until chicken juices run clear; drain.

Bring the chicken broth to a boil in a large pot, and stir in the broccoli, processed cheese food, and Cheddar cheese. Mix in the chicken and onion. Season with salt and pepper. Stir in rice, and continue cooking 5 minutes, stirring frequently, until cheeses are melted, and broccoli and rice are tender.
## Ingredients

- 2 (10 ounce) cans chicken chunks, drained
- 1 cup seedless green grapes, halved
- 1/2 cup sliced almonds
- 1/2 cup chopped celery
- 1 (8 ounce) can mandarin oranges, drained
- 3/4 cup creamy cucumber salad dressing

## Directions

Mix together chicken, grapes, nuts, celery, oranges, and dressing. Chill.
# Cashew Chicken Casserole

## Ingredients
- 1 cup chicken broth
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 2 tablespoons soy sauce
- 1 (2 to 3 pound) whole chicken, cut into pieces
- 4 cups hot cooked rice
- 1 cup cashew nuts

## Directions
Preheat oven to 400 degrees F (200 degrees C).

Combine the broth, cream of chicken soup, mushroom soup and soy sauce in a large saucepan and bring to a boil; add chicken, rice and 3/4 cup cashews. Mix well and pour mixture into a 9x13 inch baking dish. Sprinkle remaining 1/4 cup cashews on top.

Bake at 400 degrees F (200 degrees C) for 20 to 25 minutes, or until chicken is cooked through and no longer pink inside.
## Chicken Chimichangas with Green Sauce

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 (10.5 ounce) cans condensed cream of chicken soup</td>
<td></td>
</tr>
<tr>
<td>2 (4 ounce) cans diced green chiles</td>
<td></td>
</tr>
<tr>
<td>5 pitted green olives</td>
<td></td>
</tr>
<tr>
<td>1 jalapeno pepper, seeded and chopped</td>
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<tr>
<td>2 tablespoons fresh lime juice</td>
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<tr>
<td>1 (8 ounce) package cream cheese</td>
<td></td>
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<tr>
<td>1 (8 ounce) package shredded Monterey Jack cheese</td>
<td></td>
</tr>
<tr>
<td>1/2 (1 ounce) package taco seasoning</td>
<td></td>
</tr>
<tr>
<td>1 pound shredded cooked chicken meat</td>
<td></td>
</tr>
<tr>
<td>8 (10 inch) flour tortillas</td>
<td></td>
</tr>
<tr>
<td>1/2 cup vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1 (8 ounce) package shredded sharp Cheddar cheese</td>
<td></td>
</tr>
<tr>
<td>1 cup chopped green onion</td>
<td></td>
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<tr>
<td>1 (8 ounce) container sour cream</td>
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</tbody>
</table>

### Directions

Pour the cream of chicken soup into a blender along with the green chiles, olives, jalapeno, and lime juice. Puree until smooth, then pour into a saucepan, and warm over medium-low heat while proceeding with the recipe.

In a large bowl, stir together the cream cheese, Monterey Jack cheese, and taco seasoning until well blended. Fold in the chicken. Evenly divide mixture among the 8 tortillas. Fold each tortilla into a rectangular packet around the filling.

Heat the vegetable oil in a large skillet over medium-high heat. Fry 4 chimichangas at a time until golden brown, then drain on a plate lined with paper towels.

To serve, place a chimichanga on a plate, and ladle the warm sauce overtop. Sprinkle with Cheddar cheese and green onions. Finish with a dollop of sour cream.
Ginataang Manok (Chicken Cooked in Coconut Milk)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tablespoons canola oil</td>
<td>Heat the canola oil in a large skillet over medium heat and stir in the ginger slices. Cook and stir until fragrant and lightly browned. Remove ginger and set aside. Season chicken with salt and pepper. Place chicken in the same skillet over medium-high heat without crowding. Cook until chicken is lightly brown on all sides. Return the ginger to the skillet and add coconut milk. Bring to a boil, then cover the skillet with the lid tilted to allow steam to escape. Reduce heat to medium-low and simmer until the chicken is no longer pink at the bone, stirring occasionally, about 30 minutes. Stir in the spinach. Simmer uncovered until spinach is warmed through, 8 to 12 minutes. Season with salt and pepper, as necessary.</td>
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<tr>
<td>1/2 cup sliced fresh ginger</td>
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<tr>
<td>1 (5 pound) whole chicken, cut into pieces</td>
<td></td>
</tr>
<tr>
<td>salt and ground black pepper to taste</td>
<td></td>
</tr>
<tr>
<td>2 (14 ounce) cans coconut milk</td>
<td></td>
</tr>
<tr>
<td>1 (10 ounce) package frozen chopped spinach, thawed and drained</td>
<td></td>
</tr>
</tbody>
</table>
### Ingredients
- 3/4 cup soy sauce
- 1/4 cup sugar
- 1 tablespoon vegetable oil
- 1/4 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 2 skinless, boneless chicken breast halves - cut into 1 inch pieces
- 6 green onions, cut into 1-inch pieces
- 8 ounces fresh mushrooms, stems removed

### Directions
In a mixing bowl, combine first five ingredients. Stir in chicken and onion; allow to marinate for 30 minutes. Soak wooden skewers in water. On each skewer, thread a piece of chicken, onion, mushroom and another chicken piece. Place on a broiler rack. Broil 5 in. from the heat, turning and basting with marinade after 3 minutes. Continue broiling for another 3 minutes or until chicken is done. Serve immediately.
Buffalo Chicken Strips II

**Ingredients**

- 2/3 cup plain non-fat yogurt
- 2 tablespoons low-fat mayonnaise
- 2 ounces crumbled blue cheese
- 3 tablespoons finely chopped green onions
- 1/4 teaspoon ground black pepper
- 1 teaspoon vegetable oil
- 1/2 pound skinless, boneless chicken breast halves - cut into strips
- 1/4 teaspoon salt
- 2 teaspoons butter
- 1 tablespoon hot pepper sauce

**Directions**

To Make Dip: In a small bowl, whisk together the yogurt, mayonnaise and bleu cheese. Stir in green onion and pepper; cover and refrigerate.

To Make Strips: Heat oil in a large skillet. Season chicken with salt and sautee over medium high heat, stirring frequently, until lightly browned and cooked through, about 7 to 10 minutes. Remove skillet from heat. Add butter and hot pepper sauce to skillet and swirl until the butter melts and the sauce coats the chicken.

Serve hot chicken with refrigerated dip mix.
**Florentine Curried Chicken**

**Ingredients**
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 1/2 cup creamy salad dressing
- 1 tablespoon lemon juice
- 1 tablespoon curry powder
- 3 (10 ounce) packages frozen chopped spinach, thawed and drained
- 8 skinless, boneless chicken breast halves
- 1 teaspoon paprika
- 2 (8 ounce) packages shredded Monterey Jack cheese

**Directions**
- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, thoroughly blend soup, creamy salad dressing, lemon juice, and curry powder.
- On the bottom of a 9x13 inch dish, spread squeezed spinach evenly. Place chicken on top of spinach. Pour soup mixture over top of chicken so that all is covered, then sprinkle with paprika. Spread cheese over top.
- Bake for approximately 1 1/2 hours in the preheated oven, until cheese is lightly brown. (You can cover the dish with a piece of foil and leave it in the oven on warm until ready to serve, or it can be made the day before and reheated!)
Ingredients

1 tablespoon cornstarch
1 teaspoon ground ginger
1/4 cup reduced-sodium soy sauce
2 tablespoons sherry or chicken broth
1 1/2 pounds boneless, skinless chicken breasts, thinly sliced
1 teaspoon reduced-sodium chicken bouillon granules
1/2 cup hot water
6 ounces uncooked linguine
1/2 pound medium fresh mushrooms, sliced
1/4 pound fresh snow peas
1 large sweet red pepper, julienned
2 green onions, cut into 2 inch pieces
2 tablespoons canola oil, divided
2 teaspoons sesame oil

Directions

In a large bowl, combine the cornstarch, ginger, soy sauce and sherry or broth until smooth. Add chicken and stir to coat; set aside. In a small bowl, dissolve bouillon granules in hot water; set aside. Cook linguine according to package directions.

In a large nonstick skillet or wok, stir-fry mushrooms, snow peas, red pepper and green onions in 1 tablespoon canola oil for 3-5 minutes or until crisp-tender. Remove with a slotted spoon and set aside. In the same skillet, stir-fry chicken mixture in remaining canola oil for 2-3 minutes or until chicken is no longer pink. Stir in dissolved bouillon. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Return vegetables to skillet. Drain linguine; add sesame oil and linguine to skillet. Toss to coat. Cook 1-2 minutes longer or until heated through.
Creamy Mustard and Tarragon Chicken

**Ingredients**

- 1/3 cup all-purpose flour
- salt and pepper to taste
- 1 tablespoon olive oil
- 1 tablespoon butter
- 4 (5 ounce) skinless, boneless chicken breast halves
- 1/4 cup finely chopped red onion
- 1/2 cup low-sodium chicken broth
- 1/2 cup dry white wine
- 1 tablespoon Dijon mustard
- 2 tablespoons sour cream
- 1 tablespoon chopped fresh tarragon

**Directions**

Place the flour in a shallow dish and season lightly with salt and pepper. Heat the olive oil and butter in a large skillet over medium-high heat. Season the chicken breasts with salt and pepper and dredge each in the flour.

Cook the chicken in the hot oil and butter until golden, about 3 minutes. Flip chicken and brown on the other side, 3 additional minutes. Remove chicken from skillet and tent with foil.

Reduce heat to medium. Stir the red onion into the oil and butter that remains in the skillet. Cook until softened, 2 to 3 minutes. Pour the chicken broth into the pan, and simmer while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Pour in the wine and bring back to a simmer. Cook the sauce until reduced by half, about 3 minutes. Return chicken to the pan along with any juices that have accumulated. Simmer chicken in the sauce until it is cooked through and no longer pink in the center, 3 to 4 minutes. Transfer chicken to a warmed platter.

Whisk the mustard and sour cream into the sauce; stir in the tarragon. Spoon sauce over chicken to serve.
Garlic Herb Grilled Chicken

**Ingredients**

1 (14 ounce) can Swanson® Seasoned Chicken Broth with Roasted Garlic
4 skinless, boneless chicken breasts

**Directions**

Pour broth into shallow nonmetallic dish. Add chicken and turn to coat. Cover and refrigerate 15 minutes. Remove chicken from broth.

Grill chicken 15 minutes. or until done, turning and brushing often with broth. Discard remaining broth.
Pesto Pasta with Chicken

**Ingredients**
- 1 (16 ounce) package bow tie pasta
- 1 teaspoon olive oil
- 2 cloves garlic, minced
- 2 boneless skinless chicken breasts, cut into bite-size pieces
- Crushed red pepper flakes to taste
- 1/3 cup oil-packed sun-dried tomatoes, drained and cut into strips
- 1/2 cup pesto sauce

**Directions**

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Heat oil in a large skillet over medium heat. Saute garlic until tender, then stir in chicken. Season with red pepper flakes. Cook until chicken is golden, and cooked through.

In a large bowl, combine pasta, chicken, sun-dried tomatoes and pesto. Toss to coat evenly.
Quick and Super Easy Chicken and Dumplings

**Ingredients**

- 2 1/4 cups biscuit baking mix
- 2/3 cup milk
- 2 (14 ounce) cans chicken broth
- 2 (10 ounce) cans chunk chicken, drained

**Directions**

In a medium bowl, stir together the biscuit mix and milk just until it pulls together. Set aside.

Pour the cans of chicken broth into a saucepan along with the chicken; bring to a boil. Once the broth is at a steady boil, take a handful of biscuit dough and flatten it in your hand. Tear off 1 to 2 inch pieces and drop them into the boiling broth. Make sure they are fully immersed at least for a moment. Once all of the dough is in the pot, carefully stir so that the newest dough clumps get covered by the broth. Cover, and simmer over medium heat for about 10 minutes, stirring occasionally.
Toasted Almond Chicken Rolls

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 3 tablespoons butter
- 1 cup sliced almonds
- 1 cup grated Parmesan cheese
- 2 cups baby spinach leaves
- 1/3 cup bottled red wine vinaigrette

**Directions**
Preheat an oven to 350 degrees F (175 degrees C). Place the chicken breasts between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the breasts with the smooth side of a meat mallet to a thickness of 1/4 inch; set aside.

Melt the butter in a skillet over medium heat. Stir in the almonds, and cook until dark, golden-brown, about 10 minutes. Set aside until cool enough to handle.

Lay the chicken breasts out onto your work surface and evenly divide the toasted almonds among them. Sprinkle with the Parmesan cheese, then arrange the spinach leaves over top. Roll each chicken breast into a log and secure with toothpicks. Pour half of the vinaigrette into a 7x11-inch baking dish. Place the chicken rolls into the baking dish seam-side-down. Pour the remaining vinaigrette over the rolls.

Cook the chicken breasts until no longer pink in the center and the juices run clear, about 45 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Let the breasts rest 5 to 10 minutes before serving.
Sunshine Chicken

Ingredients

- 2 teaspoons curry powder
- 1 1/4 teaspoons salt, divided
- 1/4 teaspoon pepper
- 6 boned, skinned chicken breast halves
- 1 1/2 cups orange juice
- 1 cup uncooked long-grain rice
- 3/4 cup water
- 1 tablespoon brown sugar
- 1 teaspoon dry mustard
- Chopped fresh parsley

Directions

Combine curry powder, 1/2 teaspoon salt and the pepper; rub over both sides of chicken. In a skillet, combine orange juice, rice, water, brown sugar, mustard and remaining salt. Mix well. Top rice mixture with chicken pieces; bring to a boil. Cover and simmer 20-25 minutes. Remove from the heat and let stand, covered, until all liquid has absorbed, about 5 minutes. Sprinkle with parsley.
Ingredients

- 2 tablespoons olive oil
- 4 skinless, boneless chicken breast halves
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons butter
- 3 cloves garlic, chopped
- 1/4 cup gin
- 1 tablespoon dry vermouth
- 1 teaspoon lemon juice
- 1/4 cup sliced pimento-stuffed green olives

Directions

Heat the olive oil in a large skillet over medium-high heat. Season the chicken breasts with salt and pepper. Place chicken in the skillet, and cook until browned on each side, about 5 minutes per side.

Reduce heat to medium, and add the butter and garlic. Saute for about 3 minutes. Pour in the gin, vermouth, lemon juice, and olives; simmer for 5 to 10 minutes, until the sauce thickens and chicken juices run clear.
Portobello Lemon Chicken

Ingredients

- 1 large yellow onion, chopped
- 2 portobello mushroom caps, chopped
- 2 pounds bone-in chicken pieces
- garlic salt to taste
- ground black pepper to taste
- 2 large lemons, juiced

Directions

Preheat oven to 400 degrees F (200 degrees C).

Spread the chopped onion and mushrooms evenly in the bottom of a 9x13 inch baking dish. Arrange chicken pieces over the vegetables, skin side up. Squeeze lemon juice over the chicken pieces, and season with garlic salt and pepper.

Bake chicken uncovered for 20 minutes in the preheated oven. Carefully turn the pieces over, and continue cooking 15 minutes more.

Set oven to broil. Cook chicken for 5 minutes, or until chicken skin is crisp.
**Awesome Chicken Noodle Soup**

**Ingredients**
- 1 gallon water
- 1 (4 pound) whole chicken, cut into pieces
- 1 large onion, peeled and halved
- 3 bay leaves
- 10 whole black peppercorns
- 2/3 bunch celery, leaves reserved
- 1 pound whole carrots
- 3 tablespoons chopped lemon grass (optional)
- 1/4 cup chicken bouillon powder
- 1 pound carrots, peeled and sliced
- 1/3 bunch celery, chopped and leaves reserved
- 1 (8 ounce) package dry egg noodles

**Directions**

Place chicken and water in a large pot over high heat and bring to a boil. Reduce heat, cover and simmer, skimming fat as needed, 30 minutes.

Place the halved onion, bay leaves, peppercorns, whole celery, whole carrots and lemon grass in the pot and simmer, covered 1 hour.

Strain broth and reserve chicken. When chicken is cool enough to handle, remove skin and cut meat into bite-size pieces.

Return strained stock to pot over high heat, and stir in chicken base, chopped celery and chopped carrots. Bring to a boil, then reduce heat, cover and simmer 20 minutes, or until carrots are tender.

Chop celery leaves and stir into pot with the noodles. Simmer until noodles are cooked, about 10 minutes more. Stir in chicken and heat through.
Red Potato Chicken

Ingredients

- 4 skinless, boneless chicken breast halves
- 15 potatoes
- 1 (16 ounce) bottle Italian-style salad dressing

Directions

Preheat oven to 375 degrees F (190 degrees C).

Place chicken in a 9x13 inch baking dish. Arrange potato halves around chicken, then cover all with salad dressing.

Bake at 375 degrees F (190 degrees C) for 1 hour or until chicken is cooked through and juices run clear.
**Ingredients**

- 1 pound boneless skinless chicken breasts, cut into strips
- 1 medium onion, chopped
- 1 large carrot, thinly sliced
- 1 garlic clove, minced
- 2 tablespoons butter or margarine
- 1 tablespoon cornstarch
- 1 (14.5 ounce) can chicken broth
- 2 tablespoons fresh lemon juice
- 1 teaspoon grated lemon peel
- 1/2 teaspoon salt
- 1 1/2 cups uncooked instant rice
- 1 cup frozen chopped broccoli, thawed
- 1/4 cup minced fresh parsley

**Directions**

In a skillet, cook chicken, onion, carrot and garlic in butter until chicken is lightly browned, about 5 minutes. In a bowl, combine the cornstarch and broth; stir in lemon juice, peel, salt and rice. Add to skillet and bring to a boil. Reduce heat; add broccoli and parsley. Cover and simmer 5-10 minutes or until rice is tender.
Ingredients

1 cup water
1 (14.5 ounce) can chicken broth
4 ounces spaghetti
1/2 cup chopped onion
1 tablespoon olive oil
4 ounces chopped cooked chicken breast meat
1 cup fresh mushrooms
2 ounces shredded Cheddar cheese
2 teaspoons all-purpose flour
1 ounce chopped almonds

Directions

In a medium pot, bring the water and chicken broth to a boil. Add the spaghetti pasta, and cook until al dente. Drain well.

In a large skillet saute onion in olive oil until tender. Add chicken, mushrooms, 1 ounce of Cheddar cheese, flour, and cooked spaghetti. Mix well.

Pour mixture into a 2 quart baking dish. Top dish with remaining ounce of Cheddar cheese and almonds.

Bake in a preheated 350 degree oven (175 degrees C) for 30 to 40 minutes.
Chicken Tortilla Soup I

Ingredients

1 onion, chopped
3 cloves garlic, minced
1 tablespoon olive oil
2 teaspoons chili powder
1 teaspoon dried oregano
1 (28 ounce) can crushed tomatoes
1 (10.5 ounce) can condensed chicken broth
1 1/4 cups water
1 cup whole corn kernels, cooked
1 cup white hominy
1 (4 ounce) can chopped green chile peppers
1 (15 ounce) can black beans, rinsed and drained
1/4 cup chopped fresh cilantro
2 boneless chicken breast halves, cooked and cut into bite-sized pieces

crushed tortilla chips
sliced avocado
shredded Monterey Jack cheese
chopped green onions

Directions

In a medium stock pot, heat oil over medium heat. Saute onion and garlic in oil until soft. Stir in chili powder, oregano, tomatoes, broth, and water. Bring to a boil, and simmer for 5 to 10 minutes.

Stir in corn, hominy, chiles, beans, cilantro, and chicken. Simmer for 10 minutes.

Ladle soup into individual serving bowls, and top with crushed tortilla chips, avocado slices, cheese, and chopped green onion.
25-Minute Chicken and Noodles

**Ingredients**

- 1 (14 ounce) can Swanson® Chicken Broth or Swanson® Natural Goodness™ Chicken Broth
- 1/2 teaspoon dried basil leaves, crushed
- 1/8 teaspoon ground black pepper
- 2 cups frozen vegetable combination (broccoli, cauliflower, carrots)
- 2 cups uncooked medium egg noodles
- 2 cups cubed cooked chicken

**Directions**

Mix broth, basil, pepper and vegetables in skillet. Heat to a boil. Cover and cook over low heat 5 minutes.

Stir in noodles. Cover and cook 5 minutes. Add chicken and heat through.
Easy Garlic and Rosemary Chicken

**Ingredients**

- 2 skinless, boneless chicken breasts
- 2 cloves garlic, chopped
- 2 tablespoons dried rosemary
- 1 tablespoon lemon juice
- Salt and pepper to taste

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

Cover the chicken breasts with garlic, then sprinkle with rosemary, lemon juice, and salt and pepper to taste. Place in a 9x13 inch baking dish and bake in the preheated oven for 25 minutes or until done and juices run clear (baking time will depend on the thickness of your chicken breasts).
Chicken with Red Pepper Cream Sauce

**Ingredients**
- 2 tablespoons olive oil, divided
- 1 medium onion, chopped
- 2 cups mushrooms, chopped
- 2 cloves garlic, diced
- 4 skinless, boneless chicken breast halves - diced
- 1/2 pound turkey bacon
- 1 cup frozen peas, thawed
- 1 (12 ounce) jar roasted red peppers packed in oil, undrained
- 1 cup sour cream
- 1 cup fat-free evaporated milk

**Directions**

Heat 1 tablespoon olive oil in a skillet over medium heat, and saute the onion, mushrooms, and garlic until onions are tender. Remove from skillet and set aside.

Heat remaining olive oil in the skillet over medium heat, and cook the chicken and turkey bacon until chicken juices run clear and bacon is browned and crisp. Return the onion mixture to the skillet, mix in the peas, and reduce heat to low. Simmer, stirring occasionally, while preparing the red pepper and sour cream sauce.

In a small saucepan over medium heat, heat the roasted red peppers and oil until heated through.

In a bowl, mix the sour cream and evaporated milk. Heat in the microwave on High for 1 minute, or until heated through.

In a blender or food processor, blend the red peppers and the sour cream mixture until smooth. Pour over the chicken mixture in the skillet.
Season chicken with salt, pepper and paprika. Heat 2 tbsp oil in a skillet over medium high heat and sear both sides of chicken. Continue to cook medium heat until chicken is thoroughly cooked. Transfer to a plate and keep warm. In same skillet, heat remaining oil and saute apples, celery and shallots until tender.

Gently heat Marzetti Ultimate Blue Cheese Dressings in a saucepan; do not bring to a boil. Arrange spinach on plates, top with hot vegetables, apples and chicken. Spoon warm Marzetti Ultimate Blue Cheese Dressing over all and sprinkle with pine nuts. Serve.
Mexican Chicken and Black Bean Salad

**Ingredients**

- 2 (4 ounce) frozen skinless, boneless chicken breast halves
- 1 (8 ounce) can low sodium tomato sauce
- 1/4 cup water
- 1 (1 ounce) packet taco seasoning
- 1 (15.5 ounce) can black beans
- 4 cups baby spinach leaves
- 2 tablespoons fat-free sour cream
- 1/2 cup shredded Mexican cheese blend
- 1/2 cup salsa

**Directions**

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking dish.

2. Place the chicken breasts in the prepared dish. Mix the tomato sauce, water and taco seasoning in a small bowl; pour sauce over the chicken.

3. Bake in preheated oven until chicken is no longer pink in the center, about 30 minutes.

4. Divide spinach between two plates. Place the chicken breasts on the spinach beds and spoon half the black beans over each piece. Divide sour cream, shredded cheese and salsa to top each salad.
Chicken I Hate You!

**Ingredients**

1 pound skinless, boneless chicken breast meat - cut into chunks
1 tablespoon vegetable oil
1 (4.5 ounce) package Alfredo sauce egg noodles mix
1 (10 ounce) can canned asparagus, drained
1 (16 ounce) can Italian-style diced tomatoes, drained
1 (4.5 ounce) can mushrooms, drained
1 tablespoon grated Parmesan cheese

**Directions**

Heat oil in a large skillet over medium high heat. Add chicken and saute until cooked through and juices run clear.

Meanwhile, prepare Alfredo noodles according to package directions; when finished, stir in cooked chicken, asparagus, tomatoes and mushrooms. Sprinkle with cheese and serve.
Fragrant Chicken Curry

**Ingredients**

- 2 tablespoons curry powder
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon cayenne pepper
- 2 tablespoons vegetable oil
- 1 large onion, halved and thinly sliced
- 3 garlic cloves, minced
- 1 rotisserie chicken, skinned and boned, meat pulled into large chunks
- 1 (13.5 ounce) can light coconut milk
- 1 (14.5 ounce) can diced tomatoes
- 1 (14.5 ounce) can chicken broth

*To serve:*
- Cooked basmati rice
- Chopped fresh cilantro
- Mango chutney

**Directions**

Mix spices in small bowl. Heat oil in a Dutch oven or small soup kettle over medium-high heat; add onion and saute until golden, 8 to 10 minutes.

Add garlic; saute until fragrant, about 30 seconds. Add spices; toast until fragrant, 30 seconds to 1 minute. Add chicken; stir until completely coated with spices. Add coconut milk, tomatoes and broth. Bring to a simmer; cook uncovered until flavors blend and stew is thick, about 20 minutes.

Remove from heat, sprinkle with cilantro and serve over rice. Pass chutney separately.
# Chicken in Savory Lemon Sauce

## Ingredients

- Vegetable cooking spray
- 4 skinless, boneless chicken breast halves
- 1 (10.75 ounce) can Campbell's® Healthy Request® Condensed Cream of Chicken Soup
- 1/2 cup water
- 1/4 cup chopped red pepper or green pepper
- 1 tablespoon chopped fresh parsley
- 1 tablespoon lemon juice
- 1 teaspoon paprika
- 4 lemon slices

## Directions

Spray a 12-inch nonstick skillet with the cooking spray and heat over medium-high heat for 1 minute. Add the chicken and cook until it's well browned on both sides.

Add the soup, water, pepper, parsley, lemon juice and paprika to the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through. Top with the lemon slices.
## The Easiest Blackened Chicken

### Ingredients
- 4 skinless, boneless chicken breast halves
- 1 cup Worcestershire sauce
- 2 teaspoons ground black pepper

### Directions
In a large skillet combine the Worcestershire sauce and ground black pepper. Add the chicken and simmer over medium heat until the sauce begins to boil. Reduce heat to low and let simmer for 15 to 20 minutes. Turn chicken occasionally, spooning sauce over it. The sauce will thicken. Let cool and serve.
# Restaurant-Style Chicken Scampi

## Ingredients

- 1 pound raw chicken tenders or strips
- 1/4 cup all-purpose flour
- 1 tablespoon olive oil
- 1 (16 ounce) package spaghetti
- 1 tablespoon olive oil, divided
- 1 green bell pepper, cut into 1/2 inch wide strips
- 1 red bell pepper, cut into 1/2 inch wide strips
- 1 yellow bell peppers, cut into 1/2 inch wide strips
- 1 onion, chopped
- 2 tablespoons chopped garlic
- 1 1/2 cups four cheese Alfredo sauce
- 1/2 cup chopped fresh parsley

## Directions

Place chicken and flour in a large resealable plastic bag; seal bag and shake to coat. Heat 1 tablespoon oil in a large skillet over medium heat. Shake excess flour off chicken and saute in oil for 4 to 5 minutes each side, or until golden brown and cooked through (juices run clear). Remove from skillet and place in a medium bowl; set aside.

Bring a large pot of lightly salted water to a boil. Add spaghetti and cook for 8 to 10 minutes or until al dente; drain, reserving 2/3 cup cooking water, and return pasta to pot. Set aside pasta and cooking water.

Wipe skillet with paper towel. Heat 1 teaspoon oil in skillet over medium heat. Add green bell pepper, red bell pepper, yellow bell pepper, onion and garlic and saute for 3 minutes. Cover, reduce heat to low and cook 3 minutes more or until vegetables are tender.

Stir in Alfredo sauce, cover and heat for 1 to 2 minutes. Remove from heat and add to reserved pasta in pot, then add reserved cooking water and chicken. Toss to mix, pour into serving bowls and sprinkle with fresh chopped parsley.
Herbed Chicken Strips

Ingredients

- 1/2 pound boneless, skinless chicken breast, cut into thin strips
- 1 small onion, halved and sliced
- 2 garlic cloves, minced
- 1/4 cup butter
- 1 tablespoon minced fresh parsley
- 1 teaspoon minced fresh dill
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- Hot cooked rice

Directions

Place chicken strips in a greased 1-qt. baking dish. In a skillet, saute onion and garlic in butter until tender. Stir in the parsley, dill oregano, salt and pepper. Pour over chicken. Bake, uncovered, at 350 degrees F for 15 minutes. Stir; bake 5-10 minutes longer or until chicken juices run clear. Serve over rice if desired.
### Ingredients

- 2 tablespoons vegetable oil
- 1/2 pound boneless skinless chicken breasts, cut into cubes
- 2 cloves garlic, chopped
- 2 tablespoons oyster sauce
- 1 cup chopped broccoli
- 1 cup sliced green bell pepper
- 1 cup sliced carrots
- 1 cup sliced napa cabbage
- 1 cup sliced celery
- 1 cup fresh bean sprouts
- 1 cup sliced zucchini
- 1 cup chopped green onions
- 1 teaspoon salt
- 1/2 cup water
- 2 tablespoons mushroom soy sauce
- 1 tablespoon cornstarch

### Directions

Heat oil in a wok or large heavy skillet. Add chicken, garlic and oyster sauce, and stir-fry for 10 minutes. Stir in broccoli, green pepper, carrots, cabbage, celery, bean sprouts, zucchini and green onions. Season with salt, and stir-fry for 6 to 8 minutes. In a small bowl, mix together water, soy sauce and cornstarch. Stir into vegetables, and cook for 1 to 2 minutes, or until sauce is thickened.
Asparagus-Stuffed Chicken Breasts

**Ingredients**
- 2 (6 ounce) skinless, boneless chicken breast halves
- 1 tablespoon Dijon mustard
- 1 green onion, finely chopped
- 10 asparagus spears, trimmed
- 3 tablespoons crushed butter-flavored crackers

**HOLLANDAISE SAUCE:**
- 1/4 cup butter, cubed
- 2 egg yolks
- 2 teaspoons lemon juice
- 1 teaspoon water
- 1/8 teaspoon salt
- 1/4 cup sliced almonds, toasted

**Directions**

Flatten chicken to 1/4-in. thickness. Spread with mustard; sprinkle with onion. Place asparagus spears down the center of chicken; fold over and secure with toothpicks if necessary.

Place seam side down in an ungreased 8-in. square microwave-safe dish. Sprinkle with cracker crumbs. Microwave, uncovered, on high for 6-8 minutes or until chicken juices run clear. Keep warm.

For sauce, in a small microwave-safe bowl, melt butter. Gradually whisk in egg yolks, lemon juice, water and salt. Microwave, uncovered, at 30% power for 30 seconds or until mixture reaches 160 degrees F and is thickened, stirring once. Spoon over chicken. Sprinkle with almonds. Remove toothpicks.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (10 ounce) package frozen chopped spinach, thawed</td>
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<tr>
<td>1/2 yellow onion, chopped</td>
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<tr>
<td>1 cup cottage cheese</td>
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<tr>
<td>4 skinless, boneless chicken breast halves</td>
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<tr>
<td>2 tablespoons Cajun-style seasoning</td>
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<tr>
<td>2 tablespoons melted butter</td>
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## Directions

Preheat oven to 350 degrees F (175 degrees C).

Squeeze excess water out of thawed spinach; in a large bowl, mix spinach with onion and cottage cheese and set aside.

Season chicken breasts with Cajun-style seasoning, then place 1/4 of cheese/spinach mixture in the center of each breast and fold in half. Secure with toothpicks and place in a lightly greased 9x13 inch baking dish.

Drizzle with melted butter and bake at 350 degrees F (175 degrees C) for about 25 minutes, or until chicken is cooked through and juices run clear.
Chicken Parmesan Hero Sandwiches

**Ingredients**

- 4 (4 ounce) boneless, skinless chicken breasts
- 1 egg, slightly beaten
- 1/2 cup Italian seasoned dry bread crumbs
- 1 (26 ounce) jar Ragu® Old World Style® Pasta Sauce
- 1 cup shredded mozzarella cheese
- 4 long Italian rolls, halved lengthwise

**Directions**

Preheat oven to 400 degrees F. Dip chicken in egg, then bread crumbs, coating well.

In 13 x 9-inch glass baking dish, arrange chicken. Bake uncovered 20 minutes.

Pour Pasta Sauce over chicken, then top with cheese. Bake an additional 10 minutes or until chicken is thoroughly cooked. To serve, arrange chicken and sauce on rolls.
Peri Peri African Chicken

**Ingredients**
- 1/4 cup paprika
- 2 tablespoons hot chili powder
- 1 cup fresh lemon juice
- 3 cloves garlic, minced
- 1 1/2 teaspoons chopped fresh ginger
- 1 1/2 teaspoons salt
- 4 bone-in chicken breast halves

**Directions**

In a large bowl, stir together the paprika, chili powder, lemon juice, garlic, ginger and salt. Rub chicken with the mixture, place in a dish, and marinate for 3 hours.

Preheat a grill for medium heat.

Place chicken onto the grill and discard the marinade. Cook for about 30 minutes, turning occasionally, until the skin is slightly charred and juices run clear.
General Tao Chicken

**Ingredients**

- 2 pounds skinless, boneless chicken breast halves - cut into bite-size pieces
- 1/4 cup cornstarch
- 2 eggs
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 6 tablespoons all-purpose flour
- 1 teaspoon baking powder
- 1/2 cup vegetable oil
- 4 teaspoons sesame oil
- 2 tablespoons grated fresh ginger root
- 1/2 cup chopped green onion
- 1/2 cup water
- 1/4 cup distilled white vinegar
- 1/2 cup white sugar
- 2 tablespoons cornstarch
- 2 tablespoons soy sauce
- 1/4 cup oyster sauce
- 1/4 cup ketchup

**Directions**

Coat the chicken pieces with 1/4 cup of cornstarch; set aside.

Beat the eggs, salt, and pepper in a mixing bowl until smooth. Stir in the flour and baking powder until no large lumps remain. Mix in the chicken until evenly coated.

Heat the vegetable oil in a wok or large skillet over high heat. Drop in the chicken pieces; cook until golden brown and no longer pink on the inside, about 12 minutes. Set the chicken aside; keep warm.

Reduce the heat to medium-high and stir in the sesame oil, ginger, and green onion. Cook and stir until the onion is limp and the ginger begins to brown, about 1 minute. Pour in the water, vinegar, and sugar; bring to a boil. Dissolve the cornstarch in the soy sauce and add to the simmering vinegar along with the oyster sauce and ketchup. Stir until the sauce has thickened and is no longer cloudy. Stir in the chicken and simmer until hot.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 chicken thighs</td>
<td>Preheat oven to 350 degrees F (175 degrees C).</td>
</tr>
<tr>
<td>2 cups buttermilk</td>
<td>Pour buttermilk into a shallow dish or bow. Place tortilla chip crumbs in a large, resealable plastic bag. Dip chicken pieces in buttermilk, then place in bag, seal tightly and shake to coat thoroughly. Place coated chicken in a lightly greased 9x13 inch baking dish.</td>
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<tr>
<td>3 cups crushed tortilla chip</td>
<td>Bake at 350 degrees F (175 degrees C) for about 35 minutes, or until chicken is cooked through and juices run clear.</td>
</tr>
<tr>
<td>crumbs</td>
<td></td>
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</tbody>
</table>
Ingredients

2 tablespoons cornstarch
1 3/4 cups Swanson® Chicken Stock
2 tablespoons soy sauce
1/2 teaspoon ground ginger
1/2 teaspoon sesame oil (optional)
2 tablespoons vegetable oil
1 pound skinless, boneless chicken breast, cut into strips
2 cups broccoli florets
2 small red peppers, cut into 2-inch-long strips
2 cloves garlic, minced
1/2 cup salted peanuts
4 cups Hot cooked regular long-grain white rice

Directions

Stir the cornstarch, stock, soy sauce, ginger and sesame oil, if desired, in a medium bowl until the mixture is smooth.

Heat 1 tablespoon vegetable oil in a 12-inch skillet over medium-high heat. Add the chicken and stir-fry until it is well browned, stirring often. Remove the chicken from the skillet.

Reduce the heat to medium. Heat the remaining vegetable oil in the skillet. Add the broccoli, peppers and garlic and stir-fry until the vegetables are tender-crisp. Stir the cornstarch mixture in the skillet. Cook and stir until the mixture boils and thickens. Return the chicken to the skillet. Stir in the peanuts and cook until the mixture is hot and bubbling. Serve over the rice.
**Raspberry-Glazed Rosemary Chicken**

### Ingredients
- 1 tablespoon crushed rosemary
- 1 teaspoon rubbed sage
- 1/2 teaspoon dried oregano
- 8 skinless, boneless chicken breast halves
- 1/4 cup fat-free chicken broth
- 1 cup raspberry preserves
- 1/2 teaspoon honey mustard
- 1 teaspoon chopped fresh rosemary leaves

### Directions
- Preheat oven to 350 degrees F (175 degrees C).
- In a small bowl, stir together crushed rosemary, sage, and oregano.
- Rub one side of each chicken breast with herb mixture. Place chicken herb-side up in a baking dish, and pour broth over the chicken.
- Bake in preheated oven for 20 minutes.
- Place raspberry preserves in a microwave-safe bowl, and heat for 20 to 30 seconds to soften. Stir in honey mustard and rosemary.
- Spread about 1 tablespoon of preserve mixture over each breast. Bake 10 minutes more.
**Ingredients**

- 4 pounds chicken legs
- 1/4 cup brown sugar
- 1 tablespoon olive oil
- 4 onions, chopped
- 2 cloves garlic, minced
- 3 green bell peppers, diced
- 8 ounces tomato paste
- 1 cup raisins
- 1 tablespoon curry powder
- 2 cups chicken stock
- 1 bay leaf
- salt and pepper to taste
- 1 tablespoon chopped fresh parsley

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Rinse and pat dry the chicken pieces and rub them with brown sugar. In a large skillet, fry the chicken QUICKLY in hot oil (the sugar must not burn). When browned, remove to a 10x15 inch baking dish.

Saute the onions and garlic in oil until soft. Add the sweet peppers, tomato paste, raisins, curry powder, chicken stock, bay leaf, salt, black pepper and parsley. Simmer for about 5 minutes.

Pour the sauce mixture over the chicken, cover and bake in the preheated oven for 45 minutes. Remove cover and bake for another 30 minutes or until tender.
## Ingredients

- 6 chicken thighs
- 1 tablespoon vegetable oil
- 1 teaspoon garlic powder
- 1 teaspoon ground allspice
- 1 teaspoon dried parsley
- 1 teaspoon paprika
- salt and pepper to taste
- 1 green bell pepper, sliced
- 2 onions, peeled and cut into chunks
- 2 tomatoes, diced
- 3 carrots, coarsely chopped
- 4 potatoes, peeled and quartered
- 2 tablespoons olive oil

## Directions

Preheat oven to 325 degrees F (165 degrees C).

Add 1 tablespoon vegetable oil to a 9x13 inch baking dish. Season chicken pieces with garlic powder, allspice, parsley, paprika, salt and pepper. Place seasoned chicken pieces in baking dish.

Add the green bell pepper, onion and tomatoes to the chicken. Place the carrots and potatoes around the chicken and drizzle 2 tablespoons olive oil over all. Cover dish with aluminum foil and bake in the preheated oven for 1 hour, basting chicken with juices, until chicken is no longer pink inside and potatoes are cooked through and tender.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 (2 to 3 pound) whole chicken, cut into pieces</td>
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<tr>
<td>2 tablespoons vegetable oil</td>
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<tr>
<td>2 onions, chopped</td>
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<tr>
<td>salt to taste</td>
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<tr>
<td>ground black pepper to taste</td>
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<tr>
<td>1/2 teaspoon ground ginger</td>
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</tr>
<tr>
<td>1/2 teaspoon paprika</td>
<td></td>
</tr>
<tr>
<td>1 pound pitted green olives</td>
<td></td>
</tr>
<tr>
<td>1 lemon, juiced</td>
<td></td>
</tr>
<tr>
<td>2 cups water</td>
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</tbody>
</table>

### Directions

Heat oil in a large saute pan. Add onions, and sprinkle with ginger and paprika. Saute until onions are golden.

Place chicken on top of onions. Add about 1 to 2 cups of water, lemon juice, salt, pepper, and olives. Cook about 1 hour, or until the chicken is tender.
### Thai-Style Chicken

#### Ingredients
- 1/4 cup reduced-sodium soy sauce
- 3 tablespoons lemon juice
- 3 tablespoons minced fresh basil
- 2 tablespoons fat-free plain yogurt
- 2 teaspoons grated lemon peel
- 3 garlic cloves, minced
- 1 teaspoon ground ginger
- 1/2 teaspoon crushed red pepper flakes
- 4 (4 ounce) boneless, skinless chicken breast halves

#### Directions
In a small bowl, combine the soy sauce, lemon juice, basil, yogurt, lemon peel, garlic, ginger and red pepper flakes. Remove 1/4 cup to another bowl; cover and refrigerate. Pour the remaining marinade into a large resealable plastic bag; add chicken. Seal bag and turn to coat; refrigerate overnight.

Drain and discard marinade. Place chicken in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Spoon reserved marinade over chicken. Bake, uncovered, at 375 degrees F for 20 minutes or until a meat thermometer reads 170 degrees F.
Angel Hair Pasta with Peppers and Chicken

**Ingredients**
- 1 teaspoon olive oil
- 1 tablespoon minced garlic
- 1 large red bell pepper, julienned
- 3/4 (8 ounce) can sliced water chestnuts
- 1 cup sugar snap pea pods
- 6 thick slices smoked deli chicken
- 1 tablespoon onion powder
- 1/4 teaspoon ground black pepper
- 1 pinch salt
- 1 cup chicken broth
- 2 (8 ounce) packages angel hair pasta

**Directions**

In a large skillet, heat olive oil to medium high heat. Add the garlic, bell pepper, water chestnuts and pea pods. Reduce heat to medium low and cover. Cook for 5 minutes.

Cut chicken into strips, approximately 1/4 inch wide. Add the chicken, onion powder, ground black pepper and salt to the skillet. Cover and cook for 5 more minutes.

In a separate small saucepan, heat the chicken broth to a near boil. Pour the hot broth into the vegetable/chicken skillet. Toss and serve mixture over cooked angel hair pasta immediately.
## Thai Chicken with Cashew Nuts

### Ingredients
- 2 tablespoons sesame oil
- 4 ounces raw cashew nuts
- 2 fresh hot chile peppers, seeded and chopped
- 1 1/8 pounds boneless skinless chicken breasts, cut into cubes
- 5 tablespoons light soy sauce
- 1 tablespoon white sugar
- 1 bunch green onions, chopped

### Directions

2. Add chile peppers to wok, and stir fry for 20 seconds. Stir in chicken, and season with pepper and salt to taste. Cook chicken until no longer pink. Stir in soy sauce, fish sauce, and sugar. Simmer for 5 minutes, or until chicken is cooked through.

3. Stir in cashews and green onions, and stir fry for 2 minutes.
Ingredients

- 6 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
- 1 (16 ounce) bottle Italian dressing
- 3 fresh jalapeno peppers, halved lengthwise and seeded
- 1 (3 ounce) package cream cheese, softened
- 6 slices bacon
- Toothpicks

Directions

Place chicken breasts in a dish with the Italian dressing. Cover, and marinate in the refrigerator at least 2 hours.

Preheat the grill for high heat.

Stuff each jalapeno half with cream cheese. Roll chicken breasts around jalapeno peppers. Wrap each chicken breast with a slice of bacon. Secure with toothpicks.

Lightly oil the grill grate. Arrange wrapped chicken breasts on the prepared grill. Cook for 20 minutes, turning frequently, or until bacon is browned and the chicken juices run clear.
Ingredients

- 1/2 (16 ounce) package linguine
- 1 cup fresh or frozen broccoli flowerets
- 2 tablespoons butter
- 1 pound skinless, boneless chicken breast, cut into cubes
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
- 1/2 cup milk
- 1/2 cup grated Parmesan cheese
- 1/4 teaspoon ground black pepper

Directions

Cook linguine according to package directions. Add broccoli for last 4 minutes of cooking time. Drain.

Heat butter in skillet. Cook chicken until browned, stirring often.

Add soup, milk, cheese, black pepper and linguine mixture and heat through. Serve with additional Parmesan cheese.
Weekday Skillet Chicken

**Ingredients**

- 2 cups water
- 1 (5.7 ounce) package Knorr® Asian Sides™ - Chicken Fried Rice
- 1 cup frozen or drained canned vegetables
- 2 cups cut-up cooked chicken

**Directions**

Bring water to a boil in 3-quart saucepan. Stir in Knorr® Asian Sides™ - Chicken Fried Rice and vegetables; return to a boil.

Reduce heat and simmer covered 7 minutes or until rice is tender.

Stir in chicken; heat through. Let stand about 2 minutes.
Orange-Mustard Grilled Chicken

**Ingredients**

- 1/4 cup lemon-lime soda
- 1/4 cup orange juice
- 1/4 cup Dijon mustard
- 1/4 cup reduced-sodium soy sauce
- 3 tablespoons honey
- 2 tablespoons minced gingerroot
- 6 (4 ounce) skinless, boneless chicken breast halves

**Directions**

In a small bowl, combine the first six ingredients; mix well. Pour 3/4 cup marinade into a large resealable plastic bag; add the chicken. Seal bag and turn to coat; refrigerate for 45 minutes. Cover and refrigerate remaining marinade for basting.

Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade from chicken. Grill, covered, over medium heat 5-6 minutes on each side or until juices run clear, basting occasionally with reserved marinade.
## Golden Chicken Tenders

### Ingredients
- 1 (9 ounce) package chicken tenderloins
- ½ cup finely crushed dry stuffing mix
- 2 tablespoons melted butter

### Directions
- Preheat oven to 350 degrees F (175 degrees C).
- Line a 9x13 inch baking dish with foil. Rinse and pat dry the chicken and place in the baking dish.
- Combine the stuffing mix with the melted butter or margarine. Place stuffing mixture on top of the chicken tenders.
- Bake in the preheated oven for 40 minutes.
# Chicken and Bacon Fajitas

## Ingredients

- 3 boneless, skinless chicken breast halves
- salt to taste
- 3 slices peppered bacon, diced
- 1/2 cup chopped onion
- 1 chopped green bell pepper
- 1 chopped red bell pepper
- 1 1/2 cups chopped mushrooms
- 1 cup cherry tomatoes, cut in half
- 3/4 cup chopped cilantro
- 8 large flour tortillas (burrito size), warmed to soften

## Directions

Heat a large skillet over medium-high heat. Cook the chicken breasts until the outside is golden brown, and the juices run clear. Salt the breasts to taste, then set aside.

Cook the bacon in the hot skillet until it begins to release some oil. Stir in the onion, and bell peppers; cook until the bacon is crispy and the onions are translucent. Stir in the tomatoes and mushrooms, and continue cooking until the mushrooms have softened.

Slice the cooked chicken breasts into bite-sized pieces, then add to the skillet along with the cilantro. Stir to combine, and cook for a minute to reheat. Spoon into warmed tortillas to serve.
Pico de Gallo Chicken Quesadillas

**Ingredients**

- 2 tomatoes, diced
- 1 onion, finely chopped
- 2 limes, juiced
- 2 tablespoons chopped fresh cilantro
- 1 jalapeno pepper, seeded and minced
- Salt and pepper to taste
- 2 tablespoons olive oil, divided
- 2 skinless, boneless chicken breast halves - cut into strips
- 1/2 onion, thinly sliced
- 1 green bell pepper, thinly sliced
- 2 cloves garlic, minced
- 4 (12 inch) flour tortillas
- 1 cup shredded Monterey Jack cheese
- 1/4 cup sour cream, for topping

**Directions**

In a small bowl, combine tomatoes, onion, lime juice, cilantro, jalapeno, salt and pepper. Set aside.

In a large skillet, heat 1 tablespoon olive oil. Add chicken and saute until cooked through and juices run clear. Remove chicken from skillet and set aside.

Put the remaining 1 tablespoon of olive oil in the hot skillet and saute the sliced onion and green pepper until tender. Stir in the minced garlic and saute until the aroma is strong. Mix in half of the pico de gallo and chicken breast meat. Set aside; keep warm.

In a heavy skillet, heat one flour tortilla. Spread 1/4 cup shredded cheese on the tortilla and top with 1/2 the chicken mixture. Sprinkle another 1/4 cup cheese over the chicken and top with another tortilla. When bottom tortilla is lightly brown and cheese has started to melt, flip quesadilla and cook on the opposite side. Remove quesadilla from skillet and cut into quarters. Repeat with remaining ingredients. Serve quesadillas with sour cream and remaining pico de gallo.
## Stuffed Chicken with Scalloped Potatoes

### Ingredients

- 4 bone-in chicken breast halves, skinless
- 2 cups dry stuffing mix
- 2 (5.5 ounce) packages scalloped potato mix
- salt and pepper to taste
- 1/2 cup vegetable oil

### Directions

Rinse chicken and pat dry. Cut each chicken breast lengthwise on the side, to form a cavity for stuffing. Prepare stuffing according to package directions. Prepare potatoes according to package directions.

Preheat oven to 350 degrees F (175 degrees C).

Take a chicken breast and fill the cavity with stuffing; secure with toothpicks. Repeat with all of the chicken breasts. Season breasts with salt and pepper to taste. Heat oil in a large skillet over medium high heat and brown chicken on both sides.

Spread prepared potatoes in a 9x13 inch baking dish. Put chicken breasts bone side down on top of the potatoes. Make a tent like cover for the dish with aluminum foil and bake covered in the preheated oven for 35 to 45 minutes. Remove cover and bake for another 15 minutes.
### Ingredients

- 2 skinless, boneless chicken breast halves
- Salt and ground black pepper to taste
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 20 pitted kalamata olives
- 20 red seedless grapes
- 1/2 cup crumbled feta cheese
- 1 cup orange muscat wine

### Directions

Season the chicken breasts with salt and pepper. Heat the oil in a skillet over medium-high heat. Cook the chicken breasts in the hot oil until golden brown on both sides, about 5 minutes total. Stir in the garlic, olives, and grapes; cook and stir 1 minute. Sprinkle the chicken breasts with feta cheese. Pour the wine into the pan and bring to a boil. Cover and cook until the cheese has melted and the sauce reduced by half, about 5 minutes more.
## Crispy Baked Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup cornmeal</td>
<td></td>
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<tr>
<td>1/2 cup all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>1 1/2 teaspoons salt</td>
<td></td>
</tr>
<tr>
<td>1 1/2 teaspoons chili powder</td>
<td></td>
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<tr>
<td>1/2 teaspoon dried oregano</td>
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<tr>
<td>1/4 teaspoon pepper</td>
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<tr>
<td>1 (3 1/2) pound broiler-fryer chicken, cut up</td>
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<tr>
<td>1/2 cup milk</td>
<td></td>
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<tr>
<td>1/3 cup butter or margarine, melted</td>
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</tbody>
</table>

### Directions

Combine the first six ingredients. Dip chicken in milk, then roll in the cornmeal mixture. Place in a greased 13-in. x 9-in. x 2-in. baking pan. Drizzle with butter. Bake, uncovered, at 375 degrees F for 50-55 minutes or until juices run clear.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td>Preheat oven to 350 degrees F (175 degrees C).</td>
</tr>
<tr>
<td>1/4 cup Italian-style seasoning</td>
<td>Place chicken and seasoning in a resealable plastic bag; seal and toss to coat; place coated chicken in a lightly greased 9x13 inch baking dish.</td>
</tr>
<tr>
<td>1 cup barbeque sauce</td>
<td>Bake at 350 degrees F (175 degrees C) for 20 minutes.</td>
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<tr>
<td></td>
<td>Place sauce in a shallow dish or bowl and dip chicken in sauce to coat lightly.</td>
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<td></td>
<td>Bake for another 20 minutes; serve with additional barbeque sauce.</td>
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</tbody>
</table>
Chicken Pilaf Saute

**Ingredients**

- 2 cups cubed, cooked chicken
- 1 cup uncooked long grain rice
- 1/4 cup chopped onion
- 3 tablespoons butter or margarine
- 3 chicken bouillon cubes
- 2 1/2 cups boiling water
- 1/2 teaspoon salt
- 1/2 teaspoon dried thyme
- 1/4 teaspoon pepper
- 1 cup chopped fresh tomatoes
- 1/2 cup slivered almonds, toasted

**Directions**

In a skillet over medium heat, saute chicken, rice and onion in butter for 10 minutes. Dissolve bouillon in water. Add salt, thyme and pepper; stir to mix. Pour into skillet; bring to a boil. Reduce heat; cover and simmer for 15 minutes. Stir in tomatoes and almonds. Cover and cook for 15-20 minutes or until rice is tender.
Zesty Summer Chicken

**Ingredients**

- 6 tablespoons dark soy sauce
- 1/4 cup fresh lime juice
- 2 tablespoons sunflower oil
- 1 jalapeno pepper, seeded and chopped
- 2 cloves garlic, minced
- 1 (1 inch) piece fresh ginger root, minced
- 1 teaspoon ground coriander
- 2 tablespoons brown sugar
- 2 tablespoons grated lime zest
- 6 (6 ounce) skin-on, boneless chicken breasts
- 1 tablespoon cornstarch
- 1 tablespoon water

**Directions**

Whisk the soy sauce, lime juice, sunflower oil, jalapeno pepper, garlic, ginger, coriander, brown sugar, and lime zest together in a bowl until the sugar dissolves. Place the chicken into a resealable plastic bag, and pour the marinade overtop. Mix to coat chicken, then seal bag, and refrigerate at least 2 hours.

Heat a large, nonstick skillet over medium-high heat. Remove the chicken from the marinade, and shake off excess. Place into skillet, skin-side down, and cook until the skin crisps, about 4 minutes. Turn chicken over, and continue cooking on the other side until no longer pink in the center. Once done, remove the chicken and keep warm. Pour the remaining marinade into a skillet. Dissolve cornstarch in water, and stir into the sauce until thickened and clear. Bring the mixture to a boil, reduce heat to medium-low, and simmer 5 minutes. Serve chicken with sauce.
# Shawna's Southern Fried Chicken Salad

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/2 cup yellow cornmeal</td>
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<tr>
<td>1/3 cup all-purpose flour</td>
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<tr>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon ground black pepper</td>
<td></td>
</tr>
<tr>
<td>1/8 teaspoon cayenne pepper</td>
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<tr>
<td>1/2 cup buttermilk</td>
<td></td>
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<tr>
<td>2/3 cup vegetable oil</td>
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<tr>
<td>1 pound skinless, boneless chicken breast halves</td>
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<tr>
<td>2 cups cooked white rice</td>
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<tr>
<td>1/4 cup chopped red bell pepper</td>
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<tr>
<td>1/4 cup chopped green bell pepper</td>
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<tr>
<td>1/4 cup chopped red onion</td>
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<tr>
<td>1/2 head romaine lettuce - rinsed, dried and shredded</td>
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<tr>
<td>5 slices bacon</td>
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<tr>
<td>3 tablespoons apple cider vinegar</td>
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<tr>
<td>1 tablespoon honey</td>
<td></td>
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<tr>
<td>1/2 teaspoon Dijon mustard</td>
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<tr>
<td>1/2 teaspoon salt</td>
<td></td>
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<tr>
<td>1/4 teaspoon ground black pepper</td>
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## Directions

1. In a large bowl, sift together the cornmeal, flour, salt, black pepper and red pepper.
2. Pour buttermilk in a separate large bowl.
3. Heat the oil in a large, deep skillet over medium-high heat.
4. Dip the chicken in the buttermilk, then in cornmeal mixture. Coat lightly and cook in hot oil until crispy and golden brown, about 5 minutes. Drain on paper towels; keep warm.
5. Combine the rice, red bell peppers, green bell peppers, onion, and chicken in medium bowl. Place lettuce on bottom of 4 servings bowls or plates. Top with rice and chicken mixture.
6. Prepare the dressing by placing the bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. Sprinkle crumbled bacon over chicken mixture.
7. Pour off all but 2 tablespoons drippings. Add 2 tablespoons water, apple cider vinegar, honey, mustard, salt and pepper; heat just to boiling and pour over salad.

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Ingredients

2 (10.75 ounce) cans Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
1 1/2 cups water
4 large carrots, thickly sliced
1 (6 ounce) package uncooked seasoned long-grain and wild rice mix
8 skinless, boneless chicken breast halves

Directions

Stir the soup, water, carrots, rice and seasoning packet in a 3 1/2-quart slow cooker. Add the chicken and turn to coat.

Cover and cook on LOW for 7 to 8 hours* or until the chicken is cooked through.
Chicken a la Can Can

**Ingredients**
- 2 cups diced, cooked chicken meat
- 1 (10.75 ounce) can condensed cream of celery soup
- 2 cups cooked white rice
- 1 (4.5 ounce) can sliced mushrooms
- 1 onion, diced and cooked until soft
- ground black pepper to taste
- 2 stalks celery, chopped
- 1 (8 ounce) can water chestnuts
- 1/2 cup peanuts
- 1 (6 ounce) can French fried onions

**Directions**
- Preheat oven to 350 degrees F (175 degrees C).
- Combine the chicken, soup, rice, mushrooms, diced onion, ground pepper, celery, water chestnuts and peanuts. Put mixture in a 9x13 inch casserole dish. Sprinkle 1/2 can of the French fried onions on top and bake in the preheated oven until bubbly and onions are crisp. Sprinkle remaining 1/2 of fried onions on top and serve.
Chicken Ranch Enchiladas

**Ingredients**

- 1/4 cup butter
- 4 skinless, boneless chicken breast halves - cut into 1/2 inch cubes
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (16 ounce) container sour cream
- 1 (4.5 ounce) can chopped green chilies
- 1 (1 ounce) package ranch dressing mix
- 10 (8 inch) flour tortillas
- 2 cups shredded Mexican cheese blend

**Directions**

Preheat an oven to 350 degrees F (175 degrees C).

Melt the butter in a large skillet over medium-high heat. Stir in the chicken and cook until no longer pink in the center, about 7 minutes. Whisk together the condensed cream of chicken soup, sour cream, chiles, and ranch dressing in a bowl; spread a thin layer of the mixture into a 9x13 inch baking dish.

Spoon about 2 tablespoons of sauce into each tortilla; divide the chicken among the tortillas and sprinkle with 3/4 of the cheese. Roll the tortillas into cylinders and place seam-side-down into the baking dish. Pour the remaining sauce over the enchiladas and cover the dish with aluminum foil.

Bake in the preheated oven until hot, about 35 minutes. Remove the foil and sprinkle with the remaining cheese. Return to the oven and cook a few more minutes until the cheese melts.
Chicken Tarragon Pasta

**Ingredients**

- 1 pound dry whole-wheat noodles
- 5 tablespoons butter
- 3 shallots, thinly sliced
- 1 red bell pepper, julienned
- 1 yellow bell pepper, julienned
- 1 clove garlic, minced
- 1 pound skinless, boneless chicken breast halves - cut into strips
- 1 1/2 teaspoons dried tarragon
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3/4 cup half-and-half cream
- 1 1/2 cups shredded Monterey Jack cheese
- 1/4 cup grated Parmesan cheese

**Directions**

Bring a large pot of lightly salted water to a boil. Place noodles in the pot, cook 8 to 10 minutes, until al dente, and drain.

Melt the butter in a large skillet over medium heat. Stir in the shallots, red bell pepper, yellow bell pepper, and garlic. Cook 5 minutes, until tender but crisp. Remove vegetables from skillet, and set aside.

Place the chicken in the skillet. Season with tarragon, salt, and pepper. Cook 10 minutes, or until juices run clear.

Return the vegetables to the skillet with the chicken. Mix in the half and half, Monterey Jack cheese, and Parmesan cheese. Continue cooking 5 minutes, until cheese is melted. Serve over the cooked noodles.
Chicken Noodle Stir-Fry

Ingredients

1 (3 ounce) package chicken flavored ramen noodles
1 pound boneless skinless chicken breasts, cut into strips
1 tablespoon vegetable oil
1 cup broccoli florets
1 cup cauliflowerets
1 cup sliced celery
1 cup coarsely chopped cabbage
2 medium carrots, thinly sliced
1 medium onion, thinly sliced
1/2 cup fresh or canned bean sprouts
1/2 cup teriyaki or soy sauce

Directions

Set aside seasoning packet from noodles. Cook noodles according to package directions. Meanwhile, in a large skillet or wok, stir-fry chicken in oil for 5-6 minutes or until no longer pink. Add vegetables; stir-fry for 3-4 minutes or until crisp-tender.

Drain noodles; add to the pan with contents of seasoning packet and the teriyaki sauce. Stir well. Serve immediately.
Chipotle Chicken Soup

Ingredients

1 tablespoon olive oil
1 pound skinless, boneless chicken breast meat - cut into cubes
1 onion, chopped
1 clove garlic, minced
1 tablespoon chicken bouillon granules
1 tablespoon adobo sauce from canned chilies, or to taste
1 teaspoon white sugar
2 (14.5 ounce) cans petite diced tomatoes
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can black beans, rinsed and drained
2 1/2 cups water, or as needed
1 bunch cilantro, chopped

Directions

Heat the olive oil in a large saucepan over medium heat. Stir in the chicken cubes, and cook until the chicken is no longer pink in the center, about 5 minutes. Stir in the onion and cook for 4 minutes. Add the garlic, and cook for 1 minute more. Stir in the chicken bouillon, adobo sauce, sugar, tomatoes, corn, black beans and water. Pour in additional water if desired to reach your desired consistency. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer 15 minutes. Stir in the cilantro before serving.
Broiled Chicken Breasts with Chutney-Lime Glaze

**Ingredients**

- 6 medium boneless, skinless chicken breasts (about 2 pounds), tenderloins cut or pulled away, and breasts pounded lightly with fist to a more-or-less even thickness
- 4 teaspoons ground coriander
- Salt
- 6 tablespoons Major Grey Chutney
- 1 lime, quartered
- 6 tablespoons frozen limeade concentrate
- 1/4 teaspoon hot red pepper flakes
- 1/4 teaspoon ground ginger
- 1 1/2 tablespoons vegetable or canola oil
- 1 (15 ounce) package broccoli slaw
- 3 medium green onions, thinly sliced
- 1 large carrot, coarsely grated
- 1/4 cup chopped fresh cilantro

**Directions**

Adjust oven rack to position closest to broiler element, and turn on high. Mix coriander, a generous sprinkling of salt and the chutney in a medium bowl, then add chicken breasts (and tenderloins), and toss to coat with sauce. Place chicken, skinned side up, on a wire rack set over a foiled-lined pan; broil without turning until chicken is cooked through and spotty brown, about 8 minutes.

While chicken breasts cook, whisk limeade concentrate (no need to thaw) with pepper flakes and ginger, and then whisk in oil. Place broccoli slaw, green onions, carrot and cilantro in a clean medium-sized bowl and add dressing; toss to coat.

Remove chicken and transfer to serving platter. Squeeze lime juice over chicken to taste, and serve with slaw.

For lunch, pack chicken and slaw in separate leakproof containers. Warm chicken in microwave, or serve the chicken and slaw at room temperature.
**Grilled Chicken Breasts with Zesty Peanut Sauce**

### Ingredients

**Chicken:**
- 8 large boneless, skinless chicken breasts

**Marinade:**
- 1 tablespoon brown sugar
- 2 tablespoons JIF® Creamy (or extra crunchy) Peanut Butter
- 1/4 cup CRISCO® All-Vegetable Oil
- 1/2 cup soy sauce
- 1/3 cup fresh lime juice
- 2 large cloves garlic, minced
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon salt

**Peanut Sauce:**
- 1 cup JIF® Creamy (or extra crunchy) Peanut Butter
- 1 cup unsweetened coconut milk
- 1/4 cup fresh lime juice
- 3 tablespoons soy sauce
- 2 tablespoons dark brown sugar
- 2 teaspoons finely minced fresh ginger root
- 2 cloves garlic, minced
- 1/4 teaspoon cayenne pepper, or to taste
- 1/2 cup chicken stock
- 1/2 cup heavy cream
- Chopped fresh cilantro, for garnish (optional)

### Directions

Wash, trim and pound the chicken to 1/4-inch thickness.

Combine chicken and next 8 ingredients in a plastic bag. Marinate 1 hour or overnight in the refrigerator.

Combine the JIF®, coconut milk, lime juice, soy sauce, brown sugar, ginger, garlic and cayenne in a saucepan over medium heat, stirring constantly for about 15 minutes or until thickened. Whisk in the stock and cream. Cook 1 minute more, whisking; set aside.

Preheat grill. Remove chicken from marinade and place on a hot grill. Grill until browned - about 4 to 6 minutes on each side (or until center is no longer pink) - turning only once.

Serve hot topped with the peanut sauce. Sprinkle with the cilantro.
Pistachio Crusted Chicken Breasts with Sun-Dried Cherry and Orange Sauce

**Ingredients**
- 2 cups chopped pistachio nuts
- 1 cup panko bread crumbs
- 2 egg whites
- 4 skinless, boneless chicken breast halves
- Salt and black pepper to taste
- 1 tablespoon vegetable oil
- 2 tablespoons butter

**Sauce:**
- 1 teaspoon butter
- 2 shallots, finely chopped
- 1/2 cup red wine
- 4 ounces dried cherries
- 1 cup freshly squeezed orange juice
- 1 1/2 cups chicken stock
- 1 teaspoon grated orange zest

**Directions**

Preheat the oven to 325 degrees F (165 degrees C). Mix together the pistachios and bread crumbs in a bowl. Beat the egg whites in a separate bowl, and set aside.

Season the chicken breasts with salt and pepper, gently dip them into the beaten egg whites, and then press into the pistachio-bread crumb mixture to coat. Gently toss between your hands so any coating that hasn’t stuck can fall away.

Heat the oil and butter in an oven-safe skillet over medium heat. Gently place the chicken breasts into the hot skillet, and fry for 5 to 8 minutes, until the bottom coating is golden brown and crisp.

Turn the chicken over in the skillet, and place the skillet in the preheated oven. Bake for about 30 minutes, until the chicken is no longer pink, the juices run clear, and the top coating is lightly browned.

While the chicken is baking, melt 1 teaspoon of butter in a saucepan over medium-low heat, add the shallots, and cook for 2 to 3 minutes until tender. Pour in the wine, drop in the cherries, and cook and stir for about 10 minutes to reduce wine to a glaze. Pour in the orange juice, chicken stock, and orange zest, and cook and stir about 20 more minutes, until sauce is reduced and thickened.
Korean Spicy Chicken Tenders with Sweet Apple

Ingredients

- 2 tablespoons olive oil
- 1/2 apple, cut into chunks
- 1 stalk celery, cut into chunks
- 1/2 green bell pepper, cut into chunks
- 1/3 onion, cut into bite-size pieces
- 3/4 pound chicken tenderloins, cut into chunks
- 1 tablespoon gochujang (Korean hot pepper paste)
- 1/4 cup dry white wine
- 1 pinch lemon pepper
- 2 tablespoons white sugar
- 1 tablespoon minced garlic
- 1 pinch ground black pepper

Directions

Heat the olive oil in a skillet over medium heat. Stir in the apple, celery, bell pepper, and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the chicken, hot pepper paste, white wine, lemon pepper, sugar, garlic, and pepper. Cook the chicken until no longer pink in the center, about 5 minutes.
Cheddar Chicken Pie

**Ingredients**

- 3 cups shredded Cheddar cheese, divided
- 1 (10 ounce) package frozen chopped broccoli, thawed and drained
- 1 1/2 cups cubed cooked chicken
- 2/3 cup finely chopped onion
- 1 1/3 cups milk
- 3 eggs
- 3/4 cup biscuit baking mix
- 3/4 teaspoon salt
- 1/4 teaspoon pepper

**Directions**

In a bowl, combine 2 cups cheese, broccoli, chicken and onion; spread into a greased 10-in. pie plate. In a small mixing bowl, beat the milk, eggs, biscuit mix, salt and pepper until smooth. Pour over broccoli mixture (do not stir).

Bake at 400 degrees F for 30-35 minutes or until a knife inserted near the center comes out clean. Sprinkle with the remaining cheese. Let stand for 5 minutes or until cheese is melted.
**Skillet Chicken Cordon Bleu**

**Ingredients**
- 4 boneless, skinless chicken breast halves
- 4 thin slices fully cooked ham
- 4 thin slices Swiss cheese
- 3 tablespoons all-purpose flour
- 1 teaspoon paprika
- 1/3 cup butter
- 1/2 cup white grape juice
- 1 cube chicken bouillon
- 1 cup heavy whipping cream
- 1 tablespoon cornstarch

**Directions**

Flatten chicken to 1/4-in. thickness. Top each with a slice of ham and cheese; fold to fit. Roll up tightly and secure with toothpicks. In a shallow bowl, combine the flour and paprika. Coat chicken with flour mixture.

In a large skillet over medium heat, melt butter. Cook chicken for 5 minutes on each side or until browned. Add grape juice and bouillon. Reduce heat; cover and simmer for 30 minutes or until chicken is tender.

Remove chicken and keep warm. In a small bowl, combine cream and cornstarch until smooth. Gradually stir into pan juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Spoon over chicken.
Buffalo Chicken Wontons

**Ingredients**
- 2 tablespoons butter
- 1/2 cup minced celery
- 12 ounces shredded, cooked chicken breast
- 2/3 cup hot pepper sauce (such as Frank's RedHot®)
- 1 cup shredded Cheddar cheese
- salt and pepper to taste
- 1 (16 ounce) package wonton wrappers
- 1 quart oil for frying

**Directions**

Melt the butter in a large skillet over medium heat. Cook the celery in the melted butter until slightly soft, about 5 minutes; transfer to a large mixing bowl. Add the chicken, hot sauce, and Cheddar cheese to the cooked celery and mix thoroughly. Season with salt and pepper.

Separate and place the wonton wrappers onto your work surface. Spoon about 1 tablespoon of the chicken mixture onto the center of each wrapper. Use your finger or a pastry brush to lightly moisten the edges of the wonton wrappers with water. Fold one corner of the wrapper over the filling onto the opposite corner to form a triangle. Press the edges together to seal.

Heat the oil in a deep-fryer or deep pan to 365 degrees F (185 degrees C). Deep-fry several wontons at a time, turning as needed, until lightly browned. Remove to drain on paper towels. Serve hot.
**Easy and Delicious Chicken**

**Ingredients**
- 6 skinless, boneless chicken breast halves
- 1 (8 ounce) bottle Italian-style salad dressing
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 cup chicken broth
- 1 (8 ounce) package cream cheese
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- salt and pepper to taste

**Directions**

In a slow cooker, combine the chicken breasts and Italian-style dressing.

Cover, and cook on Low for 6 to 8 hours.

Drain off the juices, and shred the chicken meat. In a medium bowl, mix the soup, broth, cream cheese, basil, thyme, salt, and pepper. Pour over the chicken in the slow cooker. Continue cooking on Low for 1 hour.
Beer and Soy Sauce Chicken

**Ingredients**
1 cup soy sauce
1 cup beer
1 cup water
1 clove garlic, peeled and minced
salt and pepper to taste
4 skinless, boneless chicken breast halves

**Directions**
In a large bowl, mix the soy sauce, beer, water, and garlic. Season with salt and pepper. Place chicken in the bowl. Cover, and marinate in the refrigerator 8 hours, or overnight. Turn chicken once while marinating.

Preheat an outdoor grill for high heat, and lightly oil grate.

Place chicken on the prepared grill, and cook 10 to 15 minutes per side, until no longer pink and juices run clear. Discard remaining marinade.
**Ingredients**

- 1 pound skinless, boneless chicken breast halves - cubed
- 1 cup Italian-style salad dressing
- 2 teaspoons Cajun seasoning
- 1/4 cup olive oil
- 5 cloves crushed garlic
- 1 red bell pepper, thinly sliced
- 1 green bell pepper, thinly sliced
- 1 onion, chopped
- 1/2 pound fresh mushrooms, sliced
- 1 cup white wine
- salt and pepper to taste
- 6 roma (plum) tomatoes, chopped
- 1 tablespoon chopped fresh parsley

**Directions**

Marinate chicken in salad dressing to cover, for at least 1 hour.

Heat the chicken with Cajun blackening spice in olive oil. Add crushed garlic, bell peppers, onion, mushrooms, wine and salt and pepper to taste. Saute until tender. Add chopped plum tomatoes and chopped fresh parsley to taste. Serve.
## Chicken Wild Rice Soup III

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 cup uncooked wild rice</td>
</tr>
<tr>
<td>3 cups diced, cooked chicken breast meat</td>
</tr>
<tr>
<td>2 tablespoons chicken bouillon granules</td>
</tr>
<tr>
<td>1 onion, chopped</td>
</tr>
<tr>
<td>5 cups water</td>
</tr>
<tr>
<td>4 potatoes, cubed</td>
</tr>
<tr>
<td>1 1/2 cups milk</td>
</tr>
<tr>
<td>2 tablespoons all-purpose flour</td>
</tr>
</tbody>
</table>

### Directions

In a large saucepan over medium-high heat, bring rice, chicken, bouillon, onion and water to a boil. Remove from heat and pour into slow cooker. Stir in potatoes. Combine milk and flour and stir until smooth. Stir into soup mixture. Cook 6 to 8 hours, until rice and potatoes are tender and flavors are well blended.
**Skillet Chicken Picante**

### Ingredients

- 3 skinless, boneless chicken breasts
- 1 onion, chopped
- 1 tablespoon garlic powder
- 1 tablespoon vegetable oil
- 1 (14.5 ounce) can diced tomatoes
- 1 (24 ounce) jar picante sauce
- 10 (10 inch) flour tortillas
- 12 ounces shredded Cheddar cheese

### Directions

Cube chicken breasts. Heat oil in a medium skillet. Add cubed chicken breasts, onion and garlic powder and saute until chicken is cooked through and no longer pink, about 15 to 20 minutes. Pour tomatoes and picante sauce over chicken mixture. Let simmer over medium heat until sauce has thickened, usually about 30 minutes. Place some of the mixture in a warm tortilla, add cheese and wrap. Repeat until all of the chicken mixture is gone!
Best Bourbon Chicken

Ingredients

- 4 tablespoons olive oil
- 3 pounds skinless, boneless chicken breast halves - cut into 1 inch pieces
- 1 cup water
- 1 cup packed light brown sugar
- 3/4 cup apple-grape-cherry juice
- 2/3 cup soy sauce
- 1/4 cup ketchup
- 1/4 cup peach-flavored bourbon liqueur (such as Southern Comfort®)
- 2 tablespoons apple cider vinegar
- 2 cloves garlic, minced
- 1 tablespoon dried minced onion
- 3/4 teaspoon crushed red pepper flakes, or to taste
- 1/2 teaspoon ground ginger
- 1/4 cup apple-grape-cherry juice
- 2 tablespoons cornstarch

Directions

Heat the oil in a large heavy pan or Dutch oven, and brown the chicken pieces until lightly golden on all sides, about 10 minutes. Transfer the chicken to a bowl.

In the same dutch oven, whisk the water, brown sugar, 3/4 cup of fruit juice cocktail, soy sauce, ketchup, bourbon liqueur, apple cider vinegar, garlic, dried onion, red pepper flakes, and ground ginger into the Dutch oven. Bring the sauce to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon.

Stir the chicken back into the sauce, and bring to a full boil over medium-high heat. Reduce the heat to medium-low, and simmer until the sauce is reduced and thickened and the chicken pieces are no longer pink in the middle, about 20 minutes.

Remove the chicken pieces to a bowl with a slotted spoon. Stir together 1/4 cup of fruit juice cocktail with the cornstarch until smooth, and whisk the cornstarch mixture into the sauce, stirring constantly to avoid lumps. Bring the sauce back to a simmer, let thicken for about 1 minute, and return the chicken pieces to the sauce. Stir to combine, and serve.
# Buffalo Cheesy Chicken Lasagna

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 pound skinless, boneless chicken breast - cooked and diced</td>
</tr>
<tr>
<td>4 cups spaghetti sauce</td>
</tr>
<tr>
<td>2 tablespoons hot sauce</td>
</tr>
<tr>
<td>2 tablespoons apple cider vinegar</td>
</tr>
<tr>
<td>1 1/2 cups water</td>
</tr>
<tr>
<td>1 teaspoon garlic powder</td>
</tr>
<tr>
<td>1 small onion, chopped</td>
</tr>
<tr>
<td>1 small green bell pepper, chopped</td>
</tr>
<tr>
<td>1 (6 ounce) can mushrooms, drained</td>
</tr>
<tr>
<td>1 egg, beaten</td>
</tr>
<tr>
<td>1 (15 ounce) container ricotta cheese</td>
</tr>
<tr>
<td>12 uncooked lasagna noodles</td>
</tr>
<tr>
<td>2 cups shredded mozzarella cheese</td>
</tr>
<tr>
<td>3/4 cup crumbled blue cheese</td>
</tr>
</tbody>
</table>

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a lasagna pan.

In a large bowl combine the chicken, spaghetti, hot sauce, vinegar, water, garlic powder, onion, bell pepper and mushrooms; mix well and set aside. In a medium bowl, mix together the egg and ricotta cheese.

Spread 1 cup of the chicken/spaghetti mixture in the bottom of the prepared pan. Layer with lasagna noodles, then another 1 1/2 cups of the chicken mixture. Spread 1/2 of the ricotta/egg mixture over all, then top with 1/2 of the mozzarella cheese. Add another layer of noodles, 1 1/2 cups chicken mixture, remaining ricotta mixture and remaining mozzarella. Top with one last layer of noodles and remaining chicken mixture.

Cover pan and bake at 350 degrees F (175 degrees C) for 70 minutes. Remove cover, sprinkle with crumbled blue cheese and bake uncovered for another 5 minutes.

Remove from oven, cover and let stand for about 15 to 20 minutes before serving.
### Linguine with Chicken and Sauteed Vegetables

#### Ingredients
- 1/2 cup vegetable oil
- 10 cloves garlic, finely chopped
- 1 (12 ounce) package uncooked linguine pasta
- salt to taste
- 1/2 cup chopped broccoli
- 1/2 cup chopped cabbage
- 1/2 cup shredded carrots
- 1/2 cup chopped cauliflower
- 2 tablespoons diced green onions
- 1 pound chicken tenders, cut into bite-size pieces
- 3 1/2 tablespoons soy sauce
- salt and pepper to taste
- 1 cup chopped cilantro
- 4 lime wedges

#### Directions

2. Bring a large pot of lightly salted water to a boil. Place linguine in pot and cook 8 to 10 minutes, until al dente. Drain and transfer to a large bowl. Set aside 1 tablespoon garlic oil and toss remainder with pasta to coat. Season pasta with salt.


Ingredients

2 cups long-grain white rice
4 cups water
4 boneless, skinless chicken breasts
3 tablespoons butter
1 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon ground paprika
1/4 teaspoon dried thyme
3/4 cup cold water
1/4 teaspoon salt

Directions

Place rice in a saucepan with 4 cups of water. Bring to a boil, then reduce heat to low, cover and simmer for 20 minutes or until rice is tender. Prepare chicken while the rice is cooking.

In a medium bowl, stir together the flour, 1/2 teaspoon salt, pepper, paprika, and thyme. Use a finger to grind the thyme to a powder in the palm of your hand before adding. Coat the chicken breasts in the flour mixture. Reserve 2 tablespoons of the flour mixture for the gravy.

Melt butter in a large skillet over medium heat. Place chicken in the skillet, and cook for about 10 minutes on each side, until the chicken is golden brown, and the juices run clear. Remove chicken from the pan, leaving the drippings and crusty bits in.

Whisk together 3/4 cup water, 2 tablespoons of the flour mixture, and 1/4 teaspoon salt. Whisk into the skillet, scraping the browned bits from the bottom of the pan. Cook over medium heat, stirring constantly, until thick and bubbly. Add additional water 1 tablespoon at a time if the gravy is too thick. Serve chicken alongside rice topped with gravy.
Rotisserie Chicken Chili With Hominy & Chiles

Ingredients

- 2 store-bought roast chickens, meat picked from bones and 2 quarts chicken broth
- 6 tablespoons vegetable oil
- 1/4 cup ground cumin
- 4 teaspoons dried oregano
- 1/2 teaspoon cayenne pepper
- 2 large onions, cut into medium dice
- 2 (4 ounce) jars diced mild green chiles
- 2 (20 ounce) cans hominy, or equal quantity of canned white beans, such as cannellini or great Northern
- 6 medium garlic cloves, minced
- 2 cups frozen corn, preferably shoepeg
- sour cream
- cilantro or scallions
- lime wedges
- green hot sauce

Directions

Bring skin and bones, chicken broth and 1 quart of water to boil over medium-high heat. Reduce heat to low and simmer about 30 minutes. Strain and discard skin and bones.

Heat oil over medium-low heat in a soup kettle. Add cumin, oregano and cayenne and cook until spices are fragrant, about 1 minute. Add onion; increase heat to medium; saute until soft, 4 to 5 minutes. Stir in chicken and chiles. Add 4 cups hominy and all but 1 cup of the broth and bring to a simmer. Reduce heat to low and simmer, uncovered, stirring occasionally, 25 to 30 minutes.

Process remaining 2 cups hominy and 1 cup broth until silky smooth; add to soup. Stir garlic and corn into soup. Simmer for a minute or so longer, then cover and let stand for 5 minutes.

Ladle into bowls and top with sour cream, cilantro or scallions. Pass separately the lime wedges and green hot pepper sauce.
## Ingredients

- 6 potatoes
- 1 1/2 pounds skinless, boneless, roasted chicken
- 1 (15 ounce) can peas, drained
- 1 (15 ounce) can whole kernel corn, drained
- 1 (16 ounce) jar creamy salad dressing
- 3 large tomatoes, sliced
- salt and pepper to taste

## Directions

Bring a large pot of salted water to a boil. Add potatoes; cook until tender but still firm, about 15 minutes. Drain, cool and chop.

In a mixing bowl, combine the potatoes, chicken, peas and corn.

Add enough salad dressing to coat, mix well. Top with sliced tomatoes, cover and refrigerate for 2 hours. Season with salt and pepper to taste.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>2 cups penne pasta, uncooked</td>
</tr>
<tr>
<td>1 pound boneless skinless chicken breasts, cut into bite-size pieces</td>
</tr>
<tr>
<td>1 teaspoon oil</td>
</tr>
<tr>
<td>1 red pepper, finely chopped</td>
</tr>
<tr>
<td>1/2 cup PHILADELPHIA Light Cream Cheese Spread</td>
</tr>
<tr>
<td>1/2 cup milk</td>
</tr>
<tr>
<td>2 tablespoons KRAFT 100% Parmesan Grated Cheese</td>
</tr>
<tr>
<td>2 tablespoons sliced stuffed green olives</td>
</tr>
<tr>
<td>2 teaspoons dried rosemary leaves</td>
</tr>
</tbody>
</table>

## Directions

Cook pasta as directed on package.

Meanwhile, cook and stir chicken in hot oil in large skillet on medium heat 5 minutes or until chicken is cooked through, stirring frequently. Add remaining ingredients; cook 5 minutes or until cream cheese spread is completely melted and mixture is well blended.

Drain pasta. Add to skillet; mix lightly.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness</td>
</tr>
<tr>
<td>ground black pepper to taste</td>
</tr>
<tr>
<td>1 tablespoon olive oil</td>
</tr>
<tr>
<td>1 teaspoon minced garlic</td>
</tr>
<tr>
<td>2 tablespoons mayonnaise</td>
</tr>
<tr>
<td>2 teaspoons prepared Dijon-style mustard</td>
</tr>
<tr>
<td>1 teaspoon chopped fresh rosemary</td>
</tr>
<tr>
<td>8 slices garlic and rosemary focaccia bread</td>
</tr>
</tbody>
</table>

## Directions

Sprinkle pepper on one side of each chicken cutlet. Heat oil in a large skillet; brown garlic in oil, then add chicken, pepper-side-down. Saute chicken until cooked through and juices run clear, about 12 to 15 minutes.

In a small bowl combine the mayonnaise, mustard and rosemary. Mix together and spread mixture on 4 slices focaccia bread. Place 1 chicken cutlet on each of these slices, then top each with another bread slice.
**Ingredients**

1 recipe Fast Chicken Soup Base  
2 (16 ounce) cans black beans, drained  
1 (10 ounce) package frozen corn  
1 (14.5 ounce) can diced tomatoes  
1 jalapeno pepper, stemmed, seeded and minced  
2 tablespoons ground cumin  
2 teaspoons chili powder  
1/2 cup chopped fresh cilantro  
Salt and freshly ground black pepper  
tortilla chips  
grated Monterey Jack cheese  
fresh lime wedges

**Directions**

Prepare Fast Chicken Soup Base. Bring to a simmer.

Add these, then simmer until tender, 10-20 minutes: 2 16-ounce cans black beans, drained; 1 10-ounce package frozen corn; 1 14.5-ounce can diced tomatoes; 1 jalapeno pepper, stemmed, seeded and minced; 2 Tbs. ground cumin; 2 tsps. chili powder.

Before removing from heat, stir in: 1/2 cup chopped fresh cilantro.

Final touch: Add salt and pepper, to taste. Serve soup with tortilla chips, grated Monterey Jack cheese and fresh lime wedges.
Chicken Parmesan Alfredo

**Ingredients**

- 4 boneless, skinless chicken breast halves
- 1 egg, beaten
- 3/4 cup seasoned dry bread crumbs
- 1/4 teaspoon paprika (optional)
- 1 (16 ounce) jar Ragu® Cheesy! Classic Alfredo Sauce
- 1/2 cup shredded mozzarella cheese
- 1 medium tomato, chopped

**Directions**

Preheat oven to 400 degrees F. Dip chicken in egg, then bread crumbs combined with paprika, coating well.

Arrange chicken in 13 x 9-inch baking dish. Bake uncovered 20 minutes.

Pour 1 cup Classic Alfredo Sauce over chicken; top with cheese, then tomato. Bake an additional 10 minutes or until chicken is thoroughly cooked. Serve with remaining Sauce, heated, and sprinkle, if desired, with grated Parmesan cheese.
Simple Ranch Chicken Macaroni Salad

**Ingredients**

- 1 cup uncooked elbow macaroni
- 1 stalk celery, chopped
- 1 (2.25 ounce) can chopped green olives
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 2 tablespoons milk
- 1 (10 ounce) can chicken chunks, drained
- 1 (1 ounce) package dry Ranch-style dressing mix
- 2 teaspoons paprika

**Directions**

Bring a pot of water to a boil. Add the macaroni, and cook until tender, about 8 minutes. Drain, and pat dry.

In a medium bowl, mix together the celery, olives, mayonnaise, sour cream, milk, chicken and Ranch dressing mix. Stir in macaroni until well blended. Refrigerate for 24 hours. Stir, and sprinkle paprika over the top before serving.
Soy Sauce Chicken and Rice

Ingredients

- 4 skinless, boneless chicken breasts
- 2 tablespoons vegetable oil
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of celery soup
- 2 tablespoons Worcestershire sauce
- 2 tablespoons soy sauce
- 2 cups water
- 1/2 cup uncooked white rice
- 1 (4.5 ounce) can mushrooms, drained

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet, brown chicken breasts in oil until golden. Remove from skillet and set aside.

Saute celery and onion for 2 to 3 minutes, until translucent. Add cream of chicken soup, cream of celery soup, Worcestershire sauce, soy sauce and water. Heat until mixture is hot and bubbly. Add uncooked rice and mushrooms and stir all together to mix well.

Pour mixture into a 9x13 inch baking dish, place browned chicken on top and bake, covered, in preheated oven for about 1 1/2 hours.
## Ingredients

- 10 cups chicken broth
- 1 teaspoon hot pepper flakes
- 1/4 cup red wine vinegar
- 1/4 cup soy sauce
- 1 tablespoon minced lemon grass
- 1 tablespoon fish sauce
- 1 tablespoon black pepper
- 1 teaspoon garlic powder
- 1 onion, cut in strips
- 1 teaspoon olive oil
- 1/2 pound skinless, boneless chicken breast meat - cubed
- 1/2 head cabbage, shredded
- 1 cup fresh bean sprouts
- 2 eggs, beaten
- 1/4 cup chopped fresh parsley

## Directions

Pour chicken broth into a large pot. Stir in hot pepper flakes, vinegar, soy sauce, lemon grass, fish sauce, black pepper, garlic powder, and onion. Bring to a boil over high heat, then reduce heat to medium-low and keep at a simmer.

Meanwhile, heat olive oil in a skillet over medium-high heat. Stir in cubed chicken, and cook until no longer pink in the center, about 5 minutes. Stir chicken into the simmering soup along with the cabbage and bean sprouts. Simmer until the cabbage is tender, about 10 minutes.

Remove the pot from the heat, and slowly stir in the beaten egg, then gently stir in the chopped parsley. Serve immediately.
**Deep South Fried Chicken**

**Ingredients**
- 1 cup shortening
- 2 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 (2 to 3 pound) whole chicken, cut into pieces

**Directions**

Heat the shortening in a large, cast iron skillet over medium-high heat.

In a brown paper lunch bag, combine the flour, salt, and pepper. Shake two chicken pieces in the bag to coat, and place them in the skillet. Repeat until all of the chicken is coated and in the skillet.

Fry the chicken over medium-high heat until all of the pieces have been browned on both sides. Turn the heat to medium-low, cover, and cook for 25 minutes. Remove the lid, and increase heat to medium-high. Continue frying until chicken pieces are a deep golden brown, and the juices run clear.
# Cheddar Chicken Soup

## Ingredients

- 1/3 cup shredded carrot
- 2 tablespoons finely chopped onion
- 2 tablespoons butter or margarine
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1 cup water
- 1/2 teaspoon Worcestershire sauce
- 1/2 cup shredded Cheddar cheese

## Directions

In a saucepan, saute carrot and onion in butter until tender. Stir in the soup, water and Worcestershire sauce. Bring to a boil. Reduce heat; stir in cheese until melted.
Texas Style Chicken Tequila

**Ingredients**

- 3 tablespoons unsalted butter, divided
- 2 tablespoons chopped garlic
- 2 tablespoons finely chopped jalapeno pepper
- 1/2 cup chicken stock
- 1/4 cup tequila
- 3 tablespoons lime juice
- 3 tablespoons soy sauce
- 4 skinless, boneless chicken breast halves - cut into cubes
- 1 tablespoon cooking oil
- 1/4 medium onion, thinly sliced
- 1/2 medium red bell pepper, thinly sliced
- 1 medium green bell pepper, thinly sliced
- 1 1/2 cups heavy cream
- 1/4 cup chopped fresh cilantro
- 1/3 cup freshly grated Romano cheese

**Directions**

Heat 2 tablespoons of butter in a small saucepan over medium heat. Add garlic and jalapeno, and saute until soft. Pour in chicken stock, tequila, and lime juice. Bring to a boil, then lower the heat and simmer until the mixture is reduced to a paste, about 15 minutes. Stir occasionally to make sure it is not sticking.

While the sauce is cooking, place the chicken in a bowl, and pour soy sauce over it. Melt remaining butter in a skillet, and saute the onion, red bell pepper and green bell pepper until soft. Remove vegetables, and set aside.

Add oil to the skillet, and cook the chicken over medium-high heat until lightly browned. Pour in the sauce and heavy cream, and add the peppers. Bring to a boil, and simmer until chicken is cooked through, about 5 minutes. Remove from heat, and stir in Romano cheese and cilantro. Taste and adjust seasonings if desired. Serve immediately.
Quick Chicken And Wine

**Ingredients**
- 4 skinless, boneless chicken breast halves - cut into strips
- 2 eggs, beaten
- 1/2 cup Parmesan cheese
- 1 pinch salt
- 1 pinch ground black pepper
- 1/2 cup white wine
- 4 tablespoons butter

**Directions**

Season chicken with salt and pepper to taste. In a shallow plate, spread Parmesan cheese. Divide chicken into three parts and dip seasoned chicken in eggs, then coat well with Parmesan cheese. Repeat until all of the chicken pieces are well coated (if you run short on egg and Parmesan, add one more egg and more Parmesan as needed).

In a skillet, melt butter or margarine over medium high heat. Cook chicken, stirring frequently, until golden brown.

Reduce heat and add wine. Cover and simmer over low heat for 20 minutes.
Pan-Roasted Chicken with Cherries and Port on Buttered Spaetzle

Ingredients

- 3/4 cup whole milk
- 3 eggs
- 1 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 2 cups all-purpose flour
- 6 (5 ounce) boneless chicken breast halves with skin
- 1 cup all-purpose flour
- 1 teaspoon kosher salt
- 1/3 teaspoon white pepper
- 6 tablespoons unsalted butter, divided
- 3 tablespoons olive oil
- 1 pound chicken livers, trimmed and halved
- 3/4 cup dried Bing cherries
- 1 cup port wine
- 1 1/2 cups brown chicken stock
- 1 tablespoon cornstarch
- 1 tablespoon cold water
- 1/2 cup unsalted butter

Directions

Make spaetzle first: Combine the milk, eggs, salt and nutmeg in the container of a food processor or blender. Blend until smooth, about 30 seconds. Add flour and blend for another 30 seconds, or until smooth. Batter will be thick and sticky.

Bring a large pot of salted water to a boil. Pour some of the batter into a potato ricer held over the boiling water. Press through to form strands. Stir gently as it hits the water to prevent sticking. Simmer until the spaetzle float to the surface then remove with a slotted spoon to a large buttered baking dish. Continue with remaining batter. This can be done up to 2 hours in advance. Let stand at room temperature.

On a sheet of waxed paper or paper plate, combine the flour, salt and pepper. Coat the chicken in the mixture, patting off the excess to leave a fine even film. Reserve excess flour. Melt 2 tablespoons of butter in a large skillet over medium-high heat. Add olive oil. When bubbling hot, add the chicken with the skin side down. Cook until golden brown, turn and cook until browned on the other side. Transfer to a platter and tent with aluminum foil to keep warm.

In a separate skillet, melt 2 tablespoons of butter over medium-high heat and add 1 tablespoon of olive oil. Add the chicken livers and cook, without moving, for about 2 minutes per side. Livers should still be pink in the middle. Transfer to the platter with the chicken.

Wipe out the first skillet with paper towels. Add 2 tablespoons of butter and 1 tablespoon olive oil. Heat over medium-high heat until bubbly and hot. Add cherries, port wine and chicken stock and bring to a simmer. Cook until reduced by a third. Stir together the cornstarch and cold water; stir into the sauce and cook until thick. Add the chicken breasts, skin side up. Tilt pan and spoon sauce over them. Add chicken livers to the skillet and turn to coat each one with the sauce. Keep warm over low heat.

Melt 1/2 cup butter in a large skillet over medium heat until golden brown, about 3 minutes. Add spaetzle and toss until heated through. Season to taste with salt and pepper.

To serve, pile spaetzle on a large platter and top with the chicken and sauce.
## Florentine Stuffed Chicken

### Ingredients

- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 1/4 cup grated Parmesan cheese
- 1/2 cup chopped onion
- 4 bone-in chicken breast halves, with skin
- 2 cups spaghetti sauce
- 1/4 cup shredded mozzarella cheese

### Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, combine the spinach, Parmesan cheese and onion and mix thoroughly. Stuff the cavity of each chicken breast with 1/4 of the mixture. (NOTE: Bone-in split breasts usually have a little cavity; if one is not naturally present, use a sharp knife to make a slit in the side of the breast.)

Lay stuffed breasts in a 9x13 inch baking dish, and cover with the sauce.

Bake at 350 degrees F (175 degrees C) for about 35 minutes, or until chicken is cooked through and tender; sprinkle with mozzarella cheese and bake another 5 minutes, until cheese is melted.
Pollo al Ajillo (Chicken and Garlic)

**Ingredients**
- 1/4 cup extra virgin olive oil
- 1 (3 pound) whole chicken, cut into pieces
- 1 pound potatoes, peeled and cut into large chunks
- 18 cloves garlic, peeled
- 1 teaspoon freshly ground black pepper
- 3/4 teaspoon salt
- 2 tablespoons chopped fresh parsley
- 1 1/2 cups dry sherry
- 1/2 cup port wine

**Directions**
In a large covered skillet, heat olive oil over medium-high heat. Cook chicken in oil until browned on all sides. Remove chicken from skillet.

Arrange potatoes in the skillet to cover the bottom. Scatter garlic cloves over potatoes. Place chicken on top of garlic and potatoes. Sprinkle pepper, salt, and parsley over chicken. Pour sherry and port over all. Cover, and simmer over low heat until potatoes and chicken are cooked through, approximately 45 minutes.
Hot Chicken Salad I

Ingredients

4 cups diced, cooked chicken meat
2 cups chopped celery
4 tablespoons lemon juice
2 tablespoons chopped onion
1 cup almonds
1 cup mayonnaise
1 cup sour cream
1 cup shredded American cheese
2 cups crushed cornflakes cereal

Directions

Preheat oven to 325 degrees F (165 degrees).

Mix together chicken, celery, lemon juice, chopped onion, toasted almonds, mayonnaise, sour cream, and grated cheese and place mixture in a lightly greased 9x13 inch baking dish. Top with crushed corn flakes.

Bake in preheated oven for 45 minutes to 1 hour, until heated through.
## Ginger-Glazed Chicken

### Ingredients

- 3/4 cup barbecue sauce
- 1/4 cup frozen orange juice concentrate
- 2 tablespoons brown sugar
- 1 teaspoon ground ginger
- 1 (3 pound) broiler-fryer chicken, cut up
- 1/3 cup butter or margarine, melted

### Directions

Combine first four ingredients; set aside. Grill chicken, covered, over medium-low coals, turning and brushing with butter several times, for 30 minutes. Then grill, uncovered, turning and brushing with orange juice mixture several times, for 20-30 minutes or until juices run clear.
Mochiko Chicken

**Ingredients**

- 5 pounds boneless skinless chicken breasts, cut into strips
- 1 cup white rice flour
- 1/3 cup cornstarch
- 1 cup soy sauce
- 1 1/2 tablespoons salt
- 1/2 cup white sugar
- 1 cup chopped green onions
- 6 cloves garlic, minced
- 1 teaspoon cayenne pepper
- 5 eggs
- oil for frying

**Directions**

In a large bowl combine the flour, cornstarch, soy sauce, salt, sugar, green onions, garlic, cayenne pepper and eggs. Mix well. Add the chicken and marinate for 24 hours, refrigerated.

Remove from refrigerator, deep fry and serve.
Cilantro Chicken with Zucchini Spanish Rice

**Ingredients**

- 1/4 cup chopped fresh cilantro
- 2 tablespoons olive oil, divided
- 1 tablespoon finely chopped garlic
- 1 pound boneless, skinless chicken breast halves, cut into thin strips
- 1/2 cup fat free sour cream
- 1 tablespoon chopped fresh cilantro
- 2 medium zucchini and/or yellow squash, chopped
- 2 cups water
- 1 (5.6 ounce) package Knorr® Fiesta Sides™ - Spanish Rice

**Directions**

Combine 1/4 cup cilantro, 1 tablespoon olive oil and garlic in large bowl. Add chicken and toss to coat. Cover and marinate in refrigerator 15 minutes. Blend sour cream and remaining 1 tablespoon cilantro in a small bowl; set aside.

Heat remaining 1 tablespoon olive oil in 2-quart saucepan over medium-high heat and cook zucchini, stirring occasionally, 4 minutes or until crisp-tender. Stir in water and Knorr® Fiesta Sides™ - Spanish Rice and bring to a boil. Reduce heat to low and simmer covered 7 minutes or until rice is tender. Remove from heat and let stand 2 minutes; stir.

Meanwhile, cook chicken in 12-inch nonstick skillet over medium-high heat, stirring occasionally, 8 minutes or until chicken is thoroughly cooked. Arrange chicken next to zucchini rice on a serving platter. Serve with sour cream mixture and garnish, if desired, with fresh cilantro sprigs, sliced lime wedges and hot pepper sauce.
Easy Grilled Chicken

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1 cup fat free Italian-style dressing
- 1 green bell pepper
- 1 red bell pepper
- 1 zucchini

**Directions**

Place washed chicken breasts in large sealable bag. Add 1 cup fat-free Italian dressing and close. Let marinate for 5 to 10 minutes.

Cut up peppers into big chunks, and zucchini into big slices. Put into another sealable bag. Coat with leftover dressing.

Grill chicken and veggies over medium heat.
2-Step Chicken 'n' Biscuits

Ingredients
1 pound skinless, boneless chicken breast, cut into cubes
1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
1 (16 ounce) package frozen vegetable combination (broccoli, cauliflower, carrots)
8 hot biscuits, split

Directions
Cook chicken in medium nonstick skillet over medium-high heat until browned, stirring often. Add soup and vegetables. Cover and cook over low heat 5 minutes or until chicken is no longer pink.

Serve on biscuits.
### Beer, Orzo and Chicken

#### Ingredients
- 1/2 cup orzo pasta
- 1 (12 fluid ounce) can or bottle beer
- 2 teaspoons canola oil
- 1 pound boneless chicken thighs
- 1/2 onion, minced
- 3 cloves garlic, crushed
- 1 cup low-sodium chicken broth
- 1 cup tomato sauce
- 1/2 cup pimentos, drained
- 1 tablespoon ground turmeric
- 1/2 cup frozen petite peas
- salt and pepper to taste

#### Directions
Place the orzo in a small bowl. Pour enough beer into the bowl to cover the orzo; set the remaining beer aside.

Heat the oil in a large, non-stick skillet over medium-high heat. Brown the chicken on both sides, about 4 minutes per side. Drain the fat from the skillet and lower heat to medium. Add onion and garlic; cook and stir until the onions are translucent.

Pour in the orzo mixture, the rest of the beer, chicken broth, tomato sauce, pimentos, and turmeric; cover and simmer for 10 minutes. Stir in the peas; simmer another 5 minutes. Season with salt and pepper.
Kim's Chicken Alfredo

Ingredients

- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 2 skinless, boneless chicken breast halves - cut into bite-size pieces
- 1/8 teaspoon ground black pepper
- 2 tablespoons Italian seasoning
- 1/2 (1 ounce) package dry onion soup mix
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1/2 cup milk
- 1/2 cup water
- 1/2 cup green peas
- 1/4 cup grated Parmesan cheese
- 1 pound dry fettuccine pasta

Directions

In large skillet, over medium-high heat, heat olive oil and saute garlic for 2 minutes. Add chicken, pepper and Italian seasoning, and cook, stirring occasionally, until chicken is no longer pink.

In medium bowl, stir together onion soup mix, cream of mushroom soup, milk and water. Add to chicken mixture. Add peas and Parmesan to chicken, bring to a boil, then reduce heat and simmer 15 minutes, stirring occasionally.

While sauce is simmering, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Toss pasta with sauce to serve.
Crab Stuffed Chicken Breasts

**Ingredients**

- 4 tablespoons butter, divided
- 1/4 cup all-purpose flour
- 1 cup chicken broth
- 1/2 cup milk
- 1/4 cup chopped onion
- 1 (6 ounce) can crabmeat - drained, flaked and cartilage removed
- 1 (4.5 ounce) can sliced mushrooms, drained
- 1/3 cup crushed saltine crackers
- 2 tablespoons minced fresh parsley
- 1/2 teaspoon salt
- 1 pinch ground black pepper
- 4 skinless, boneless chicken breast halves
- 1 cup shredded Swiss cheese
- 1/2 teaspoon paprika

**Directions**

To Make White Sauce: Melt 3 tablespoons of the butter in a medium saucepan. Stir in flour until smooth, then gradually stir in broth and milk. Bring all to a boil; boil, stirring, for about 2 minutes. Remove from heat and set aside.

In a large skillet melt remaining 1 tablespoon butter and saute onion over medium heat until tender. Add crab, mushrooms, cracker crumbs, parsley, salt, pepper and 2 tablespoons of the prepared white sauce. Heat through.

Preheat oven to 350 degrees F (175 degrees C).

Pound chicken breasts to 1/4 inch thickness. Spoon about 1/4 of the crab mixture onto the edge of each chicken breast; roll up and secure with toothpicks. Place chicken rolls in a lightly greased 9x13 inch baking dish, then top with remaining white sauce.

Cover dish and bake at 350 degrees F (175 degrees C) for 30 minutes or until chicken juices run clear. Sprinkle with cheese and paprika and bake, uncovered, for another 5 minutes or until cheese is melted and bubbly. Remove toothpicks and serve.
Summer Squash Chicken Alfredo

Ingredients

2 skinless, boneless chicken breast halves
2 tablespoons garlic, minced
1 (8 ounce) package uncooked rigatoni pasta
6 slices bacon
1 tablespoon vegetable oil
1 small zucchini, sliced
1 small yellow squash, sliced
1 cup Alfredo sauce
1/4 cup milk
6 sun-dried tomatoes, softened and chopped
3 tablespoons Parmesan cheese
1/4 cup sliced almonds

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking dish.

Place the chicken in the prepared baking dish, and coat with the garlic. Bake 25 minutes, or until chicken juices run clear. Cool and chop.

Bring a large pot of lightly salted water to a boil. Place the rigatoni in the pot, cook 10 minutes, until al dente, and drain.

Place bacon in a skillet. Cook over medium high heat until evenly brown. Drain, crumble, and set aside.

Heat the oil in a skillet over medium heat, and saute the zucchini and yellow squash until tender and lightly browned.

In a small bowl, mix the Alfredo sauce and milk. Serve chicken over the cooked pasta. Pour Alfredo sauce over the chicken. Top with zucchini and squash. Sprinkle with sun-dried tomatoes, bacon, Parmesan cheese, and almonds.
## Sesame Chicken with Honey Sauce

### Ingredients
- 1/2 cup fine dry bread crumbs
- 1/4 cup sesame seeds
- 1/2 cup mayonnaise
- 1 teaspoon dry mustard
- 1 teaspoon dried minced onion
- 3 boneless, skinless chicken breast halves, cooked and cubed

**SAUCE:**
- 1/2 cup mayonnaise
- 1/4 cup honey

### Directions
In a plastic bag, mix bread crumbs and sesame seeds; set aside. In a small bowl, combine mayonnaise, mustard and onion. Coat chicken pieces with mayonnaise mixture, then toss in crumb mixture. Place on a greased baking sheet. Bake at 425 degrees F for 10-12 minutes or until lightly browned. Combine sauce ingredients; serve with the hot chicken.
## Easy Lovely Lemon Chicken

### Ingredients
- 1 (4 pound) whole chicken, cut into pieces
- 4 lemons, halved
- 6 cloves garlic, minced
- 1 tablespoon curry powder
- Salt and pepper to taste

### Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken pieces in a 9x13 inch baking dish. Squeeze lemon halves over the chicken, then sprinkle with the garlic, curry powder and salt and pepper to taste.

Bake at 350 degrees F (175 degrees C) for 1 hour or until chicken is cooked through and juices run clear.
Chicken Liver Appetizers

**Ingredients**

- 12 fresh chicken livers, halved
- 1 teaspoon garlic salt
- 12 slices bacon, cut in half

**Directions**

Preheat oven to Broil/Grill.

Sprinkle each 1/2 chicken liver with garlic salt to taste. Wrap 1/2 slice bacon around each chicken piece and fasten with a toothpick. Place on a broiling pan.

Broil for 5 to 7 minutes. Turn pieces over and broil another 5 to 7 minutes, or until chicken livers are cooked through and no longer pink inside. Serve hot.
Broccoli-Chicken Cups

**Ingredients**

- 2 (10 ounce) cans refrigerated biscuit dough
- 2 cups shredded Cheddar cheese, divided
- 1 1/3 cups crisp rice cereal
- 1 cup cubed cooked chicken
- 1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
- 1 (10 ounce) package frozen chopped broccoli, cooked and drained

**Directions**

Place biscuits in greased muffin cups, pressing dough over the bottom and up the sides. Add 1 tablespoon cheese and cereal to each cup.

In a large bowl, combine chicken, soup and broccoli; spoon into cups. Bake at 375 degrees F for 20-25 minutes or until bubbly. Sprinkle with remaining cheese.
Coconut-Lime Chicken with Grilled Pineapple

**Ingredients**

- 2 cups tequila
- 2 tablespoons lime juice
- 1 tablespoon brown sugar
- 1 teaspoon cayenne pepper
- 6 (6 ounce) skinless, boneless chicken breast halves
- 1 (16 ounce) container sour cream
- 1/2 cup coconut milk
- 1/4 cup lime juice
- 2 tablespoons chopped cilantro
- 1 clove crushed garlic
- 1 pinch salt and pepper to taste
- 6 slices peeled, cored pineapple

**Directions**

Whisk together the tequila, 2 tablespoons of lime juice, brown sugar, and cayenne pepper; pour into a resealable plastic bag. Add the chicken breasts, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 1 hour.

Meanwhile, make the sauce by whisking together the sour cream, coconut milk, and 1/4 cup of lime juice in a bowl. Add the cilantro and garlic, then season to taste with salt and pepper; set aside.

Preheat an outdoor grill for medium-high heat, and lightly oil grate. Remove the chicken from the marinade, and shake off excess. Discard the remaining marinade.

Cook the chicken and pineapple slices on the preheated grill until the chicken is no longer pink in the center, and the pineapple slices are nicely marked, about 6 minutes. Serve the chicken breasts topped with a slice of grilled pineapple, and a dollop of the sour cream sauce.
Husband-Friendly Chicken Pizza

**Ingredients**

- 1/4 cup olive oil
- 1 red onion, sliced
- 6 slices bacon
- 1 (10 ounce) container refrigerated pizza crust
- 3/4 cup barbecue sauce
- 2 cooked chicken breast halves, shredded
- 1/4 cup crumbled Gorgonzola cheese
- 1 jalapeno pepper, seeded and diced, or to taste (optional)
- 1 tablespoon paprika
- 1 tablespoon garlic powder
- 2 cups shredded mozzarella cheese

**Directions**

Heat the oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low, and continue cooking and stirring until the onion is very tender and dark brown, 15 to 20 minutes more.

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate; crumble when cool.

Preheat an oven to 425 degrees F (220 degrees C). Grease a baking sheet.

Press the refrigerated pizza crust onto the baking sheet to fit the size of the pan. Spread the barbecue sauce evenly over the dough, and sprinkle with the shredded chicken, caramelized onion, bacon, Gorgonzola cheese, and diced jalapeno pepper. Season with paprika and garlic powder. Top with the shredded mozzarella cheese.

Bake in the preheated oven until the cheese has melted and is bubbly and the pizza dough is golden brown on the bottom, 15 to 17 minutes.
Pesto Chicken 'n' Ravioli

**Ingredients**

1 (9 ounce) package refrigerated cheese ravioli
1 pound boneless skinless chicken breasts, cut into 2-inch strips
1 teaspoon minced garlic
1 tablespoon olive oil
2 (7.25 ounce) jars roasted sweet red peppers, drained
3/4 cup prepared pesto sauce

**Directions**

Cook ravioli according to package directions. Meanwhile, in a large skillet, cook and stir the chicken and garlic in oil over medium heat until chicken is no longer pink. Add roasted peppers; cook for 1-2 minutes or until heated through. Remove from the heat. Drain ravioli; add to the chicken mixture. Add pesto; toss gently to coat.
## Italian White Bean Chicken

### Ingredients
1 clove garlic, sliced  
2 skinless, boneless chicken breast halves  
2 zucchinis, sliced  
1 (15.5 ounce) can white beans, drained  
1 roma tomato, chopped  
5 fresh basil leaves  
ground black pepper to taste

### Directions
Prepare a skillet with cooking spray and place over medium heat. Cook the garlic in the skillet until browned. Add the chicken and cook until slightly browned, about 3 minutes per side. Stir the zucchini and white beans into the skillet; cover and cook about 5 minutes. Scatter the tomato over the dish; cover again and cook another 2 minutes. Add the basil leaves and cook 1 minute more. Season with black pepper to serve.
## Hazelnut Chicken

### Ingredients
- 1 cup dried bread crumbs, seasoned
- 1/2 cup ground hazelnuts
- 4 skinless, boneless chicken breasts
- 1 egg, beaten
- 1/8 cup butter
- 8 fresh mushrooms, sliced
- 1 1/2 fluid ounces brandy
- 2 fluid ounces hazelnut liqueur

### Directions
In a shallow dish or bowl, mix together bread crumbs and hazelnuts. Dip chicken breasts in egg beat, then in crumb/nut mixture to coat. In a large saucepan, melt butter or margarine over medium high heat. Brown chicken on both sides. Add the mushrooms, and a little more butter or margarine if necessary. Sauté until mushrooms are soft, about 2 minutes.

Remove saucepan from heat and add the brandy. Light with a match, let flame evaporate alcohol. When flame goes out, add hazelnut liquor. Light with a match and let flame evaporate alcohol. When flame goes out, return saucepan to heat and simmer to reduce liquid/sauce until it is thick. Then serve!
Nacho Chicken

**Ingredients**

- 4 cups cubed cooked chicken
- 1 pound processed American cheese, cubed
- 2 (10.75 ounce) cans condensed cream of chicken soup, undiluted
- 1 (10 ounce) can diced tomatoes and green chilies, undrained
- 1 cup chopped onion
- 1/2 teaspoon garlic salt
- 1/4 teaspoon pepper
- 1 (14.5 ounce) package nacho-flavor tortilla chips

**Directions**

In a large bowl, combine the first seven ingredients; mix well. Crush chips; set aside 1 cup for topping. Add remaining chips to chicken mixture. Spoon into a greased 13-in. x 9-in. x 2-in. baking dish; sprinkle with reserved chips. Bake, uncovered, at 350 degrees F for 30 minutes or until cheese is melted and edges are bubbly.
## Garlic Ranch Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>4 skinless, boneless chicken breasts</td>
</tr>
<tr>
<td>1 cup fat free ranch dressing</td>
</tr>
<tr>
<td>2 tablespoons chopped garlic</td>
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<tr>
<td>1 tablespoon chopped fresh basil</td>
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</tbody>
</table>

### Directions

Combine the dressing, garlic and basil in a large resealable plastic bag. Add chicken pieces, turning them to coat. Squeeze out air and seal bag. Place in refrigerator for 1/2 hour.

Preheat grill to medium heat.

Grill chicken breasts for 6 to 8 minutes on each side, turning occasionally, until juices run clear when pierced with a fork.
**Ingredients**

4 skinless, boneless chicken breast halves  
salt and pepper to taste  
Creole-style seasoning to taste  
1 (14.5 ounce) can stewed tomatoes, with liquid  
1 stalk celery, diced  
1 green bell pepper, diced  
3 cloves garlic, minced  
1 onion, diced  
1 (4 ounce) can mushrooms, drained  
1 fresh jalapeno pepper, seeded and chopped

**Directions**

Place chicken breasts in slow cooker. Season with salt, pepper, and Creole-style seasoning to taste. Stir in tomatoes with liquid, celery, bell pepper, garlic, onion, mushrooms, and jalapeno pepper.

Cook on Low for 10 to 12 hours, or on High for 5 to 6 hours.
Ingredients

1 1/2 pounds skinless, boneless chicken breast halves - cubed
1 cup onion juice
salt and pepper to taste
1 1/4 teaspoons crushed saffron threads
3/4 cup melted butter

Directions

In a medium bowl, place the cubed chicken and onion juice. Mix in salt and pepper. Completely dissolve crushed saffron threads in the mixture. Cover and allow the chicken to marinate in the refrigerator 8 hours, or overnight.

Preheat an outdoor grill for high heat and lightly oil grate.

Place the marinated chicken on skewers. Frequently brush with butter while cooking on the prepared grill. Turning frequently, cook until meat is no longer pink and juices run clear, or to desired doneness.
Ingredients

3 skinless, boneless chicken thighs
3 tablespoons oyster sauce
1 teaspoon sesame oil
1 teaspoon white sugar
1 egg, beaten
salt and pepper to taste
1/8 cup corn flour
1/2 cup water
3 tablespoons white sugar
1/2 lemon, juiced
1 (3.4 ounce) package instant lemon pudding mix
water as needed
2 tablespoons toasted sesame seeds

Directions

To Marinate: Place chicken in a nonporous glass dish or bowl. In a small bowl mix together oyster sauce, sesame oil, sugar, egg, salt and pepper; pour mixture over chicken, cover dish and marinate for at least 1 hour.

Dip marinated chicken in cornflour and sautee in a large skillet until cooked through (juices run clear) and color is a nice, golden brown.

To Make Sauce: Bring 1/2 cup water to boil in a small saucepan; dissolve sugar in boiling water, then add lemon juice and thicken liquid with pudding mix.

Cut chicken into bite size pieces and pour sauce over all; sprinkle with toasted sesame seeds and serve.
# Buffalo Chicken and Potato Salad

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 pound red potatoes, cut into bite-size pieces</td>
<td></td>
</tr>
<tr>
<td>1 pound cooked chicken, cut into bite-size pieces</td>
<td></td>
</tr>
<tr>
<td>1 cup peeled and chopped cucumber</td>
<td></td>
</tr>
<tr>
<td>1/2 cup Hellmann's® or Best Foods® Canola Cholesterol Free Mayonnaise</td>
<td></td>
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<tr>
<td>1/2 cup chopped red onion</td>
<td></td>
</tr>
<tr>
<td>1/2 cup chopped celery</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons cayenne pepper sauce*</td>
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</tbody>
</table>

## Directions

In 3-quart saucepan, cover potatoes with water. Bring to a boil over high heat. Reduce heat to medium-low and cook 10 minutes or until potatoes are tender. Drain and cool slightly.

In serving bowl, toss potatoes with remaining ingredients. Serve chilled or at room temperature. Serve, if desired, on a bed of lettuce, garnished with celery leaves.
Mandarin Orange Chicken

**Ingredients**
- 1/4 cup all-purpose flour
- 4 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
- 2 tablespoons olive oil
- 2 tablespoons butter
- 1/3 cup hoisin sauce
- 1/3 cup orange juice
- 1 (11 ounce) can mandarin oranges, drained
- 1 tablespoon chopped green onions
- 1/4 cup chopped cashews

**Directions**

Place flour in a small bowl. Dredge chicken in the flour to lightly coat.

Heat olive oil and butter in a medium skillet over medium heat, and saute the chicken breasts until no longer pink and juices run clear. Set aside, and keep warm.

Stir hoisin sauce and orange juice into the skillet, and scrape up the browned bits. Mix in mandarin oranges, green onions, and cashews. Return chicken to the skillet. Continue cooking until all ingredients are heated through.
Moroccan Inspired Apricot-Braised Chicken

**Ingredients**

1 tablespoon olive oil  
4 chicken thighs  
1 large onion, halved lengthwise and cut into thick slices  
1 tablespoon minced garlic  
1/2 cup unsulfured apricots, halved  
1/2 teaspoon ground ginger  
1/2 teaspoon ground cumin  
1/2 teaspoon ground allspice  
1 cup beer (preferably lager)  
Salt and pepper to taste

**Directions**

Heat olive oil in a deep skillet over medium-high heat. Brown chicken thighs on both sides until golden, about 3 minutes per side. Set chicken aside, then stir in onion and garlic; cook for 1 to 2 minutes until the onion has softened. Stir in apricots and season with ginger, cumin, and allspice. Cook for 1 minute until spices are fragrant.

Pour beer into pan, scraping the bottom of the pan to dissolve the browned bits. Add chicken, cover, and reduce heat to medium-low. Simmer gently until the chicken begins to fall away from the bone, about 30 minutes.
### Ingredients

**Pizza Dough**
- 1 cup warm water (110 degrees Fahrenheit / 45 degrees Celsius)
- 1 tablespoon honey
- 2 teaspoons active dry yeast
- 3 cups all-purpose flour
- 1 teaspoon salt
- 2 tablespoons olive oil

**Pizza Sauce**
- 3 1/2 tablespoons peanut butter
- 3 tablespoons brewed black tea
- 3 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 2 teaspoons chili oil
- 1 tablespoon minced fresh ginger
- 2 teaspoons honey

**Pizza Topping**
- 1 boneless chicken breast half, cooked and sliced into thin strips
- 2 tablespoons toasted sesame seeds
- 1 tablespoon paprika
- 1 small fresh red chile pepper, finely chopped
- 1 teaspoon salt
- 4 green onions, sliced
- 1 cup grated mozzarella cheese
- 1 carrot, peeled and grated
- 1/4 cup chopped fresh cilantro

### Directions

**Pour warm water into a small bowl; stir in honey until dissolved. Add the yeast, stirring until dissolved. Let stand until creamy, about 10 minutes.**

In a large bowl, combine the flour and salt. Add yeast mixture and olive oil; stir well to combine. When the dough has pulled together, turn it out onto a lightly floured surface and knead in more flour until the dough is no longer sticky. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.

**Preheat oven to 350 degrees F (175 degrees C).**

Punch down the risen dough on a floured surface. Divide into two equal portions. Allow the dough to relax for a minute, then roll each portion out into a thin circle. Place on lightly oiled pizza pans.

To make the peanut sauce, place peanut butter, tea, rice vinegar, and soy sauce in a blender. Add chili oil, ginger, and honey; process until smooth.

In a medium bowl, combine the chicken, sesame seeds, paprika, chile peppers, salt, and 3 tablespoons of the peanut sauce. Mix until the chicken is evenly coated. Spread the remaining peanut sauce evenly over pizza dough. Top with chicken, green onions, and cheese.

Bake in preheated oven for 20 minutes or until cheese is lightly browned. Garnish with carrots and cilantro.
### Ingredients

- 1 1/2 cups condensed cream of mushroom soup
- 1 cup heavy cream
- 1 (16 ounce) can mushrooms, drained
- 1 pound cooked, cubed chicken breast meat
- 2 (8 ounce) cans water chestnuts, drained and sliced
- 1 (8 ounce) can bamboo shoots, drained
- 1 (5.5 ounce) can baby corn, drained
- 1 (10 ounce) package frozen broccoli, drained and cooked

### Directions

Mix together soup and cream in a large saucepan over medium low heat. Stir in mushrooms and simmer over low heat for 5 minutes; add chicken, water chestnuts, bamboo shoots and corn. Simmer all together for 10 minutes. Finally, stir in cooked broccoli and simmer for 5 minutes.
Thai Style Chicken Pasta

Ingredients

- 1 (8 ounce) package dry pasta of your choice
- 2 tablespoons olive oil
- 1 whole dried red chili pepper, seeded and chopped
- 1 tablespoon minced garlic
- 1/2 teaspoon grated fresh ginger root
- 4 skinless, boneless chicken breast halves - cut into thin strips
- salt and pepper to taste
- 1 tablespoon soy sauce
- 1/2 tablespoon lemon juice
- 2 tablespoons white wine
- watercress leaves for garnish

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

While the pasta is cooking, heat the olive oil in a large skillet over medium-high heat. Fry the red chili, garlic and ginger until they are fragrant. Season the strips of chicken breast with salt and pepper to taste. Add the chicken to the skillet, and fry until cooked through.

When the chicken is no longer pink, add the pasta, and season with soy sauce, lemon juice and white wine. Cook stirring constantly until everything is nice and hot. Serve with watercress leaves on top for garnish.
### Grilled Stuffed Chicken With Olive and Caper

#### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 cup pitted black olives</td>
</tr>
<tr>
<td>1/3 cup brined capers, drained</td>
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<tr>
<td>2 cloves garlic</td>
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<tr>
<td>1/4 cup roughly chopped fresh flat-leaf parsley</td>
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<tr>
<td>1/4 teaspoon dried crushed red pepper</td>
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<tr>
<td>1/4 teaspoon ground black pepper</td>
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<tr>
<td>1/4 teaspoon salt</td>
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<tr>
<td>6 tablespoons olive oil</td>
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<tr>
<td>3 skinless, boneless chicken breast halves</td>
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olive oil
salt and ground black pepper to taste

#### Directions

Preheat an outdoor grill for medium heat, and lightly oil the grate.

Place the olives, capers, garlic, parsley, crushed red pepper, 1/4 teaspoon black pepper, 1/4 teaspoon salt, and 6 tablespoons olive oil in a blender or food processor; process until evenly blended into a smooth puree, adding more olive oil if needed to make smooth.

Using a small sharp knife, first cut each chicken breast in half. Then cut a pocket into the side of each piece of chicken, going to within 1/2 inch of each edge. Stuff each pocket of the chicken liberally with the olive puree. Close the pockets with toothpicks. Brush olive oil over the entire outer surface of the chicken; season with salt and pepper.

Cook the chicken breasts, turning once, until no longer pink in the center and the juices run clear, 12 to 15 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
Chicken with Blueberry Sauce

**Ingredients**

- 4 (4 ounce) boneless skinless chicken breast halves
- 1 tablespoon vegetable oil
- 1/2 cup apricot preserves or spreadable fruit (optional)
- 3 tablespoons Dijon mustard
- 1/3 cup white wine vinegar or cider vinegar
- 1/2 cup fresh or frozen blueberries
- Hot cooked rice

**Directions**

In a large skillet over medium heat, cook chicken in oil for about 4 minutes on each side or until lightly browned. Combine preserves and mustard; spoon over chicken. Reduce heat; cover and simmer for 15 minutes or until chicken juices run clear.

With a slotted spoon, remove chicken and keep warm. Add vinegar to skillet; bring to a boil. Reduce heat; simmer, uncovered, for 3 minutes or until sauce is reduced by one-third, stirring occasionally. Stir in blueberries. Serve over chicken and rice if desired.
### Ingredients

- 4 boneless, skinless chicken breast halves
- 1 tablespoon Dijon mustard
- 1/2 teaspoon thyme
- 2 slices Sargento® Deli Style Sliced Reduced Fat Swiss Cheese, cut into halves
- 4 slices ham
- 1/4 cup seasoned bread crumbs
- 1 tablespoon Sargento® Artisan Blends® Shredded Parmesan Cheese
- 4 teaspoons melted light margarine

### Directions

Place each chicken breast between two pieces of wax paper. Pound to 1/4-inch thickness. Spread mustard down center of each chicken breast; sprinkle with thyme. Top each chicken breast with a half slice of Swiss cheese and a slice of ham. Roll up chicken breast, tucking in ham and cheese to seal. Secure with skewers or toothpicks.

Combine bread crumbs and Parmesan cheese in small bowl. Brush chicken with melted margarine and roll in crumb mixture. Place in 8x8-inch baking pan. Bake in preheated 400 degrees F oven 10 minutes. Reduce heat to 350 degrees F and bake 20 minutes more or until chicken is cooked through. Remove toothpicks before serving.
Slow Cooker Chicken and Noodles

Ingredients

- 4 skinless, boneless chicken breast halves
- 6 cups water
- 1 onion, chopped
- 2 stalks celery, chopped (optional)
- salt and pepper to taste
- 1 (12 ounce) package frozen egg noodles

Directions

Place chicken, water, onion and salt and pepper to taste into a slow cooker. Add celery if desired. Set temperature to low and cook for 6 to 8 hours.

When chicken is tender, remove from the slow cooker and tear or chop into bite-sized pieces. Set aside in a small casserole dish to keep warm. Turn the slow cooker up to high heat and stir in the frozen egg noodles. Cook until noodles are tender then return the chicken pieces to the broth. Adjust seasonings to taste.
Shish Tawook Marinated Chicken

**Ingredients**

- 3 tablespoons vegetable oil
- 2 tablespoons plain low-fat yogurt
- 2 tablespoons ketchup
- 2 tablespoons prepared mustard
- 1 1/2 teaspoons garlic powder
- 2 teaspoons paprika
- 1 1/2 teaspoons ground allspice
- 1/2 teaspoon black pepper
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon curry powder (optional)
- 3 pounds skinless, boneless chicken breast halves - cut into bite-size pieces

**Dipping Sauce:**

- 1/2 cup mayonnaise
- 1 cup plain low-fat yogurt
- 3 cloves garlic, minced
- 1/4 teaspoon salt

**Directions**

In a medium bowl, stir together oil, yogurt, ketchup, and mustard. Season with garlic powder, paprika, allspice, black pepper, cinnamon, and curry powder. Stir in chicken pieces, coating all sides with marinade. Cover bowl, and refrigerate overnight.

To make dipping sauce, mix together mayonnaise, yogurt, garlic, and salt. Cover, and refrigerate.

Preheat oven to 400 degrees F (200 degrees C).

Transfer chicken pieces to a shallow baking dish. Bake in a preheated oven 30 minutes.
Ingredients

1 cup shredded cooked chicken
1/2 cup chopped onion
1/2 cup shredded mozzarella cheese
1/2 cup shredded Cheddar cheese
2 (8 inch) flour tortillas
Ranch salad dressing

Directions

In a bowl, combine chicken, onion, mozzarella and cheddar; set aside. Spray one side of each tortilla with nonstick cooking spray. Place tortilla greased side down on hot griddle. Place chicken on half of each tortilla. Fold over and cook over low for 1-2 minutes on each side of until tortilla is golden brown. Cut into wedges. Serve with dressing.
Great Chicken Marinade

Ingredients

- 6 boneless, skinless chicken breast halves
- 1/3 cup olive oil
- 1/3 cup lemon juice
- 1 (.7 ounce) package Italian-style dressing mix

Directions

Place the chicken breasts between sheets of waxed paper and pound until thin. Remove breasts and place into a large resealable plastic bag.

In a medium mixing bowl, combine the oil, lemon juice, and Italian-style seasoning. Pour mixture into the plastic bag containing the chicken.

Seal the plastic bag and shake gently to ensure that all the chicken is in contact with the marinade. Refrigerate marinated chicken pieces overnight or up to two days.

When ready to cook, preheat grill and lightly oil grate. Place chicken breasts on the grill and cook for about 5 to 7 minutes per side.
Sunshine Chicken

**Ingredients**
- 3 pounds chicken thighs
- 2 tablespoons soy sauce
- 1/2 cup ketchup
- 1/4 cup corn syrup
- 1 pinch garlic powder

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Rinse the chicken pieces and place them, single layer and skin side up, in a 9x13 inch baking dish.

Mix the soy sauce, ketchup, corn syrup and garlic powder in a small bowl. Baste the chicken with the sauce, reserving some sauce for basting during baking. Bake uncovered in the preheated oven, basting approximately every 15 minutes, for 1 hour (or until chicken is done and juices run clear).
**Ingredients**

12 ounces rigatoni pasta  
1/2 pound fresh broccoli florets  
1/4 cup olive oil  
1 tablespoon minced garlic  
2 tablespoons pesto  
1 cup chopped tomatoes  
3/4 cup grated Parmesan cheese  
1 pound boneless chicken breast halves, cooked and chopped  
salt to taste  
ground black pepper to taste

**Directions**

In a large pot with boiling salted water cook rigatoni pasta until al dente. Drain.

Meanwhile, blanch broccoli florets in a medium size saucepan, remove with slotted spoon. In same pan saute the minced garlic and pesto sauce in the olive oil for 2 minutes. Add the chopped tomatoes and set aside.

In a large bowl toss cooked pasta with blanched broccoli, cooked chicken, and garlic/tomato mixture. Add grated Parmesan cheese, salt, and ground black pepper and mix well. Serve warm.
Maple Barbecued Chicken

**Ingredients**

- 3/4 cup barbecue sauce
- 3/4 cup maple syrup
- 1/2 teaspoon salt
- 1/2 teaspoon maple flavoring
- 8 (4 ounce) skinless, boneless chicken breast halves

**Directions**

In a bowl, combine the first four ingredients; mix well. Remove 3/4 cup to a small bowl for serving; cover and refrigerate. Grill chicken, uncovered, over medium heat for 3 minutes on each side. Grill 6-8 minutes longer or until juices run clear, basting with remaining sauce and turning occasionally. Serve with reserved sauce.
Grilled Lemon Chicken

Ingredients

1/3 cup lemon juice
1/4 cup olive oil
1 tablespoon Dijon mustard
2 large cloves garlic, finely chopped
2 tablespoons finely chopped red bell pepper
1/2 teaspoon salt
1/4 teaspoon ground black pepper
4 skinless, boneless chicken breast halves

Directions

In a bowl, mix the lemon juice, olive oil, Dijon mustard, garlic, red bell pepper, salt, and pepper. Set aside 1/4 cup of the mixture to use for basting. Place chicken in the bowl, and marinate at least 20 minutes in the refrigerator.

Preheat grill for high heat.

Lightly oil grill grate. Drain and discard marinade from the bowl, and place chicken on the grill. Cook 6 to 8 minutes on each side, until juices run clear, basting occasionally with the reserved marinade.
Spicy Jalapeno Chicken Sausage with Mango,

**Ingredients**

1 (12 ounce) package al fresco® Spicy Jalapeno chicken sausage, fully cooked, slice on the diagonal 1/4 inch thick
1 tablespoon extra-virgin olive oil
2 tablespoons dry sherry
1 cup fresh mango, 1 inch chunks
1 cup fresh pineapple, 1 inch chunks
1 1/2 cups fresh salsa
1/2 cup prepared fresh/frozen edamame (soybeans)
1/2 cup canned black, unsalted soybeans, rinsed
3 cups cooked jasmine rice
1 tablespoon chopped fresh cilantro

**Directions**

Heat a 12 inch skillet with olive oil over high heat. Quickly saute the jalapeno sausage for 2 minutes, add the dry sherry and cook 2 more minutes. Toss in the mango and pineapple and saute for 2-3 minutes. Add the fresh salsa, edamame and black beans, continue to cook 2-3 minutes just to heat through.

Mix the chopped cilantro with the rice. Spoon the sausage and mango and pineapple salsa over the rice and serve immediately.
## Tarragon Chicken Casserole

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Measure</th>
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</thead>
<tbody>
<tr>
<td>2 (10.75 ounce) cans condensed cream of chicken soup, undiluted</td>
<td></td>
</tr>
<tr>
<td>2 cups half-and-half cream</td>
<td></td>
</tr>
<tr>
<td>4 teaspoons dried tarragon</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon pepper</td>
<td></td>
</tr>
<tr>
<td>1 (16 ounce) package linguine or spaghetti, cooked and drained</td>
<td></td>
</tr>
<tr>
<td>6 cups cubed, cooked chicken</td>
<td></td>
</tr>
<tr>
<td>1/2 cup grated Parmesan cheese</td>
<td></td>
</tr>
<tr>
<td>Paprika</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

In a large bowl, combine soup, cream, tarragon and pepper. Stir in the linguine and chicken. Transfer to an ungreased 4-qt. baking dish. Sprinkle with the Parmesan cheese and paprika if desired. Bake, uncovered, at 350 degrees F for 30 minutes or until heated through.
Chinese Roast Chicken with Gravy

Ingredients

- 1 (4 pound) whole chicken
- 3/4 cup soy sauce
- 1/3 cup sesame oil
- 1 cup chicken stock
- 1/8 cup cornstarch
- 1/4 cup water

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place chicken in a roasting pan. Coat with soy sauce and bake at 400 degrees F (200 degrees C) for 30 minutes; reduce heat to 350 degrees F (175 degrees C) and bake for 1 hour.

Drizzle oil over chicken and bake for another 10 minutes. Remove chicken from oven, place on a platter and keep warm.

To Make Gravy: Put roasting pan on stove; pour chicken stock into pan and bring to a boil, stirring frequently, scraping up bits of caramelized soy sauce. In a small bowl, combine cornstarch and water and mix; stir this mixture into roasting pan and stir until well combined and a nice, thick gravy is made. Serve with roasted chicken.
Thai Curry Chicken and Rice

**Ingredients**

1 tablespoon canola oil  
2 tablespoons green curry paste  
1 pound boneless skinless chicken breasts, cut into bite-size pieces  
1 small onion, thinly sliced  
1 red pepper, cut into thin strips, then cut crosswise in half  
1 green pepper, cut into thin strips, then cut crosswise in half  
4 ounces PHILADELPHIA Cream Cheese, cubed  
1/4 cup milk  
1/8 teaspoon white pepper  
2 cups hot cooked long-grain white rice

**Directions**

Heat oil in large nonstick skillet on medium heat. Stir in curry paste until well blended. Add chicken and onions; cook and stir 6 to 8 min. or until chicken is done (165 degrees F). Stir in red and green peppers; cook 4 to 5 min. or until crisp-tender.

Add cream cheese, milk and white pepper; cook until cream cheese is melted and evenly coats chicken and vegetables, stirring frequently.

Serve over rice.
## Garlic Chicken Marinara

### Ingredients
- 2 (8 ounce) packages angel hair pasta
- 6 skinless, boneless chicken breast halves, cut into bite size pieces
- 2 tablespoons olive oil
- 1 medium head garlic, minced
- 4 cups stewed tomatoes
- 1 large onion, chopped
- 2 cups fresh sliced mushrooms
- 4 large tomatoes, diced
- 1/2 red bell pepper, diced
- 1/2 green bell pepper, diced
- 1 1/2 cups corn
- 1/2 cup light beer

### Directions
In a large skillet pan fry the boneless skinless chicken breasts in the olive oil and half of the head of minced garlic. Cook chicken until the juices run clear.

In a large saucepan bring stewed tomatoes, the other half of the garlic, onion, mushrooms, fresh tomatoes, red and green bell pepper, corn and beer to a boil. When sauce is boiling, add the cooked chicken and simmer for 1 hour.

In a large pot cook with boiling salted water cook angel hair pasta until al dente. Drain.

Toss pasta with garlic chicken sauce. Serve warm.
Linguine with Chicken and Vegetables in a Cream

Ingredients

- 1 tablespoon garlic powder, or to taste
- 1/4 teaspoon poultry seasoning
- 1/4 teaspoon cayenne pepper
- 1/8 teaspoon onion powder
- 1/8 teaspoon ground black pepper
- 2 tablespoons butter
- 4 skinless, boneless chicken breasts
- 1/2 cup white wine
- 1 (16 ounce) package linguine pasta
- 1 cup chopped broccoli
- 1 zucchini, cubed
- 3/4 cup sliced fresh mushrooms (optional)
- 1 1/2 cups heavy cream
- 1 cup grated Parmesan cheese
- 1/8 teaspoon crushed red pepper flakes
- salt and pepper to taste

Directions

Combine garlic powder, poultry seasoning, cayenne pepper, onion powder, and 1/8 teaspoon pepper in an empty salt shaker. Lightly sprinkle the seasoning mixture over the chicken breasts. Reserve the remaining seasoning mix.

Melt the butter in a large skillet over medium-high heat. Place the chicken breasts in the skillet and cook, covered, for 5 minutes. Pour in the white wine and reduce heat to medium. Continue cooking until the chicken breasts are no longer pink in the center and the juices run clear, 15 to 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Place chicken on a plate and set aside.

While the chicken is cooking, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well in a colander set in the sink.

Bring a pot of lightly salted water to a boil. Add the broccoli, and cook for 1 minute, then drop in the zucchini. Cook uncovered until just tender, about 2 minutes more. Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the vegetables are cold, drain well, and set aside.

Stir the mushrooms into the same skillet used to cook the chicken over medium-high heat. Cook and stir until the mushrooms are tender, 3 to 5 minutes. Reduce heat to medium. Pour the heavy cream into the skillet and bring to a simmer, scraping up any brown bits on the bottom of the skillet. Stir in the Parmesan cheese, red pepper flakes, and remaining seasoning mix. Add the cooked vegetables and linguine; toss. Season with salt and pepper to taste.
**Ingredients**

- 1 (20 ounce) can pineapple chunks, juice reserved
- 1/4 cup soy sauce
- 1/2 cup vinegar
- 3/4 cup brown sugar
- 1/4 cup all-purpose flour
- 1 1/2 green bell peppers, diced
- 1 cup chopped celery
- 1 (8 ounce) can water chestnuts, drained and sliced
- 1 1/2 pounds cooked chicken meat, cut into strips

**Directions**

In a large saucepan over medium-low heat, blend reserved pineapple juice, soy sauce, vinegar, and brown sugar. Mix in flour, and stir until thickened.

Stir bell peppers, celery, and water chestnuts into the saucepan. Mix in chicken. Cook and stir until heated through. Stir in the pineapple chunks before serving.
## Slow Cooker Chicken Stroganoff

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves - cubed</td>
<td></td>
</tr>
<tr>
<td>1/8 cup margarine</td>
<td></td>
</tr>
<tr>
<td>1 (.7 ounce) package dry Italian-style salad dressing mix</td>
<td></td>
</tr>
<tr>
<td>1 (8 ounce) package cream cheese</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

Put chicken, margarine and dressing mix in slow cooker; mix together and cook on low for 5 to 6 hours.

Add cream cheese and soup, mix together and cook on high for another 1/2 hour or until heated through and warm.
Tangy Hawaiian Chicken

**Ingredients**

- 1 (8 ounce) can pineapple tidbits with juice
- 1 cup soy sauce
- 1 teaspoon onion powder
- 2 tablespoons white sugar
- 1/4 cup lemon juice
- 2 tablespoons barbecue sauce
- 1/2 teaspoon curry powder
- 4 boneless, skinless chicken breast halves
- Salt and pepper to taste
- 1/2 cup finely chopped onion
- 1/2 cup finely chopped celery
- 2 1/2 cups uncooked white rice
- 4 cups water

**Directions**

In a glass or plastic dish with a lid, combine the pineapple with its juice, soy sauce, onion powder, sugar, lemon juice, barbecue sauce, and curry powder. Taste, and adjust seasonings if desired. Place the chicken into the mixture, cover, and refrigerate for 1 to 2 hours.

Preheat an outdoor grill for medium-high heat. Place chicken breasts onto the grate, and grill until the meat is no longer pink inside. Brush occasionally with the pineapple sauce. Chicken should take about 7 to 10 minutes on each side.

Put the four cups water into a medium saucepan over medium-high heat. Add onions, celery, and rice. Bring to a boil, and reduce heat to medium-low. Simmer until rice is tender, about 20 minutes. In a separate pan, heat the marinade over medium heat until boiling. Simmer for about 5 or 10 minutes, then remove from heat, and set aside.

Serve the chicken on a bed of rice with the sauce covering it, or to the side.
Chicken and Spinach Ravioli

**Ingredients**

- 4 eggs, beaten
- 3/4 cup water
- 3 3/4 cups sifted all-purpose flour
- 1 1/2 teaspoons salt
- 1/2 pound ground chicken
- 3/4 cup chopped fresh spinach
- 2 tablespoons finely chopped onion
- 3 tablespoons melted butter
- 3 tablespoons freshly grated Asiago cheese
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground nutmeg
- 1 pinch ground black pepper to taste
- 1 (16 ounce) jar marinara sauce
- 1/4 cup freshly grated Asiago cheese for topping

**Directions**

In a bowl, mix the eggs, water, 2 cups flour, and salt. Gradually mix in the remaining flour until smooth. Divide dough into 2 parts. Cover, and set aside in the refrigerator 20 minutes.

In a skillet over medium heat, cook the ground chicken until evenly brown; drain.

In a food processor, mix the chicken, spinach, and onion. Transfer to a bowl, and mix with butter, 3 tablespoons Asiago cheese, salt, garlic powder, nutmeg, and pepper.

On a lightly floured surface, roll out each part of the dough to 1/8 inch thickness. Cut into 2 inch squares. Place about 1 teaspoon of the chicken mixture in the center of 1/2 the squares, and top with remaining squares. Seal the edges of the squares with a moistened fork to form the ravioli.

Bring a large pot of lightly salted water to a boil, and cook the ravioli in small batches for about 8 minutes, or until al dente. Drain, and rinse under cold water.

Place the marinara sauce in a saucepan, and cook until heated through. Serve ravioli topped with marinara sauce and remaining Asiago cheese.
Jenny's Lime Glazed Chicken

**Ingredients**

- 6 skinless, boneless chicken breast halves
- 2 tablespoons vegetable oil
- 2 limes
- 2 cups mayonnaise
- 12 tablespoons grated Parmesan cheese

**Directions**

Preheat oven to 400 degrees F (200 degrees C).

Spread oil over the bottom and sides of a 9x13 inch baking dish. Add chicken and turn to coat. Squeeze limes over chicken. In a small bowl combine the mayonnaise and cheese; mix together and spread mixture over chicken. Bake in the preheated oven for about 20 minutes or until juices run clear.
Southwestern Chicken Roulade

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 (6 ounce) chicken breast halves</td>
<td>skinless, boneless, pounded thin</td>
</tr>
<tr>
<td>12 ounces chorizo sausage</td>
<td></td>
</tr>
<tr>
<td>2 cups shredded Monterey Jack cheese</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups masa harina</td>
<td></td>
</tr>
<tr>
<td>1 (6 ounce) can canola cooking spray</td>
<td></td>
</tr>
<tr>
<td>1 cup salsa, at room temperature</td>
<td></td>
</tr>
</tbody>
</table>

**Directions**

Preheat oven to 375 degrees F (190 degrees C). Lightly oil an 8x8 inch pan.

In a skillet over medium heat, brown the chorizo. Remove from heat, and set aside to cool completely.

In a medium bowl, stir together chorizo and cheese. Divide mixture into four equal measures, and place a portion in the center of each chicken breast. Fold in the sides of the chicken breasts, and roll up.

Roll stuffed breasts in masa harina, and place seam-side down into the oiled pan. Spray the tops lightly with cooking spray.

Bake in a preheated oven until browned, about 35 minutes. Remove from oven, cool slightly, and top each chicken roll with 1/4 cup salsa.
**Ingredients**

1 (4 pound) whole chicken, cut into pieces  
2 medium heads garlic, chopped  
3 tablespoons butter  
2 1/4 cups sifted all-purpose flour  
1 teaspoon salt  
4 eggs  
4 egg yolks  
1 bunch fresh cilantro, chopped  
1 bunch fresh parsley, chopped  
1 bunch kale, torn into small pieces  
1 bunch fresh spinach, stems removed, torn into small pieces  
2 bunches green onions, chopped  
1 tablespoon Italian seasoning  
1 tablespoon curry powder  
3 tablespoons balsamic vinegar  
Salt and cracked black pepper to taste

**Directions**

Place chicken and garlic in a large pot and with water to cover. Bring to a boil, then reduce heat and simmer, covered, until meat is very tender, 30 minutes to 1 hour. Remove chicken from pot and let rest until cool enough to handle. Remove skin and bone and tear or chop meat into bite-size pieces.

In a large bowl, beat together butter, flour and salt to form a mealy mixture. Beat in eggs and egg yolks to form a stiff dough. Divide dough into thirds and roll each third out onto a floured surface to 1/8 inch (3 mm) thickness. Let rolled pieces of dough rest on racks for 20 minutes.

While dough is resting, stir chicken meat, cilantro, parsley, kale, spinach and green onions into broth. Season with Italian seasoning, curry powder and balsamic vinegar. Simmer over low heat, adding more water if necessary.

Slice the noodle dough into 1/2-inch (1.2 cm) widths. Bring the soup to a light boil and drop noodles into the soup a few at a time. Cook until noodles are tender, 5 minutes. Season soup with salt and pepper and serve.
**Spicy Cashew Chicken**

**Ingredients**
- 1 tablespoon vegetable oil
- 1/4 teaspoon crushed red pepper flakes
- 1 medium red bell pepper, thinly sliced
- 1 pound boneless, skinless chicken breast halves, cut into thin strips
- 1 (5.6 ounce) package Knorr® Rice Sides™ - Chicken
- 1 3/4 cups water
- 1 cup chopped unsalted cashews
- 1/2 cup frozen green peas, thawed

**Directions**

Heat oil in 12-inch nonstick skillet over medium-high heat and cook red pepper flakes 30 seconds. Add red pepper and cook, stirring occasionally, 2 minutes.

Add chicken and cook, stirring occasionally, 2 minutes or until golden. Stir in Knorr® Rice Sides™ - Chicken and water. Bring to a boil over high heat. Reduce heat to low and simmer covered 7 minutes or until rice is tender and chicken is thoroughly cooked.

Stir in cashews and peas until heated through.
**Ingredients**

1 (6 ounce) package herb-seasoned dry bread stuffing mix  
8 skinless, boneless chicken breast halves  
16 medium slices mozzarella cheese

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Prepare stuffing according to package directions. Wash the chicken, pat dry and pound out to about a 1/2 inch thickness. Place a slice of cheese on each breast, followed by a scoop of prepared stuffing. Close each breast over the cheese and stuffing and hold with a toothpick. Place stuffed breasts in a lightly greased 9x13 inch baking dish.

Bake at 350 degrees F (175 degrees C) for 25 minutes, or until chicken juices run clear, then place a second slice of cheese over each stuffed chicken, and bake for 2 more minutes, or until cheese is bubbly.
**Spicy Tomato Chicken (Ayam Masak Merah)**

**Ingredients**

1 (3 pound) whole chicken, cut into 8 pieces
1 teaspoon ground turmeric
salt to taste
1/4 cup dried red chile peppers
3 fresh red chile pepper, finely chopped
4 cloves garlic, minced
1 red onion, chopped
1 (3/4 inch thick) slice fresh ginger root
2 tablespoons sunflower seed oil
1 cinnamon stick
2 whole star anise pods
5 whole cloves
5 cardamom seeds
2 tomatoes, sliced
2 tablespoons ketchup
1 teaspoon white sugar, or to taste
1/2 cup water

**Directions**

Rub the chicken with turmeric powder and salt. Set aside. Soak the dried red chile peppers in hot water until softened. Blend the softened dried chile, fresh red chile pepper, garlic, onion, and ginger in a blender to a paste.

Heat the oil in a large skillet over medium-high heat. Brown the chicken in the hot oil until golden on all sides. Remove the chicken from the skillet and set aside. Remove excess oil from the skillet, leaving about 1 tablespoon. Cook and stir the chile paste with the cinnamon, star anise, cloves and cardamom seeds until fragrant. Return the chicken to the skillet. Stir in the water, adding more if needed. Toss in the tomatoes and stir in the ketchup and sugar. Bring to a boil then reduce heat to medium-low and simmer until no the chicken longer pink at the bone and the juices run clear, about 15 minutes. Serve hot.
# Elegant Brunch Chicken Salad

## Ingredients

- 1 pound skinless, boneless chicken breast halves
- 1 egg
- 1/4 teaspoon dry mustard
- 1/2 teaspoon salt
- 2 teaspoons hot water
- 1 tablespoon white wine vinegar
- 1 cup olive oil
- 2 cups halved seedless red grapes
- 1 cup coarsely chopped pecans
- 1 cup coarsely crumbled blue cheese

## Directions

Bring a large pot of water to a boil. Add the chicken and simmer until cooked through, approximately 10 minutes. Drain, cool and cut into cubes.

While boiling chicken, make the mayonnaise: Using a blender or hand-held electric mixer, beat the egg, mustard, salt, water and vinegar until light and frothy. Add the oil a tablespoon at a time, beating thoroughly after each addition. Once mixture begins to thicken, you can add oil more quickly. Continue until mixture reaches the consistency of creamy mayonnaise. **NOTE:** The more oil you add, the thicker it gets; you may not need the full cup of oil.

In a large bowl, toss together the chicken, grapes, pecans, blue cheese and 1 cup of the mayonnaise. Stir until evenly coated, adding more mayonnaise if necessary. Refrigerate until serving.
Smoky Mountain Chicken

**Ingredients**
- 4 skinless, boneless chicken breasts
- ground black pepper to taste
- 1 teaspoon garlic powder
- 1 teaspoon Italian-style seasoning
- 1 (18 ounce) bottle barbecue sauce
- 4 slices ham
- 4 slices Monterey Jack cheese
- 1/8 cup chopped green onion for topping
- 1/4 cup chopped tomatoes, for garnish

**Directions**
- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken breasts in a lightly greased 9x13 inch baking dish. Season with pepper, garlic powder and Italian seasoning to taste. Bake seasoned chicken in the preheated oven for 20 to 30 minutes or until cooked through and juices run clear.
- When chicken is done, remove from oven and pour on barbecue sauce. Layer each breast with slice of ham, then slice of cheese. Return to oven and continue to bake for 5 minutes or until cheese has melted. Remove from oven and top with chopped green onions and tomatoes.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>4 skinless, boneless chicken breasts</td>
</tr>
<tr>
<td>1 cup mayonnaise</td>
</tr>
<tr>
<td>2 tablespoons prepared mustard</td>
</tr>
<tr>
<td>1/4 cup grated Parmesan cheese</td>
</tr>
<tr>
<td>1 cup crushed cornflakes cereal</td>
</tr>
</tbody>
</table>

### Directions

Preheat oven to 400 degrees F (200 degrees C).

Rinse chicken and pat dry. In a small bowl mix together the mayonnaise, mustard and cheese. Brush mixture onto chicken pieces to coat; refrigerate any leftover mixture for dipping.

Place cereal crumbs in a shallow dish or bowl; roll chicken in crumbs to coat and place coated chicken in a lightly greased 9x13 inch baking dish.

Bake at 400 degrees F (200 degrees C) for 20 to 25 minutes or until chicken is cooked through and juices run clear.
### Ingredients
2 cups water  
2 tablespoons pineapple juice  
1 teaspoon lime juice  
1 clove garlic, minced  
1 pinch saffron  
4 teaspoons salt  
2 teaspoons ground black pepper  
1 (3 pound) whole chicken, quartered

### Directions
In a large bowl, mix the water, pineapple juice, lime juice, garlic, saffron, salt, and pepper. Place the chicken in the bowl, and marinate 45 minutes in the refrigerator. Turn chicken, and continue marinating 30 minutes.

Preheat grill for high heat.

Lightly oil the grill grate. Discard marinade, and grill the chicken, turning occasionally, 45 minutes, or until juices run clear.
Oregano Chicken

**Ingredients**

- 1/4 cup butter, melted
- 1/4 cup lemon juice
- 2 tablespoons Worcestershire sauce
- 2 tablespoons soy sauce
- 2 teaspoons dried oregano
- 1 teaspoon garlic powder
- 6 skinless, boneless chicken breast halves

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

Combine the melted butter or margarine, lemon juice, Worcestershire sauce, soy sauce, oregano and garlic powder. Mix well.

Place chicken in an ungreased 7x11 inch baking dish. Pour the butter/oregano mixture over the chicken. Bake in the preheated oven for 15 minutes. Baste juices over the chicken. Bake for an additional 15 minutes. Transfer the chicken to a serving platter and serve the pan drippings over hot cooked rice, if desired.
Ingredients

1 pound skinless, boneless chicken breast halves
1 teaspoon garlic powder
1 teaspoon dried thyme
1 teaspoon dried rosemary
3 slices bread, cut into 1/2 inch cubes
butter flavored cooking spray
1 teaspoon garlic salt
1 teaspoon dried parsley
1/2 pound bacon
1 large head romaine lettuce leaves, torn into bite size pieces
1 (8 ounce) bottle bottled Caesar salad dressing
freshly grated Parmesan cheese to taste
salt and black pepper to taste
1 (10 ounce) package (6-inch) pocket pita bread, halved

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a saucepan with garlic powder, thyme, and rosemary; add water to cover. Bring to a boil over high heat, then reduce heat medium-low, cover, and simmer until chicken is tender and no longer pink in the center, about 15 minutes. Remove chicken, let cool, and cut into strips.

Meanwhile, place bread cubes on a baking sheet. Spray with butter spray; sprinkle with garlic salt and parsley.

Bake bread cubes in preheated oven for 5 minutes. Turn cubes; spray again with butter spray and sprinkle with garlic salt and parsley. Bake another 5 to 10 minutes until golden brown and crunchy. Remove croutons, and let cool.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly browned and crispy. Remove bacon from skillet, drain on paper towels and crumble.

Combine chicken, bacon, lettuce, and croutons in a large bowl. Toss with Caesar salad dressing and Parmesan cheese. Season to taste with salt and pepper and toss again. Spoon salad mixture into pita bread halves.
Arti-Cheesy Chicken

Ingredients

- 1/2 pound sliced bacon
- 1 pound fresh mushrooms, sliced
- 2 skinless, boneless chicken breast halves - cooked and cubed
- 1 (6.5 ounce) jar marinated artichoke hearts, drained
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 pint heavy cream
- 1 (6 ounce) can black olives, drained
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon garlic, minced
- Salt and pepper to taste
- 1 (6 ounce) package feta cheese, crumbled

Directions

Fry bacon in a large skillet over medium heat. Remove from skillet, leaving 3 tablespoons of the bacon grease in the skillet. Set bacon aside.

Add mushrooms to skillet and sauté for 3 to 4 minutes over medium-high heat. Reduce heat to low and add the chicken, artichoke hearts, soup, cream, olives, Parmesan cheese, garlic and salt and pepper to taste.

When this mixture begins to simmer, slowly stir in feta cheese. Crumble the bacon into the skillet and let all simmer, stirring often, for 5 to 10 minutes.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>ground white pepper</td>
<td>1 pinch</td>
</tr>
<tr>
<td>sweet paprika</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>whole chicken</td>
<td>1 (2.5 pound)</td>
</tr>
<tr>
<td>sliced fresh mushrooms</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>duck liver pate</td>
<td>8 ounces</td>
</tr>
<tr>
<td>chopped pistachios</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>dried thyme leaves</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>egg</td>
<td>1</td>
</tr>
<tr>
<td>dry bread crumbs</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>melted butter</td>
<td>3 tablespoons</td>
</tr>
</tbody>
</table>

## Directions

Preheat an oven to 425 degrees F (220 degrees C). Mix the salt, white pepper, and paprika together in a small bowl; set aside.

Rinse the chicken well with cold water, then pat dry inside and out with paper towels. Place the chicken into a small roasting pan, and sprinkle half of the paprika mixture inside the chicken. Rub the remaining mixture into the skin of the chicken, then set aside.

Chop the mushrooms, and place into a bowl along with the duck liver pate, chopped pistachios, thyme leaves, egg, and bread crumbs. Mix with your hands until evenly blended. Spoon the stuffing into the cavity of the chicken, then tie the legs and wings with kitchen twine. Brush the chicken with half of the melted butter, and place into the roasting pan, breast-side down.

Roast the chicken in the preheated oven for 20 minutes, then turn the chicken breast-side up, brush with the remaining butter, and continue roasting until no longer pink at the bone and the juices run clear, about 30 minutes longer. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C). Remove the chicken from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area for 10 minutes before slicing.
**Tortilla Chicken Vegetable Soup**

**Ingredients**
- 1 (3 pound) whole chicken, cut into pieces
- 4 quarts water
- 3 stalks celery, chopped
- 2 cloves garlic
- 1 onion, finely diced
- 2 (14 ounce) cans peeled and diced tomatoes with juice
- 2 cubes chicken bouillon
- 1 red bell pepper, chopped
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground cayenne pepper
- 1/4 teaspoon ground white pepper
- 1 (10 ounce) package frozen corn kernels
- 1 bunch green onions, thinly sliced
- 2 bunches chopped fresh cilantro
- 2 cups cooked white rice
- salt to taste

**Directions**
Place chicken and water in a stockpot, and add onion, celery, and garlic. Cover, and bring to a boil. Reduce heat, and simmer until chicken is tender, about 45 minutes.

Remove chicken from broth, and set aside to cool. Skim off fat. Smash cooked garlic cloves against side of pot. Add undrained tomatoes, carrots, cumin, cayenne pepper, white pepper, and bouillon cube to the broth. Cover, and simmer 30 minutes.

Add corn, green onion, and cilantro. Simmer 10 minutes longer.

Skin and bone chicken, then dice or shred into bite-size pieces. Add chicken to soup along with cooked rice. Heat through. Season with salt to taste. Ladle into bowls, and garnish with cheese and tortilla chips.
Mozzarella Chicken

**Ingredients**

- 4 skinless, boneless chicken breasts
- 1/4 cup butter
- salt and pepper to taste
- 4 slices mozzarella cheese
- 1 egg, beaten
- 2 cups all-purpose flour for coating
- 1 cup seasoned dry bread crumbs
- 1/4 cup butter
- 2 teaspoons minced garlic
- 1 cup dry white wine

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Place chicken breasts between 2 sheets of wax paper. Pound each to 1/4 inch thickness. Spread butter/margarine over the inside, then add salt and pepper to taste.

Place slice of cheese on breast, roll and close with toothpicks. Repeat with each breast. Dip rolled breasts in flour, then egg, then breadcrumbs. Place coated breasts in a lightly greased 9x13 inch baking dish.

To Make Sauce: In a saucepan, melt 1/4 cup butter and add garlic. Add wine and simmer all together. Pour sauce over chicken and bake in the preheated oven for 30 to 45 minutes.
### Herbed Chicken Omelet

#### Ingredients

- 4 eggs
- 1 green onion, sliced
- 2 tablespoons minced fresh parsley
- 1/4 teaspoon dried tarragon
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon butter or margarine
- 1/2 cup cubed cooked chicken
- 1/2 teaspoon celery seed

#### Directions

In a bowl, beat eggs, onion, parsley, tarragon, salt and pepper. Melt butter in a skillet over medium heat; add egg mixture. As eggs set, lift edges, letting uncooked portion flow underneath. Sprinkle with chicken and celery seed. When the eggs are set, remove from the heat; fold omelet in half.
# Chicken and Cold Noodles with Spicy Sauce

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 cups water</td>
<td></td>
</tr>
<tr>
<td>1 whole bone-in chicken breast, with skin</td>
<td></td>
</tr>
<tr>
<td>6 ounces dry Chinese noodles</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon sesame oil</td>
<td></td>
</tr>
<tr>
<td>1/4 cup tahini</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons water</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon sesame oil</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons chili oil (optional)</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons soy sauce</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons red wine vinegar</td>
<td></td>
</tr>
<tr>
<td>1/4 cup peanut oil</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons minced garlic</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

1. In large saucepan over medium high heat, bring 6 cups water to boil. Add chicken breast, and return to boil. Reduce heat to low. Simmer, uncovered, about 15 minutes. Remove meat from broth, and set aside to cool.

2. Bring broth to boil again, and add noodles. Cook, stirring occasionally, 5 to 7 minutes. Drain, reserving broth for another use if desired. Rinse noodles under cold running water until chilled. Drain again, and transfer to serving bowl. Toss lightly with 1 teaspoon sesame oil.

3. Cut or pull chicken meat into fine shreds, discarding skin and bones. Set aside.

4. Combine tahini and 3 tablespoons water, stirring to blend. Add chili oil, soy sauce, vinegar, 1 tablespoon sesame oil, peanut oil, and garlic. Mix well.

5. Arrange the chicken on top of noodles in serving dish. Spoon sauce over all.
**Adriel's Chinese Curry Chicken**

### Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon</td>
<td>yellow curry paste</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>chicken broth, divided</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>chicken broth, divided</td>
</tr>
<tr>
<td>1 1/2 teaspoons</td>
<td>curry powder</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>salt</td>
</tr>
<tr>
<td>4 1/2 teaspoons</td>
<td>light soy sauce</td>
</tr>
<tr>
<td>1 (5.6 ounce) can</td>
<td>coconut milk</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>canola oil</td>
</tr>
<tr>
<td>3 skinless, boneless</td>
<td>chicken breast halves, sliced</td>
</tr>
<tr>
<td>2 teaspoons</td>
<td>minced garlic</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>minced fresh ginger</td>
</tr>
<tr>
<td>1 onion, sliced</td>
<td></td>
</tr>
<tr>
<td>2 potatoes</td>
<td>peeled, halved, and sliced</td>
</tr>
</tbody>
</table>

### Directions

In a bowl, mash the yellow curry paste with about 2 tablespoons of chicken broth to help dissolve the paste; whisk in remaining chicken broth, sugar, curry powder, salt, light soy sauce, and coconut milk. Set aside.

Heat a wok or large skillet over high heat for about 30 seconds; pour in the oil. Let the oil heat until shimmering, about 30 more seconds. Stir the chicken, garlic, and ginger into the hot oil; cook and stir until the chicken has begun to brown and the garlic and ginger are fragrant, about 2 minutes. Stir in the onion and potatoes, toss all ingredients in the hot oil, and pour in the sauce mixture. Bring the sauce to a boil, reduce heat, and cover the wok. Simmer until the chicken is cooked through and the potatoes are tender, 20 to 25 minutes.
**Ingredients**

1/3 cup butter  
1 onion, chopped  
1/3 cup all-purpose flour  
1 1/2 cups chicken broth  
2/3 cup milk  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
1 cup frozen green peas  
1 cup frozen diced carrots  
2 cups cooked, shredded chicken meat  
2 cups all-purpose flour  
2 1/2 teaspoons baking powder  
3/4 teaspoon salt  
5 tablespoons shortening  
3/4 cup milk

**Directions**

Preheat oven to 450 degrees F (230 degrees C). Butter a 2 quart casserole dish.

In a large saucepan, saute chopped onion in the butter. Stir in flour and cook for 1 minute. Add chicken broth and milk. Heat to boiling, stirring constantly. Cook for 2 minutes. Season with salt and pepper. Add frozen peas and carrots and cooked chicken. Pour into buttered 2 quart casserole dish.

In a medium bowl, mix together 2 cups flour, baking powder, and 3/4 teaspoon salt. Cut in shortening until mixture is crumbly. Stir in milk just until dough is moistened, then drop by spoonfuls onto chicken mixture.

Bake at 450 degrees F (230 degrees C) for 12 to 15 minutes, or until biscuits are golden brown, and cooked on the bottom. This tends to bubble over so I place a piece of aluminum foil under the pan to catch the drips.
# Rosemary Lemon Grilled Chicken

## Ingredients
- 1/2 cup butter
- 1/2 cup fresh rosemary
- 3 cloves garlic
- 1 lemon, zested
- 1/4 cup fresh lemon juice
- 6 (6 ounce) skinless, boneless chicken breast halves
- salt and pepper to taste

## Directions
In a food processor, thoroughly blend together the butter, rosemary, garlic, lemon zest, and lemon juice. Pour 1/3 of blended mixture into a small bowl for marinade. Cover remaining mixture, and set aside.

Lightly season chicken breasts with salt and pepper. Rub chicken breasts with the marinade mixture. Place chicken breasts on a platter, cover, and refrigerate 3 hours.

Preheat an outdoor grill for high heat and lightly oil grate. Pour half of the reserved rosemary and lemon mixture into a bowl for basting. Cover remaining mixture, and set aside for topping cooked chicken.

Grill chicken breasts 4 minutes on each side, basting with rosemary and lemon basting mixture. Remove chicken breasts from grill, and top with small scoops of the remaining topping mixture.
# The Best Barbequed Chicken Ever

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1 cup vegetable oil</td>
<td></td>
</tr>
<tr>
<td>2 cups lemon-lime flavored carbonated beverage</td>
<td></td>
</tr>
<tr>
<td>1 cup soy sauce</td>
<td></td>
</tr>
<tr>
<td>1 1/2 teaspoons garlic powder</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

To Make Marinade: In a medium bowl combine the oil, lemon-lime beverage, soy sauce and garlic powder. Stir thoroughly until you have a good mixture.

Put chicken and marinate together in a plastic container and marinate in the refrigerator for 12 to 18 hours (6 to 9 hours if using skinless, boneless chicken breasts) before barbequing.

Barbeque slowly - don't overcook. Turn frequently, basting with marinade with each turn. Cook until meat is no longer pink in the center and juices run clear. Discard any remaining marinade after use.
Easy Cola Chicken

**Ingredients**

- 4 skinless, boneless chicken breast halves
- salt and pepper to taste
- 2 tablespoons Worcestershire sauce
- 1 cup ketchup
- 1 cup cola-flavored carbonated beverage

**Directions**

- Preheat the oven to 350 degrees F (175 degrees C).
- Place the chicken pieces into a 9x13 inch baking dish. Season with salt and pepper. In a medium bowl, mix together the Worcestershire sauce, ketchup and cola. Pour over the chicken. Cover with a lid or aluminum foil.
- Bake for 50 minutes in the preheated oven, until the chicken is no longer pink.
### Chicken Spaghetti Salad

#### Ingredients
- 3 ounces uncooked spaghetti
- 1/2 cup shredded cooked chicken breast
- 1/2 cup julienned cucumber
- 1/3 cup julienned carrots
- 1 tablespoon white vinegar
- 1 tablespoon reduced-sodium soy sauce
- 2 teaspoons canola oil
- 1 teaspoon minced fresh gingerroot
- 3/4 teaspoon sugar
- 1/4 teaspoon minced garlic

#### Directions
Cook spaghetti according to package directions; drain and rinse in cold water. Combine the spaghetti, chicken, cucumber and carrot. In a small saucepan, combine the vinegar, soy sauce, oil, ginger, sugar and garlic. Bring to a boil; remove from the heat. Drizzle over spaghetti mixture and toss to coat.
Momma OB's Chicken Chili

Ingredients

- 2 pounds skinless, boneless chicken breast meat - cubed
- 1/2 tablespoon olive oil
- 1 tablespoon Italian seasoning
- 2 (28 ounce) cans whole peeled tomatoes
- 1 (16 ounce) can chili beans, drained and rinsed
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 (1.25 ounce) package chili seasoning mix
- 1 (4 ounce) can diced green chile peppers
- 1 onion, minced
- 3 cloves garlic, minced
- 1/2 cup water

Directions

Heat oil in a skillet over medium heat, and add the chicken and half of the Italian seasoning. Cook, stirring frequently, until chicken is cooked through and evenly browned.

Place the remaining Italian seasoning, tomatoes, chili beans, kidney beans, chili seasoning, chile peppers, onion, garlic, and water in a slow cooker. Stir in chicken and juices.

Cover, and cook on High for three hours.
Red Wine Chicken

**Ingredients**

- 1 cup red wine
- 1/2 cup balsamic vinaigrette salad dressing
- 2 skinless, boneless chicken breast halves
- salt and pepper to taste
- 3 shallots, finely chopped
- 1/2 teaspoon chopped fresh thyme leaves

**Directions**

Pour the red wine and vinaigrette into a resealable plastic bag. Sprinkle the chicken breasts with salt and pepper, and place into the bag. Coat the chicken with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for at least 1 hour.

Pour the marinade into a skillet over high-medium heat, and cook, stirring frequently, until the marinade begins to reduce and the oil separates, about 15 minutes. Place the chicken into the skillet and brown on both sides, about 4 minutes per side. Stir in the shallots, and cook, stirring, until translucent, about 10 minutes. Stir in the thyme leaves and cook until the sauce is reduced and the chicken is browned and no longer pink in the center, about 4 to 5 minutes.
## Ingredients

- 4 skinless, boneless chicken breasts
- 1 3/4 cups Swanson® Chicken Broth (regular, Natural Goodness™ or Certified Organic)
- 1/2 cup orange juice
- 1 medium onion, chopped
- 1 cup (uncooked) regular long-grain white rice
- 3 tablespoons chopped fresh parsley
- Orange slices

## Directions

Cook chicken in nonstick skillet over medium-high heat 10 minutes or until browned. Set chicken aside.

Add broth, orange juice, onion and rice. Heat to a boil. Cover and cook over low heat 10 minutes. Return chicken to skillet. Replace cover.

Cook 10 minutes or until chicken is done. Stir in parsley and top with orange slices.
### Ingredients

- 2 skinless, boneless chicken breast halves
- 1 stalk celery
- 1 (4.5 ounce) can sliced mushrooms
- 1 (12 fluid ounce) can evaporated milk
- 8 ounces processed cheese food (eg. Velveeta)
- 1/2 cup butter
- 1/3 cup dry sherry
- 1 pinch salt
- 1 pinch ground black pepper
- 1/4 cup cornflakes cereal
- 1 pinch paprika
- 3/4 (12 ounce) package egg noodles, cooked and drained

### Directions

Boil chicken breasts and celery in 4 cups of water for about 30 minutes. Remove from heat and remove chicken from water to cool. When chicken is cooled, shred and set aside.

In a large skillet, melt butter or margarine. Drain mushrooms, reserving liquid, and add to skillet. Heat thoroughly, seasoning with salt and pepper. Add evaporated milk, reserved mushroom liquid and sherry, stirring well. Add cheese a few slices at a time until thoroughly melted and blended. Add shredded chicken and bring to a slow boil.

Preheat oven to 350 degrees (175 C). Grease a 9x13x2 glass baking dish. Put in noodles at about a 1 1/2 inch depth and pour chicken mixture over noodles. Stir to coat. Top with cornflake crumbs and paprika, cover dish and bake for 25 minutes. Uncover dish and bake for 5 more minutes. Serve warm.
Chicken Pot Pie III

Ingredients

- 1 recipe pastry for a 9 inch double crust pie
- 2 cups frozen mixed vegetables
- 2 boneless, skinless chicken breast halves, boiled
- 1 teaspoon dried thyme
- 1/2 (10.75 ounce) can condensed cream of celery soup
- 1 (10.75 ounce) can condensed cream of potato soup

Directions

Preheat oven to 400 degrees F (200 degrees C). Line a 9 inch pie dish with pastry.

Blanch frozen mixed vegetables for 3 to 4 minutes. Drain.

Dice chicken and place in a large bowl. Add vegetables, thyme, celery soup and potato soup. Stir together.

Pour filling into pastry lined pie dish. Arrange top layer of pie crust, seal and flute the edges. Cut slits in the top of the crust to allow for steam to escape.

Place pie on cookie sheet. Put aluminum foil around the pie crust edges. Bake at 400 degrees F (200 degrees C) for 30 minutes. Remove foil and continue to bake for an additional 30 minutes until golden brown. Remove from oven and let stand for 5 minutes and then serve.
Ingredients

2 bone-in chicken breast halves
1/4 teaspoon salt
4 1/2 teaspoons butter or margarine
1 small onion, thinly sliced
1 celery rib, thinly sliced
1/2 cup chicken broth
1/2 cup apple jelly
3 tablespoons orange juice
1 tablespoon minced fresh parsley
1/4 teaspoon dried thyme

Directions

Sprinkle chicken with salt if desired. In a large skillet, melt butter over medium heat; brown chicken on all sides. Remove and keep warm. In the pan drippings, sauté onion and celery until tender. Add the remaining ingredients; cook and stir until jelly is melted. Return chicken to pan. Cook, uncovered, for 30-35 minutes or until meat juices run clear. Remove skin if desired. Top chicken with onion mixture.
Chicken Soft Tacos

**Ingredients**

- 4 (6 inch) Mission® 96% Fat Free Heart Healthy Fajita Tortillas, warmed
- 1/4 cup guacamole, prepared
- 1 cup rotisserie chicken white and dark meat (no skin), shredded, warmed
- 1 cup iceberg lettuce, shredded, packaged
- 4 tablespoons Roma tomatoes, small chop
- 1/2 cup Cheddar cheese, grated

**Directions**

To build 1 chicken soft taco: Spread 1 tablespoon guacamole down the center of one warmed tortilla.

Top guacamole with heaping 1/4 cup warmed chicken.

Top chicken with 1/4 cup shredded iceberg lettuce.

Top lettuce with 1 tablespoon chopped tomato.

Top lettuce with 2 tablespoons cheese.

Repeat steps 1 through 5 with remaining 3 tortillas and ingredients.

Fold each tortilla into a taco and serve.
# Twenty Minute Chicken

## Ingredients
- 3 boneless, skinless chicken breast halves
- 1/2 large onion, chopped
- 2 (10 ounce) packages sliced fresh button mushrooms
- 1/4 cup olive oil
- salt and freshly ground black pepper to taste
- 1 clove garlic, chopped (optional)
- 1 cup shredded mozzarella cheese

## Directions
Preheat oven to 400 degrees F (200 degrees C). Wash chicken breasts, pat dry with paper towels, and cut each breast in half.

Heat 2 tablespoons oil in a large skillet over medium-high heat. Sear chicken briefly, turning until no longer pink, about 5 minutes.

Meanwhile, in another large skillet, heat 2 tablespoons oil over medium-high heat. Stir in mushrooms, onions, and garlic, if using; cook until they are nice and soft, about 5 minutes.

Pour contents of both skillets into a baking dish, sprinkle cheese over the top, and bake about 5 minutes.
**Anthony's Lime Chicken with Pasta**

**Ingredients**

For the pasta:
- 1 (16 ounce) package dried small pasta shells
- 3 tablespoons olive oil
- 2 tablespoons butter
- 1/2 cup Parmesan cheese
- 2 tablespoons chopped fresh parsley

For the chicken:
- 1/2 cup olive oil
- 3 tablespoons butter
- 1 clove garlic, sliced
- 4 (6 ounce) skinless, boneless chicken breast halves - cut into 2 inch pieces
- salt and pepper to taste
- 2 eggs, beaten
- 1/4 cup milk
- 1 cup bread crumbs
- 2 limes, quartered
- 1/2 cup white wine
- 1 (14.5 ounce) can diced tomatoes

**Directions**

Bring a large pot of lightly salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, pour pasta into a large bowl, and stir in 3 tablespoons olive oil, 2 tablespoons butter, Parmesan, and parsley.

Meanwhile, warm 1/2 cup olive oil and 3 tablespoons butter in a large skillet over medium heat. Stir in garlic.

Season chicken pieces with salt and pepper. In a bowl, whisk together the eggs and milk. Dip chicken into egg mixture, then coat with bread crumbs. Place chicken pieces and limes into hot skillet. Cover, and cook until chicken is well browned on the bottom. Turn the chicken, and pour wine into the skillet; cover, and cook until the chicken is browned. Stir in diced tomatoes; cover, and cook about 3 minutes. Remove lime wedges, and serve over pasta.
Ingredients

- 3 boneless chicken breast halves, cooked and cubed
- 1 cup mayonnaise
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (4.5 ounce) can mushrooms, drained
- 1 (8 ounce) can water chestnuts, drained and chopped
- 1/2 cup chopped celery
- 1 cup crushed butter crackers

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a small skillet, saute the mushrooms in oil.

Mix together the chicken, mayonnaise, soup, sauteed mushrooms, water chestnuts and celery. Place mixture in a 12x7.5 inch casserole dish. Top with the crushed crackers, tossed with melted butter. Bake in the preheated oven for 30 to 45 minutes.
Medieval Chicken Pie

**Ingredients**

- 1 recipe pastry for a 9 inch double crust pie
- 1 1/2 pounds chicken
- 1 egg
- 3 tablespoons white wine
- 1/8 cup dates, pitted and chopped
- 1/2 cup ground almonds
- 1/2 cup shredded Cheddar cheese
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground white pepper
- 1/4 teaspoon ground cloves
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground mace
- 1 teaspoon ground cinnamon
- 1 cup chicken broth

**Directions**

Cut chicken into bite-sized pieces. In a saucepan, boil chicken with chicken broth, over low heat, for about 1 hour or until done. Add water, if necessary, to cover chicken while cooking. Drain and reserve the broth, and place cooked chicken in a large bowl.

Preheat oven to 375 degrees F (190 degrees C).

Add egg, white wine and 1 cup of chicken stock to the cooked chicken. Add dates, ground almonds and cheese, then toss to mix. Add salt, black and white pepper, cloves, ginger, mace and cinnamon. Mix spices in. Don't worry if the filling seems wet, it will thicken as it cooks.

Pour filling into pie shell. Cover with top shell and crimp to seal edges.

Bake at 375 degrees F (190 degrees C) for 45 minutes to an hour.
Mock Chicken Fried Steak

Ingredients

1 pound ground beef
2 teaspoons chopped fresh parsley
1 tablespoon chili powder
1 teaspoon salt
1 egg
2 cups crushed saltine crackers, divided
1/2 cup oil for frying

Directions

In a medium bowl, mix together the ground beef, parsley, chili powder, salt, egg, and 1 cup of crushed saltine crackers. Form into 6 balls, then flatten into patties. Coat patties with remaining cracker crumbs, and place them on a plate. Refrigerate for at least 30 minutes.

Heat the oil in a large skillet over medium heat. Fry patties for about 7 minutes per side, or until the centers are well done and the outside is golden brown.
### Ingredients

- 2 (14 ounce) cans coconut milk
- 2 tablespoons green curry paste
- 2/3 cup chicken broth
- 1 (8 ounce) can sliced water chestnuts, drained
- 1 (8 ounce) can sliced bamboo shoots, drained
- 1 green bell pepper, cut into 1 inch pieces
- 1 cup sliced fresh mushrooms
- 3 boneless skinless chicken breasts, cut into 1 inch pieces
- 3 tablespoons fish sauce
- 1/4 cup chopped fresh basil

### Directions

Over medium heat, whisk coconut milk and curry paste together in a large saucepan. Simmer for 5 minutes.

Stir in chicken broth, water chestnuts, bamboo shoots, bell pepper, mushrooms, and chicken. Season with fish sauce and basil. Simmer for 10 more minutes, or until chicken is cooked, yet still tender.
## Ingredients

- 1 (10.75 ounce) can Campbell's® Healthy Request® Condensed Cream of Chicken Soup
- 1 (10.75 ounce) can Campbell's® Healthy Request® Condensed Chicken Rice Soup
- 2 (10.75 ounce) cans water
- 1 teaspoon curry powder
- 2 medium potatoes, cut into cubes
- 1 (9 ounce) package frozen mixed vegetables
- 1/4 cup diced green or red pepper
- 2 (4.5 ounce) cans Swanson® Premium Chunk Chicken Breast in Water, drained

## Directions

Heat the soups, water, curry powder, potatoes, vegetables and pepper in a 4-quart saucepan over medium-high heat to a boil.

Reduce the heat to low. Cover and cook for 10 minutes or until the vegetables are tender. Stir in the chicken. Cook until the mixture is hot and bubbling.
Chicken Bow Tie Salad

**Ingredients**
- 8 ounces bow tie pasta, uncooked
- 1 (4 ounce) can chopped green chilies, drained
- 3 tablespoons lime juice
- 3 tablespoons canola oil
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon sugar
- 1/2 teaspoon hot pepper sauce
- 2 cups cubed cooked chicken breast
- 2 large tomatoes, chopped
- 1/3 cup chopped red onion
- 3 tablespoons minced fresh cilantro or parsley

**Directions**
Cook pasta according to package directions; rinse with cold water and drain. Cool completely. For dressing, combine the chilies, lime juice, oil, garlic, cumin, sugar and hot pepper sauce in a small bowl; stir well. In a large bowl, combine the pasta, chicken, tomatoes, onion and cilantro. Add dressing and toss gently to coat. Cover and refrigerate overnight.
## Chicken Yum-Yums

### Ingredients
- 2 tablespoons olive oil
- 6 boned and skinned chicken breast halves
- 1 pinch salt
- 1/2 cup duck sauce
- 1/4 cup dried apricots, sliced
- 1/4 cup raisins
- 1 small apple - peeled, cored and thinly sliced

### Directions
Heat oil in a large skillet over medium high heat. Pat chicken breasts dry with a paper towel, and lightly season with salt. Add chicken to the pan, and reduce heat to medium. Cook for 3 minutes per side, turning once.

Reduce heat to medium low. To the pan, add duck sauce, apricots, raisins, and apples. Turn chicken to coat, and continue cooking until no longer pink in the center and juices run clear. More duck sauce may be added, as desired.
Chicken Alfredo with Fettuccine

Ingredients

- 1 tablespoon I Can't Believe It's Not Butter!® Spread
- 1 pound boneless, skinless chicken breasts, cut into strips
- 1 (16 ounce) jar Ragu® Cheesy! Classic Alfredo Sauce
- 8 ounces fettuccine, cooked and drained

Directions

- Melt Spread in 12-inch skillet over medium-high heat and cook chicken, stirring occasionally, until chicken is thoroughly cooked. Remove chicken and set aside.

- Stir Cheesy Sauce into skillet. Simmer covered over low heat, stirring occasionally, 5 minutes or until heated through. Serve sauce and chicken over hot fettuccine and sprinkle, if desired, with grated Parmesan cheese.
## Holiday Fruit Stuffed Roasted Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup coarsely chopped walnuts</td>
<td></td>
</tr>
<tr>
<td>1 (5 pound) whole chicken</td>
<td></td>
</tr>
<tr>
<td>salt and pepper, to taste</td>
<td></td>
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<tr>
<td>2 tablespoons Italian-style salad dressing</td>
<td></td>
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<tr>
<td>2 tablespoons butter, melted</td>
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<tr>
<td>1 teaspoon grated orange zest</td>
<td></td>
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<tr>
<td>1 teaspoon grated lemon zest</td>
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<tr>
<td>1/2 teaspoon dried basil, or to taste</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon dried thyme, or to taste</td>
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</tbody>
</table>

**Stuffing**

<table>
<thead>
<tr>
<th>Item</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons butter</td>
<td></td>
</tr>
<tr>
<td>1 apple, cored and chopped</td>
<td></td>
</tr>
<tr>
<td>1 pear, cored and chopped</td>
<td></td>
</tr>
<tr>
<td>1/2 cup pineapple chunks, drained</td>
<td></td>
</tr>
<tr>
<td>1/2 cup cubed French bread</td>
<td></td>
</tr>
<tr>
<td>5 pitted prunes, chopped</td>
<td></td>
</tr>
<tr>
<td>1 cup seedless grapes, halved</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons Italian-style salad dressing</td>
<td></td>
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<tr>
<td>2 tablespoons orange juice</td>
<td></td>
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<tr>
<td>1 tablespoon apple cider</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon grated orange zest</td>
<td></td>
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<tr>
<td>1 tablespoon honey</td>
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<tr>
<td>1 teaspoon ground cinnamon</td>
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</table>

### Directions

1. Preheat an oven to 275 degrees F (135 degrees C). Spread the walnuts out onto a baking sheet and toast them for about 45 minutes, until the nuts start to brown and become fragrant. Watch the walnuts carefully, because they burn quickly. Set the walnuts aside.

2. While the walnuts are roasting, rinse the chicken well with cold water, then pat dry inside and out with paper towels. Place the chicken into a small roasting pan, and sprinkle inside and outside with salt and pepper.

3. Combine 2 tablespoons Italian dressing, 2 tablespoons of melted butter, 1 teaspoon orange peel, the lemon peel, thyme, and basil in a small bowl. Brush the chicken inside and out with the mixture.

4. To make the stuffing, heat 2 tablespoons of butter in a skillet over medium heat. Add the apple, pear, and pineapple chunks; cook and stir about 5 minutes, until the apple and pear are tender. Mix the cooked fruit mixture with the roasted walnuts, bread, prunes, grapes, 2 tablespoons Italian dressing, orange juice, apple cider, 1 teaspoon of orange zest, honey, and cinnamon in a large bowl and stir to combine.

5. Increase oven temperature to 325 degrees F (165 degrees C). Spoon the stuffing into the chicken cavity, including the area under the neck skin. Secure the skin over the neck cavity with toothpicks, and fold the wings underneath the chicken. Tie the drumsticks together.

6. Roast the chicken in the preheated oven for 1 hour, and untie the drumsticks. Return the chicken to the oven and continue roasting until no longer pink at the bone and the juices run clear, about 45 minutes to 1 hour additional roasting time. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C). Remove the chicken from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area for 10 minutes before slicing.
Cheesy Chicken with Pasta

**Ingredients**

1 (18 ounce) package Campbell's® Supper Bakes™ Cheesy Chicken with Pasta includes seasoning, pasta, baking sauce, crumb topping
2 cups hot water
2 tablespoons butter or margarine
4 skinless, boneless chicken breasts

**Directions**

- Preheat oven to 400 degrees F.
- Mix seasoning, hot water, butter and pasta in 13x9x2-inch baking dish. Top with chicken.
- Pour baking sauce over chicken and pasta. Cover tightly with foil.
- Bake 20 minutes. Stir pasta around edge of dish. Sprinkle chicken with crumb topping. Bake, uncovered, 10 minutes or until done. Stir pasta before serving.
Chicken And Apple Curry

Ingredients

3 tablespoons butter
2 small onion, chopped
2 apples - peeled, cored and finely chopped
3 tablespoons all-purpose flour
1 tablespoon curry powder
8 skinless, boneless chicken breasts
1 cup hot chicken broth
1 cup milk
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

Saute apple and onion in butter or margarine until tender. Add curry powder and saute 1 minute more. Add flour and continue to cook 1 minute longer. Add stock or broth and milk; stir well.

Salt and pepper chicken breasts to taste and lay in a single layer in a 9x13 inch (or larger) baking dish. Pour sauce mixture over chicken breasts and bake in preheated oven for 45 to 50 minutes, until chicken is done.
Creamy Chicken Rice Soup

**Ingredients**

- 1/2 cup chopped carrot
- 1/3 cup finely chopped onion
- 1/3 cup chopped celery
- 2 tablespoons butter or stick margarine
- 1/4 cup all-purpose flour
- 2 (14.5 ounce) cans reduced sodium chicken broth
- 2 cups cooked long-grain rice
- 1 cup cubed cooked chicken
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon garlic powder
- 1 cup 2% milk
- 2 tablespoons lemon juice
- 1 tablespoon white wine

**Directions**

In a large saucepan, saute the carrot, onion and celery in butter until tender. Stir in flour until blended. Gradually stir in broth. Add the rice, chicken, salt, pepper and garlic powder; bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until vegetables are tender. Reduce heat to low. Stir in the milk, lemon juice and wine if desired. Cook and stir for 5 minutes or until heated through.
### Ingredients

- 1/4 cup all-purpose flour, or as needed
- salt and black pepper to taste
- 2 eggs, beaten
- 1 tablespoon white sugar
- 1 tablespoon grated Parmesan cheese
- 2 tablespoons olive oil
- 4 skinless, boneless chicken breast halves
- 1/4 cup butter
- 2 teaspoons minced garlic
- 1/4 cup dry sherry
- 1/4 cup lemon juice
- 2 teaspoons low-sodium chicken base

### Directions

Mix together the flour, salt, and pepper in a shallow bowl. In another bowl, whisk beaten eggs, sugar, and Parmesan cheese until the mixture is thoroughly blended and the sugar has dissolved.

Heat olive oil in a large skillet over medium heat until the oil shimmers. Dip the chicken breasts into the flour mixture, then into the egg mixture, and gently lay them into the skillet. Pan-fry the chicken breasts until golden brown and no longer pink in the middle, about 6 minutes on each side. Remove from the skillet and set aside.

In the same skillet over medium-low heat, melt the butter, and stir in garlic, sherry, lemon juice, and chicken base. Bring the sauce to a simmer, and stir until smooth and slightly thickened, about 5 minutes. Be sure to dissolve any brown flavor bits from the bottom of the skillet as you stir. Return the chicken breasts to the sauce, and gently simmer until no longer pink in the center, about 15 minutes.

To serve, place a chicken breast on a plate, and top with sauce.
Picnic Chicken Salad Sandwiches

**Ingredients**
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Celery Soup (Regular or 98% Fat Free)
- 2 tablespoons mayonnaise
- 1/4 teaspoon ground black pepper
- 2 cups chopped cooked chicken
- 2 stalks celery, sliced
- 1 small onion, finely chopped
- 6 Pepperidge Farm® Classic Sandwich Buns with Sesame Seeds, split
- Lettuce leaves
- Tomato slices

**Directions**

Stir the soup, mayonnaise and black pepper in a large bowl. Add the chicken, celery and onion and toss to coat. Cover and refrigerate for 2 hours.

Spoon the chicken mixture onto the rolls. Top with the lettuce and tomato.
Leah's Chicken Soup

**Ingredients**

- 5 pounds chicken leg quarters
- 1 large onions, sliced
- 4 large carrots, peeled and chopped
- 1 bunch celery tops with leaves, chopped
- Salt and pepper to taste
- 1 bunch fresh dill, chopped

**Directions**

Place the chicken quarters in the largest pot you own with the onions, carrots and celery. Fill the pot with cold water 3/4 full. Season with salt and pepper and place over medium heat. Bring to a boil, then reduce heat and simmer, covered, 45 minutes to 1 hour, skimming foam as necessary.

Stir the dill into the pot and cook 5 minutes more. Remove from heat, uncover, and let cool to lukewarm.

Remove the chicken. Get another big huge receptacle and pour the soup through a sieve into it. (Discard useless destroyed vegetables and stray chicken parts.) Refrigerate or freeze for future use. When cool enough to handle, shred or chop chicken meat for future use.

Authors notes: Put some of this stock away in the freezer for recipes -- it's good to add to a turkey roasting pan instead of water, to rice, and to just about everything else -- or emergencies such as company, illness or tsuris. If you want to make soup, put some of the stock on the stove in a soup pot (not the big one unless you're feeding mishpocha). When it's about ten minutes before serving time, add some of the chicken, carrot coins, extra fine egg noodles, or celery.
# Creamy Chicken and Vegetables

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable cooking spray</td>
<td></td>
</tr>
<tr>
<td>4 skinless, boneless chicken breasts</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can Campbell’s® Healthy Request® Condensed Cream of Mushroom Soup</td>
<td></td>
</tr>
<tr>
<td>1/2 cup milk</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon lemon juice</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon dried basil leaves, crushed</td>
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<tr>
<td>1/8 teaspoon garlic powder</td>
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<tr>
<td>1 (16 ounce) bag frozen vegetable combination (broccoli, cauliflower, carrots)</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

1. Spray skillet with cooking spray and heat over medium-high heat 1 minute. Add chicken and cook until browned. Remove chicken.
2. Add soup, milk, lemon juice, basil, garlic powder and vegetables. Heat to a boil. Return chicken to skillet. Cover and cook over low heat 5 minutes or until done.
Ingredients

- 7 slices bacon
- 4 skinless, boneless chicken breast halves - cut into strips
- 2 cups all-purpose flour for coating
- 1 cup white wine
- 1 bunch fresh spinach, washed, stems removed
- 1 cup heavy whipping cream

Directions

In large skillet, fry bacon until cooked to your liking; Remove bacon strips from skillet (leave bacon fat in skillet for frying chicken breasts) and place on paper towels to dry.

Dredge/coat chicken breasts in flour, then brown in the same skillet, in the bacon fat, until somewhat crispy on each side.

Remove chicken from skillet and place on paper towels. Pour out remaining bacon fat and pour in the cup (or more, if you like) of wine. Add the amount of spinach you want to have, cover the skillet and simmer over medium low heat until spinach is wilted.

Add the cream and chicken breasts to the skillet and mix with the spinach. Crumble bacon slices into bits and add to the chicken/spinach mixture. Cover skillet and simmer for about 5 minutes.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound boneless skinless chicken breasts, cut into 1-inch cubes</td>
<td>In a large bowl, combine the first nine ingredients. Transfer to a greased shallow 1-1/2-qt. baking dish. Cover and bake at 375 degrees F for 45-55 minutes or until rice is tender and chicken is no longer pink. Stir in 1/2 cup of cashews. Sprinkle with remaining cashews.</td>
</tr>
<tr>
<td>1 medium onion, chopped</td>
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<tr>
<td>2 cups frozen broccoli cuts</td>
<td></td>
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<tr>
<td>1 3/4 cups boiling water</td>
<td></td>
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<tr>
<td>1 cup uncooked long grain rice</td>
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<tr>
<td>1 (6 ounce) jar sliced mushrooms, drained</td>
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<tr>
<td>1 tablespoon chicken bouillon granules</td>
<td></td>
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<tr>
<td>1/2 teaspoon ground ginger</td>
<td></td>
</tr>
<tr>
<td>pepper to taste</td>
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<tr>
<td>3/4 cup salted cashews, divided</td>
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</tbody>
</table>
BBQ Chicken Sandwiches

**Ingredients**
- 2 (4 pound) whole chickens, cut up
- 1 1/2 cups ketchup
- 3/4 cup prepared mustard
- 5 tablespoons brown sugar
- 5 tablespoons minced garlic
- 5 tablespoons honey
- 1/4 cup steak sauce
- 4 tablespoons lemon juice
- 3 tablespoons liquid smoke flavoring
- salt and pepper to taste
- 8 hamburger buns
- 4 cups prepared coleslaw (optional)

**Directions**

Place chicken in a large pot with enough water to cover. Bring to a boil, and cook until chicken comes off the bone easily, about 3 hours. Make sauce while the chicken cooks.

In a saucepan over medium heat, mix together the ketchup, mustard, brown sugar, garlic, honey, steak sauce, lemon juice, and liquid smoke. Season with salt and pepper. Bring to a gentle boil, and simmer for about 10 minutes. Set aside to allow flavors to mingle.

When the chicken is done, remove all meat from the bones, and chop or shred into small pieces. Place in a pan with the sauce, and cook for about 15 minutes to let the flavor of the sauce soak into the chicken. Spoon barbequed chicken onto buns, and top with coleslaw if you like.
# Baked Lemon Chicken with Mushroom Sauce

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>6 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon olive oil</td>
<td></td>
</tr>
<tr>
<td>1 lemon</td>
<td></td>
</tr>
<tr>
<td>1/4 cup butter</td>
<td></td>
</tr>
<tr>
<td>3 cups fresh sliced mushrooms</td>
<td></td>
</tr>
<tr>
<td>1/2 cup chicken broth</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon chopped fresh parsley</td>
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</tbody>
</table>

## Directions

Preheat oven to 400 degrees F (205 degrees C).

Place the olive oil in an 8x8 glass baking dish. Place the chicken breasts in the dish, coating each side with oil. Squeeze the juice of 1/2 lemon over all. Slice the rest of the lemon and place a lemon slice on top of each chicken piece. Bake in the preheated oven for 30 to 40 minutes until brown.

In a large skillet, melt the 1/4 cup butter or margarine. Add the sliced mushrooms. Cook and stir until the mushrooms are brown and have exuded their juices, about 6 minutes. Sprinkle with the flour and blend. Add the chicken broth, stirring to make a medium thick sauce. Allow to reduce, adjusting with a little more broth to make a creamy sauce. Add fresh parsley at the last minute. Spoon the sauce over the lemon baked chicken breasts. Delicious!
Fried Rice with Chicken

**Ingredients**

- 3 bacon strips, diced
- 1/2 pound skinless, boneless chicken breast halves - cubed
- 1 medium carrot, chopped
- 1 celery rib, chopped
- 2 eggs, beaten
- 1 1/2 cups cooked rice
- 2 tablespoons soy sauce

**Directions**

In a large skillet, cook bacon over medium heat until crisp. Remove to paper towels. In the drippings, sauté the chicken, carrots and celery until chicken juices run clear; remove and keep warm. In the same skillet, scramble eggs over medium heat, breaking into small pieces. Stir in the chicken mixture, rice, soy sauce and bacon.
Mushroom Chicken Parmesan

**Ingredients**

- 6 skinless, boneless chicken breast halves
- 6 tablespoons butter, melted
- 1 cup all-purpose flour for coating
- 1 cup heavy whipping cream
- 1/2 pound fresh mushrooms, sliced
- 1/2 cup grated Parmesan cheese for topping

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Rinse and dry the chicken breast halves. Dip each in melted butter, then coat/dredge in flour.

Place coated chicken in a 9x13 inch baking dish. Add cream to just cover. Top with sliced mushrooms and grated Parmesan cheese and bake in the preheated oven for 30 to 45 minutes. Let cool 10 minutes and serve.
Chicken and Broccoli Alfredo

Ingredients

- 3 tablespoons I Can't Believe It's Not Butter!® Spread, divided
- 1 pound skinless, boneless chicken breast halves
- 1/2 cup finely chopped red bell pepper
- 2 cups fresh or thawed frozen broccoli florets
- 1 3/4 cups water
- 1/2 cup milk
- 1 (4.4 ounce) package Knorr® Pasta Sides™ - Alfredo

Directions

Melt 1 tablespoon Spread in 12-inch nonstick skillet over medium-high heat and cook chicken, stirring frequently, 5 minutes or until chicken is thoroughly cooked. Remove chicken and set aside.

Melt additional 2 tablespoons Spread in same skillet over medium heat and cook red pepper 1 minute or until tender. Stir in broccoli, water and milk. Bring to a boil over high heat. Stir in Knorr® Pasta Sides™ - Alfredo. Return to a boil, then cook over medium heat, stirring occasionally, 8 minutes or until pasta is tender.

Return chicken to skillet; heat through.
Chicken and Bowtie Pasta with Asiago Cream

**Ingredients**

1 (16 ounce) package farfalle (bow tie) pasta  
2 tablespoons vegetable oil  
1 pound skinless, boneless chicken breast halves - cubed  
2 1/4 cups heavy cream, divided  
1/4 cube chicken bouillon, crumbled  
3/4 cup grated Asiago cheese  
1/2 tablespoon cornstarch  
2 tablespoons butter  
1/4 cup chopped prosciutto  
1 tablespoon chopped fresh garlic  
1/4 cup sliced mushrooms  
1/2 tablespoon parsley flakes

**Directions**

Bring a large pot of lightly salted water to a boil. Cook pasta for 8 to 10 minutes, or until al dente. Drain, and set aside.

Heat 2 tablespoons vegetable oil in a skillet over medium-high heat. Cook and stir chicken cubes, reducing heat if necessary, until no longer pink in center and juices run clear. Set aside.

In a medium saucepan, bring 2 cups cream to a simmer, stirring often. Whisk in bouillon and cheese until well blended and bouillon has dissolved completely. Dissolve cornstarch in 2 tablespoons water, and whisk into mixture. Cook and stir 2 minutes more, then remove from heat and set aside.

Melt butter in a medium skillet over medium high heat. Stir in prosciutto, garlic, and mushrooms and cook until mushrooms are tender, about 3 minutes. Add chicken, reduce heat, and continue cooking until chicken is heated through. Return sauce to the stove and add remaining 1/4 cup cream and parsley flakes. Heat through.

To serve, place pasta in a large mixing or serving bowl. Add chicken and mushroom mixture and pour in cream sauce. Toss well, and serve.
Delicious Easy Chicken Francese

Directions

Coat chicken with flour, then egg beat, then saute in a large skillet until almost cooked through. Drain on paper toweling.

Preheat oven to 300 degrees F (150 degrees C).

In a medium saucepan combine the wine, broth, parsley, salt and pepper to taste, butter or margarine and lemon juice over medium low heat. Stir together while heating slowly. When butter or margarine has melted, slowly stir in cornstarch until sauce thickens slightly. Place chicken in a 9x13 inch baking dish and pour sauce over all.

Bake at 300 degrees F (150 degrees C) for about 10 to 15 minutes, or until chicken is cooked through and juices run clear.

Ingredients

1/2 cup all-purpose flour
4 eggs, beaten
1 pound skinless, boneless chicken breast halves
1/2 cup white wine
2 cups chicken broth
1 teaspoon chopped fresh parsley
salt and pepper to taste
1/4 cup butter
2 lemons, juiced
1 teaspoon cornstarch
Chicken Nuggets

Ingredients

- 1 cup dry bread crumbs
- 1/2 cup grated Parmesan cheese
- 2 teaspoons dried basil
- 2 teaspoons dried thyme
- 2 teaspoons paprika
- 1 teaspoon salt
- 1 teaspoon pepper
- 3/4 cup butter, melted
- 2 1/2 pounds boneless, skinless chicken breasts, cut into 1-inch cubes

Directions

In a shallow bowl, combine the bread crumbs, Parmesan cheese and seasonings. Place butter in another shallow bowl. Dip chicken in butter, then roll in bread crumb mixture.

Place in a greased 15-in. x 10-in. x 1-in. baking pan. Bake, uncovered, at 400 degrees F for 15-20 minutes or until juices run clear.
Ingredients

- 1 (3 1/2) pound broiler-fryer chicken, cut up
- 3 medium potatoes, peeled and sliced
- 1 cup thinly sliced carrots
- 1 medium green pepper, sliced
- 1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
- 1/4 cup water
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions

Grill chicken, uncovered, over medium heat for 3 minutes on each side. Place two pieces of chicken each on four pieces of heavy-duty foil (about 18 in. x 12 in.). Divide potatoes, carrots and green pepper between the four pieces of foil. Top each with 2 tablespoons soup, 1 tablespoon water, salt and pepper. Fold foil around mixture and seal tightly. Grill, covered, over medium heat for 20 minutes; turn and grill 20-25 minutes longer or until vegetables are tender and chicken juices run clear.
**Mystery Prize Chicken**

### Ingredients
- 2 cups sunflower seeds
- 1 cup all-purpose flour
- 2 tablespoons ground black pepper
- 14 boneless chicken thighs
- 1 tablespoon olive oil
- 1 (16 ounce) container sour cream
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup

### Directions
1. Preheat oven to 350 degrees F (175 degrees C).
2. Put sunflower seeds and about 1/4 cup of the flour into a blender or food processor. Blend until some of the seeds are completely pulverized into flour, but some of the pieces are still large enough to be crunchy. Pour this mixture in a shallow dish or bowl and add the remaining 3/4 cup flour and the ground black pepper. Mix together.
3. Dredge the chicken in the flour mixture. Heat oil in a large skillet over medium high heat. Add the coated chicken and brown for about 1 to 2 minutes on each side. (Note: You’re not cooking the chicken with this step, just ‘crunchifying’ the flour and sealing in the juices so that the chicken stays tender while cooking). Lay browned chicken pieces in a 9x13 inch baking dish.
4. In a medium bowl, mix together sour cream, cream of chicken soup and cream of mushroom soup. Pour this mixture over the chicken, making sure that it gets under and around all of the chicken pieces. Top with any remaining sunflower seed mixture.
5. Bake at 350 degrees F (175 degrees C) for 1 hour or until chicken is cooked through and juices run clear.
## Chicken and Cheese Crescents

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 (4 pound) whole chicken, cooked and deboned</td>
<td></td>
</tr>
<tr>
<td>2 (10.75 ounce) cans condensed cream of chicken soup</td>
<td></td>
</tr>
<tr>
<td>2 1/2 cups milk</td>
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</tr>
<tr>
<td>1 cup shredded Cheddar cheese</td>
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<tr>
<td>2 (8 ounce) cans refrigerated crescent roll dough</td>
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</tbody>
</table>

### Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large saucepan heat cream of chicken soup, milk and 4 ounces of the cheese over low heat. Meanwhile, separate crescent rolls into triangles. Place some chicken onto the large end of each roll and top with a little cheese. Roll up and place in a 9x13 inch baking dish. Pour 1/2 of soup mixture directly into the baking dish, not on top of the rolls.

Bake at 350 degrees F (175 degrees C) for about 10 to 15 minutes, or until rolls rise slightly and are lightly browned.

Pour the remaining 1/2 of the soup mixture into the dish, laying any leftover chicken meat on top, and sprinkle with any remaining cheese. Return to oven until rolls are browned and cheese has melted.
Fast Chicken Soup Base

Ingredients

- 2 quarts chicken broth
- 1 quart water
- 1 store-bought roast chicken
- 3 tablespoons vegetable oil
- 2 large onions, cut into medium dice
- 2 large carrots, peeled and cut into rounds or half rounds, depending on size
- 2 large stalks celery, sliced 1/4 inch thick
- 1 teaspoon dried thyme leaves

Directions

Bring broth and water to a simmer over medium-high heat in a large soup kettle. Meanwhile, separate chicken meat from skin and bones; reserve meat. Add skin and bones to the simmering broth. Reduce heat to low, partially cover and simmer until bones release their flavor, 20 to 30 minutes.

Strain broth through a colander into a large container; reserve broth and discard skin and bones. Return kettle to burner set on medium-high.

Add oil, then onions, carrots and celery. Saute until soft, about 8 to 10 minutes. Add chicken, broth and thyme. Bring to a simmer. (Can be refrigerated up to 3 days in advance. Return to a simmer before adding the extras of your choice.)
Roasted Curried Chicken with Couscous

**Ingredients**

- 2 tablespoons smoked paprika
- 1 tablespoon chili powder
- 7 1/2 teaspoons curry powder
- 4 1/2 teaspoons onion powder
- 1 1/4 teaspoons salt
- 1 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon rubbed sage
- 1 pinch ground ginger (optional)
- 2 tablespoons fresh lemon juice
- 1/2 cup chicken broth
- 1/4 cup vegetable oil
- 1 (2 1/2 pound) whole chicken, rinsed and patted dry
- 1 cup chicken broth
- 3 cups water
- 2 tablespoons fresh lemon juice
- 2 tablespoons butter
- 2 1/4 cups dry couscous
- 1 tablespoon curry powder
- 2 teaspoons onion powder
- 2 teaspoons smoked paprika
- 1/2 teaspoon rubbed sage
- 1/4 teaspoon garlic powder
- 1 bay leaf

**Directions**

Preheat oven to 400 degrees F (200 degrees C).

Stir together 2 tablespoons of smoked paprika, chili powder, 7 1/2 teaspoons curry powder, 4 1/2 teaspoons onion powder, salt, 1 teaspoon garlic powder, black pepper, 1/4 teaspoon sage, and ginger in a small bowl. Pour in 2 tablespoons lemon juice, 1/2 cup chicken broth, and vegetable oil; stir to form a paste.

Rub a little of the paste on the inside cavity of the chicken, then massage the remaining paste all over the chicken, placing it under the skin where you can. Truss the chicken if desired, and place onto a roasting pan.

Roast in preheated oven until the chicken is no longer pink and the juices run clear, about 90 minutes. If using a meat thermometer, be sure the chicken has reached at least 165 degrees F (75 degrees C) in the thickest part of the thigh.

While the chicken is roasting, bring 1 cup chicken broth, water, 2 tablespoons lemon juice, and butter to a boil in a large saucepan. Stir together the couscous, 1 tablespoon curry powder, 2 teaspoons onion powder, 2 teaspoons paprika, 1/2 teaspoon sage, 1/4 teaspoon garlic powder, and the bay leaf in a large bowl. Stir the couscous into the boiling liquid, and cook for 3 minutes. Turn the heat off and cover. Keep the couscous warm until the chicken is ready.
### Ingredients
- 2 tablespoons olive oil
- 1 onion, chopped
- 4 chicken legs, rinsed and patted dry
- 4 cloves garlic, pressed
- 1 (15 ounce) can tomato sauce
- 15 fluid ounces water
- 2 bay leaves
- 1 pinch ground cloves
- salt and ground black pepper to taste
- 1/2 (16 ounce) package uncooked orzo pasta

### Directions
Warm the oil in a large, wide pot over medium heat. Cook the onion in the hot oil until tender, 5 to 7 minutes. Brown the chicken legs in the pot on all sides. Add the garlic; cook and stir for about 1 minute. Pour the tomato sauce and water over the chicken. Drop the bay leaves into the pot. Season with cloves, salt, and pepper. Lower the heat to medium-low; allow the mixture to simmer until the chicken meat is very tender and begins to pull off the bone, about 45 minutes.

Stir the orzo into the liquid in the pot and cook until the orzo is soft, another 15 to 25 minutes. Remove the bay leaves to serve.
## Chicken Pecan Wraps

### Ingredients
- 1 pound boneless skinless chicken breasts, cut into 1-inch cubes
- 1/4 cup chopped onion
- 1/4 teaspoon ground cumin
- 1 tablespoon butter or margarine
- 1/4 cup chopped pecans
- 3 tablespoons sour cream
- 4 (10 inch) flour tortillas, warmed
- 1 cup shredded Cheddar cheese
- 1 cup salsa
- Shredded lettuce

### Directions
In a large skillet, saute chicken, onion and cumin in butter until chicken juices run clear. Reduce heat to low. Add pecans and sour cream; cook and stir until heated through. Spoon about 1/2 cupful down the center of each tortilla; top with cheese, salsa and lettuce if desired. Fold in sides.
# Mock Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 (12 ounce) package firm tofu</td>
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## Directions

1. Leave tofu in original package and place in freezer for 72 hours.
2. Bring a pot of water to a simmer. Place package of tofu in water and allow to thaw, approximately 10 minutes. When thawed, remove from package, place in a piece of cheesecloth, and squeeze out liquid. Shred, dice, or slice tofu and include in your favorite recipe.
Burmese Chicken Curry (Gaeng Gai Bama)

Ingredients

- 1/4 cup vegetable oil
- 8 shallots, thinly sliced
- 1 pound skinless, boneless chicken meat, cut into large pieces
- 2 tablespoons red curry paste
- 1 tablespoon curry powder
- 1/2 cup coconut milk
- 1/4 cup pureed tomato
- 2 tablespoons fish sauce
- 1 tablespoon palm sugar
- 2 medium tomatoes, cut into wedges
- 1 bunch cilantro, chopped

Directions

Heat the vegetable oil in a medium skillet over low heat, and stir fry the shallots until browned and tender. Drain, reserving the oil, and set aside.

Place the chicken in the skillet with the reserved oil, and stir in the curry paste and curry powder to evenly coat. Pour in enough water to cover, and bring to a boil. Reduce heat, cover skillet, and simmer until the chicken is no longer pink and juices run clear.

Stir the coconut milk, tomato puree, fish sauce, palm sugar, and 1/2 the tomato wedges into the skillet. Cook and stir over low heat until the mixture is smooth and creamy. Mix in the remaining tomatoes, and continue cooking until tender. Top with cilantro and the fried shallots to serve.
Paprika Chicken and Potatoes

Ingredients

- 1 large russet potato
- 1 tablespoon butter
- 1/2 pound skinless, boneless chicken breast halves
- 1 1/2 teaspoons paprika, divided
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 1/2 teaspoons olive oil
- 1/2 onion, chopped
- 3 tablespoons half-and-half cream
- 1/3 cup white wine

Directions

Place the potato in a saucepan, and add enough water to cover. Bring to a boil, and cook for about 20 minutes, until potato is tender. Drain, and cut the potato into chunks.

Melt butter in a large skillet over medium heat. Rub chicken with 1/2 teaspoon of paprika, salt, and pepper. Fry in butter, turning as needed, until chicken is cooked through. Remove chicken from the pan, and cut into bite size pieces. Set aside.

Pour the olive oil into the skillet, and add the onion. Cook and stir until onion is translucent. Stir in the half-and-half, white wine, and potato. Simmer for about 10 minutes to blend the flavors. Return the chicken to skillet, and cook until heated through. Season with remaining paprika, and serve.
### Parmesan and Basil Chicken Salad

#### Ingredients

- 2 whole skinless, boneless chicken breasts
- Salt and pepper to taste
- 1 cup mayonnaise
- 1 cup chopped fresh basil
- 2 cloves crushed garlic
- 3 stalks celery, chopped
- 2/3 cup grated Parmesan cheese

#### Directions

Season chicken with salt and pepper. Roast at 375 degrees F (190 degrees C) for 35 minutes, or until juices run clear. Let cool, and chop into chunks.

In a food processor, puree the mayonnaise, basil, garlic, and celery.

Combine the chunked chicken, pureed mixture, and Parmesan cheese; toss. Refrigerate, and serve.
Campbell's Kitchen Cheesy Chicken Casserole

**Ingredients**

- vegetable cooking spray
- 4 (4 ounce) skinless, boneless chicken breast halves, cut into 1-inch pieces
- 1 cup sliced fresh mushrooms
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Celery Soup (Regular or 98% Fat Free)
- 1 (15 ounce) can peas, drained
- 2 cups cooked instant white rice
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular or 98% Fat Free)
- 2 cups shredded mozzarella cheese

**Directions**

- Heat the oven to 350 degrees F.
- Spray a 10-inch skillet with the cooking spray and heat over medium-high heat for 1 minute. Add the chicken and cook for 15 minutes or until well browned and cooked through, stirring often.
- Spray a 3-quart shallow baking dish with the cooking spray. Place the chicken into the baking dish. Top with the mushrooms. Spoon the celery soup over the mushrooms. Top with the peas and rice. Spoon the mushroom soup over the rice. Sprinkle with the cheese.
- Bake for 20 minutes or until the mixture is hot and bubbling.
Spicy Dry Fried Curry Chicken

**Ingredients**

- 1 (2 to 3 pound) whole chicken
- 1/2 teaspoon ground turmeric
- 1 tablespoon ground coriander
- 2 teaspoons black pepper
- 1 1/2 tablespoons chili powder
- 1 1/2 teaspoons salt
- 3 tablespoons vegetable oil
- 1 teaspoon mustard seeds
- 1 teaspoon fenugreek seeds
- 1 large onion, sliced
- 1 1/2 teaspoons cumin seeds
- 3 leaves fresh curry
- 2 teaspoons ginger paste
- 1 teaspoon garlic paste
- 2 cups water
- 1 cup coconut milk
- 2 tablespoons fresh lime juice

**Directions**

Clean, and cut chicken into 12 to 14 pieces. Place chicken in a large bowl, and season with turmeric powder, coriander powder, black pepper, chili powder, and salt. Cover bowl, and refrigerate for 1 hour.

Heat oil in a large pan over medium heat. Fry mustard seeds, fenugreek, onion, cumin seeds, and curry leaves in oil for about 3 to 4 minutes. Stir in garlic and ginger pastes, and cook for another 2 minutes. Add chicken and water, stir, and cover with lid. Cook for 20 to 25 minutes.

Stir in coconut milk, and cook until almost dry. Stir to keep the chicken from sticking to the bottom of the pan. Stir in lime juice, and cook until dry.
**Chicken and Corn Chowder with Thyme**

**Ingredients**
- 6 slices bacon, diced
- 4 green onions, chopped
- 1 onion, chopped
- 2 (14.5 ounce) cans chicken broth
- 2 large potatoes, diced
- 4 cups frozen corn kernels
- 4 skinless, boneless chicken breasts - cut into cubes
- 3 tablespoons chopped fresh thyme
- 2 cups half-and-half
- salt to taste
- ground black pepper to taste

**Directions**

In a large pot, cook bacon until crisp. Remove bacon from the pan, and set aside. Drain all but 3 tablespoons of the bacon fat from the pan.

Saute the onions in the bacon fat. Add broth and the potato to the pot. Cover, and simmer for 10 minutes.

Add corn, chicken, and thyme. Cover. Simmer until the chicken is cooked and the vegetables are tender, about 15 minutes.

Stir half and half into the soup, and simmer for 2 minutes. Season with salt and pepper to taste. Ladle into bowls, and sprinkle with the bacon and scallions. Serve.
Preheat oven to 350 degrees F (175 degrees C).

In a 9x13 inch baking pan, arrange chicken and bay leaves. In a small bowl, combine the salad dressing, onion soup mix and oregano. Pour mixture over chicken.

Bake uncovered in preheated oven, basting occasionally, for 40 minutes. Add the mushrooms and tomatoes and bake an additional 20 minutes (or until chicken and vegetables are tender.) If desired, serve with rice and salad.
Ingredients

- 6 large bone-in chicken breast halves
- 1 (10 ounce) can cream of mushroom soup
- 1 (10 ounce) can cream of chicken soup
- 1 (15 ounce) can chili, no beans
- 1 cup picante sauce
- 1/2 cup milk
- 1 small onion, chopped
- 1/2 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 12 corn tortillas, torn into strips
- 1 (8 ounce) package shredded Cheddar cheese
- 1 (8 ounce) package shredded Monterey Jack cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a baking dish. Cover and bake for 1 hour in preheated oven. Remove chicken from dish and allow to cool. Remove meat from bone and tear into small pieces.

Meanwhile, mix the cream of mushroom soup, the cream of chicken soup, chili, picante sauce, milk, onion, cumin, and garlic powder in a large bowl.

Spread half the shredded chicken into the bottom of a 9x13 inch baking dish. Cover the chicken with half of the tortilla pieces. Pour half of the sauce on top of the tortillas; sprinkle half the Cheddar cheese and Monterey Jack cheese evenly over the dish. Repeat the layers with the rest of the ingredients.

Bake in preheated oven until all the cheese has melted and sauce mixture is bubbling, 35 to 40 minutes.
Chicken Stew with Dumplings

Ingredients

2 1/2 pounds chicken thighs or legs
5 cups water
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon dried basil
1/4 teaspoon dried thyme
3/4 pound new potatoes, quartered
3 carrots, cut into 2-inch pieces
2 celery ribs, sliced
1 medium onion, cut into eighths
1 (10 ounce) package frozen peas

DUMPLINGS:
1 1/2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
3 tablespoons butter or margarine
3/4 cup milk
1/4 cup minced fresh parsley

Directions

Place chicken and water in a 5-qt. Dutch oven. Cover and cook over medium heat for 1 to 1-1/2 hours or until chicken is tender. Skim fat. Remove chicken from broth; allow to cool. Debone chicken and cut into chunks; return to broth. Add next nine ingredients. Cover and cook over medium heat for 15-20 minutes or until vegetables are tender. Meanwhile, combine flour, baking powder and salt in a bowl; cut in butter until mixture resembles coarse crumbs. Stir in milk and parsley. Drop dough by rounded tablespoonfuls into simmering stew. Cook, uncovered, for 10 minutes. Cover and cook for 8-10 minutes or until the dumplings are tender.
Picante Chicken Enchiladas

Ingredients

- 1 (16 ounce) jar Pace® Picante Sauce
- 1/2 cup sour cream
- 2 teaspoons chili powder
- 2 cups cubed, cooked chicken
- 1/2 cup shredded Monterey Jack cheese
- 6 (8 inch) flour tortillas, warmed
- 1 green onion, thinly sliced

Directions

Stir 3/4 cup picante sauce, sour cream and chili powder in a medium bowl.

Stir the picante sauce mixture, chicken and cheese in a large bowl.

Spoon about 1/3 cup chicken mixture down the center of each tortilla. Roll up the tortillas and place seam-side up in a lightly greased 11x8-inch shallow baking dish. Pour the remaining picante sauce over the filled tortillas. Cover the baking dish.

Bake at 350 degrees F for 40 minutes or until the enchiladas are hot and bubbling. Top with the onion.
Easy Company Chicken

Ingredients

- 4 skinless, boneless chicken breast halves
- 2 (10.75 ounce) cans condensed cream of chicken soup
- 1/4 cup mayonnaise
- 1 teaspoon curry powder
- 1/2 cup grated Parmesan cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a 9x13 inch baking dish. In a medium bowl, combine the soup, mayonnaise, curry powder and cheese. Mix well and pour mixture over chicken.

Cover dish and bake at 350 degrees F (175 degrees C) for 35 to 40 minutes or until chicken is cooked through and no longer pink inside. Remove cover for last 10 minutes of baking to lightly brown the top.
Chicken With Mushrooms

**Ingredients**

- 3 cups sliced mushrooms
- 4 skinless, boneless chicken breast halves
- 2 eggs, beaten
- 1 cup seasoned bread crumbs
- 2 tablespoons butter
- 6 ounces mozzarella cheese, sliced
- 3/4 cup chicken broth

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Place half of the mushrooms in a 9x13 inch pan. Dip chicken into beaten eggs, then roll in bread crumbs.

In skillet, melt butter over medium heat. Brown both sides of chicken in skillet. Place chicken on top of mushrooms, arrange remaining mushrooms on chicken, and top with mozzarella cheese. Add chicken broth to pan.

Bake in preheated oven for 30 to 35 minutes, or until chicken is no longer pink and juices run clear.
Buffalo Chicken Rolls

**Ingredients**

4 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
4 tablespoons butter, melted
1/2 cup hot sauce
1/2 cup shredded provolone cheese

**Directions**

In a small bowl, stir together the melted butter and hot sauce. Place chicken breasts in a glass bowl, and pour the sauce over. Turn to coat, cover and refrigerate for 15 to 20 minutes.

Preheat the oven to 400 degrees F (200 degrees C). Remove chicken breasts from the hot sauce, and place 1 tablespoon of cheese in the center of each one. Roll up, and secure with a toothpick. Repeat with remaining breasts, and place them seam side down in a glass baking dish.

Cover the dish, and bake for 30 minutes, or until chicken is fork tender. Increase the temperature of the oven to 450 degrees, and place the chicken 8 inches from the heat. Uncover, and bake for 5 minutes, until browned. Garnish with remaining shredded cheese, remove toothpicks, and serve with ranch or blue cheese dressing.
## Ingredients

- 1 (2 to 3 pound) whole chicken, cut into pieces
- 1/2 cup lemon juice
- 1/4 cup light Italian-style salad dressing
- 1 clove garlic, minced

## Directions

Mix lemon juice, dressing, and garlic thoroughly in a covered container large enough to hold all the chicken.

Wash and pat dry chicken parts. Place in container with marinade, and mix to completely coat. Cover. Place in refrigerator overnight, turning a couple of times to coat. Must marinate for at least 3 hours.

Drain chicken. Grill over medium heat till juices run clear.
## Gold Fever Chicken Wing Sauce

### Ingredients
- 1/2 cup honey mustard
- 1/4 cup cayenne pepper hot sauce
- 3 tablespoons unsalted butter
- 1 pinch salt
- 1 pinch ground black pepper

### Directions
Mix together honey mustard, hot sauce, butter, salt, and pepper in a saucepan over medium heat. Stir until butter is melted; simmer until sauce begins to thicken, about 5 minutes. Use in your favorite chicken wings recipe and serve while hot.
### Ingredients

8 bacon strips  
1 green bell pepper, cut into 1/2 inch wide strips  
1 onion, cut into strips  
1 bunch fresh cilantro, chopped  
3 pounds skinless, boneless chicken breast halves - cut into 1 inch strips  
2 tablespoons garlic powder  
2 tablespoons dry fajita seasoning  
1 large ripe tomato, chopped  
10 ounces shredded Monterey Jack cheese

### Directions

Fry bacon strips in a large skillet over medium heat until crisp. Keeping the bacon and drippings in the pan, add the bell pepper, onion, and half the cilantro. Stir and cook for 1 minute. Season the chicken with garlic powder and fajita seasoning and stir into the pan. Cook mixture until chicken is no longer pink in the middle, about 20 minutes. Remove skillet from heat and sprinkle the remaining cilantro, tomato, and Monterey Jack cheese over the top of the chicken mixture. Cover and let sit until cheese melts, about 3 minutes.
Honey Chile Chicken

**Ingredients**

1 (3 1/2) pound broiler-fryer chicken, cut into pieces  
1/2 cup all-purpose flour  
1/2 teaspoon salt  
3 cups peanut oil  
1/2 teaspoon minced fresh ginger root  
3 tablespoons honey  
1/3 cup water  
1/3 cup lemon juice  
2 teaspoons cornstarch  
4 teaspoons chili sauce  
2 teaspoons soy sauce  
crushed red pepper flakes to taste  
6 green onions, cut into 2-inch slices

**Directions**

Mix the flour and salt in a large bowl; add chicken and toss to coat.

Heat the oil in a large, deep skillet over medium-high heat; add the chicken a few pieces at a time; fry until golden and no longer pink at the bone and the juices run clear, 10 to 15 minutes. Remove chicken to a plate lined with paper towels to drain.

Discard all but 2 tablespoons oil from the skillet and return to heat. Cook the ginger in the oil until fragrant, about 1 minute. Pour in the honey and cook another 1 minute. Whisk together the water, lemon juice, cornstarch, chili sauce, soy sauce, and red pepper flakes in a small bowl; mix into the honey and ginger; bring to a boil. Add the chicken to the sauce and stir to coat; cook until the chicken is heated through, about 3 minutes. Fold the green onions into the mixture and cook 1 minute more. Serve hot.
Ingredients:
- 12 ounces boneless, skinless chicken breast halves, cut into bite-sized pieces
- 1 tablespoon oyster sauce
- 2 tablespoons dark soy sauce
- 3 tablespoons vegetable oil
- 2 cloves garlic, chopped
- 1 large onion, cut into rings
- 1/2 cup water
- 1 teaspoon ground black pepper
- 1 teaspoon white sugar
- 1/2 medium head bok choy, chopped
- 1 small head broccoli, chopped
- 1 tablespoon cornstarch, mixed with equal parts water

Directions:
In a large bowl, combine chicken, oyster sauce and soy sauce. Set aside for 15 minutes.

Heat oil in a wok or large heavy skillet over medium heat. Saute garlic and onion until soft and translucent. Increase heat to high. Add chicken and marinade, then stir-fry until light golden brown, about 10 minutes. Stir in water, pepper and sugar. Add bok choy and broccoli, and cook stirring until soft, about 10 minutes. Pour in the cornstarch mixture, and cook until sauce is thickened, about 5 minutes.
Ingredients

2 tablespoons butter  
1 (4 pound) whole chicken  
salt and pepper to taste  
1 teaspoon dried thyme  
2 carrots, cut in chunks  
paprika to taste  
8 slices bacon  
2 cups beef broth

Directions

Preheat the oven to 450 degrees F (220 degrees C).

Rub butter over the entire chicken. Season with salt, pepper and thyme. Place the carrots inside the cavity, and tie the legs together. Place the chicken breast side up in a roasting pan. Lay bacon strips across the top of the chicken, and secure with toothpicks. Sprinkle with paprika. Pour the beef broth into the roasting pan - do not pour over the bacon.

Roast for 15 minutes in the preheated oven, the reduce the heat to 350 degrees F (175 degrees C). Baste with some of the broth. Continue to roast for 1 hour and 15 minutes, or until the internal temperature is 180 degrees F (82 degrees C) when taken in the thickest part of the thigh. Baste every 15 minutes with the broth.

Remove the bacon and discard toothpicks. Roast the chicken for 15 more minutes to brown the skin. Transfer to a serving platter, and remove the ties. You may eat the bacon, but it is best to discard the carrots.
Ingredients

1 cup orange juice
1 tablespoon soy sauce
1 (1 ounce) envelope dry onion soup mix
1/2 teaspoon garlic powder, or to taste
8 chicken thighs

Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a small bowl, stir together the orange juice, soy sauce, onion soup mix and garlic powder; set aside. Rinse chicken, and pat dry. Place chicken thighs into a 9x13 inch glass baking dish. Pour the orange juice mixture over.

Bake, uncovered, for 1 hour and 30 minutes in the preheated oven, basting every half hour. If using boneless chicken, reduce cooking time to 1 hour.
**Ingredients**

- 7 chicken thighs
- 2 teaspoons dried oregano
- salt and pepper to taste
- 1/4 cup olive oil
- 1/2 lemon, juiced

**Directions**

Preheat oven to 450 degrees F (230 degrees C).

Wash chicken well and pat dry. Mix oregano with salt and pepper to taste. Rub well over all of the chicken pieces. Put chicken in a greased 9x13 inch baking dish.

Whisk the oil with the lemon juice and drizzle half over the chicken. Bake in preheated oven for 15 minutes. Turn the chicken pieces and drizzle with the remaining oil/lemon mixture. Bake for another 15 to 20 minutes. Serve warm, cold or at room temperature!
Easy Chicken Parmesan

Ingredients

- 1 (700 ml) jar pasta sauce
- 6 tablespoons KRAFT 100% Grated Parmesan Cheese, divided
- 6 small boneless skinless chicken breasts
- 1 1/2 cups KRAFT Mozzarella Shredded Cheese

Directions

- Heat oven to 375 degrees F.
- Pour sauce into 13x9-inch baking dish. Stir in 1/4 cup Parmesan. Add chicken; turn to evenly coat both sides with sauce. Cover.
- Bake 30 minutes or until chicken is done (170 degrees F).
- Top with remaining cheeses; bake 5 minutes or until mozzarella is melted.
## Easy Chicken Cacciatore

### Ingredients
- 1/3 cup chopped onion
- 1 clove garlic, chopped
- 1/3 cup chopped green bell pepper
- 3/4 pound chicken meat, cooked and cubed
- 1/2 cup whole peeled tomatoes
- 1/2 cup green beans
- 1/4 teaspoon dried oregano

### Directions
In a large skillet, saute onion, garlic and bell pepper until soft. Add chicken, then stir in tomatoes, beans and oregano.

Reduce heat to medium low and simmer for 8 to 10 minutes, stirring constantly. Remove from heat and serve hot.
Baked Honey Mustard Chicken

**Ingredients**

6 skinless, boneless chicken breast halves  
salt and pepper to taste  
1/2 cup honey  
1/2 cup prepared mustard  
1 teaspoon dried basil  
1 teaspoon paprika  
1/2 teaspoon dried parsley

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Sprinkle chicken breasts with salt and pepper to taste, and place in a lightly greased 9x13 inch baking dish. In a small bowl, combine the honey, mustard, basil, paprika, and parsley. Mix well. Pour 1/2 of this mixture over the chicken, and brush to cover.

Bake in the preheated oven for 30 minutes. Turn chicken pieces over and brush with the remaining 1/2 of the honey mustard mixture. Bake for an additional 10 to 15 minutes, or until chicken is no longer pink and juices run clear. Let cool 10 minutes before serving.
Russian Chicken with Feta Cheese

### Ingredients

- 3 tablespoons butter
- 8 skinless, boneless chicken breast halves
- 2 tablespoons butter
- 1 clove garlic, minced
- 1/4 cup finely chopped onion
- 1 tablespoon all-purpose flour
- 1/4 cup vodka
- 1 tablespoon tomato paste
- 3/4 cup chicken broth
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 1/2 teaspoons dried parsley
- 1 1/2 cups sour cream
- 1/4 cup crumbled feta cheese

### Directions

Melt 3 tablespoons of butter in a large skillet over medium-high heat. Add the chicken, and cook until browned on both sides and no longer pink in the center, about 10 minutes; place into a 9x13 inch baking dish and set aside.

Reduce the heat to medium, and melt the remaining butter in the pan. Stir in the garlic, and onion, and cook for 2 minutes, stirring constantly until the onion has begun to soften. Stir in the flour, and continue cooking 5 minutes more. Add the vodka, and bring to a simmer over medium-high heat, stirring constantly. Allow to simmer for 2 minutes, then stir in the tomato paste, chicken broth, salt, pepper, parsley, sour cream, and feta cheese. Reduce heat to medium-low, and simmer 20 to 30 minutes stirring frequently.

Preheat oven to 350 degrees F (175 degrees C).

Pour the hot sauce over the chicken breasts, and bake in preheated oven until the top has browned, about 20 minutes.
Michelle's Coconut Chicken Curry

**Ingredients**

- 2 tablespoons vegetable oil
- 1 white onion, chopped
- 2 cloves garlic, crushed
- 1 pound skinless, boneless chicken breast halves - chopped
- 1 small head cauliflower, chopped
- 2 1/2 tablespoons yellow curry powder
- 1 teaspoon garlic salt
- 1 (14 ounce) can unsweetened coconut milk
- 1/3 cup chicken stock
- salt and pepper to taste

**Directions**

Heat the oil in a skillet over medium heat. Stir in the onion and garlic, and cook until tender. Mix in the chicken, and cook 10 minutes, or until juices run clear.

Mix the cauliflower, curry powder and garlic salt into the skillet. Pour in the coconut milk and chicken stock. Season with salt and pepper. Reduce heat to low. Continue cooking, stirring occasionally, 30 minutes.
**Ingredients**

1 tablespoon cooking oil
1 1/2 cups Kikkoman Tikka Masala Curry Sauce
Hot cooked rice
2 pounds chicken breast, boneless
3 tablespoons cilantro, chopped

**Directions**

Cut chicken into 1 inch cubes, pat dry. Heat vegetable oil in skillet over medium heat, add chicken and saute until cooked through. Add Tikka Masala Curry sauce, toss to coat chicken. Serve over cooked rice. Garnish with cilantro.
Chicken Breasts with Lime Sauce

**Ingredients**

- 4 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
- 1 egg, beaten
- 2/3 cup dry bread crumbs
- 2 tablespoons olive oil
- 1 lime, juiced
- 6 tablespoons butter
- 1 teaspoon minced fresh chives
- 1/2 teaspoon dried dill weed

**Directions**

Coat chicken breasts with egg, and dip in bread crumbs. Place on a wire rack, and allow to dry for about 10 minutes.

Heat olive oil in a large skillet over medium heat. Place chicken into the skillet, and fry for 3 to 5 minutes on each side. Remove to a platter, and keep warm.

Drain grease from the skillet, and squeeze in lime juice. Cook over low heat until it boils. Add butter, and stir until melted. Season with chives and dill. Spoon sauce over chicken, and serve immediately.
### Ingredients

- 1/4 cup olive oil
- 2 cloves garlic, chopped
- 2 cups roma (plum) tomatoes, diced
- 1 cup diced orange wedges
- 1/4 cup chopped fresh rosemary
- 1/4 cup chopped fresh thyme
- 1/8 teaspoon salt
- 1 cup ground almonds
- 1/4 cup all-purpose flour
- 1/8 teaspoon ground cumin
- 1/8 teaspoon curry powder
- 1/8 teaspoon ground turmeric
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 6 skinless, boneless chicken breast halves
- 1/4 cup olive oil
- 1/4 cup clarified butter

### Directions

To Make Sauce: Heat 1/4 cup olive oil in a large saucepan over medium heat. Saute garlic for 2 minutes, then add the tomato, orange, rosemary, thyme, salt and pepper and stir together. Cover and cook over medium heat for 15 minutes; remove cover and let sauce reduce for an additional 15 minutes. Set aside and keep warm.

To Make Crusted Chicken: In a shallow dish or bowl, mix together the almonds, flour, cumin, curry powder, turmeric, 1/8 teaspoon salt and 1/8 teaspoon pepper. Coat breasts in flour mixture and fry in a large skillet with 1/4 cup oil and clarified butter for about 5 to 7 minutes each side, or until golden brown and cooked through (juices run clear).

When ready to serve, place chicken on a platter and top with warm sauce; do this right before serving, to retain crispiness of the chicken.
West African Chicken Stew

Ingredients

1 tablespoon vegetable oil
3 pounds boneless chicken, cut into 1/2 inch cubes
1 large onion, chopped
5 medium potatoes, peeled and cubed
2 cloves garlic, crushed
1 teaspoon coarse ground black pepper
1 teaspoon salt
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon crushed red pepper flakes
1 cup water
1 cup chicken broth
3/4 cup peanut butter
2 cups chopped fresh spinach

Directions

Heat the oil in a large, heavy skillet over medium-heat heat; cook the chicken in the skillet until completely brown, 5 to 7 minutes; remove and set aside. Add the onion, potatoes, garlic, pepper, salt, coriander, cumin, and red pepper to the skillet and cook until the onions soften, about 5 minutes. Stir in the water, chicken broth, and peanut butter. Return the chicken to the skillet and top with the spinach. Cover and simmer until the potatoes are cooked through, about 20 minutes.
Garlic Chicken Stir Fry

Ingredients

2 tablespoons peanut oil
6 cloves garlic, minced
1 teaspoon grated fresh ginger
1 bunch green onions, chopped
1 teaspoon salt
1 pound boneless skinless chicken breasts, cut into strips
2 onions, thinly sliced
1 cup sliced cabbage
1 red bell pepper, thinly sliced
2 cups sugar snap peas
1 cup chicken broth
2 tablespoons soy sauce
2 tablespoons white sugar
2 tablespoons cornstarch

Directions

Heat peanut oil in a wok or large skillet. When oil begins to smoke, quickly stir in 2 cloves minced garlic, ginger root, green onions and salt. Stir fry until onion becomes translucent, about 2 minutes. Add chicken and stir until opaque, about 3 minutes. Add remaining 4 cloves minced garlic and stir. Add sweet onions, cabbage, bell pepper, peas and 1/2 cup of the broth/water and cover.

In a small bowl, mix the remaining 1/2 cup broth/water, soy sauce, sugar and cornstarch. Add sauce mixture to wok/skillet and stir until chicken and vegetables are coated with the thickened sauce. Serve immediately, over hot rice if desired.
Ingredients

4 (5 ounce) boneless, skinless chicken breast halves, pounded thin
1/3 cup all-purpose flour
2 eggs, slightly beaten
2 tablespoons olive oil, divided
1/4 cup chopped shallots or onion
1 teaspoon fresh thyme leaves
3 tablespoons lemon juice
1 (15 ounce) jar Bertolli® Creamy Alfredo Sauce
1 tablespoon finely chopped fresh parsley
1 teaspoon grated lemon peel (optional)

Directions

Season chicken, if desired, with salt and ground black pepper. Dip chicken in flour, then eggs, coating well. Heat 1 tablespoon olive oil in 12-inch nonstick skillet over medium heat and cook chicken, turning once, 5 minutes or until thoroughly cooked. Remove chicken and set aside.

Heat remaining 1 tablespoon olive oil in same skillet and cook shallots and thyme, stirring occasionally, 2 minutes or until shallots are tender. Stir in lemon juice and cook 1 minute. Stir in Sauce, parsley and lemon peel; heat through. Spoon sauce over chicken and serve, if desired, with hot cooked rice or pasta.
Chicken Alfredo

Ingredients
6 ounces dry fettuccine pasta
1 (8 ounce) package cream cheese
6 tablespoons butter
1/2 cup milk
1/2 teaspoon garlic powder
salt and pepper to taste
2 skinless, boneless chicken breast halves - cooked and cubed
2 cups chopped fresh broccoli
2 small zucchini, julienned
1/2 cup chopped red bell pepper

Directions
Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, or until al dente; drain.

While pasta is cooking, melt cream cheese and butter in a skillet over low heat. Stir until smooth. Stir in milk, and season with garlic powder, salt, and pepper. Simmer for 3 minutes, or until thickened, stirring constantly.

Mix in chicken, broccoli, zucchini, and red pepper. Cook 3 minutes over medium heat, then reduce heat, and simmer 5 minutes, or until vegetables are tender. Serve over fettuccine.
Beef or Chicken Marinade

Ingredients

- 1/4 cup soy sauce
- 3 tablespoons honey
- 2 tablespoons distilled white vinegar
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons ground ginger
- 3/4 cup vegetable oil
- 2 green onions, chopped
- 1 teaspoon coarsely ground black pepper

Directions

In a large bowl, mix soy sauce, honey, distilled white vinegar, garlic powder, ground ginger, vegetable oil, green onions and black pepper. Place desired meat in marinade. Marinate in the refrigerator at least 4 hours before grilling.
## Slow Cooker Nacho Chicken and Rice Wraps

### Ingredients

- 2 (10.75 ounce) cans Campbell's® Condensed Cheddar Cheese Soup
- 1 cup water
- 2 cups Pace® Picante Sauce
- 1 1/4 cups uncooked regular long-grain white rice
- 2 pounds skinless, boneless chicken breasts, cut into cubes
- 10 flour tortillas (10-inch)

### Directions

1. Stir the soup, water, picante sauce, rice and chicken in a 4-quart slow cooker.
2. Cover and cook on LOW for 7 to 8 hours or until chicken is cooked through.
3. Spoon about 1 cup chicken mixture down the center of each tortilla. Fold the tortilla around the filling.
Chicken Chipulos

Ingredients

1 (10.75 ounce) can condensed cream of chicken soup
1 (10.75 ounce) can condensed cream of mushroom soup
2 cups shredded, cooked chicken meat
1 (4 ounce) can diced green chiles
1 onion, finely diced
1 (8 ounce) container sour cream
2 cups shredded Cheddar cheese
8 (10 inch) flour tortillas

Directions

Preheat oven to 350 degrees F (175 degrees C).

Combine the soups, chicken, green chiles, onion and sour cream in a medium size bowl. Set aside.

Rip tortillas into bite size pieces and layer 1/3 onto the bottom of a 9x13 inch baking dish. Layer chicken mixture on top, then a layer of cheddar cheese. Repeat two additional times, making sure to end with cheese on the top layer. Bake in preheated oven for about an hour and serve.
**Ingredients**

- 8 chicken thighs
- 1/4 pound cooked ham, cut into one inch cubes
- 1 (16 ounce) can diced tomatoes
- 1 green bell pepper, chopped
- 6 green onions, chopped
- 1 (6 ounce) can tomato paste
- 1 teaspoon salt
- 2 dashes hot pepper sauce
- 2 cups water
- 1 cup uncooked long grain white rice
- 1/2 pound Polish sausage, sliced diagonally

**Directions**

In a slow cooker, place the chicken, ham, tomatoes, bell pepper, green onions, tomato paste, salt, and hot pepper sauce. Cover, and cook on Low for 4 to 5 hours.

Combine water and rice in a medium saucepan. Bring to a boil. Reduce heat, cover, and simmer for 20 minutes.

Mix the cooked rice and sausage into the slow cooker. Cover, and cook on High for 15 to 20 minutes, or until the sausage is heated through.
**Ingredients**

1 (4 pound) chicken, cut into pieces  
3 tablespoons vegetable oil  
4 tablespoons plain yogurt  
1/2 teaspoon ground cumin  
1 red bell pepper, chopped  
1 teaspoon minced fresh ginger root  
2 teaspoons garlic paste  
salt to taste  
1 green bell pepper, chopped  
4 potatoes  
1 tablespoon fresh chopped cilantro, for garnish

**Directions**

In a large pot put chicken, with oil and yoghurt, over medium heat. Stir together and add the cumin, red bell peppers, ginger, garlic paste, salt and green bell peppers. Stir all together, cover pot and simmer over low heat until the oil separates.

Meanwhile, dice the potatoes into large chunks. When the chicken looks cooked and is no longer pink inside (after 20 to 30 minutes), add the potatoes and cook on low heat until tender, adding a little water if necessary. When chicken and potatoes are done, turn off heat. Garnish with chopped cilantro and serve. Enjoy!
# Luscious Chicken Pot Pie

## Ingredients

1 recipe pastry for a (10 inch) double crust pie  
4 boneless chicken breast halves, cooked and diced  
2 (10.75 ounce) cans condensed cream of chicken soup  
3 (15 ounce) cans mixed vegetables, drained

## Directions

Preheat oven to 365 degrees F (185 degrees C). Fit bottom pastry into a 10 inch pie plate.

In a large bowl, combine chicken, soup, and vegetables. Mix well and pour into crust. Cover with top pastry. Seal edges and cut steam vents in top.

Bake in preheated oven for 45 minutes, until crust is golden brown.
Ingredients

2 pounds skinless, boneless chicken breast halves - boiled and cut into strips
1 (10.75 ounce) can condensed cream of celery soup
1 (10.75 ounce) can condensed cream of chicken soup
1 cup chicken broth, divided
1 1/2 cups shredded mozzarella cheese
1 (6 ounce) package instant stuffing mix

Directions

Preheat oven to 350 degrees F (175 degrees C).

Layer chicken strips in the bottom of a 9x13 inch baking dish. In a medium bowl, mix together cream of celery soup, cream of chicken soup and 1/2 cup chicken broth; pour mixture over chicken.

Sprinkle chicken with cheese, then combine stuffing mix and seasoning packet with remaining 1/2 cup chicken broth, mix together and place mixture on top of chicken.

Bake at 350 degrees F (175 degrees C) for 45 minutes.
Parsley Butter Seasoned Chicken

Ingredients

8 chicken legs
1 tablespoon butter
3 green onions, chopped
2 cloves crushed garlic
1 cup fresh bread crumbs
1/2 cup chopped parsley
1 cup butter
1 tablespoon coarse grained prepared mustard
1 clove crushed garlic
2 teaspoons curry powder

Directions

Lightly oil grill and preheat to high.

Loosen skin on chicken pieces with fingers, by sliding hand between skin and flesh. In a small skillet, saute green onion and 2 cloves garlic in butter or margarine for 1 minute. Stir in bread crumbs and parsley. Push this seasoning under chicken skins, working it down well.

Combine 1 cup butter or margarine with mustard, 1 clove garlic and curry powder. Spread this seasoned butter or margarine over chicken and put on preheated grill. Cook 10 to 15 minutes each side, or until chicken is cooked through and juices run clear. Brush with remaining seasoned butter while grilling.
## Cheesy Chicken and Rice Casserole

### Ingredients
- 4 skinless, boneless chicken breast halves - cut into bite size pieces
- salt and pepper to taste
- 2 cups cooked white rice
- 1 (10.75 ounce) can condensed cream of chicken soup
- 2 cups shredded Cheddar cheese
- 3 slices soft white bread, cubed

### Directions
- Preheat oven to 350 degrees F (175 degrees C).

To Cook Chicken: Season chicken with salt and pepper to taste, place in a microwave-safe dish, cover and cook in microwave for 5 to 6 minutes. Turn and cook another 2 to 3 minutes or until cooked through and no longer pink inside. Let cool.

In a 9x13 inch baking dish, combine chicken, rice and soup and mix well. Top with cheese, then with bread cubes.

Bake at 350 degrees F (175 degrees C) for 20 minutes, or until cheese is melted and bubbly and bread is crunchy.
Whit's Chicken Enchiladas

**Ingredients**

- 4 bone-in chicken breast halves
- 2 tablespoons olive oil
- 1 (4 ounce) can diced green chile peppers, drained
- 1 jalapeno pepper, chopped
- 1 clove garlic, minced
- 1 (8 ounce) package cream cheese
- 2 cups shredded Monterey Jack cheese, divided
- 1/2 cup water
- 8 (10 inch) flour tortillas
- 1 cup heavy cream

**Directions**

Place the chicken breast halves into a saucepan, and fill with enough water to cover. Bring to a boil, and cook until the chicken is cooked through, about 20 minutes. Remove from the water, and set aside to cool.

Preheat the oven to 375 degrees F (190 degrees C). Remove the chicken meat from the breasts, and discard the skin and bones. Set aside.

Heat the olive oil in a large skillet over medium heat. Add the green chilies, jalapeno and garlic. Cook and stir for a few minutes, until fragrant, then stir in the cream cheese and half of the Monterey Jack. As the cheese begins to melt, gradually stir in the water. Chop the chicken meat, and stir into the skillet. Remove from the heat.

Spoon the chicken mixture into tortillas, and roll up. Place the rolls seam side down in a 9x13 inch baking dish. Sprinkle the remaining Monterey Jack cheese over the top, then pour cream over all.

Bake for 30 minutes in the preheated oven, or until the enchiladas are golden brown on the top.
**Best Cranberry Chicken**

**Ingredients**
- 1 tablespoon butter
- 1 small onion, chopped
- 3 pounds chicken thighs
- 2/3 cup ketchup
- 1/3 cup brown sugar
- 1 tablespoon apple cider vinegar
- 1 teaspoon dry mustard powder
- 1 (8 ounce) can whole berry cranberry sauce

**Directions**

Preheat an oven to 400 degrees F (200 degrees C).

Place the butter and onion in a 9x13 inch baking dish, and bake in the preheated oven, stirring occasionally, until the onion is translucent, about 15 minutes. Remove the dish from the oven, push the onion over to one end, and place the chicken thighs in the dish in a single layer. Return to the oven and bake for about 25 minutes.

Stir together the ketchup, brown sugar, vinegar, mustard powder, and cranberry sauce in a bowl. Remove the chicken from the oven, and scoop the cooked onions into the cranberry mixture. Spoon the mixture over the chicken thighs, and return to the oven.

Bake until the cranberry mixture is slightly caramelized and the chicken is done, about 20 more minutes. An instant-read thermometer inserted near the center should read 165 degrees F (74 degrees C).
Tropical Chicken

Ingredients

1 (8 ounce) can crushed pineapple, undrained
1/3 cup lime juice
1/4 teaspoon ground cloves
4 boneless, skinless chicken breast halves
1/3 cup all-purpose flour
1 teaspoon salt
2 tablespoons cooking oil
1/3 cup slivered almonds
1/3 cup flaked coconut

Directions

In a bowl, combine pineapple, lime juice and cloves. Pound chicken to 1/4-in. thickness; add to marinade. Cover and refrigerate for at least 45 minutes. Drain, reserving marinade. Combine flour and salt; dredge chicken. In a skillet, brown chicken on both sides in oil. Place in a shallow baking dish. Add reserved marinade to skillet; cook until hot and bubbly. Pour over chicken. Sprinkle with almonds and coconut. Bake, uncovered, at 400 degrees F for 20-25 minutes.
A Good Easy Garlic Chicken

**Ingredients**

3 tablespoons butter  
4 skinless, boneless chicken breast halves  
2 teaspoons garlic powder  
1 teaspoon seasoning salt  
1 teaspoon onion powder

**Directions**

Melt butter in a large skillet over medium high heat. Add chicken and sprinkle with garlic powder, seasoning salt and onion powder. Saute about 10 to 15 minutes on each side, or until chicken is cooked through and juices run clear.
Sour Cream Marinated Chicken II

**Ingredients**

- 2 cups sour cream
- 3 tablespoons fresh lemon juice
- 1 tablespoon Worcestershire sauce
- 2 teaspoons celery salt
- 2 teaspoons paprika
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 4 cloves garlic, minced
- 12 bone-in chicken breast halves, skinless
- 1 3/4 cups dry bread crumbs
- 1/3 cup butter

**Directions**

To Marinate: In a large nonporous glass dish or bowl, combine the sour cream, lemon juice, Worcestershire sauce, celery salt, paprika, salt, pepper and garlic; mix well. Add chicken breasts and coat well with sour cream marinade. Cover dish or bowl and refrigerate to marinate for at least 8 hours, or overnight.

Preheat oven to 350 degrees F (175 degrees C).

Place bread crumbs in a shallow dish or bowl. Remove chicken from marinade and discard marinade. Dredge chicken in bread crumbs to coat well and place in 2 lightly greased 9x13 inch baking dishes. In a small saucepan or skillet, melt butter and spoon evenly over chicken.

Bake at 350 degrees F (175 degrees C) for 60 to 70 minutes, or until chicken is cooked through and fork-tender and juices run clear.
# Campbell's Kitchen Easy Chicken Paprikash

## Ingredients

1 3/4 cups Swanson® Chicken Broth  
1/4 cup all-purpose flour  
2 teaspoons paprika  
1/8 teaspoon ground red pepper  
4 skinless, boneless chicken breasts  
1 medium onion, sliced  
1/3 cup plain yogurt  
4 cups hot cooked egg noodles

## Directions

Mix broth, flour, paprika and pepper.

Cook chicken in nonstick skillet until browned. Add onion. Cover and cook until onion is tender-crisp.

Add flour mixture. Cook and stir until mixture boils and thickens. Remove from heat.

Stir in yogurt. Serve with noodles.
Indian Tomato Chicken

**Ingredients**

- 1 large onion, chopped
- 4 cloves garlic, chopped
- 1 slice fresh ginger root
- 1 tablespoon olive oil
- 2 teaspoons ground cumin
- 1 teaspoon ground turmeric
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon ground cardamom
- 1 (1 inch) piece cinnamon stick, chopped
- 1/4 teaspoon ground cloves
- 2 bay leaves
- 1/4 teaspoon ground nutmeg
- 6 skinless chicken thighs
- 1 (14.5 ounce) can whole peeled tomatoes, crushed

**Directions**

Place onion, garlic and ginger in a food processor and process into a paste. Heat oil in a large skillet over medium heat, add onion paste and saute, stirring continuously, for about 10 minutes.

Stir in the cumin, turmeric, salt, pepper, cardamom, cinnamon, cloves, bay leaves and nutmeg. Saute, stirring, for 1 to 2 minutes. Place chicken pieces in skillet and stir them around with the spice mixture until they are well coated.

Saute for another 4 minutes, then pour in the tomatoes with liquid and stir. Reduce heat to low and simmer for 1 to 2 hours, or until the oil has separated from the liquid. Stir occasionally. (Note: If you simmer uncovered, the sauce will thicken; add water, or keep covered while simmering.)
### Ingredients
- 6 skinless, boneless chicken breasts
- 2 cups sour cream
- 2 cups crushed cornflakes cereal
- 1 teaspoon Italian-style seasoning
- 6 tablespoons butter, melted

### Directions
Preheat oven to 350 degrees F (175 degrees C).

Rinse and trim the chicken breasts. Pat dry. Generously coat both sides of each breast with sour cream. Put crushed cornflake crumbs in a shallow plate or bowl and season to taste (I use onion salt and garlic salt). Dip the sour cream coated chicken in the seasoned cornflake crumbs.

Place coated chicken in a lightly greased 9x13 inch baking dish. Drizzle with melted butter/margarine and bake in the preheated oven for 1 hour.
Peanut Butter Vegetable Chicken Soup

Ingredients

- 8 cups chicken broth
- 2 cups diced, cooked chicken meat
- 1 cup peeled and cubed potatoes
- 1 cup diced carrots
- 1 cup diced zucchini
- 1 cup broccoli florets
- 1 cup canned whole tomatoes, chopped
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 2 cloves garlic, minced
- 1/2 cup peanut butter
- 1 tablespoon chopped fresh parsley
- salt to taste
- ground black pepper to taste

Directions

In a large stock pot, combine the broth, chicken, potatoes, and carrots. Bring the soup to a boil, and then reduce heat to medium. Cook for about 10 minutes, till vegetables are tender.

Add zucchini, broccoli, tomatoes, celery, onion, green pepper, and garlic. Simmer for about 8 minutes.

Add peanut butter, parsley, salt, and pepper; stir until peanut butter is fully blended. Simmer for 3 minutes longer.
Ingredients

- 8 boneless, skinless chicken breast halves
- 1 lemon, zested
- 2 lemons, juiced
- 1/3 cup CRISCO® Oil
- 2 teaspoons dried parsley
- 2 teaspoons dried chives
- 1 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Directions

Rinse chicken; pat dry. Flatten to even thickness.

Combine grated lemon peel, lemon juice, CRISCO® Oil, parsley, chives, thyme, oregano, garlic, salt and pepper in large flat glass dish or large re-sealable plastic bag. Add chicken.

Turn to coat evenly. Cover. Refrigerate 30 minutes to 24 hours, turning occasionally.

Prepare grill or heat broiler. Remove chicken from marinade. Discard marinade. Grill or broil 5 minutes per side or until chicken is no longer pink in the center.
### Ingredients

- 1 medium onion, chopped
- 1/4 cup butter or margarine
- 1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
- 1 (8 ounce) can mushroom stems and pieces, drained
- 1 (5 ounce) can evaporated milk
- 2 tablespoons chopped pimientos
- 2 teaspoons soy sauce
- 1/2 teaspoon pepper
- 1/4 teaspoon hot pepper sauce
- 2 cups shredded Cheddar cheese
- 5 cups cubed cooked chicken
- 1 (10 ounce) package frozen cut asparagus, thawed
- 3 tablespoons chopped almonds

### Directions

In a large saucepan, sauté onion in butter until tender. Stir in the soup, mushrooms, milk, pimientos, soy sauce, pepper and pepper sauce. Stir in cheese until melted.

In a greased shallow 2-1/2 qt. baking dish, layer half of the chicken, asparagus and cheese sauce. Repeat layers. Sprinkle with almonds. Bake, uncovered, at 350 degrees F for 25-30 minutes or until bubbly.
Ingredients

4 pounds boneless, skinless chicken meat
2 small carrots, sliced
3 sweet potatoes, peeled and cubed
3 Irish potatoes, cubed
5 small onions
5 cups water
salt to taste
ground black pepper to taste
1 bay leaf
3 stalks celery tops
1 pinch cayenne pepper
2 cups all-purpose flour
1/2 teaspoon salt
1 teaspoon baking powder
4 tablespoons rendered chicken fat

Directions

Place chicken in a large pot. Add salt and pepper, a dash of cayenne, a bay leaf, and a handful of celery tops. Cover with water, and cook until done. Discard bay leaf. Add vegetables, and continue cooking until vegetables are nearly done.

Meanwhile, make the dumplings. Mix together flour, 1/2 teaspoon salt, baking powder, chicken fat. Mix in enough water to make a stiff dough. Divide dough into three parts. Roll out, and cut into squares.

Add 1/3 dumplings to simmering chicken, and cook 5 minutes. Add another third, and cook 5 minutes more. Add the remaining third, and cook 5 minutes longer. Serve.
**Ingredients**

- 6 cups water
- 2 cups beer
- 1/8 cup salt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 (3 pound) whole chicken
- hickory or mesquite wood chips
- 2 tablespoons ground cumin
- 2 tablespoons curry powder
- 2 tablespoons chili powder, divided
- 1 tablespoon pepper
- 1 teaspoon salt
- 1/2 teaspoon paprika
- 1/2 teaspoon cayenne pepper

**Directions**

Combine brine ingredients - water, beer, 1/8 cup salt, garlic powder, and onion powder - in a large container, one that is large enough to hold the brine and the chicken. Soak whole chicken in brine for 1 hour.

Soak wood chips in water for 1 hour.

Preheat grill for indirect cooking method. Place wood chips over coals when ready to cook.

In a small bowl, combine cumin, curry, chili powder, pepper, 1 teaspoon salt, paprika, and cayenne pepper. Rub chicken inside and out with spice mixture.

Place chicken on grill, breast side down. Close lid, and cook for 30 minutes. Turn over, and cook for an additional 25 minutes, or until juices run clear and temperature is 185 degrees in the thickest part of the chicken. Keep the lid closed while cooking for even cooking, and to get more of that smoky flavor.
## Ten Minute Szechuan Chicken

### Ingredients

- 4 boneless skinless chicken breasts, cut into cubes
- 3 tablespoons cornstarch
- 1 tablespoon vegetable oil
- 4 cloves garlic, minced
- 5 tablespoons low-sodium soy sauce
- 1 1/2 tablespoons white wine vinegar
- 1/4 cup water
- 1 teaspoon white sugar
- 3 green onions, sliced diagonally into 1/2 inch pieces
- 1/8 teaspoon cayenne pepper, or to taste

### Directions

Place the chicken and cornstarch into a bag or bowl, and toss to coat. Heat oil in a wok or large skillet over medium-high heat. Fry the chicken pieces and garlic, stirring constantly until lightly browned. Stir in the soy sauce, vinegar, sugar and water. Cover, and cook until the chicken pieces are no longer pink inside, 3 to 5 minutes.

Stir in the green onion, and cayenne pepper, cook uncovered for about 2 more minutes. Serve over white rice.
### Ingredients
- 3 tablespoons melted butter
- 1/2 cup unsweetened flaked coconut
- 1/2 cup chopped cashews
- 10 buttery round crackers
- 4 skinless, boneless chicken breast halves
- salt to taste
- ground black pepper to taste

### Directions
- Preheat oven to 350 degrees F (175 degrees C).
- Place crackers, cashews, and coconut in a food processor, and process until they are coarsely chopped.
- Dip chicken in melted butter and roll in cracker mixture. Place chicken in foil lined baking dish. Any extra cracker mixture can be blended with a little of the left over butter, and gently packed on to the chicken breasts.
- Bake at 350 degrees F (175 degrees C) for 30 to 35 minutes. Season with salt and pepper, if desired, and serve.
Chicken Mushroom Linguine

**Ingredients**

- 6 ounces sliced fresh mushrooms
- 1 onion, chopped
- 1/4 cup butter
- 2 pounds boneless skinless chicken breasts, cut into 1 inch pieces
- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 2 cups chicken broth
- 1 cup sour cream
- 1 (12 ounce) package dried linguine pasta
- 1/2 teaspoon minced garlic
- ground black pepper to taste

**Directions**

1. Bring a large pot of lightly salted water to a boil. Add linguine pasta, and cook until tender, about 8 minutes. Drain.

2. Meanwhile, melt butter in a large skillet over medium heat. Add onion and mushrooms, and cook until tender. Remove the onions and mushrooms from the skillet with a slotted spoon; set aside.

3. Add chicken pieces to the pan, and sprinkle with garlic. Cook and stir until evenly browned, and cooked through.

4. Whisk the flour and salt into the pan drippings until smooth. Gradually whisk in the chicken broth, and simmer over low heat until slightly thickened. Return the mushrooms and garlic to the pan, and stir in sour cream. Cook until heated through, but do not boil. Serve over linguine pasta.
# Green Chile Pepper and Tomato Chicken Dip

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (2 pound) loaf processed cheese, cubed</td>
<td></td>
</tr>
<tr>
<td>1 (15 ounce) can turkey chili</td>
<td></td>
</tr>
<tr>
<td>2 (10 ounce) cans diced tomatoes with green chile peppers</td>
<td></td>
</tr>
<tr>
<td>2 (10 ounce) cans chunk chicken, drained and flaked</td>
<td></td>
</tr>
<tr>
<td>1 cup sour cream</td>
<td></td>
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</tbody>
</table>

## Directions

In a double boiler, melt the processed cheese. Blend in the turkey chili and diced tomatoes with green chili peppers. Mix in chicken and sour cream. Heat and stir until well blended. Serve warm.
Tropical Chicken I

**Ingredients**
- 10 skinless, boneless chicken breasts
- 1 (8 ounce) can crushed pineapple with juice
- 1/2 cup white sugar
- 2 tablespoons lemon juice
- 1 teaspoon mustard powder

**Directions**
Preheat oven to 350 degrees F (175 degrees C).

Combine the pineapple (with juice/liquids), sugar, lemon juice and dry mustard in a small bowl. Mix all together. Place chicken breasts in a lightly greased 9x13 inch baking dish. Spread the pineapple mixture over the chicken. Bake in the preheated oven for 50 to 60 minutes.
Mushroom Chicken Italiano

**Ingredients**

- 4 (4 ounce) boneless skinless chicken breast halves
- 1 tablespoon vegetable oil
- 3/4 cup creamy Italian salad dressing
- 1/4 cup white wine or chicken broth
- 1 1/2 cups sliced fresh mushrooms
- Hot cooked rice

**Directions**

In a large skillet, brown chicken in oil on all sides. In a bowl, combine the salad dressing, wine or broth and mushrooms; pour over chicken. Cover and simmer for 15-20 minutes or until chicken juices run clear. Serve over rice.
## Lemon Pepper Chicken I

### Ingredients

- 2 teaspoons butter
- 1 tablespoon ground black pepper, divided
- 1 skinless, boneless chicken breast half
- 1 tablespoon fresh lemon juice

### Directions

Melt butter in a small skillet. Pepper the skillet with 1/2 tablespoon of the pepper, then lay the chicken breast onto the pepper. Squeeze fresh lemon juice onto the chicken, then season with the remaining pepper.

Saute chicken breast for about 5 to 7 minutes, then turn to the other side, squeeze lemon juice onto the other side and saute for another 5 to 7 minutes (or until chicken is cooked through and juices run clear).
Golden Vegetable Chicken

**Ingredients**

1 (2 to 3 pound) whole chicken, cut into pieces  
2 onion, sliced into thin rings  
4 potatoes, sliced  
2 carrots, sliced  
1 sweet potato, sliced  
1 tomato, sliced  
5 tablespoons mayonnaise  
1/2 teaspoon cayenne pepper  
1/2 teaspoon ground turmeric  
1/2 teaspoon garlic powder  
salt and pepper to taste

**Directions**

If you have time, place chicken in cayenne pepper, turmeric, garlic powder, salt and pepper for 2 to 3 hours. If not, mix these spices together and cover both sides of the chicken pieces with the mixture, then cover each piece of chicken completely with mayonnaise on both sides.

Preheat oven to 400 degrees F (200 degrees C).

Place the sliced onions, potatoes and carrots in a lightly greased 9x13 inch baking dish. Put chicken pieces on top, then place the tomato and sweet potato slices around the chicken. Cover dish with aluminum foil and bake in the preheated oven for 15 minutes.

Lower heat to 325 degrees F (165 degrees C). Bake for another 45 to 60 minutes, turning chicken over once, until vegetables are soft and chicken juices run clear. Remove aluminum foil and grill in the oven for 5 to 7 minutes on each side of chicken, to give it a nice coloring. Enjoy!
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>2 tablespoons vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1 (3 pound) whole chicken, cut into pieces</td>
<td></td>
</tr>
<tr>
<td>2/3 cup water</td>
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<tr>
<td>1 tablespoon fish sauce</td>
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<tr>
<td>1 1/2 tablespoons curry powder</td>
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<tr>
<td>1 tablespoon cornstarch</td>
<td></td>
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<tr>
<td>1 tablespoon chopped cilantro (optional)</td>
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</table>

## Directions

Heat the vegetable oil in a skillet over medium heat. Stir in the lemon grass, cooking until fragrant, 3 to 5 minutes. Place the chicken into the skillet. Cook and stir the chicken until no longer pink in the center and the skin is browned, about 10 minutes. Stir in the water, fish sauce, and curry powder. Increase heat to high and bring to a boil. Reduce heat and simmer for 10 to 15 minutes.

Mix cornstarch and 2 tablespoons of the curry sauce in a small bowl, until smooth. Stir cornstarch mixture into the skillet and simmer until sauce has thickened, about 5 minutes. Garnish with cilantro before serving.
# Slow Cooker Chicken Tortilla Soup

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)</td>
<td>1 can (10.75 ounce)</td>
</tr>
<tr>
<td>Campbell's® Condensed Fiesta Nacho Cheese Soup</td>
<td>1 can (10.75 ounce)</td>
</tr>
<tr>
<td>Milk*</td>
<td>2 cans (10.75 ounce)</td>
</tr>
<tr>
<td>Chopped green chilies</td>
<td>1 can (4 ounce)</td>
</tr>
<tr>
<td>Skinless, boneless chicken breasts halves, cooked and diced</td>
<td>2 skinless, boneless chicken breasts halves, cooked and diced</td>
</tr>
<tr>
<td>Tortilla chips</td>
<td></td>
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</table>

## Directions

1. Mix soups, milk, chilies and chicken in 3 1/2-qt. slow cooker.
2. Cover and cook on LOW 5 to 6 hours.
3. Place a few tortilla chips in each serving bowl. Ladle hot soup over chips. Serve immediately.
### Easy Chicken Curry

#### Ingredients
- 6 skinless, boneless chicken breast halves - cut into strips
- 1/4 cup olive oil
- 2 large onions, diced
- 1/3 cup curry powder, or to taste

#### Directions
Heat oil in a large skillet over medium heat. Add onion and saute until soft and golden brown. Slowly stir in curry powder. Once ingredients are blended together, add chicken breasts. Cover skillet and simmer over medium low heat for about 45 minutes or until chicken is cooked through and no longer pink inside.

Remove cover from skillet and cook for an additional 15 minutes, until sauce reduces. (Note: Make sure that you stir and that dish does not burn, as curry powder burns very easily!)
Chicken A La Impress Me

Ingredients

6 skinless, boneless chicken breasts
12 slices smoked ham
3/4 cup shredded Gruyere cheese
1/4 cup julienned carrots
1/4 cup julienned zucchini
1 tablespoon vegetable oil

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken breasts between two sheets of wax paper or plastic wrapping, and pound with a meat mallet to flatten.

Cover each flattened breast with a slice or two of ham. Place 2 tablespoons cheese and a bit of carrot and a zucchini on the end of each chicken breast. Roll up each breast, and fasten with toothpicks.

In a large skillet, heat a small amount of oil over medium high heat. Cook chicken breasts in hot oil for 2 to 3 minutes to lightly brown. Place browned rolls in a lightly greased 9x13 inch baking dish.

Bake in the preheated oven for 20 to 25 minutes, or until chicken is cooked through and juices run clear.
**Creamy Dreamy Chicken and Spirals Casserole**

**Ingredients**
- 2 cups rotini pasta
- 1/4 cup butter
- 3 tablespoons all-purpose flour
- 1 3/4 cups milk
- 3 cups shredded Cheddar cheese
- 1 (8 ounce) package cream cheese, cubed
- 1/4 cup white wine
- 1 tablespoon spicy brown mustard
- 3 pinches ground nutmeg
- 1/2 teaspoon salt
- 2 cups chopped cooked chicken
- 10 buttery round crackers, crushed
- 2 tablespoons grated Parmesan cheese
- 2 teaspoons butter, melted

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Lightly spray a 9x13-inch pan with cooking spray and set aside. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Melt butter in a saucepan over medium heat. Add flour a tablespoon at a time and stir until smooth. Gradually stir in milk. Bring to a low boil, and cook for one minute, stirring constantly. Remove from heat and stir in cheddar cheese until melted. Stir in cream cheese and until melted. Add wine, and season with mustard, nutmeg and salt.

Pour cooked noodles in pan. Layer chicken pieces over the noodles. Pour sauce over the chicken. In a small bowl, mix the cracker crumbs, parmesan cheese and butter, and sprinkle over the sauce.

Bake in preheated oven for 30 minutes, or until edges of casserole are bubbling. Remove from oven, and stir to thoroughly coat pasta and chicken and to keep top of casserole from hardening. Allow to cool for 10 minutes before serving.
**Ingredients**

- 2 cups sour cream
- 2 tablespoons lemon juice
- 4 garlic cloves, minced
- 4 teaspoons celery salt
- 4 teaspoons Worcestershire sauce
- 2 teaspoons paprika
- 1/2 teaspoon pepper
- 8 skinless, boneless chicken breast halves
- 2 cups crushed butter-flavored crackers
- 1/2 cup butter or margarine, melted
- 1/4 cup vegetable oil

**Directions**

In a large shallow glass dish, combine the first seven ingredients. Add chicken; turn to coat. Cover and refrigerate for 3-4 hours. Place cracker crumbs in a shallow bowl; roll chicken in crumbs until coated. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Combine butter and oil; pour over the chicken. Bake, uncovered, at 350 degrees F for 50-60 minutes or until chicken juices run clear.
**Erin's Indonesian Chicken**

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1 cup uncooked long grain white rice</td>
<td></td>
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<tr>
<td>2 cups water</td>
<td></td>
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<tr>
<td>1 pound fresh green beans, trimmed and snapped</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons olive oil</td>
<td></td>
</tr>
<tr>
<td>1 pound skinless, boneless chicken breast halves - cut into chunks</td>
<td></td>
</tr>
<tr>
<td>3/4 cup low-sodium chicken broth</td>
<td></td>
</tr>
<tr>
<td>1/3 cup smooth peanut butter</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons honey</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon low sodium soy sauce</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon red chile paste</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons lemon juice</td>
<td></td>
</tr>
<tr>
<td>3 green onions, thinly sliced</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons chopped peanuts (optional)</td>
<td></td>
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</tbody>
</table>

**Directions**

Bring the rice and water to boil in a pot. Reduce heat to low, cover, and simmer 20 minutes.

Place green beans in a pot fitted with a steamer basket over boiling water, and steam 10 minutes, or until tender but crisp.

Heat the oil in a skillet, and cook the chicken 5 minutes on each side, or until juices run clear.

Mix the chicken broth, peanut butter, honey, soy sauce, chile paste, lemon juice in a saucepan over medium heat. Cook and stir 5 minutes, until slightly thickened. Mix in the green beans. Serve over rice. Garnish with green onions and peanuts.
## Ingredients

- 4 skinless, boneless chicken breasts
- 4 slices honey flavored bacon
- 1 cup Italian-style salad dressing
- 1 (18 ounce) bottle barbecue sauce

## Directions

At least 4 hours before cooking: Roll each chicken breast (small end to large end), wrap with bacon slice and secure with toothpick or bamboo spear. Place rolled chicken breasts into a shallow glass container and add salad dressing to marinate. Cover and put in refrigerator for 2 hours, turning occasionally.

Lightly oil grill and preheat to high.

Remove chicken rolls from marinade and grill over hot coals until bacon browns; move to cooler spot on grill and cook another 25 minutes or until chicken juices run clear. Baste with barbecue sauce, turning and basting for another 10 minutes or until ready to serve.
Herbed Sweet 'n' Sour Chicken

Ingredients

- 2/3 cup uncooked long-grain white rice
- 1 1/3 cups water
- 6 tablespoons olive oil
- 6 tablespoons soy sauce
- 6 tablespoons honey
- 3 tablespoons distilled white vinegar
- 1 1/2 teaspoons dried thyme
- 1 1/2 teaspoons ground paprika
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon ground allspice
- 1 teaspoon ground black pepper
- 4 skinless, boneless chicken breast halves

Directions

Preheat oven to 375 degrees F (190 degrees C).

Mix rice and water in a medium saucepan, and bring to a boil. Cover, reduce heat, and simmer 20 minutes, until rice is tender.

In a medium bowl, blend the olive oil, soy sauce, honey, and vinegar. Mix in the thyme, paprika, cayenne pepper, allspice, and black pepper.

Place chicken breasts in a medium baking dish, and coat with the olive oil mixture.

Place chicken in the preheated oven, and, basting occasionally with the olive oil mixture, cook 30 minutes, or until no longer pink and juices run clear. Serve over the rice with remaining olive oil mixture.
Artichoke and Tomato Chicken

**Ingredients**

- 1/4 cup olive oil
- 4 fresh tomatoes, diced
- 3 tablespoons chopped fresh basil
- 2 tablespoons chopped fresh oregano
- 6 artichoke hearts, drained and chopped
- 2 red bell peppers, chopped
- 1 (8 ounce) package mozzarella cheese, cubed
- 6 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
- 2 cups marinara sauce

**Directions**

Heat oil in a skillet over medium heat. Add tomatoes, basil, oregano, artichoke hearts and red peppers. Cook until just hot, then remove from heat. Transfer to a large bowl and toss together with mozzarella cubes.

Preheat oven to 350 degrees F (175 degrees C). Lay out the pounded breasts and spoon filling onto the center, leaving an inch on each side. Adjust filling as you roll so as not to over stuff. Place them seam side down into a 2 quart baking dish. Cover with marinara sauce. Place lid onto dish or cover with aluminum foil.

Bake for 35 to 45 minutes in the preheated oven, or until chicken is cooked through. You'll love it!
Marinated Chicken

**Ingredients**
- 2 cups soy sauce
- 2 cups brown sugar
- 1 1/2 cups white sugar
- 1 tablespoon ground ginger
- 5 pounds skinless, boneless chicken breast halves - cut into strips

**Directions**

In a large bowl, mix the soy sauce, brown sugar, sugar, and ginger. Place chicken into the mixture. Chill in the refrigerator 6 to 8 hours, or overnight.

Preheat oven to 325 degrees F (165 degrees C). Lightly grease a medium baking dish.

Place marinated chicken in the prepared baking dish. Bake in the preheated oven at least 1 hour, or until meat is no longer pink and juices run clear.
### Ingredients

- 1 tablespoon butter
- 1 pound skinless, boneless chicken breast, cut into cubes
- 1 (10.75 ounce) can Campbell’s® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
- 1 cup milk
- 1 tablespoon onion flakes
- 1/4 teaspoon dried thyme leaves, crushed
- 1/8 teaspoon ground black pepper
- 1 (16 ounce) can green beans, drained
- 2 cups uncooked instant white rice

### Directions

Heat the butter in a 10-inch skillet over medium-high heat. Add the chicken and cook until it's well browned, stirring often.

Stir the soup, milk, onion, thyme and black pepper into the skillet. Heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until chicken is cooked through.

Stir in the beans and rice. Cover the skillet and remove from the heat. Let stand for 5 minutes. Fluff the rice with a fork.
Lemony Olive Chicken

Ingredients

- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breasts
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup or Campbell's® Condensed 98% Fat Free Cream of Chicken Soup
- 1/4 cup milk
- 1/2 teaspoon lemon juice
- 1/8 teaspoon ground black pepper
- 1/2 cup sliced pitted ripe olives
- 4 lemon slices
- 4 cups hot cooked rice

Directions

Heat oil in skillet. Add chicken and cook until browned.

Add soup, milk, lemon juice, pepper and olives. Top with lemon slices. Heat to a boil. Cover and cook over low heat 5 minutes or until done. Serve with rice.
### Rotini and Chicken Casserole

#### Ingredients

- 1 (16 ounce) package rotini pasta
- 2 tablespoons butter
- 1 pound boneless skinless chicken breasts, cut into bite-size pieces
- 1 onion, chopped
- 1 (8 ounce) package sliced fresh mushrooms
- 1 (10 ounce) package frozen green peas, thawed and drained
- 1/3 cup milk
- 1 (10.75 ounce) can condensed Cheddar cheese soup
- 2 cups shredded Cheddar cheese, divided
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

#### Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Preheat oven to 350 degrees F (175 degrees C.)

Melt butter in a large, deep skillet over medium high heat. Saute the chicken, onion and mushrooms until chicken is no longer pink, and juices run clear. In a large bowl, combine cooked pasta, peas, milk, condensed soup and 1 cup of the cheese. Stir in the chicken mixture. Pour into a 3 quart baking dish and sprinkle with remaining 1 cup of shredded cheese.

Bake in preheated oven for 20 to 25 minutes, or until sauce is bubbly.
## Chicken-Noodle Parmesan

### Ingredients

- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken & Broccoli Soup
- 1/2 cup milk
- 1/3 cup grated Parmesan cheese
- 1/8 teaspoon ground black pepper
- 3 cups cooked medium egg noodles
- 2 cups cubed cooked chicken or turkey
- Chopped fresh parsley

### Directions

Mix soup, milk, cheese, pepper, noodles and chicken in saucepan. Heat through. Garnish with parsley.
Ingredients

- 2 eggs, lightly beaten
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon white sugar
- 1 tablespoon minced garlic
- 1 tablespoon grated fresh ginger root
- 1 tablespoon sesame oil
- 1 tablespoon soy sauce
- 1/8 teaspoon chicken bouillon granules
- 1 1/2 pounds skinless, boneless chicken breast halves - cut into 1 inch cubes
- 3 tablespoons potato starch
- 1 tablespoon rice flour
- Oil for frying

Directions

In a large bowl, mix together eggs, salt, pepper, sugar, garlic, ginger, sesame oil, soy sauce, and bouillon. Add chicken pieces, and stir to coat. Cover, and refrigerate for 30 minutes.

Remove bowl from refrigerator, add potato starch and rice flour to meat, and mix well.

In a large skillet or deep fryer, heat oil to 365 degrees F (185 degrees C). Place chicken in hot oil, and fry until golden brown. Cook meat in batches to maintain oil temperature. Drain briefly on paper towels. Serve hot.
## South of the Border DEEE-licious Chicken Salad

### Ingredients

- 2 boneless chicken breasts, cooked and diced
- 2 ripe tomatoes, diced
- 1 small red onion, diced
- 1 large jicama, diced
- 1 bunch fresh cilantro, chopped
- 1 lime, juiced
- 1 avocado - peeled, seeded and sliced
- Salt and pepper to taste

### Directions

In a large bowl, combine the chicken, tomatoes, red onion, jicama, cilantro and lime juice. Toss together well.

Garnish with slices of avocado, season with salt and pepper and serve immediately.
Easy Garlic Broiled Chicken

Ingredients

- 1/2 cup butter
- 3 tablespoons minced garlic
- 3 tablespoons soy sauce
- 1/4 teaspoon black pepper
- 1 tablespoon dried parsley
- 6 boneless chicken thighs, with skin
dried parsley, to taste

Directions

Preheat the oven broiler. Lightly grease a baking pan.

In a microwave safe bowl, mix the butter, garlic, soy sauce, pepper, and parsley. Cook 2 minutes on High in the microwave, or until butter is melted.

Arrange chicken on the baking pan, and coat with the butter mixture, reserving some of the mixture for basting.

Broil chicken 20 minutes in the preheated oven, until juices run clear, turning occasionally and basting with remaining butter mixture. Sprinkle with parsley to serve.
# Chicken and Black Bean Casserole

## Ingredients
- 2 tablespoons butter
- 1 medium onion, sliced
- 2 chicken breasts, cut into 2 inch pieces
- 1 (16 ounce) can stewed tomatoes, undrained
- 1 (8 ounce) package black beans, cooked and drained
- 2 ounces green chile peppers, diced
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon ground cumin
- 1/2 cup uncooked white rice

## Directions
- Preheat oven to 350 degrees F (175 degrees C).

Heat butter in a large skillet over medium heat. Stir in onions, and cook until soft and translucent. Stir in chicken; cook until golden on all sides. Pour onions and chicken into a casserole dish. Stir in tomatoes, black beans, chile peppers, cilantro, cumin, and rice.

Bake in preheated oven for 45 minutes.
Oven-Fried Chicken

**Ingredients**

1 cup buttermilk baking mix  
1/3 cup chopped pecans  
2 teaspoons paprika  
1/2 teaspoon salt  
1/2 teaspoon poultry seasoning  
1/2 teaspoon dried sage  
1 (2 to 3 pound) whole chicken, cut into pieces  
1/2 cup evaporated milk  
1/3 teaspoon butter, melted

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 13x9 inch baking dish.

In a shallow dish, combine the biscuit mix, pecans, paprika, salt, poultry seasoning and sage.

Dip the chicken pieces in the evaporated milk then coat generously with the pecan mixture. Place pieces in the prepared baking dish and drizzle with the melted butter or margarine.

Bake at 350 degrees F (175 degrees C) for 1 hour or until juices run clear.
Ingredients

1 cup fresh broccoli florets
1 tablespoon butter
2 pounds skinless, boneless chicken breast meat - cubed
1 1/2 cups sliced fresh mushrooms
3 teaspoons all-purpose flour
2/3 cup water
1/3 cup undiluted, thawed orange juice concentrate
2 cubes chicken bouillon
1 (11 ounce) can mandarin orange segments, drained
1/4 cup sliced green onion

Directions

Place broccoli in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes. Drain, cool and set aside.

Heat butter in a large skillet over medium high heat. Saute chicken in butter until browned. Remove from skillet and set aside.

Saute mushrooms in skillet for 1 minute; remove from skillet and set aside. Stir in flour, water, orange juice concentrate and seasoning.

Heat to boiling, stirring. Simmer, stirring, for 4 minutes. Return chicken and mushrooms to skillet; stir in orange segments, green onion and broccoli. Heat through and serve.
Evin's Indian Apricot Chicken

**Ingredients**

- 1 pound chicken tenders, cut into bite-size pieces
- 2 teaspoons garam masala
- 1 teaspoon garlic powder
- salt and black pepper to taste
- 2 tablespoons olive oil
- 1/2 yellow onion, finely diced
- 1 1/2 cups chicken stock, or as needed
- 1 cup apricot preserves
- 1/4 cup white vinegar
- 1 teaspoon hot pepper sauce (such as Tabasco®)
- 1 teaspoon lime zest
- 1 tablespoon butter

**Directions**

Season the chicken with garam masala, garlic powder, salt, and pepper; set aside. Heat the olive oil in a skillet over medium heat. Cook the onions in the hot oil until tender, about 5 minutes. Add the chicken; cook and stir until the chicken pieces are no longer pink on the outside, about 5 minutes. Remove the mixture from the pan and set aside.

Pour 1 cup of chicken stock into the pan and bring to a simmer. Scrape up the brown bits from the bottom of the pan; stir in the apricot preserves and vinegar. Thin with the remaining chicken stock as needed to create a smooth sauce. Season to taste with the hot sauce. Place chicken back in pan; simmer until chicken is cooked through, about 10 minutes. Stir in lime zest and butter before serving.
In a small bowl, combine the first five ingredients until smooth; set aside. In a nonstick skillet or wok, stir-fry celery and carrots in 2 teaspoons oil until crisp-tender. Remove and keep warm. In the same skillet, stir-fry chicken in remaining oil until no longer pink.

Return vegetables to the pan. Stir orange juice mixture and add to the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Sprinkle with nuts. Serve over rice if desired.
### Ingredients

- 2 1/4 pounds skinless, boneless chicken thighs, cut into chunks
- 2 teaspoons curry powder
- 1/2 teaspoon garam masala
- 1 teaspoon salt
- 2 onions, chopped
- 1 tablespoon minced garlic
- 1 teaspoon minced fresh ginger root
- 1/2 teaspoon cayenne pepper
- 2 teaspoons paprika
- 2 tablespoons water
- 5 teaspoons corn oil
- 2 tomatoes, chopped
- 1 teaspoon minced lemon grass
- 1 tablespoon fish sauce
- 1 cup water

### Directions

Rub chicken thighs with curry powder, garam masala, salt. Cover and set aside. Place onion, garlic, ginger, cayenne pepper, and paprika in a blender with 2 tablespoons of water and blend into a smooth paste.

Heat the oil in a large, lidded skillet over medium heat. Cook and stir onion mixture until darkened, about 7 minutes. Stir in chicken thighs and cook for 3 to 4 minutes, then add tomatoes, lemon grass, and fish sauce. Cook for 2 minutes. Stir in 1 cup of water and bring the curry to a boil. Cover and reduce heat to low and cook until the chicken begins to fall apart, stirring occasionally, 25 to 35 minutes. Remove lid and increase heat. Cook until the sauce is reduced, about 5 minutes. Skim off excess oil from the top and discard.
### Ingredients
- 1 rotisserie chicken, boned and chopped
- 2 stalks celery, finely chopped
- 1/2 cup chopped carrots
- 2 cups crumbled blue cheese
- 2/3 cup Buffalo wing sauce
- 12 dinner rolls, split

### Directions
- Preheat an oven to 400 degrees F (200 degrees C).
- Mix together the chicken, celery, carrots, blue cheese, and wing sauce in a 9x13 inch baking dish.
- Bake the Buffalo chicken mixture in the preheated oven until heated through, about 20 minutes. Spoon the hot mixture onto the dinner rolls to serve.
**Ingredients**

1 (6 ounce) package chicken-flavor stuffing mix  
1 1/2 cups hot water  
1/4 cup butter, cut into pieces  
4 skinless, boneless chicken breasts  
1 (10.75 ounce) can condensed cream of mushroom soup  
1/3 cup milk

**Directions**

In a large bowl combine the seasoning packet from the stuffing mix with the hot water and butter. Let stand until butter melts. Stir in the stuffing crumbs, just to moisten, and let stand for 5 minutes.

Preheat oven to 375 degrees F (190 degrees C).

Place the chicken down the center of a 8x12 inch baking dish. Mix together the soup and milk and pour mixture over the chicken. Spoon some of the stuffing over the chicken breasts, then spoon the rest along the sides of the chicken. Bake in the preheated oven for 35 minutes or until the chicken is fully cooked and the juices run clear.
Easy Baked Chicken

Ingredients

4 skinless, boneless chicken breast halves
1 cup French dressing
1 1/2 cups cornflakes cereal crumbs

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place the dressing in a shallow dish or bowl for dipping. Do the same with the breadcrumbs. Dip the chicken breasts, one at a time, in the dressing, then in the breadcrumbs to coat. Place chicken in a lightly greased 9x13 inch baking dish and bake in the preheated oven for 25 to 30 minutes.
Fab Summer Blackened Chicken Salad

Ingredients

- 2 tablespoons olive oil, divided
- 2 (6 ounce) skinless, boneless chicken breast halves
- 1 1/2 tablespoons Cajun seasoning
- 2 cloves garlic, crushed
- 1 tablespoon balsamic vinegar
- 1 teaspoon Dijon mustard
- salt and black pepper to taste
- 2 cups mixed salad greens
- 1 cup arugula
- 1 avocado - peeled, pitted, and diced
- 12 oil-packed sun-dried tomatoes, drained and sliced
- 1/2 cup sliced black olives

Directions

Warm 1 tablespoon olive oil in a large skillet over medium heat. Season both sides of chicken with Cajun seasoning, and place in hot oil. Stir in crushed garlic. Cook chicken 5 minutes on each side, or until juices run clear. Remove chicken from skillet, drain on paper towels, cool slightly, and dice; discard oil and garlic.

In a small bowl, mix remaining olive oil, balsamic vinegar, mustard, salt, and pepper.

In a large bowl, gently toss the dressing with the mixed salad greens, arugula, avocado, sun-dried tomatoes, and olives. Top with diced chicken to serve.
# Ingredients

- 1 (10 ounce) can tomato soup
- 1/4 cup brown sugar
- 1/4 cup distilled white vinegar
- 1 1/2 teaspoons chili powder
- 1 teaspoon celery salt
- 1/2 teaspoon salt
- 2 drops soy sauce
- 6 skinless, boneless chicken breast halves

# Directions

Preheat an oven to 350 degrees F (175 degrees C).

Stir the tomato soup, brown sugar, vinegar, chili powder, celery salt, salt, and soy sauce together in a casserole dish. Lie the chicken into the mixture; turn to coat on all sides. Cover the dish with aluminum foil.

Bake in the preheated oven for 30 minutes. Turn the oven off and allow the chicken to continue to cook in the oven until it is no longer pink in the center and the juices run clear, about 20 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
Cha Cha's White Chicken Chili

**Ingredients**

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 3 cloves garlic, crushed
- 1 (4 ounce) can diced jalapeno peppers
- 1 (4 ounce) can chopped green chile peppers
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon ground cayenne pepper
- 2 (14.5 ounce) cans chicken broth
- 3 cups chopped cooked chicken breast
- 3 (15 ounce) cans white beans
- 1 cup shredded Monterey Jack cheese

**Directions**

Heat the oil in a large saucepan over medium-low heat. Slowly cook and stir the onion until tender. Mix in the garlic, jalapeno, green chile peppers, cumin, oregano and cayenne. Continue to cook and stir the mixture until tender, about 3 minutes. Mix in the chicken broth, chicken and white beans. Simmer 15 minutes, stirring occasionally.

Remove the mixture from heat. Slowly stir in the cheese until melted. Serve warm.
Cashew Chicken Casserole

**Ingredients**
- 2 cups uncooked elbow macaroni
- 3 cups cubed cooked chicken
- 1/2 cup cubed process American cheese
- 1 small onion, chopped
- 1/2 cup chopped celery
- 1/2 cup chopped green bell pepper
- 1 (8 ounce) can sliced water chestnuts, drained
- 1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1 1/3 cups milk
- 1 (14.5 ounce) can chicken broth
- 1/4 cup butter or margarine, melted
- 2/3 cup crushed saltine crackers
- 3/4 cup cashew halves

**Directions**

In a greased 13-in. x 9-in. x 2-in. baking dish, layer the first seven ingredients in the order listed. In a bowl, combine the soups, milk and broth. Pour over water chestnuts. Cover and refrigerate overnight. Toss butter and cracker crumbs; sprinkle over casserole. Top with cashews.

Bake, uncovered, at 350 degrees for 35-40 minutes or until macaroni is tender.
## Crispy Ketchup-Mustard Chicken

### Ingredients

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<tbody>
<tr>
<td>1/2 cup ketchup</td>
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<tr>
<td>1/2 cup mustard</td>
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<tr>
<td>2 cups chocolate flavored crispy rice cereal</td>
</tr>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
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</tbody>
</table>

### Directions

Preheat the oven to 350 degrees F (175 degrees C). Coat a 9x9 inch baking dish with nonstick spray.

In a shallow bowl, mix together the ketchup and mustard. Place the cereal in a separate bowl. Dip chicken breasts in the ketchup mixture, then into the cereal until heavily coated. Place into the prepared baking dish.

Bake uncovered for 30 minutes in the preheated oven, or until chicken is cooked through. The internal temperature of the chicken should be at 170 degrees F (75 degrees C) when taken with a meat thermometer.
Cilantro Chicken Salad

**Ingredients**

1 lime, zested and juiced  
2 tablespoons soy sauce  
1 (10.5 ounce) can chicken broth  
4 boneless, skinless chicken breast halves  
2 tablespoons olive oil  
1 teaspoon anchovy paste (optional)  
1/2 teaspoon white sugar  
1/2 teaspoon salt  
freshly ground black pepper to taste  
2 cloves garlic, minced  
3 tablespoons chopped fresh cilantro  
2 shallots, chopped

**Directions**

Place the lime peel, soy sauce, and chicken broth in a skillet over medium heat. Place the chicken breasts in the skillet, and bring to a boil. Cover, and simmer until the chicken is fully cooked. Remove from heat, and allow to cool. Shred chicken, and set aside.

In a separate bowl, whisk together lime juice, olive oil, anchovy paste, sugar, salt, and pepper. Stir in garlic, cilantro, shallots, and chicken. Mix well.
### Sixteenth Century Orange Chicken

#### Ingredients

- 2 1/2 pounds skinless, boneless chicken breast meat - cubed
- 1/2 cup chicken stock
- 2 oranges, peeled and segmented
- 4 pitted prunes
- 4 pitted dates
- 1/2 cup dried currants
- 1/2 teaspoon whole cloves
- 1 teaspoon black peppercorns
- 1/2 teaspoon ground mace
- 2 tablespoons white sugar
- 1 tablespoon rose water
- 3/4 cup white wine

#### Directions

Place chicken stock in a large saucepan over high heat. Add oranges, prunes, dates, currants and cloves and boil until the fruit has broken down a bit, about 7 to 10 minutes.

Stir in peppercorns, mace, sugar, rose water and wine; reduce heat to low and simmer for about 10 minutes. Strain and set aside.

Brown chicken in a large skillet until lightly browned on both sides; add reserved sauce and cook together, turning and basting, until chicken is cooked through and juices run clear, about 20 to 25 minutes.
# Italian Chicken and Peppers for a Crowd

## Ingredients

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<thead>
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<th>Item</th>
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<tbody>
<tr>
<td>3 tablespoons vegetable oil</td>
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<tr>
<td>4 pounds skinless, boneless chicken breasts, cut into 1-inch cubes</td>
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<tr>
<td>4 medium green peppers, cut into strips</td>
</tr>
<tr>
<td>4 medium onions, chopped</td>
</tr>
<tr>
<td>4 cloves garlic, minced</td>
</tr>
<tr>
<td>7 1/2 cups Prego® Fresh Mushroom Italian Sauce</td>
</tr>
<tr>
<td>Hot cooked spaghetti</td>
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</tbody>
</table>

## Directions

Heat oil in saucepot. Add chicken and cook until browned and done, stirring often.

Add peppers, onions and garlic and cook until tender. Add pasta sauce and heat through. Serve over spaghetti.
Irish Chicken and Dumplings

**Ingredients**

- 2 (10.75 ounce) cans condensed cream of chicken soup
- 3 cups water
- 1 cup chopped celery
- 2 onions, quartered
- 1 teaspoon salt
- 1/2 teaspoon poultry seasoning
- 1/2 teaspoon ground black pepper
- 4 skinless, boneless chicken breast halves
- 5 carrots, sliced
- 1 (10 ounce) package frozen green peas
- 4 potatoes, quartered
- 3 cups baking mix
- 1 1/3 cups milk

**Directions**

In large, heavy pot, combine soup, water, chicken, celery, onion, salt, poultry seasoning, and pepper. Cover and cook over low heat about 1 1/2 hours.

Add potatoes and carrots; cover and cook another 30 minutes.

Remove chicken from pot, shred it, and return to pot. Add peas and cook only 5 minutes longer.

Add dumplings. To make dumplings: Mix baking mix and milk until a soft dough forms. Drop by tablespoonfuls onto BOILING stew. Simmer covered for 10 minutes, then uncover and simmer an additional 10 minutes.
## Ingredients

- 2 (10.75 ounce) cans condensed cream of chicken soup
- 1 whole cooked chicken, cut into pieces
- 1 (16 ounce) package frozen mixed vegetables, thawed
- 2 cups cooked rice
- 2/3 cup water
- 1/2 cup crushed buttery round crackers

## Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl combine the soup, chicken, cooked vegetables, cooked rice and water. Mix well and spread mixture in a 9x13 inch baking dish. Sprinkle crushed cracker crumbs on top and bake in the preheated oven for about 15 to 20 minutes. Let cool 10 minutes and serve.
Chicken Stir-Fry

**Ingredients**

- 4 (4 ounce) boneless skinless chicken breast halves
- 3 tablespoons cornstarch
- 2 tablespoons soy sauce
- 1/2 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- 3 tablespoons cooking oil, divided
- 1 cup broccoli florets
- 1 cup sliced celery (1/2 inch pieces)
- 1 cup thinly sliced carrots
- 1 small onion, cut into wedges
- 1 cup water
- 1 teaspoon chicken bouillon granules

**Directions**

Cut chicken into 1/2-in. strips; place in a resealable plastic bag. Add cornstarch and toss to coat. Combine soy sauce, ginger and garlic powder; add to bag and shake well. Refrigerate for 30 minutes.

In a large skillet or wok, heat 2 tablespoons of oil; stir-fry chicken until no longer pink, about 3-5 minutes. Remove and keep warm. Add remaining oil; stir-fry broccoli, celery, carrots and onion for 4-5 minutes or until crisp-tender. Add water and bouillon. Return chicken to pan. Cook and stir until thickened and bubbly.
Chicken Avocado Casserole

**Ingredients**

- 7 tablespoons butter, divided
- 1 tablespoon olive oil
- 8 skinless, boneless chicken breast halves
- 1/4 cup all-purpose flour
- 1 cup light cream
- 1 cup chicken broth
- 3/4 teaspoon Morton® Kosher Salt
- 1/4 teaspoon ground black pepper
- 1/2 cup grated Parmesan cheese
- 2 dashes hot pepper sauce
- 1/2 teaspoon dried rosemary, crushed
- 1/2 teaspoon dried basil
- 3 cups sliced fresh mushrooms
- 1/4 cup sherry
- 1/2 cup sliced almonds, toasted
- 2 avocados

**Directions**

Preheat the oven to 350 degrees F. Melt one tablespoon of butter in a large heavy skillet. Add olive oil and swirl together with the butter. Add chicken and saute until chicken pieces are browned and juices run clear. Turn pieces to brown evenly while sauteing. Place chicken breasts in 9x13 baking dish and set aside.

Melt 4 tablespoons of butter until foamy. Stir in flour, and cook for three minutes, stirring constantly. Slowly add cream and chicken broth. Continue stirring and cooking until smooth and thickened. Season sauce with Morton® Kosher Salt, black pepper, Parmesan cheese, hot pepper sauce and herbs. Set aside.

Saute mushrooms in remaining two tablespoons of butter. Add sherry and cook until reduced. Place mushrooms over the chicken. Pour the sauce over the chicken and mushrooms. Bake uncovered for 25 minutes, then sprinkle with almonds, and return to oven for 10 minutes. Peel and slice avocados lengthwise and place over chicken before serving.
**Rosemary Chicken Couscous Salad**

**Ingredients**
- 2 cups chicken broth
- 1 (10 ounce) box couscous
- 3/4 cup olive oil
- 1/4 cup fresh lemon juice
- 2 tablespoons white balsamic vinegar
- 1/4 cup chopped fresh rosemary leaves
- salt and ground black pepper to taste
- 2 large cooked skinless, boneless chicken breast halves, cut into bite-size pieces
- 1 cup chopped English cucumber
- 1/2 cup chopped sun-dried tomatoes
- 1/2 cup chopped pitted kalamata olives
- 1/2 cup crumbled feta cheese
- 1/3 cup chopped fresh Italian parsley
- salt and ground black pepper to taste

**Directions**

Place chicken stock in a saucepan and bring to a boil over medium-high heat. Stir in couscous. Remove pan from the heat; cover, and let stand for 5 minutes. Fluff couscous with a fork. Cool for 10 minutes.

Meanwhile, make the dressing by combining the olive oil, lemon juice, and vinegar in the bowl of a blender or food processor; mix on low until mixture thickens. Stir in rosemary. Season to taste with salt and pepper.

Combine the chicken, cucumber, sun-dried tomatoes, and olives in a large bowl. Stir in the couscous, Feta cheese, and parsley. Season to taste with salt and pepper. Toss the salad with half the dressing. Taste, and add more dressing as desired, or, if making the salad in advance, add additional dressing just before serving.
Andy's Five Pepper Chicken Wings

**Ingredients**

1 cup vegetable oil
4 pounds chicken wings
8 tablespoons butter
3 cups hot sauce
2 tablespoons chopped fresh garlic
2 jalapeno peppers, seeded and chopped
2 Thai chile peppers, seeded and chopped
2 habanero peppers, seeded and chopped
2 yellow wax peppers, seeded and chopped
2 red chile peppers, seeded and chopped
salt and pepper to taste

**Directions**

Heat oil in deep-fryer to 300 degrees F (150 degrees C). Preheat oven to 400 degrees F (205 degrees C).

Cook wings in hot oil for 15 minutes, turning occasionally. Drain on a paper towel-lined dish, then transfer to a shallow baking dish. Broil in the preheated oven for 15 minutes, turning once.

Melt butter in a medium stock pot over medium heat. Stir in hot sauce, garlic, jalapeno, Thai chile, habanero, yellow wax, and red chile peppers. Reduce heat to medium low and cook for 15 minutes, or until peppers are softened. Season to taste with salt and pepper, and pour over wings, turning to coat. Reduce oven temperature to 350 degrees F (175 degrees C), and continue baking for an additional 10 minutes. Let cool for 5 minutes, and enjoy. Be sure to have plenty of water handy!
**Ingredients**

- 2 tablespoons white wine vinegar
- 1 lime, juiced
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 (3 pound) fryer or boiler chicken, cut into pieces
- 2 tablespoons olive oil
- 1 green bell pepper, thinly sliced
- 1 medium onion, thinly sliced
- 2 tomatoes, thinly sliced
- 2 tablespoons ketchup

**Directions**

In a large bowl, mix the vinegar, lime juice, garlic, salt, and pepper. Place the chicken pieces in the mixture, and marinate at least 15 minutes.

Heat the oil in a large skillet over medium heat. Transfer the chicken and marinade to the skillet. Cover, and cook chicken about 10 minutes.

Mix the green pepper, onion, tomatoes, and ketchup into the skillet, cover, and continue cooking 15 to 20 minutes, until chicken is no longer pink and juices run clear.
**Accidental Grilled Chicken Salad**

**Ingredients**
- 4 boneless, skinless chicken breast halves
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 2 teaspoons lemon pepper
- 2 Vidalia onions, thickly sliced
- 4 large mushroom caps, chopped
- 1 cup mayonnaise
- hot sauce to taste
- salt and pepper to taste

**Directions**

Place chicken breast halves in a large resealable plastic bag with lemon juice, olive oil, and lemon pepper. Shake to coat, and marinate in the refrigerator for at least 1 hour.

Preheat a grill for high heat.

Lightly oil the grill grate. Place the Vidalia onions and mushrooms on the grill, and cook until lightly charred on both sides; set aside. Place chicken onto the grill, and discard marinade. Cook for 15 minutes, turning once, or until juices run clear. Remove from heat, cool, and chop.

In a large bowl, thoroughly mix the onions, mushrooms, chicken, and mayonnaise. Season with hot sauce, salt, and pepper. Cover, and refrigerate until serving.
## Curried Chicken Salad

### Ingredients

- 3 cups diced cooked chicken
- 1/2 cup finely chopped celery
- 1 (8 ounce) can water chestnuts, drained
- 1 medium apple, cored and diced
- 3/4 cup seedless green grapes, halved
- 3/4 cup pineapple tidbits, drained with juice reserved
- 1/2 cup raisins
- 1/2 cup slivered almonds

**DRESSING:**

- 1 1/4 cups mayonnaise
- 1/4 cup reserved pineapple juice
- 1 tablespoon soy sauce
- 1 tablespoon vinegar
- 1/4 teaspoon lemon or lime juice
- 1 teaspoon curry powder

### Directions

In a large bowl, combine first eight ingredients. Blend all dressing ingredients and toss with chicken mixture. Chill several hours.
# Chicken Dijon in Pastry Shells

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>(10 ounce) package Pepperidge Farm® Puff Pastry Shells</td>
<td>prepared according to package directions</td>
</tr>
<tr>
<td>2 tablespoons butter</td>
<td></td>
</tr>
<tr>
<td>4 (4 ounce) skinless, boneless chicken breast halves, cut into strips</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups broccoli flowerets</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups sliced mushrooms</td>
<td></td>
</tr>
<tr>
<td>(10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular or 98% Fat Free)</td>
<td></td>
</tr>
<tr>
<td>1/4 cup milk</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons Dijon mustard</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Heat 1 tablespoon butter in a 10-inch skillet over medium-high heat. Add the chicken and cook until well browned and cooked through, stirring often. Remove the chicken from the skillet.

Heat the remaining butter in the skillet over medium heat. Add the broccoli and mushrooms and cook until the vegetables are tender, stirring occasionally.

Stir the soup, milk and mustard into the skillet and heat to a boil. Return the chicken to the skillet and cook until the mixture is hot and bubbling. Spoon the chicken mixture into the pastry shells.
Creole Fried Chicken

**Ingredients**

- 1 cup all-purpose flour
- 2 teaspoons salt
- 1 1/2 teaspoons Creole seasoning
- 1/2 teaspoon pepper
- 1 (3 1/2) pound broiler-fryer chicken, cut up
- 3 tablespoons cooking oil
- 2 cups water

**Directions**

In a shallow bowl or large resealable plastic bag, combine dry ingredients. Dredge chicken. Heat oil in a large skillet, fry chicken, a few pieces at a time, until brown on all sides. Add water; bring to a boil. Reduce heat; cover and simmer for 45 minutes or until juices run clear. Thicken gravy if desired.
**Baked Garlic Parmesan Chicken**

### Ingredients
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1 cup dry bread crumbs
- 2/3 cup grated Parmesan cheese
- 1 teaspoon dried basil leaves
- 1/4 teaspoon ground black pepper
- 6 skinless, boneless chicken breast halves

### Directions
Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

In a bowl, blend the olive oil and garlic. In a separate bowl, mix the bread crumbs, Parmesan cheese, basil, and pepper. Dip each chicken breast in the oil mixture, then in the bread crumb mixture. Arrange the coated chicken breasts in the prepared baking dish, and top with any remaining bread crumb mixture.

Bake 30 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.
### Ingredients

- 4 skinless, boneless chicken breast halves
- 1 teaspoon ground cinnamon
- 2 tablespoons Italian-style seasoning
- 1 1/2 teaspoons garlic powder
- 3 teaspoons salt
- 1 teaspoon ground black pepper

### Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a lightly greased 9x13 inch baking dish. Sprinkle evenly with ground cinnamon, seasoning, garlic powder, salt and pepper. (Note: You can be liberal with the seasoning, garlic powder, salt and pepper; however, the cinnamon should only be a dusting and not clumped.)

Bake at 350 degrees F (175 degrees C) for about 30 minutes or until chicken is cooked through and juices run clear.
Hearty Garden Chicken and Rice

Ingredients

- 1 1/2 cups uncooked long grain white rice
- 3 cups chicken broth
- 4 skinless, boneless chicken breast halves
- 5 teaspoons butter
- 1/2 medium onion, diced
- 1/2 large green bell pepper, diced
- 1 jalapeno pepper, diced
- 1 medium carrot, diced
- 1 cup sliced fresh okra
- 2 cloves garlic, diced
- 1 tablespoon red wine vinegar
- 2 teaspoons chili powder
- 1 teaspoon garlic salt
- 1/4 teaspoon paprika
- 1 teaspoon seasoned salt
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon black pepper

Directions

In a pot, bring the rice and chicken broth to a boil. Reduce heat to low, cover, and simmer 20 minutes.

In a pot with enough water to cover, boil the chicken breast halves 20 minutes, or until juices run clear. Drain, cool, and cut into chunks.

Melt the butter in a large skillet over medium heat, and saute the onion, green bell pepper, jalapeno pepper, carrot, okra, and garlic until tender. Mix in the cooked chicken and red wine vinegar. Continue to cook and stir 5 minutes.

Mix the cooked rice into the skillet. Season the mixture with chili powder, garlic salt, paprika, seasoned salt, cayenne pepper, and black pepper. Continue cooking until heated through.
## Chicken and Stir-Fry Vegetable Pizza

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)</td>
<td></td>
</tr>
<tr>
<td>1 (12 inch) Italian bread shell</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon vegetable oil</td>
<td></td>
</tr>
<tr>
<td>3 cups frozen vegetables</td>
<td></td>
</tr>
<tr>
<td>1/8 teaspoon garlic powder</td>
<td></td>
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<tr>
<td>1 (10 ounce) package refrigerated cooked chicken strips</td>
<td></td>
</tr>
<tr>
<td>1 cup shredded Cheddar cheese</td>
<td></td>
</tr>
<tr>
<td>Dried oregano leaves or crushed red pepper</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

1. Spread soup over shell to within 1/4 inch of edge. Bake at 450 degrees F. for 5 minutes.


3. Spoon vegetables on pizza. Top with chicken and cheese. Sprinkle with oregano. Bake for 5 minutes or until cheese melts.
Secret Sauce Chicken

**Ingredients**

- 2 (8 ounce) bottles Italian dressing
- 1/2 cup soy sauce
- 1/4 cup Worcestershire sauce
- 10 cloves garlic, minced
- 1 teaspoon ground mustard
- 1 teaspoon ground ginger
- 1/3 cup brown sugar
- 4 pounds bone-in chicken parts

**Directions**

In a large container, mix the Italian dressing, soy sauce, Worcestershire sauce, garlic, mustard, ginger, and brown sugar. Place chicken in the container and marinate in the refrigerator 8 hours or overnight.

Preheat grill for high heat.

Lightly oil grill grate. Discard marinade and place chicken on grill. Cook 30 minutes, or until chicken juices run clear. Smaller parts will be done more quickly.
**Awesome Chicken and Yellow Rice Casserole**

**Ingredients**
- 1 medium onion, coarsely chopped
- 1 medium green bell pepper, coarsely chopped
- 1 (8 ounce) can water chestnuts, drained and chopped
- 2 tablespoons olive oil
- 1 whole chicken
- salt and pepper to taste
- seasoning salt to taste
- 1 (10 ounce) package yellow rice
- 1 (4 ounce) jar diced pimentos, drained

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a Dutch oven, toss the onion, green bell pepper, and water chestnuts with olive oil to coat. Rub the chicken with salt, pepper, and seasoning salt, and place on top of the vegetables in the Dutch oven.

Cover, and cook the chicken 1 hour and 15 minutes in the preheated oven, or to an internal temperature of 180 degrees F (85 degrees C). Remove from heat. Leaving the vegetables in the Dutch oven, remove the cooked chicken, cool, skin, debone, and shred meat.

While the chicken is cooking, prepare the yellow rice according to package directions.

Mix the shredded chicken and cooked rice into the Dutch oven with the vegetables. Return to the 350 degrees F (175 degrees C) oven, and continue cooking 15 minutes before serving.
Oriental Chicken Salad

Ingredients

1/2 cup diced cooked chicken breast meat
2 tablespoons soy sauce
3 tablespoons rice vinegar
1 1/2 tablespoons white sugar
1/2 cup peanut oil
3 green onions, minced
1 (3 ounce) package ramen noodles - cooked, drained and chilled

Directions

In a small bowl combine the soy sauce, vinegar, sugar and peanut oil.

In a medium sized bowl toss the dressing with the chicken, scallions and noodles. Chill and serve.
Makhani Chicken (Indian Butter Chicken)

Ingredients

- 1 3/4 pounds skinless, boneless chicken breast halves - cubed
- 1 tablespoon lemon juice
- 1 tablespoon chili powder
- salt to taste
- 1 cup yogurt
- salt to taste
- 2 tablespoons garlic paste
- 1/2 tablespoon garam masala
- 2 tablespoons melted butter
- 1 tablespoon chili powder
- 2 tablespoons ginger paste
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 tablespoon butter
- 1 tablespoon garam masala
- 1 tablespoon ginger paste
- 1 tablespoon chopped garlic
- 1 tablespoon chopped green chile pepper
- 2 cups tomato puree
- 1 tablespoon chili powder
- salt to taste
- 1 cup water
- 1 tablespoon honey
- 1/2 teaspoon dried fenugreek leaves
- 1 cup heavy cream

Directions

To Marinate: Place chicken in a nonporous glass dish or bowl with lemon juice, 1 tablespoon chili powder and salt. Toss to coat; cover dish and refrigerate to marinate for 1 hour.

Drain yogurt in a cloth for 15 to 20 minutes. Place in a medium bowl; mix in salt, garlic paste, garam masala, butter, chili powder, ginger paste, lemon juice and oil. Pour yogurt mixture over chicken, replace cover and refrigerate to marinate for another 3 to 4 hours.

Preheat oven to 400 degrees F (200 degrees C).

Place chicken on skewers. Place skewers in a 9x13 inch baking dish and bake in preheated oven for 20 minutes, or until almost cooked through.

To Make Sauce: Melt butter in a medium saucepan over medium heat. Stir in garam masala. When masala begins to crackle, mix in ginger paste, chopped garlic and green chile peppers. Saute until tender, then stir in tomato puree, chili powder, salt and water. Bring to a boil; reduce heat to low and simmer, stirring in honey and fenugreek.

Place chicken in sauce mixture. Continue cooking for another 5 minutes, or until chicken is no longer pink inside. Stir in fresh cream.
Port And Mushroom Sauce Chicken

**Ingredients**

1 tablespoon olive oil  
4 skinless, boneless chicken breast halves  
3 tablespoons whole wheat flour  
2 tablespoons minced shallots  
1/2 cup white wine  
1/2 cup chicken stock  
8 fresh mushrooms, sliced  
1 sprig fresh tarragon  
3 1/2 tablespoons port wine  
1 tablespoon chopped fresh parsley

**Directions**

In a deep skillet, heat oil on high. Coat chicken with flour, add to skillet, reduce heat and cook on low for 10 minutes (or until cooked through). Remove chicken breasts to a platter and keep warm.

To the same skillet, add the shallots, saute for 1 minute, then add wine and heat until reduced by half. Add stock and heat for 5 minutes until sauce thickens.

Meanwhile, in a small pan, saute mushrooms in a little oil. Add tarragon to mushrooms, then add both to the chicken and wine sauce. Cook all for 7 minutes, stir in port and cook for 5 more minutes.

Arrange the chicken on a platter and spoon sauce over it. Garnish with parsley and extra thyme sprigs. Serve.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (4 pound) chicken</td>
<td></td>
</tr>
<tr>
<td>1 onion, chopped</td>
<td></td>
</tr>
<tr>
<td>4 quarts water</td>
<td></td>
</tr>
<tr>
<td>1 (10 ounce) package frozen whole kernel corn</td>
<td></td>
</tr>
<tr>
<td>1/2 cup chopped celery</td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
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<tr>
<td>1 cup all-purpose flour</td>
<td></td>
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<tr>
<td>1 pinch salt</td>
<td></td>
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<tr>
<td>1 egg</td>
<td></td>
</tr>
<tr>
<td>1/4 cup milk</td>
<td></td>
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<tr>
<td>2 hard-cooked eggs, chopped</td>
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</tr>
</tbody>
</table>

## Directions

In a large stock pot cover chicken and onion with water. Cook slowly until tender, approximately 1 hour. Remove chicken, let cool and remove meat from bones. Cut meat into 1 inch pieces, discard skin and bones.

Cut corn from cobs if using fresh corn.

Add corn, cut up chicken, celery to stock pot and season with salt and pepper. Simmer soup for 10 minutes.

In a separate bowl make rivels by mixing together flour, salt, egg, and enough milk to form small crumbs.

Drop rivels into soup and add hard boiled eggs. Simmer for 15 minutes and serve hot.
# Roasted Garlic Teriyaki Fried Rice with Chicken

## Ingredients

- 1/2 pound boneless skinless chicken breasts
- 2 tablespoons vegetable oil
- 3 green onions and tops, chopped
- 1 carrot, julienned
- 1 egg, beaten
- 4 cups cold cooked rice
- 3 tablespoons Kikkoman Roasted Garlic Teriyaki Marinade & Sauce

## Directions

1. Cut chicken into thin strips.
2. Heat oil in hot wok or large skillet over high heat. Add chicken, green onions and carrot. Stir-fry 3 minutes, or until chicken is thoroughly cooked.
3. Add egg; cook, stirring gently, until firm. Stir in rice and cook until heated through.
4. Add roasted garlic teriyaki sauce; remove pan from heat. Stir mixture until well mixed. Serve immediately.
Kowloon's Chinese Chicken Wings

Ingredients

- 3 pounds chicken wings
- 3 tablespoons salt
- 2 tablespoons white sugar
- 6 tablespoons water
- 6 tablespoons soy sauce
- 1 tablespoon gin
- 1/4 teaspoon ground ginger
- 1 quart vegetable oil for frying

Directions

FOR MARINADE: Combine the salt, sugar, water, soy sauce, gin and ginger. Put mixture in a zipper style plastic bag, add chicken and marinate for 24 hours or as long as possible, turning bag frequently.

In a large skillet over medium high heat fry marinated chicken wings in hot oil until golden brown, about 8 minutes each side. Ready to serve!
Molasses Baked Chicken

Ingredients

- 1 (3 pound) whole chicken, cut into pieces
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon ground cinnamon
- 2 tablespoons molasses
- 2 tablespoons cider vinegar
- 2 tablespoons Dijon mustard

Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease a large baking dish.
- Season the chicken with salt, pepper, and cinnamon. Arrange in the prepared baking dish.
- In a bowl, mix the molasses, vinegar, and mustard.
- Bake chicken 20 minutes in the preheated oven. Coat chicken with the molasses mixture. Continue baking 20 minutes, or until chicken juices run clear.
Ingredients

- 2 celery ribs, chopped
- 1 large onion, chopped
- 1/2 cup butter or margarine
- 1 (15 ounce) package seasoned stuffing croutons
- 2 tablespoons minced fresh parsley
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 eggs, beaten
- 2 (14.5 ounce) cans chicken broth
- 4 cups cubed cooked chicken

Directions

In a small skillet, saute celery and onion in butter until tender. In a bowl, combine the croutons, parsley, salt, pepper and celery mixture. Combine eggs and broth; pour over bread mixture and toss to combine. Add chicken; toss gently.

Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Cover and bake at 350 degrees F for 40-50 minutes or until a meat thermometer reads 160 degrees F.
## Southern Spicy Fried Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1 (3 pound) whole chicken, cut into pieces</td>
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</tr>
<tr>
<td>salt and ground black pepper to taste</td>
<td></td>
</tr>
<tr>
<td>1 quart buttermilk</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons hot pepper sauce</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon cayenne pepper</td>
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</tr>
<tr>
<td>3 cups all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon cayenne pepper</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons garlic powder</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon paprika</td>
<td></td>
</tr>
<tr>
<td>salt and ground black pepper to taste</td>
<td></td>
</tr>
<tr>
<td>vegetable oil for deep frying</td>
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</table>

### Directions

Sprinkle the chicken pieces with salt and pepper, and place them in a deep-sided baking dish.

Whisk together the buttermilk, hot pepper sauce, and 1 teaspoon of cayenne pepper in a bowl. Pour the mixture over the chicken, stir to coat all sides of the chicken pieces, and cover the dish with plastic wrap. Refrigerate for about 2 hours to marinate.

Remove the chicken pieces from the buttermilk mixture, and shake off excess. Discard the remaining buttermilk mixture.

Place the flour, 1 tablespoon of cayenne pepper, garlic powder, paprika, and salt and pepper to taste in a large plastic zipper bag, and shake well to combine. Place 2 or 3 pieces of chicken at a time into the plastic bag, and shake well to coat the chicken pieces with seasoned flour.

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Gently place chicken pieces into the hot oil, and fry until chicken is cooked through and golden brown, 8-10 minutes (breasts and wings) or 13 to 15 minutes (thighs and drumsticks). Drain the fried chicken on paper towels.
### Chicken with Red Grapes And Mushrooms

#### Ingredients
- 2 tablespoons butter
- 1 tablespoon olive oil
- 4 skinless, boneless chicken breast halves
- 1 cup sliced fresh mushrooms
- 1 cup red wine
- 1 cup heavy cream
- 1 tablespoon dried thyme
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 cup seedless red grapes, rinsed and dried

#### Directions

Melt butter with oil in a large skillet over medium high heat. When hot, add chicken breasts. Brown 3 to 5 minutes on both sides until golden.

Add mushrooms, and saute for 2 to 3 minutes, or until soft. Deglaze pan with wine, making sure to loosen any brown bits from bottom of pan. Simmer for 5 minutes.

Stir in cream. Add salt, pepper, and thyme. Reduce heat to low, and cover. Simmer for 5 to 7 minutes, stirring occasionally.

Remove cover. Reduce cream for 3 minutes, until thickened. Add red grapes, and heat through.
## Ingredients

- 2 tablespoons butter
- 1 cup finely chopped onions
- 1 cup thinly sliced fresh mushrooms
- 1/2 cup white wine
- 1 (24 fluid ounce) bottle Ranch dressing
- 3 teaspoons garlic powder
- 1/2 teaspoon dried oregano
- 1 tablespoon Cajun seasoning
- 1 teaspoon ground cayenne pepper
- 2 tablespoons butter, melted
- 3 eggs, lightly beaten
- 1 cup crushed crackers
- 8 skinless, boneless chicken breast halves

## Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Melt 2 tablespoons butter in a skillet over medium heat, and saute the onions and mushrooms until tender. Mix in the wine, and continue cooking about 5 minutes, until heated through.
3. In a large bowl, mix the Ranch dressing, garlic powder, oregano, Cajun seasoning, and cayenne pepper. Stir the skillet mixture into the bowl. Mix in remaining 2 tablespoons butter, eggs, and crackers.
4. Dip the chicken breasts in the Ranch dressing mixture to coat. Arrange chicken in a medium baking dish. Cover with the remaining dressing mixture.
5. Bake 1 hour in the preheated oven, or until chicken is no longer pink and juices run clear.
### Ingredients
- 2 skinless, boneless chicken breast halves
- 1 lemon
- Salt and pepper to taste
- 1 tablespoon olive oil
- 1 pinch dried oregano
- 2 sprigs fresh parsley, for garnish

### Directions
Cut lemon in half, and squeeze juice from 1/2 lemon on chicken. Season with salt to taste. Let sit while you heat oil in a small skillet over medium low heat.

When oil is hot, put chicken in skillet. As you saute chicken, add juice from other 1/2 lemon, pepper to taste, and oregano. Saute for 5 to 10 minutes each side, or until juices run clear. Serve with parsley for garnish.
Cream of Chicken with Wild Rice Soup

**Ingredients**

- 1 1/3 cups wild rice
- 1 (3 pound) whole chicken, cut into pieces
- 7 cups water
- 1 cup chopped celery
- 1 cup chopped onion
- 2 tablespoons vegetable oil
- 1 cup fresh mushrooms, sliced
- 2 tablespoons chicken bouillon granules
- 3/4 teaspoon ground white pepper
- 1/2 teaspoon salt
- 1/2 cup margarine
- 3/4 cup all-purpose flour
- 4 cups milk
- 3/4 cup white wine

**Directions**

Cook the wild rice according to package directions, but remove from heat about 15 minutes before it’s done. Drain the excess liquid, and set aside.

In a stock pot over high heat, combine the chicken and the water. Bring to a boil, and then reduce heat to low. Simmer for 40 minutes, or until chicken is cooked and tender. Remove chicken from the pot, and allow it to cool. Strain the broth from the pot, and reserve for later. When chicken is cool, remove the meat from the bones, cut into bite size pieces, and reserve. Discard the fat and the bones.

In the same stock pot over medium heat, saute the celery and onion in the oil for 5 minutes. Add the mushrooms, and cover. Cook for 5 to 10 minutes, stirring occasionally, until everything is tender. Return the broth to the stock pot, and add the partially cooked wild rice. Stir in the bouillon, white pepper and salt; simmer, uncovered, for 15 minutes.

Meanwhile, melt margarine in a medium saucepan over medium heat. Stir in the flour until smooth. Whisk in the milk, and continue cooking until mixture is bubbly and thick. Add some of the broth mixture to the milk mixture, continuing to stir, then stir all of the milk mixture into the broth mixture.

Mix in the reserved chicken meat and the white wine. Allow this to heat through for about 15 minutes.
Honey Mustard Chicken

**Ingredients**

- 1 (4 pound) whole chicken, cut into 8 pieces
- 1 teaspoon paprika
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon curry powder
- 3 tablespoons prepared Dijon-style mustard
- 1/4 cup honey
- 2 tablespoons apricot jam

**Directions**

Sprinkle chicken with paprika, pepper, and curry powder. Place in a roasting pan.

Combine mustard, honey, and jam in a small bowl. Pour over chicken, and marinate for 1 hour or overnight.

Bake in a preheated 350 degrees F (175 degrees C) oven for 1 hour, basting often.
# Cider-Roasted Chicken

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (6 pound) whole roasting chicken</td>
<td>Place chicken in a roasting pan; dot with butter. Bake, uncovered, at 375 degrees F for 15 minutes. Reduce heat to 325 degrees F; bake for 2 hours. Pour cider over chicken. Add potatoes, onions and peppers to the pan; place bacon over chicken breast. Bake 1 hour longer, basting often. Add tomatoes to the pan. Bake 30 minutes longer or until a meat thermometer reads 180 degrees F. Cover and let stand 10 minutes before carving. Thicken the pan juices for gravy if desired.</td>
</tr>
<tr>
<td>1/4 cup butter or margarine</td>
<td></td>
</tr>
<tr>
<td>2 1/2 cups apple cider</td>
<td></td>
</tr>
<tr>
<td>6 small unpeeled red potatoes, quartered</td>
<td></td>
</tr>
<tr>
<td>6 small onions, peeled and quartered</td>
<td></td>
</tr>
<tr>
<td>1 medium green pepper, cut into strips</td>
<td></td>
</tr>
<tr>
<td>6 bacon strips</td>
<td></td>
</tr>
<tr>
<td>2 small tomatoes, quartered</td>
<td></td>
</tr>
</tbody>
</table>
Angel's Chunky Chicken Salad

**Ingredients**

1 cooked, boneless chicken breast half, chopped  
2 stalks celery, chopped  
3 tablespoons mayonnaise  
1/2 onion, finely diced  
2 dill pickles, chopped  
1/4 teaspoon garlic powder  
salt and pepper to taste

**Directions**

Combine the chicken, celery, mayonnaise, onion and pickle; mix well.

Season with the garlic powder, salt and pepper. Serve with lettuce on fresh crusty bread or bun.
**Tomato Asian Chicken Salad**

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (10.75 ounce) can Campbell's® Condensed Tomato Soup</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon soy sauce</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon vinegar</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon ground ginger</td>
<td></td>
</tr>
<tr>
<td>1/8 teaspoon garlic powder</td>
<td></td>
</tr>
<tr>
<td>1 clove garlic, minced</td>
<td></td>
</tr>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>8 cups mixed salad greens torn into bite-sized pieces</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

1. Stir the soup, soy sauce, vinegar, ginger and garlic powder in a 1-quart saucepan.

2. Lightly oil the grill rack and heat the grill to medium. Grill the chicken for 15 minutes or until cooked through, turning and brushing often with the soup mixture. Cut the chicken into thin strips.

3. Heat the remaining soup mixture over medium-high heat to a boil. Arrange the salad greens and chicken on a platter. Serve with the soup mixture.
Ingredients

- 3 cups broccoli florets
- 1 tablespoon olive oil
- 2 skinless, boneless chicken breast halves - cut into 1 inch strips
- 1/4 cup sliced green onions
- 4 cloves garlic, thinly sliced
- 1 tablespoon hoisin sauce
- 1 tablespoon chile paste
- 1 tablespoon low sodium soy sauce
- 1/2 teaspoon ground ginger
- 1/4 teaspoon crushed red pepper
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 4 cloves garlic, thinly sliced
- 1/8 cup chicken stock

Directions

Place broccoli in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 5 minutes.

Heat the oil in a skillet over medium heat, and saute the chicken, green onions, and garlic until the chicken is no longer pink and juices run clear.

Stir the hoisin sauce, chile paste, and soy sauce into the skillet. Season with ginger, red pepper, salt, and black pepper. Stir in the chicken stock and simmer about 2 minutes. Mix in the steamed broccoli until coated with the sauce mixture.
## Ingredients

- 2 ounces uncooked fettuccine
- 2 boneless, skinless chicken breast halves, cut into 1 inch pieces
- 1 teaspoon Cajun seasoning
- 4 teaspoons olive oil, divided
- 1 cup sliced fresh mushrooms
- 1/2 cup thinly sliced green onions
- 1/2 medium green pepper, chopped
- 2 teaspoons minced garlic
- 1 tablespoon cornstarch
- 1 cup half-and-half cream
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons grated Parmesan cheese

## Directions

Cook fettuccine according to package directions. Meanwhile, sprinkle chicken with Cajun seasoning. In a large skillet, cook chicken in 2 teaspoons oil over medium heat until no longer pink. Remove with a slotted spoon and keep warm. Add remaining oil to the drippings; saute the mushrooms, onions, green pepper and garlic until crisp-tender.

Combine cornstarch and cream until smooth; stir into vegetable mixture. Bring to a boil over medium heat; cook and stir for 1 minute or until thickened. Add salt if desired and pepper. Return chicken to the pan. Drain fettuccine and add to pan; toss gently. Cook for 1-2 minutes or until heated through. Sprinkle with Parmesan cheese.
Baked Cheesy Veggie Chicken Pasta

**Ingredients**

- 1 pound fusilli pasta
- 3 tablespoons olive oil
- 3 skinless, boneless chicken breast halves - cubed
- 5 small green bell peppers, chopped
- 3 small red bell peppers, chopped
- 3 small yellow bell peppers chopped
- 3 teaspoons soy sauce
- 1 cup white wine
- 3 teaspoons lemon juice
- 4 eggs
- 4 cups creme fraiche
- 1 pinch paprika
- 1 pinch dried oregano
- 1 pinch ground coriander
- 1 pinch ground nutmeg
- salt and pepper to taste
- 12 ounces Cheddar cheese, shredded
- 11 ounces Emmentaler cheese, finely shredded
- 3 1/2 ounces blue cheese, crumbled (optional)
- 7 ounces Parmesan cheese, grated
- 2 cups milk

**Directions**

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve.

In a large skillet over medium heat, heat oil and saute chicken for 8 to 10 minutes. Add green, red and yellow bell peppers, and continue cooking for another 5 minutes. Stir in soy sauce, wine, and lemon juice. Cover skillet, reduce heat to low, and simmer for 20 minutes.

Preheat oven to 370 degrees F (180 degrees C).

Beat the eggs in a large bowl with the creme fraiche. Season with paprika, oregano, coriander, nutmeg, and salt and pepper to taste. Mix in Cheddar cheese, Emmentaler cheese, and blue cheese. Transfer mixture to a 9x13 inch baking dish. Sprinkle Parmesan cheese on top, and pour in enough milk to make mixture moist.

Bake in preheated oven for 40 to 45 minutes, or until the top is golden brown; serve.
Smoked Gouda and Leek Chicken

**Ingredients**

- 2 tablespoons butter
- 1 leek, thinly sliced
- 1 clove garlic, minced
- 8 ounces smoked Gouda cheese, shredded
- 4 skinless, boneless chicken breast halves - pounded 1/4 inch thick
- 4 thin slices prosciutto

**Directions**

Preheat an oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper.

Melt the butter in a skillet over medium heat. Cook the leek and garlic in the melted butter until the leek softens and the garlic turns translucent, about 5 minutes. Remove the skillet from the heat and stir in the Gouda until melted. Divide the cheese mixture among the chicken breasts; roll the chicken around the filling. Wrap each chicken breast with a slice of prosciutto, and secure with toothpicks. Place seam side down on the prepared baking sheet.

Cook the chicken breasts until no longer pink in the center and the juices run clear, about 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Remove the chicken from the oven and allow to rest 5 minutes before slicing and serving.
Cream of Chicken Soup From Scratch

Ingredients

- 1 1/2 cups chicken stock, divided
- 1 teaspoon finely chopped onion
- 1 clove garlic, finely chopped
- 1/2 cup milk
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon chopped fresh parsley
- 1/8 teaspoon lemon pepper seasoning
- 1 pinch ground allspice
- 1 pinch ground paprika
- 1 cup milk
- 3/4 cup all-purpose flour

Directions

Place 1 tablespoon of chicken stock in a saucepan over medium-low heat, and cook and stir the onion and garlic in the broth until they are softened, about 3 minutes. Pour in the rest of the broth and 1/2 cup of milk, and whisk in the salt, black pepper, parsley, lemon pepper seasoning, allspice, and paprika. Bring the mixture to a boil, reduce heat, and allow to simmer for 1 to 2 minutes.

Whisk together the remaining milk and the flour until smooth, and whisk the milk mixture into the hot stock mixture. Keep whisking continuously to avoid lumps until the soup comes almost to a boil and thickens.
Ingredients

1 1/2 cups multigrain penne pasta, uncooked
1 (10 ounce) bag fresh baby spinach leaves
1 pound boneless skinless chicken breasts, cut into bite-size pieces
1 teaspoon dried basil leaves
1 1/2 cups pasta sauce
1 2/3 cups diced tomatoes, drained
1/4 cup PHILADELPHIA Light Cream Cheese Spread
1 cup KRAFT Part Skim Mozzarella Shredded Cheese, divided
2 tablespoons KRAFT Grated Light Parmesan Cheese

Directions

Heat oven to 375 degrees F. Cook pasta as directed on package, adding spinach to the boiling water for the last 1 minute.

Meanwhile, heat a large nonstick skillet sprayed with cooking spray on medium-high heat. Add chicken and basil; cook 3 minutes or until chicken is no longer pink, stirring frequently. Add pasta sauce and tomatoes; bring to boil. Reduce heat to low; simmer 3 minutes or until chicken is cooked through. Stir in cream cheese spread until melted.

Drain pasta and spinach; return to same saucepan. Add chicken mixture; mix lightly. Stir in 1/2 cup mozzarella cheese. Spoon into 2-liter or 8-inch square baking dish.

Bake 20 minutes or until heated through. Sprinkle with remaining mozzarella cheese and the Parmesan cheese. Bake 3 minutes or until cheese is melted.
Southwest Chicken Salad

Ingredients

- 6 slices Wonder® Classic White Bread, crusts removed
- 3 tablespoons extra-virgin olive oil
- 1 (1.25 ounce) package chili seasoning, divided
- 1 clove garlic, minced
- 4 boneless, skinless chicken breast halves
- 6 cups torn greens
- 1 tomato, diced
- 1 cup black beans, rinsed and drained
- 1 cup frozen corn, thawed and drained
- 1/2 red or green bell pepper, diced
- 2 green onions, chopped
- 3/4 cup fat-free ranch dressing
- 1 cup shredded Cheddar cheese

Directions

Preheat oven to 400 degrees F.

Cut bread into 3 strips; cut each strip into thirds, making 9 cubes. Combine 2 tablespoons olive oil, 2 tablespoons chili seasoning and garlic. Place bread cubes in zip-top bag and toss with olive oil mixture. Spread bread cubes in a single layer on a baking sheet. Bake for 5 minutes; turn and bake for 5 to 7 additional minutes or until well toasted; set aside.

Brush chicken breasts with remaining tablespoon of olive oil and sprinkle with 2 teaspoons chili seasoning. Heat a grill skillet or regular skillet over medium high heat until very hot. Cook chicken 4 minutes; turn and cook an additional 4 to 5 minutes or until done and meat is no longer pink inside. Allow to rest 10 minutes. Cut chicken into strips.

Place greens in a large salad bowl. Add tomatoes, black beans, corn, pepper and green onions. Top with chicken breast strips.

Combine remaining chili seasoning with ranch dressing; stir to blend. Pour over salad and toss. Sprinkle with cheese. Top with chili croutons.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>4 pounds whole chicken</td>
</tr>
<tr>
<td>8 cups water</td>
</tr>
<tr>
<td>1/2 (16 ounce) package uncooked orzo pasta</td>
</tr>
<tr>
<td>2 eggs</td>
</tr>
<tr>
<td>2 lemons</td>
</tr>
<tr>
<td>salt to taste</td>
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<tr>
<td>ground black pepper to taste</td>
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</tbody>
</table>

### Directions

In a large soup pot, cook chicken in water until the meat begins to fall off the bone.

Skim fat off stock. Remove the chicken from pot, and set aside to cool. Add pasta to stock, and cook for about 10 minutes. Shut off heat.

In a medium bowl, beat 2 eggs with the juice of 2 lemons until foamy. Whisk 1 cup stock slowly into the egg/lemon mixture. Repeat with another cup of stock, and pour mixture into soup.

Bone chicken, and add meat to soup. Stir well. Add salt and pepper to taste.
Raspberry Chicken Salsa Torte

**Ingredients**

1 tablespoon olive oil
1 onion, cut into strips
3 (10 inch) flour tortillas
2 cloves garlic, minced
1 (16 ounce) jar raspberry salsa
3 cups grated zucchini
3 cups shredded Monterey Jack cheese
3/4 pound skinless, boneless chicken breast halves - cooked and shredded
sour cream (optional)

**Directions**

In a large skillet heat oil, then add onion and garlic. Saute for 5 minutes. Add zucchini, and saute for another 5 minutes, stirring occasionally. Drain well, and remove skillet from heat. Stir in chicken; set aside.

Preheat oven to 400 degrees F (200 degrees C).

Spray a 10 inch pie plate with cooking spray. Spread 1/2 of the chicken mixture into it, then sprinkle with 1/2 of the cheese. Place 1 tortilla on top of the cheese layer, then spread on 1/2 of the salsa and add 1 more tortilla. Spread the remaining 1/2 of the salsa, then the remaining 1/2 of the chicken mixture over the tortilla. Top with 1 more tortilla and sprinkle with the remaining 1/2 of the cheese.

Cover with foil, and bake in the preheated oven for 40 minutes. Remove cover, and bake for an additional 15 minutes. Let cool for 10 minutes. Cut into wedges, and serve with sour cream.
**Best Chicken Quiche**

**Ingredients**
- 1 (9 inch) refrigerated pie crust
- 1 poached skinless, boneless chicken breast half, cut into small chunks
- 1 cup shredded Gruyere cheese
- 1 cup grated Parmesan cheese
- 4 eggs
- 2 cups skim milk
- 1 (1 ounce) package dry onion soup mix
- 1 teaspoon paprika

**Directions**

Preheat oven to 425 degrees F (220 degrees C).

Spread crust into a 10 inch deep dish pie plate. Arrange chicken evenly over the crust. Cover with Gruyere cheese.

In a small bowl, beat eggs with a fork; stir in milk, onion soup mix and Parmesan cheese. Pour mixture into pie crust and sprinkle with paprika to taste.

Bake in the preheated oven for 15 minutes, then lower heat to 350 degrees F (175 degrees C) and bake for 30 more minutes. Let cool for 10 minutes and serve.
Thai Coconut Chicken

**Ingredients**

- 2 cups dry jasmine rice
- 3 cups water
- 1 1/2 pounds skinless, boneless chicken breast halves - cubed
- 1 tablespoon curry powder
- 2 cups 1 inch pieces asparagus
- 1 cup snow peas
- 1/2 cup shredded carrots
- 1 cup chopped green onions
- 1 (14 ounce) can light coconut milk

**Directions**

In a 2 quart saucepan, combine water and rice. Cover, and bring to a boil over high heat. Reduce heat, and simmer for 20 minutes.

In a medium size bowl, combine the chicken and curry powder, and toss to coat.

Coat a large nonstick skillet with cooking spray. Cook the chicken, stirring frequently, over medium-high heat for 4 minutes. Mix in the asparagus, snow peas, carrots and green onions; cook for 3 minutes. Pour in the coconut milk, continue cooking until sauce is hot, and chicken is cooked through. Serve over the hot, cooked rice.
# Chicken Fried Steak Cuban Style

<table>
<thead>
<tr>
<th>Ingredients</th>
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</thead>
<tbody>
<tr>
<td>4 (4 ounce) cube steaks</td>
</tr>
<tr>
<td>2 eggs</td>
</tr>
<tr>
<td>3 cups dry bread crumbs</td>
</tr>
<tr>
<td>1 tablespoon dried oregano</td>
</tr>
<tr>
<td>1 teaspoon ground cumin</td>
</tr>
<tr>
<td>salt and pepper to taste</td>
</tr>
<tr>
<td>1 lemon, sliced</td>
</tr>
<tr>
<td>2 cups vegetable oil for frying</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>In a shallow dish, combine the breadcrumbs with the oregano, cumin, and salt and pepper. Beat eggs in another shallow dish. Dip each steak in beaten eggs, and then in the breadcrumb mixture. Make sure to cover each steak well with the breadcrumb mixture.</td>
</tr>
<tr>
<td>In a large, deep skillet, heat 1 inch oil over medium high heat.</td>
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<tr>
<td>Place the steaks in the oil when it's hot (so that the breading will not stick to the pan). Cook steaks, turning once, until brown for well done and golden brown for medium. Serve with lemon slices.</td>
</tr>
</tbody>
</table>
California Sherry Chicken

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 tablespoon olive oil
- 1/2 cup cooking sherry
- 1/2 cup chicken broth
- 1 clove garlic, minced
- 1/2 lemon
- 4 carrots
- 4 zucchini squashes, julienned

**Directions**

Place chicken in a resealable plastic bag with flour, salt, and pepper. Seal bag and shake to coat. Remove chicken from bag, shaking off excess flour.

Heat oil in a large skillet over medium high heat. Brown chicken on each side for about 5 minutes, or until golden. Remove from skillet and set aside.

In same skillet combine sherry, broth, garlic and a squeeze of lemon and bring to a boil. Return chicken to skillet, reduce heat to low and simmer for 15 to 20 minutes, or until chicken is cooked through and no longer pink inside.

In the meantime, saute carrots and zucchini in a separate medium skillet until they are tender. Add to simmering chicken and sauce and heat through before serving.
**BBQ Fried Chicken**

### Ingredients
- 3 pounds skinless, boneless chicken breast halves - cut into 1 inch strips
- 3 cups all-purpose flour
- 2 teaspoons garlic pepper seasoning
- 2 cups buttermilk
- 3/4 cup honey barbecue sauce
- 2 eggs

### Directions
Preheat the oven to 350 degrees F (175 degrees F). Spray a baking sheet with nonstick cooking spray.

In a shallow dish, stir together the flour and garlic pepper. In a separate bowl, whisk together the buttermilk, barbeque sauce, and eggs. Coat chicken with the flour mixture, then dip into the buttermilk mixture. Dip into the flour mixture again. Place chicken strips on the prepared baking sheet.

Bake for 30 minutes in the preheated oven, or until golden brown on one side. Turn over, and continue to cook until golden on the other side, 20 to 30 minutes.
Onion-Topped Chicken

Ingredients

4 boneless, skinless chicken breast halves
4 medium potatoes, peeled and halved
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1 cup sour cream
1 (2.8 ounce) can French-fried onions

Directions

Place chicken in a greased 9-in. square baking dish. Arrange potatoes around chicken. Combine soup and sour cream; spread over chicken and potatoes. Bake, uncovered, at 350 degrees F for 1 1/4 hours. Sprinkle with onions; bake 10 minutes longer.
Chicken and Snow Pea Salad

**Ingredients**

- 6 ounces chopped snow peas
- 1 pound boneless chicken breast halves, cooked and diced
- 1/4 cup diced red onion
- 1/2 (4 ounce) can sliced water chestnuts
- 1/2 cup mayonnaise
- 1/2 cup vanilla yogurt
- 1 teaspoon grated fresh ginger
- 1 teaspoon grated lime zest
- 1/4 teaspoon salt
- 1 pinch white pepper

**Directions**

Whisk together the mayonnaise, yogurt, ginger, lime rind, salt and pepper.

In a mixing bowl, combine the snow peas, chicken, onion and water chestnuts.

Pour dressing over salad and mix gently. Cover and refrigerate until chilled.
## Crunchy Chicken with Ham Sauce

### Ingredients

- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 3/4 cup milk
- 6 skinless, boneless chicken breast halves
- 3 tablespoons all-purpose flour
- 2 cups Pepperidge Farm® Herb Seasoned Stuffing, crushed
- 2 tablespoons butter, melted
- 1/2 cup shredded Swiss cheese
- 1/3 cup chopped cooked ham
- 3 cups hot cooked noodles

### Directions

Stir 1/3 cup soup and 1/4 cup milk in a shallow dish. Coat the chicken with the flour. Dip the chicken in the soup mixture. Coat the chicken with the stuffing. Place the chicken on the baking sheet. Drizzle with the butter.

Bake at 400 degrees F for 20 minutes or until the chicken is cooked through.

Heat the remaining soup, remaining milk, cheese and ham in a 1-quart saucepan over medium heat until the cheese is melted, stirring often. Serve the chicken and sauce with the noodles.
Maria's Chicken and Dumplings

Ingredients

4 skinless, boneless chicken breast halves
3 large carrots
4 large potatoes
1 (10.75 ounce) can condensed cream of chicken soup
1 (10.75 ounce) can condensed cream of mushroom soup
2 1/2 cups rotini pasta
2 (10 ounce) cans refrigerated biscuit dough

Directions

Boil chicken in a large pot until completely cooked through and no longer pink inside, about 15 to 25 minutes.

While chicken is cooking, wash and peel carrots and potatoes and cut into bite size pieces. When chicken is cooked, remove from water and place carrots and potatoes in water to boil. Stir in cream of chicken soup and cream of mushroom soup and simmer all together.

Let chicken cool, then cut into cubes. When potatoes become soft/tender, add pasta and cubed chicken to pot. When pasta is tender (after 8 to 10 minutes), add biscuits/dumplings by pulling dough into chunks and dropping into the pot (Note: Each biscuit should equal 3 dumplings). Simmer all together for 10 to 15 minutes, or until biscuits are cooked and fluffy inside.
## Ingredients

- 1 1/2 cups shredded, cooked chicken meat
- 1/2 onion, chopped
- 2 tomatoes, chopped
- 2 (15 ounce) cans white hominy, drained
- 1 (15 ounce) can ranch-style beans
- 1 (7 ounce) can diced green chiles
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground black pepper
- 1 pinch dried oregano
- 4 cups chicken broth
- 2 1/2 tablespoons dry potato flakes

## Directions

Place chicken, onion, tomatoes, hominy, undrained pinto beans, green chili peppers, oregano, chili powder and pepper into a slow cooker. Add enough chicken broth to cover ingredients and cook on low for 6 hours. An hour prior to serving add potato flakes and let thicken.
### Ingredients

- 1 pound skinless, boneless chicken breast meat
- 2 (12 ounce) jars chicken gravy
- 1 (12 ounce) package egg noodles
- 3 cups frozen green peas, thawed

### Directions

Heat oil in large skillet. Cube chicken into bite size pieces and brown in hot oil. Meanwhile, in a large saucepan, boil noodles in water until soft, then drain. Add hot cooked noodles to chicken in skillet and pour in gravy and peas. Stir together until ingredients are covered/coated with gravy. Cover skillet, reduce heat to medium low and let simmer for 10 minutes until gravy and peas are hot. Serve directly from the skillet.
Chicken and Chinese Vegetable Stir-Fry

Ingredients

- 14 ounces skinless, boneless chicken breast meat - cut into bite-size pieces
- 1/2 cup oyster sauce
- 2 tablespoons soy sauce
- 3 tablespoons vegetable oil
- 2 cloves garlic, minced
- 1 large onion, chopped
- 1/2 cup water
- 1 teaspoon ground black pepper
- 1 teaspoon white sugar
- 1 (8 ounce) can sliced water chestnuts, drained
- 1 cup snow peas
- 1 small head broccoli, cut into florets
- 3 tablespoons cornstarch
- 1/4 cup water

Directions

Combine the chicken, oyster sauce, and soy sauce in a mixing bowl until the chicken is evenly coated with the sauce; set aside.

Heat the vegetable oil in a wok or large skillet over high heat. Stir in the garlic and onion; cook and stir until the onion is limp, about 1 minute. Add the chicken and marinade. Cook and stir until the chicken has browned and is no longer pink, about 10 minutes.

Pour in 1/2 cup of water; season with pepper and sugar. Add the water chestnuts, snow peas, and broccoli. Cover; boil until the vegetables are just tender, about 5 minutes. Dissolve the cornstarch in 1/4 cup of water. Stir into the boiling mixture; cook until thick and no longer cloudy.
Spinach Stuffed Chicken Breast

**Ingredients**

1 (10 ounce) package fresh spinach leaves  
1/2 cup sour cream  
1/2 cup shredded pepperjack cheese  
4 cloves garlic, minced  
4 skinless, boneless chicken breast halves - pounded to 1/2 inch thickness  
1 pinch ground black pepper  
8 slices bacon

**Directions**

Preheat the oven to 375 degrees F (190 degrees C).

Place spinach in a large glass bowl, and heat in the microwave for 3 minutes, stirring every minute or so, or until wilted. Stir in sour cream, pepperjack cheese, and garlic.

Lay the chicken breasts out on a clean surface, and spoon some of the spinach mixture onto each one. Roll up chicken to enclose the spinach, then wrap each chicken breast with two slices of bacon. Secure with toothpicks, and arrange in a shallow baking dish.

Bake uncovered for 35 minutes in the preheated oven, then increase heat to 500 degrees F (260 degrees C), or use the oven’s broiler to cook for an additional 5 to 10 minutes to brown the bacon.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 lasagna noodles</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of mushroom soup</td>
<td></td>
</tr>
<tr>
<td>2/3 cup chicken broth</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon poultry seasoning</td>
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</tr>
<tr>
<td>2 (3 ounce) packages cream cheese</td>
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<tr>
<td>1 cup cottage cheese</td>
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<tr>
<td>1/2 cup sour cream</td>
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</tr>
<tr>
<td>1/2 cup mayonnaise</td>
<td></td>
</tr>
<tr>
<td>1/3 cup pimento-stuffed green olives</td>
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<tr>
<td>1/3 cup chopped onion</td>
<td></td>
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<tr>
<td>1/3 cup chopped green bell pepper</td>
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<tr>
<td>1/4 cup chopped parsley</td>
<td></td>
</tr>
<tr>
<td>3 cups diced, cooked chicken meat</td>
<td></td>
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<tr>
<td>1 1/2 cups seasoned dry bread crumbs</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Cook noodles in a large pot of boiling water until done. Drain.

Mix mushroom soup, broth, and poultry seasoning in a saucepan. Heat through.

Beat together the cheeses, sour cream, and mayonnaise. Stir in olives, onions, green pepper and parsley.

Place half of the noodles in a 9 x 13 inch pan. Layer with 1/2 cheese mixture, 1/2 chicken, and 1/2 mushroom soup mixture. Repeat. Top with crumbs.

Bake at 375 degrees F (190 degrees C) for 30 minutes, or until heated through.
Chicken Poppy Seed Stir Fry

**Ingredients**

- 2 teaspoons ground ginger
- 2 tablespoons soy sauce
- 1 teaspoon rice vinegar
- 3 tablespoons teriyaki sauce
- 2 teaspoons ground black pepper
- 2 teaspoons poppy seeds
- 2 tablespoons sesame oil
- 2 cloves garlic, minced
- 1/2 large onion, quartered
- 2 skinless, boneless chicken breast halves, cut into 1-inch pieces
- 1 (16 ounce) bag fresh stir-fry vegetables

**Directions**

In a bowl, whisk together the ginger, soy sauce, rice vinegar, teriyaki sauce, black pepper, and poppy seeds.

Heat sesame oil over medium-high heat in a large skillet or wok. Stir in the garlic and onion, and cook 2 to 3 minutes, until they are just starting to brown. Drop in the chicken, and cook and stir for 5 minutes, until no longer pink. Pour in the ginger-soy sauce mixture, bring to a boil, and mix in the vegetables. Continue to cook and stir 5 to 7 minutes, until the vegetables are tender. Serve hot.
Ingredients
4 skinless, boneless chicken breast halves - cubed
2 (16 ounce) jars Alfredo pasta sauce
4 slices Swiss cheese
3 tablespoons grated Parmesan cheese
1 teaspoon garlic powder
salt and pepper to taste

Directions
In the crock of a slow cooker, stir together the chicken cubes and Alfredo sauce. Cover, and cook on Low for 2 hours. Add Parmesan cheese and Swiss cheese; cover and cook for another 30 minutes, or until chicken is cooked through. Season with garlic powder, salt and pepper and stir in cheeses before serving.
## Simple Stovetop Amish Chicken

### Ingredients
- 1 (2 pound) roasting chicken
- 8 cups water, or as needed
- 1 (28 ounce) can low fat, low sodium chicken broth
- 3 large baking potatoes, peeled
- 1 (10 ounce) package wide egg noodles
- 1 teaspoon salt-free seasoning blend
- salt and pepper to taste

### Directions
1. Place the chicken into a large pot, and fill with enough water to cover it. Bring to a boil, cover, and cook over high heat until chicken is easily removed from the bone, about 35 minutes. Turn the chicken over once during this time so it will cook evenly. Cutting the chicken into pieces can speed up the cooking process a bit.

2. While the chicken is cooking, cut two of the potatoes into large chunks, and the other potato into very small cubes.

3. When the chicken is cooked, remove it from the water. Pull off the skin, and place all of the chicken meat in a separate dish. Pull the meat apart in long shreds. Reserve the cooking water in a separate container. Discard chicken skin and bones.

4. Pour the chicken broth into the pot, and add potatoes, chicken, salt, and pepper. Pour in 2 to 3 cups of the reserved water. Bring to a boil, and cook for about 15 minutes, until potatoes start to soften. Add 3 more cups of the chicken water, and the noodles. Season with salt-free seasoning blend, salt, and pepper. Cover, and simmer over medium-low heat until the noodles are tender and small potato pieces have dissolved.
# Chicken Cheese Chowder

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 cups chicken broth</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups diced potatoes</td>
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<tr>
<td>1 cup diced celery</td>
<td></td>
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<tr>
<td>1 cup diced carrots</td>
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<tr>
<td>1 cup diced onion</td>
<td></td>
</tr>
<tr>
<td>1/3 cup margarine</td>
<td></td>
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<tr>
<td>1/3 cup all-purpose flour</td>
<td></td>
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<tr>
<td>3 cups milk</td>
<td></td>
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<tr>
<td>1 tablespoon soy sauce</td>
<td></td>
</tr>
<tr>
<td>1 pound processed cheese, cubed</td>
<td></td>
</tr>
<tr>
<td>2 cups chopped, cooked chicken meat</td>
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**Directions**

In a large stock pot combine chicken broth, potatoes, celery, carrots and onion. Cover and bring to a slow boil for 15 minutes, or until the vegetables are tender.

In a medium sauce pan melt butter over low heat, add flour and stir until smooth. Let simmer for 1 minute and then increase temperature to medium. Stir mixture constantly, while gradually adding milk. Continue to stir until thick and bubbly.

Add flour mixture to vegetables. Add soy sauce and then gently stir in cheese. Continue to stir until cheese is completely melted.

Add chicken, heat through and enjoy.
# Rosemary Chicken on Navy Bean, Cheddar and Arugula Salad

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon paprika, preferably smoked</td>
<td></td>
</tr>
<tr>
<td>1 1/4 teaspoons dried rosemary, crushed, divided</td>
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<tr>
<td>3/4 teaspoon freshly ground black pepper, divided</td>
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<tr>
<td>4 (4 ounce) boneless, skinless chicken breast halves, pounded to an even 1/2-inch thickness</td>
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<tr>
<td>2 teaspoons olive oil</td>
<td></td>
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<tr>
<td>1 tablespoon olive oil</td>
<td></td>
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<tr>
<td>1/2 cup finely chopped red bell pepper</td>
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<tr>
<td>2 cloves garlic, minced</td>
<td></td>
</tr>
<tr>
<td>1 (16 ounce) can no-salt-added navy or great northern beans, rinsed, drained</td>
<td></td>
</tr>
<tr>
<td>2 cups loosely packed baby arugula, watercress sprigs or baby spinach leaves</td>
<td></td>
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<tr>
<td>1 tablespoon white wine vinegar or white balsamic vinegar</td>
<td></td>
</tr>
<tr>
<td>1 cup SARGENTO® Reduced Sodium Mild Cheddar Cheese</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Combine paprika, 1 teaspoon rosemary and 1/2 teaspoon pepper; rub over chicken breasts. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add chicken; cook 4 to 5 minutes per side or until chicken is cooked through. Transfer to a plate; cover with foil and set aside.

Add remaining 1 tablespoon oil to same skillet. Add red pepper, garlic and remaining rosemary; saute 3 minutes. Transfer mixture to a large bowl; stir in beans and remaining pepper. Stir in arugula and vinegar. Stir in 3/4 cup cheese; transfer to four serving plates. Top with chicken and any remaining juices from the plate. Top with remaining cheese.
Ingredients

- 8 ounces dry penne pasta
- 1 tablespoon cornstarch
- 1 (15 ounce) can chicken broth
- 2 tablespoons olive oil
- 1 tablespoon garlic, minced
- 4 skinless, boneless chicken breast halves - cut into cubes
- 1 onion, sliced
- 1/2 green bell pepper, seeded and thinly sliced
- 1/2 red bell pepper, seeded and thinly sliced
- 1 (16 ounce) can diced tomatoes
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/4 cup medium-dry white wine
- 1/2 cup freshly grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Add the penne pasta and cook until al dente, 8 to 10 minutes. Drain, and reserve pasta.

Whisk the cornstarch and chicken broth together in a bowl until smooth. Set aside until needed.

Heat the olive oil in a skillet over medium heat. Add the garlic and chicken; stir and cook until the chicken is no longer pink and juices run clear, about 10 minutes. Stir in the onion, and green and red peppers; cook until tender, about 5 minutes. Stir in the tomatoes, and simmer for 10 minutes. Pour in the chicken broth mixture and wine, if desired, and season with oregano and basil. Stir in the cooked pasta, and simmer over medium heat until thoroughly heated through, about 5 minutes. Serve garnished with Parmesan cheese.
Southern Style Chicken Toast

Ingredients

- 1/2 pound skinless, boneless chicken breast halves - cut into chunks
- 1 carrot, peeled and cut into 1 inch pieces
- 1 egg white
- 2 teaspoons cornstarch
- 1/2 teaspoon white sugar
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground black pepper
- 4 slices white bread
- 2 1/2 tablespoons margarine
- 1/3 cup soy sauce (optional)

Directions

Place chicken, carrot, egg white, cornstarch, sugar, ginger, and black pepper in a food processor. Pulse until the chicken is well minced. Cut each slice of bread into 4 triangles. Spread the tops and sides of each triangle with the chicken mixture.

Melt half of the margarine in a 12 inch nonstick skillet over medium heat. Place half of the triangles, spread side down, in the skillet. Cook until golden brown, about 4 minutes. Flip with a spatula and cook until the other side is brown, about 2 minutes. Transfer to a serving platter and keep warm. Repeat process with the other half of the triangles and margarine. Serve with soy sauce diluted with water for dipping.
A Southern Fried Chicken

Ingredients

- 3 cups all-purpose flour
- 1 tablespoon seasoned salt
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon coarse ground black pepper
- 2 eggs
- 4 cups buttermilk
- 1 cup barbeque sauce
- 2 tablespoons Worcestershire sauce
- 1 tablespoon steak sauce
- 1 (3 pound) whole chicken, cut into pieces
- 2 cups oil for frying

Directions

In a large shallow dish, mix together flour, seasoned salt, garlic powder, onion powder, and black pepper. In a separate bowl, beat eggs, then whisk in buttermilk, barbeque sauce, Worcestershire sauce, and steak sauce.

Dredge chicken in milk mixture, then in seasoned flour, alternating in each at least twice. Heat oil in a large, deep-sided skillet to 375 degrees F (190 degrees C).

Cook chicken in hot oil until golden brown on both sides, about 10 minutes each side.
Steve's Chicken Noodle Soup

**Ingredients**

- 3 tablespoons vegetable oil
- 2 onions, diced
- 6 stalks celery, diced
- 6 carrot, diced
- 3/4 tablespoon chopped fresh rosemary
- 3/4 tablespoon chopped fresh tarragon
- 3/4 tablespoon chopped fresh thyme
- 3/4 tablespoon chopped Italian flat leaf parsley
- 4 quarts low-fat, low sodium chicken broth
- 3 1/2 cups cubed skinless, boneless chicken breast meat
- 1 (16 ounce) package egg noodles
- Salt and pepper to taste

**Directions**

In a large skillet over medium heat, cook onions in oil until translucent. Stir in celery, carrot, rosemary, tarragon, thyme and parsley and cook, covered, until vegetables are soft, 5 to 10 minutes.

Transfer vegetable mixture to a large pot and pour in chicken broth. Simmer over low heat, covered, for 30 minutes.

Stir in chicken breast pieces and egg noodles and simmer, covered, 30 minutes more. Season with salt and pepper.
Ingredients

1 (10 ounce) jar sweet and sour sauce
1 cup packed brown sugar
1/2 cup orange juice
4 tablespoons white wine
1/4 cup butter, melted
4 skinless, boneless chicken breasts

Directions

Preheat the oven to 400 degrees F (200 degrees C).

In a bowl, combine sweet and sour sauce, brown sugar, orange juice, white wine, and melted butter or margarine. Mix well.

Place chicken in a greased 9x13 inch baking dish, and pour sweet and sour sauce mixture over chicken.

Bake for 45 minutes in the preheated oven, until the sauce has reduced to a thick glaze.
Grilled Indian Chicken

**Ingredients**

- 1 teaspoon ground ginger
- 2 tablespoons crushed garlic
- 2 teaspoons ground turmeric
- 1/4 cup yogurt
- 1 (3 pound) whole chicken, cut into pieces

**Directions**

In a large bowl, combine ginger, garlic, turmeric, salt, and yogurt. Marinate the chicken pieces in the mixture for 3 hours.

Preheat an outdoor grill for medium-high heat and lightly oil grate. Grill chicken until juices run clear.
Quick Chicken Zingarella

Ingredients

- 4 boneless skinless chicken breasts, cut into 1-inch cubes
- 1 (28 ounce) jar spaghetti sauce
- 1 (14 ounce) jar roasted Italian cherry peppers, drained and chopped
- 5 fresh mushrooms, sliced
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tablespoons brown sugar
- 1/4 cup red wine
- 1/4 cup olive oil
- 1 (16 ounce) package linguini pasta

Directions

In large skillet, heat oil over medium heat. Add mushrooms, onions, and garlic; saute until tender. Add chicken, and cook until no longer pink. Stir in pasta sauce, wine, and brown sugar. Simmer for 15 minutes. Add drained and sliced roasted red peppers, and simmer 5 minutes more.

Meanwhile, cook pasta according to package directions. Drain. Serve sauce over pasta.
Thai Noodles and Chicken

Ingredients

1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom with Roasted Garlic Soup
1/3 cup creamy peanut butter
3 tablespoons soy sauce
2 tablespoons lime juice
2 tablespoons packed brown sugar
1/2 teaspoon crushed red pepper
1 (6 ounce) package refrigerated fully-cooked grilled chicken strips
1 (16 ounce) package vermicelli pasta, cooked and drained
2 cups coleslaw mix
1/3 cup chopped dry-roasted peanuts
2 tablespoons chopped fresh cilantro leaves (optional)

Directions

Heat the soup, peanut butter, soy sauce, lime juice, brown sugar and red pepper in a 12-inch skillet over medium-high heat to a boil. Reduce the heat to low. Add the chicken and cook until the mixture is hot and bubbling. Remove the skillet from the heat.

Add the pasta and coleslaw mix to the skillet and toss to coat. Sprinkle with the peanuts and cilantro, if desired.
Chicken Salad Panini

**Ingredients**

- 1/4 cup mayonnaise
- 1 1/2 teaspoons honey
- 3/4 teaspoon snipped fresh dill
- 3/4 teaspoon Dijon mustard
- Dash salt
- Dash pepper
- 1 cup cubed cooked chicken breast
- 3/4 cup shredded Cheddar cheese
- 1/2 cup chopped, peeled apple
- 1/4 cup chopped pecans, toasted
- 6 slices white bread
- 4 teaspoons butter, softened

**Directions**

In a small bowl, combine the first six ingredients. In another bowl, combine the chicken, cheese, apple and pecans; add dressing and toss to coat.

Spread half of the chicken salad on two slices of bread. Top each with another slice of bread, remaining chicken salad and remaining bread. Spread butter on both sides of sandwiches. Cook on a panini maker or indoor grill until bread is toasted and cheese is melted.
Savory Chicken Breasts

Ingredients
4 skinless, boneless chicken breast halves
ground black pepper to taste
4 slices Swiss cheese
1 (10.75 ounce) can condensed cream of chicken soup
1/4 cup milk
1 cup dry bread crumbs
3 tablespoons butter, melted

Directions
Preheat oven to 350 degrees F (175 degrees C).

Place chicken breasts in a 9x13 inch baking dish. Season with ground black pepper to taste. Top each breast with a slice of cheese.

Mix together the soup and milk and pour mixture over chicken. Sprinkle bread crumbs on top and drizzle with melted butter/margarine. Bake covered in the preheated oven for 30 minutes. Uncover and bake for another 20 minutes or until golden brown.
Chicken Soup

**Ingredients**

1 boneless chicken breast half, cooked and diced
2 cups water
2 carrots, chopped
1 zucchini, diced
1 clove garlic, minced
1/2 teaspoon chicken broth base

**Directions**

Put cooked chicken meat and water in a large pot and bring to a boil.

Add the carrots, zucchini and garlic and simmer all together for 5 to 10 minutes.

Add the chicken broth and simmer for an additional 5 minutes.

Serve.
Ham and Chicken Casserole

Ingredients

1 cup chopped onion
2 tablespoons butter or margarine
2 cups cubed fully cooked ham
2 cups diced cooked chicken
1 medium green pepper, chopped
1/2 cup chopped sweet red pepper
1 cup whole pimento-stuffed green olives
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 cup sour cream
1 1/2 teaspoons salt
1/4 teaspoon pepper
8 ounces noodles, cooked and drained
3 tablespoons shredded Parmesan cheese

Directions

In a skillet, saute onion in butter until tender. In a large bowl, combine the ham, chicken, peppers, olives, soup, sour cream, salt, pepper and onion. Fold in noodles.

Pour into a greased 2-1/2-qt. baking dish. Sprinkle with the Parmesan cheese. Bake, uncovered, at 325 degrees F for 45 minutes or until bubbly.
Spicy Basil Chicken

Ingredients

- 2 tablespoons chili oil
- 2 cloves garlic
- 3 hot chile peppers
- 1 pound skinless, boneless chicken breast halves - cut into bite-size pieces
- 1 1/2 teaspoons white sugar
- 1 teaspoon garlic salt
- 1 teaspoon black pepper
- 5 tablespoons oyster sauce
- 1 cup fresh mushrooms
- 1 cup chopped onions
- 1 bunch fresh basil leaves

Directions

Heat the oil in a skillet over medium-high heat, and cook the garlic and chile peppers until golden brown. Mix in chicken and sugar, and season with garlic salt and pepper. Cook until chicken is no longer pink, but not done.

Stir oyster sauce into the skillet. Mix in mushrooms and onions, and continue cooking until onions are tender and chicken juices run clear. Remove from heat, and mix in basil. Let sit 2 minutes before serving.
**Directions**

Preheat oven to 350 degrees F. Cook pasta as directed on package. Meanwhile, spray large nonstick skillet with cooking spray. Add chicken, peppers and mushrooms; cook and stir 5 min. or until chicken is no longer pink. Remove from skillet; set aside.

Place Neufchatel, flour and broth in skillet. Cook and stir with wire whisk until boiling. Reduce heat to medium-low; simmer 5 min., stirring frequently.

Drain pasta; return to saucepan. Add Neufchatel cheese mixture, chicken mixture and 2 Tbsp. of the Parmesan cheese; mix well. Spoon into 2-qt. round casserole dish; cover with foil. Bake 25 min. Top with mozzarella and remaining 1 Tbsp. Parmesan cheese; continue baking, uncovered, 2 min. or until mozzarella cheese is melted.
**Chicken Fajita Melts**

### Ingredients

- 3 tablespoons vegetable oil
- 6 (6 ounce) skinless, boneless chicken breast halves, thinly sliced
- 1/2 cup sliced onions
- 1/2 cup sliced red bell pepper
- 1/2 cup tomato juice
- 2 tablespoons taco seasoning mix
- 1 cup salsa
- 8 (1/2 inch thick) slices French bread
- 2 cups shredded Cheddar cheese

### Directions

Heat the oil in a large skillet over medium-high heat. Add the chicken, and cook and stir until lightly browned, about 5 minutes.

Stir in the sliced onions and red peppers, and cook and stir for 5 minutes or until the vegetables are tender. Stir in the tomato juice and taco seasoning, and mix well. Cook mixture until the juice has thickened and the chicken is well coated with sauce, about an additional 7 minutes.

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.

Spread 2 tablespoons of salsa over each slice of French bread. Evenly spoon the chicken mixture on top of the salsa topped bread. Sprinkle each sandwich with 1/4 cup Cheddar cheese.

Place sandwiches under the preheated broiler and cook for 5 minutes or until the cheese is melted and beginning to brown.
Fruited Chicken Salad

Ingredients

- 3 tablespoons vegetable oil
- 3 tablespoons red wine vinegar
- 2 tablespoons sugar
- 3 tablespoons orange juice
- 1 teaspoon dry mustard
- 1 tablespoon poppy seeds
- 10 cups torn fresh spinach
- 2 (11 ounce) cans mandarin oranges, drained
- 2 cups fresh strawberries, hulled and halved
- 1 1/2 cups cubed cooked chicken

Directions

Combine first six ingredients in a jar with a tight-fitting lid; shake well. Chill for at least 2 hours. Just before serving, combine spinach, mandarin oranges, strawberries and chicken in a large salad bowl. Pour dressing over and toss lightly.
Fried Chicken Gizzards

**Ingredients**
- 1 1/2 pounds chicken gizzards
- 1/2 cup all-purpose flour
- 1 1/2 tablespoons seasoned salt
- 1 1/2 teaspoons ground black pepper
- 1 1/2 teaspoons garlic powder (optional)
- 2 cups vegetable oil for frying

**Directions**

Trim excess fat and gristle from chicken gizzards. Rinse under cold running water.

Place gizzards in a pot of cold water. Bring water and gizzards to a rolling boil; continue to boil for about 15 minutes. Strain gizzards using a colander. Allow to cool.

Meanwhile, combine the flour, seasoned salt, pepper, and garlic powder in a plastic bag. Shake well to combine.

Preheat vegetable oil in a skillet with a lid over medium-high heat to 375 degrees F (190 degrees C).

Thoroughly coat gizzards with flour mixture and shake off excess. Gently lay the coated gizzards in the hot oil. Cook until brown. Reduce heat to medium; cover skillet with lid and cook another 10 minutes. Remove to paper towels to drain.
Always A Winner Grilled Chicken

**Ingredients**

- 1 lime, juiced
- 1 tablespoon red wine vinegar
- 1/4 cup orange juice
- 1/2 cup white wine
- 1/4 cup honey
- 1 1/2 teaspoons salt
- 1 teaspoon pepper
- 1/2 teaspoon chipotle chile powder
- 1 1/2 teaspoons onion powder
- 1 1/2 teaspoons garlic powder
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1 teaspoon ground ginger
- 1 pinch red pepper flakes
- 1 pinch cayenne pepper
- 3 tablespoons olive oil
- 6 skinless, boneless chicken breasts, pounded to 1/2-inch thickness

**Directions**

Whisk together lime juice, vinegar, orange juice, wine, and honey in a bowl until the honey dissolves. Add salt, pepper, chipotle powder, onion powder, garlic powder, paprika, chili powder, cinnamon, oregano, cumin, ginger, red pepper flakes, cayenne, and olive oil; whisk to mix. Place chicken breasts into a resealable plastic bag, pour in marinade, and coat well. Marinate in the refrigerator at least 30 minutes, or up to 2 days.

Preheat an outdoor grill for medium heat and lightly oil grate.

Remove chicken from marinade and shake off excess; discard remaining marinade. Cook chicken on the preheated grill approximately 5 to 7 minutes per side, or until the juices run clear and there are no signs of pink in the meat.
Plum-Glazed Chicken Kabobs

Ingredients

- 1 cup plum jam
- 3 tablespoons reduced-sodium soy sauce
- 1 tablespoon sherry or chicken broth
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground ginger
- 1 pound skinless, boneless chicken breast halves - cubed
- 1 (20 ounce) can pineapple chunks, drained
- 1 large green pepper, cut into 1-inch pieces
- 1 teaspoon cornstarch
- 3 cups cooked rice

Directions

In a saucepan, combine the first five ingredients; heat on low until jam is melted. In a large resealable plastic bag, combine the chicken, pineapple and green pepper; add plum mixture. Seal bag and turn to coat; refrigerate for at least 2 hours.

Place cornstarch in a small saucepan; drain marinade into saucepan. Stir until smooth. Bring to a rolling boil over medium heat; cook and stir for 1 minute or until thickened. Remove from the heat; set aside.

On 12 metal or soaked wooden skewers, alternately thread chicken, pineapple and green pepper. Place skewers on a broiler pan 3-4 in. from the heat. Broil for 3 minutes, turning once. Baste with plum glaze. Broil 4-6 minutes longer or until chicken juices run clear, turning and basting frequently. serve over rice with any remaining glaze.
Ingredients

- 2 cups diced peeled potatoes
- 1 3/4 cups sliced carrots
- 2/3 cup chopped onion
- 1 cup butter or margarine
- 1 cup all-purpose flour
- 1 3/4 teaspoons salt
- 1 teaspoon dried thyme
- 3/4 teaspoon pepper
- 3 cups chicken broth
- 1 1/2 cups milk
- 4 cups cubed cooked chicken
- 1 cup frozen peas
- 1 cup frozen corn
- 1 pastry for a 9 inch double crust pie

Directions

Place potatoes and carrots in a large saucepan; cover with water. Bring to a boil. Reduce heat; cover and simmer for 8-10 minutes or until crisp-tender. Drain and set aside. In a large skillet, sauté onion in butter until tender. Stir in the flour, salt, thyme and pepper until blended. Gradually stir in broth and milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Add the chicken, peas, corn, potatoes and carrots; remove from the heat.

Line two 9-in. pie plates with bottom pastry; trim even with edge of plate. Fill pastry shells with chicken mixture. Roll out remaining pastry to fit top of pies. Cut slits or decorative cutouts in pastry. Place over filling; trim, seal and flute edges.

Bake one potpie at 425 degrees F for 35-40 minutes or until crust is lightly browned. Let stand for 15 minutes before cutting. Cover and freeze remaining potpie for up to 3 months.
### Ingredients

1 (10.75 ounce) can Campbell's® Condensed Cheddar Cheese Soup  
1 cup Pace® Picante Sauce  
1/4 cup milk  
1/2 teaspoon garlic powder  
1 (8.75 ounce) can whole kernel corn, drained  
1 1/2 cups cubed cooked chicken or turkey  
4 cups hot cooked corkscrew-shaped pasta

### Directions

Mix soup, picante sauce, milk, garlic, corn, chicken and pasta in saucepot. Heat through.
### Thai Chicken Wings

#### Ingredients
- 5 pounds frozen chicken wings
- 1 cup chicken broth
- 1/2 cup white sugar
- 1/4 cup fish sauce
- 1/4 cup crushed garlic
- 1/4 cup finely chopped jalapeno chile peppers
- 2 tablespoons cornstarch
- 3 teaspoons paprika
- 1 tablespoon olive oil

#### Directions
1. Preheat oven to 400 degrees F (200 degrees C).
2. Place chicken wings on a non-greased cookie sheet. Bake in the preheated oven for 45 minutes to 1 hour, turning once, until golden brown. Move to serving dish/platter.
3. In a medium skillet saute garlic and jalapeno peppers in olive oil until soft. Add chicken broth, fish sauce, paprika and sugar. Add cornstarch and let thicken. Stir all together and pour over crispy chicken wings. Enjoy!
Ingredients

1 egg yolk
6 cloves garlic, chopped
4 skinless, boneless chicken breast halves
6 tablespoons butter
1 cup dry bread crumbs
1 cup grated Parmesan cheese
1 tablespoon dried parsley
1 tablespoon garlic powder
1/2 tablespoon salt
1 tablespoon ground black pepper

Directions

In a glass dish, beat egg yolk with garlic. Place chicken in egg mixture, and turn to coat. Cover dish and refrigerate for at least 4 hours, or overnight if possible.

Preheat oven to 400 degrees F (200 degrees C).

Melt butter and pour into the bottom of a 9x13 inch baking dish. Mix together the bread crumbs, Parmesan cheese, parsley, garlic powder, salt and pepper. Dip marinated chicken in crumb mixture. Place coated chicken in baking dish, and pour remaining egg mixture over.

Bake in preheated oven for 15 to 20 minutes on each side, or until chicken is no longer pink and juices run clear.
**Spicy Brown Mustard Chicken**

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 1/2 cup spicy brown mustard
- 1/2 cup Italian seasoned bread crumbs
- 1/4 cup butter, melted
- 2 tablespoons lemon juice
- 2 tablespoons water
- paprika to taste

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking dish.

Brush the chicken breast halves on all sides with the mustard. Place the bread crumbs in a shallow dish. Press the chicken into the bread crumbs to evenly coat. Arrange the chicken breasts in the prepared baking dish.

In a bowl, mix the butter, lemon juice, and water. Drizzle about 1 tablespoon of the mixture over each chicken breast. Pour the remaining mixture around the breasts in the dish.

Cover, and bake 45 minutes in the preheated oven. Uncover, season with paprika, and continue baking 15 minutes.
Ingredients

- 8 cut up chicken pieces
- 8 medium potatoes, peeled and quartered
- Salt to taste
- Ground white pepper to taste
- 4 cloves garlic, crushed
- 1/2 cup extra virgin olive oil
- 1 cup fresh lemon juice

Directions

Preheat oven to 425 degrees F (220 degrees C).

Place chicken and potatoes in a large baking dish. Season generously with salt and white pepper.

In a bowl, stir together garlic, olive oil, and lemon juice. Pour over chicken and potatoes. Cover dish with foil.

Bake in preheated oven for 30 minutes. Remove foil, increase heat to 475 degrees F (245 degrees C), and cook until chicken and potatoes are golden, about 30 minutes.
**Easy Pasta Chicken**

**Ingredients**

- 4 skinless, boneless chicken breasts
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 2 1/4 cups water
- 1 (16 ounce) package frozen mixed vegetables, thawed
- 2 cups rotini pasta

**Directions**

In a large skillet, brown the chicken in oil over medium low heat until cooked through and juices run clear. Remove chicken from skillet and set aside. Add the soup, water and vegetables. Heat to a boil.

Add uncooked pasta to soup mixture in skillet (the pasta cooks right in the soup!). Stir all together and cook over medium heat for 10 minutes, stirring often. Add cooked chicken and cook another 5 minutes or until pasta is done, stirring often.
Cheesy Chicken Broccoli Bake

Ingredients

1 (10.75 ounce) can condensed cream of chicken soup
1 (10.75 ounce) can condensed cream of mushroom soup
1 pound skinless, boneless chicken breast halves, chopped
2 large heads broccoli, chopped
10 baby carrots, chopped
1 teaspoon dried basil
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano
1/4 teaspoon ground paprika
1/2 cup shredded Cheddar cheese
1/4 cup dry bread crumbs

Directions

Preheat oven to 350 degrees F (175 degrees C), and grease a 9x12-inch baking dish.

Pour the condensed soups into a bowl and mix well. Place the chicken breast meat, broccoli, and carrots into the baking dish, mix well, and pour the soup mixture over. Sprinkle with basil, thyme, oregano, and paprika, and spread the Cheddar cheese and bread crumbs evenly over the top.

Bake in the preheated oven for 45 minutes, until the casserole is bubbling and the cheese and crumbs are lightly browned.
Mozzarella Mushroom Chicken

Ingredients

3 tablespoons olive oil
2 skinless, boneless chicken breast halves
1 tablespoon garlic powder
1 clove garlic, minced
6 fresh mushrooms, sliced
2 cups shredded mozzarella cheese

Directions

Heat the olive oil in a skillet over medium heat. Place chicken in the skillet, and season with garlic powder and garlic. Cook 12 minutes on each side, or until juices run clear. Set chicken aside, and keep warm.

Stir mushrooms into the skillet, and cook until tender. Return chicken to skillet, layer with mushrooms, and top with cheese. Cover skillet, and continue cooking 5 minutes, or until cheese is melted.
**Slow Cooker Adobo Chicken**

### Ingredients

1 small sweet onion, sliced  
8 cloves garlic, crushed  
3/4 cup low sodium soy sauce  
1/2 cup vinegar  
1 (3 pound) whole chicken, cut into pieces

### Directions

Place chicken in a slow cooker. In a small bowl mix the onion, garlic, soy sauce, and vinegar, and pour over the chicken. Cook on Low for 6 to 8 hours.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>(14.5 ounce) can chicken broth</td>
</tr>
<tr>
<td>1</td>
<td>(10.75 ounce) can condensed cream of chicken soup, undiluted</td>
</tr>
<tr>
<td>1 cup</td>
<td>sour cream</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>butter or margarine, melted</td>
</tr>
<tr>
<td>1</td>
<td>(15 ounce) package seasoned stuffing croutons</td>
</tr>
<tr>
<td>4 cups</td>
<td>shredded, cooked chicken</td>
</tr>
</tbody>
</table>

## Directions

In a large bowl, combine the broth, soup, sour cream and butter. Stir in croutons and chicken. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 375 degrees F for 20-25 minutes or until heated through.
Chicken with Lemon Sauce

**Ingredients**
- 2 boneless, skinless chicken breasts, halved
- 5 teaspoons all-purpose flour, divided
- 1/4 cup grated Parmesan cheese
- 3/4 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 2 eggs
- 2 tablespoons butter, divided
- 1 tablespoon olive oil
- 3/4 cup chicken broth
- 1/2 cup apple juice
- 1 tablespoon lemon juice
- 1 tablespoon minced fresh parsley

**Directions**
Flatten chicken to 1/4-in. thickness. In a shallow bowl, combine 4 tablespoons flour, Parmesan cheese, 1/2 teaspoon salt and 1/4 teaspoon pepper. In another bowl, beat the eggs. Dip chicken into eggs; coat with flour mixture.

In a large skillet, cook chicken in 1 tablespoon butter and oil over medium heat for 3-5 minutes on each side or until juices run clear. Remove and keep warm.

In a small bowl, combine the remaining flour, salt and pepper; stir in broth until smooth. Add apple juice to the skillet, stirring to loosen any browned bits. Stir broth mixture and add to the pan. Bring to a boil; cook and stir for 1-2 minutes or until thickened and bubbly.

Stir in lemon juice; cook for 1 minute. Add parsley and remaining butter; cook and stir until butter is melted. Serve over chicken.
Mandarin Chicken Roll-Ups

Ingredients

- 4 skinless, boneless chicken breasts
- Salt and pepper to taste
- 4 (10 inch) flour tortillas
- 1 (8 ounce) package Neufchatel cheese
- 1 (8 ounce) can mandarin oranges, drained
- 1 (8 ounce) can pineapple tidbits, drained
- 2 green onions, chopped
- 1/2 cup diced red bell pepper
- 1/2 cup salted cashews, chopped

Directions

Spray a skillet with vegetable spray. Salt and pepper chicken. Heat skillet over medium heat. Brown chicken breasts well on both sides, about 4 minutes per side, or until cooked through. Remove from skillet and set aside.

Spread tortillas evenly with cream cheese. (this will be the "glue" to hold everything together.) Cut chicken into small pieces and divide between the tortillas, leaving about 1 1/2 inches of tortilla uncovered on one side. Top chicken with Mandarin oranges, pineapple, green onions, bell peppers and cashews. Roll up tightly. Wrap tightly in plastic wrap and refrigerate for about 30 minutes before serving.
Spanish-Style Chicken Stew

**Ingredients**

- 2 tablespoons olive oil
- 3 red onions, cut into 1-inch cubes
- 3 cloves garlic, coarsely chopped
- 1 (28 ounce) can Italian plum tomatoes
- 1 (15 ounce) can garbanzo beans
- 2 cups water
- 2 teaspoons paprika
- 1 teaspoon crushed red pepper flakes
- salt and pepper to taste
- 2 carrots, cut into chunks
- 1 potato, cubed
- 4 chicken thighs
- 4 ounces Spanish chorizo sausage, casing removed, sliced 1/4-inch thick (see note)

**Directions**

Heat olive oil in a large saucepan over medium-high heat. Stir in onions and garlic, cook until the onion has softened and turned translucent. Pour in tomatoes, garbanzo beans, and water; season with paprika, red pepper flakes, salt, and pepper. Stir in carrots and potatoes, then place chicken thighs skin-side up on top of the vegetables.

Bring to a boil over high heat, then reduce heat to medium, cover, and simmer until the chicken is tender, about 25 minutes.

Preheat oven to 400 degrees F (200 degrees C).

Remove chicken from the stew and set aside. Stir in the chorizo slices, then pour the stew into a glass baking dish. Place the chicken thighs on top, skin-side up.

Bake in preheated oven until the stew has thickened and the chicken skin is crispy, about 15 minutes.
# Sweet and Sour Chicken III

## Ingredients

- 1 pound skinless, boneless chicken breast meat - cubed
- 2 tablespoons vegetable oil
- 1/2 cup sliced green bell pepper
- 1/2 cup sliced red bell pepper
- 1 cup carrot strips
- 1 clove garlic, minced
- 1 tablespoon cornstarch
- 1/4 cup low sodium soy sauce
- 1 (8 ounce) can pineapple chunks, juice reserved
- 1 tablespoon vinegar
- 1 tablespoon brown sugar
- 1/2 teaspoon ground ginger

## Directions

Brown chicken in oil in a large skillet over medium high heat. Add green bell pepper, red bell pepper, carrot and garlic and stir fry for 1 to 2 minutes.

In a small bowl, combine cornstarch and soy sauce and mix together; pour mixture into the skillet, along with the pineapple and liquid, vinegar, sugar and ginger. Stir together and bring to a full boil.
Ingredients

1/4 cup olive oil
1/4 cup fresh lemon juice
1/4 cup diced onion
4 skinless, boneless chicken breast halves
1/2 cup sliced fresh mushrooms
1/2 cup diced tomatoes, drained

Directions

Heat oil, lemon juice and onion in a large skillet over medium heat. When onion is tender, add chicken, mushrooms and tomatoes.

Cook over medium high heat for 5 to 7 minutes each side, stirring occasionally, or until chicken is cooked through and no longer pink inside.
**Ingredients**

- 5 pounds chicken legs and thighs, rinsed and patted dry
- 3/4 cup water
- 3/4 cup white vinegar
- 1/4 cup soy sauce
- 1 teaspoon white sugar
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 teaspoon whole black peppercorns, crushed
- 2 bay leaves
- salt to taste

**Directions**

Place the chicken in a 6-quart pot. Pour the water, vinegar, and soy sauce over the chicken. Add the sugar, onion, garlic, peppercorns, and bay leaves to the pot; bring the mixture to a boil for 2 minutes. Reduce heat to low; simmer until the chicken is no longer pink at the bone and the juices run clear, about 30 minutes. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C). Remove the chicken from the pot and continue cooking the sauce until it thickens, about 10 minutes; season with salt.

Return the chicken to the pot, making sure the chicken is covered entirely by the sauce. Cook together until the chicken is reheated, about 3 minutes.
Swanson® Heart Healthy Chicken Sandwich

**Ingredients**

- 2 tablespoons nonfat plain yogurt
- 2 tablespoons light mayonnaise
- 1/3 cup chopped celery
- 2 tablespoons finely chopped onions
- 1 (9.75 ounce) can Swanson® Premium Chunk Chicken Breast in Water, drained
- 8 slices Pepperidge Farm® Whole Grain 100% Whole Wheat Bread
- 8 slices tomatoes
- 4 lettuce leaves

**Directions**

1. Stir the yogurt, mayonnaise, celery, onion and chicken in a medium bowl.
2. Divide the chicken mixture among 4 bread slices.
3. Top with the tomato, lettuce and remaining bread slices.
## Mint Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 skinless, boneless chicken breast halves - cut into bite-size pieces</td>
<td></td>
</tr>
<tr>
<td>1 clove garlic, crushed</td>
<td></td>
</tr>
<tr>
<td>1/2 cup all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>1/2 cup margarine</td>
<td></td>
</tr>
<tr>
<td>1/4 cup fresh lemon juice</td>
<td></td>
</tr>
<tr>
<td>1/2 cup chopped fresh mint leaves</td>
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</tbody>
</table>

### Directions

In a medium bowl, mix together the chicken pieces and garlic. Toss with the flour just to coat, and shake off excess.

Heat the margarine in a large skillet over medium-high heat. Add the chicken pieces; cook and stir until browned. Add the mint leaves and lemon juice, cover and steam for about 5 minutes, just until the chicken is cooked through. Do not over cook the chicken or it will be tough.
### Ingredients

1 (10.75 ounce) can condensed cream of chicken soup  
1/4 cup milk  
4 skinless, boneless chicken breast halves  
4 slices Swiss cheese  
1 (4 ounce) can sliced mushrooms (optional)  
1 (10 ounce) package uncooked egg noodles

### Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease an 8x8 inch casserole dish.

In a bowl, mix the soup and milk. Arrange chicken breast halves in the casserole dish. Top each breast half with a slice of cheese. Pour soup and milk over the chicken. Sprinkle with mushrooms.

Bake 30 minutes in the preheated oven, or until sauce is bubbly and chicken juices run clear.

Bring a large pot of lightly salted water to a boil. Add noodles and cook for 8 to 10 minutes, until al dente; drain. Serve chicken and mushroom sauce over the cooked noodles.
# Herb and Chicken Pasta

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (16 ounce) package angel hair pasta</td>
<td></td>
</tr>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon dried basil</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon dried rosemary</td>
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</tr>
<tr>
<td>1/2 teaspoon Cajun seasoning (optional)</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon crushed red pepper flakes (optional)</td>
<td></td>
</tr>
<tr>
<td>1/4 cup olive oil</td>
<td></td>
</tr>
<tr>
<td>3 cloves garlic, chopped</td>
<td></td>
</tr>
<tr>
<td>1 onion, chopped</td>
<td></td>
</tr>
<tr>
<td>1 cup chicken broth</td>
<td></td>
</tr>
</tbody>
</table>

**Directions**

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve.

Meanwhile, season chicken with salt and pepper, basil, rosemary, Cajun seasoning, and red pepper flakes. Heat oil in a large skillet over medium heat; add chicken and cook until browned. Remove chicken from skillet and stir in garlic and onions; cook and stir until clear.

Return chicken to skillet over onion mixture and add broth. Simmer until chicken is cooked through and no longer pink inside; spread mixture over pasta and serve.
Garden Chicken and Cheese Sandwich

Ingredients

1 leaf red leaf or romaine lettuce
2 slices whole grain millet bread, toasted if desired
2 ounces sliced deli maple glazed chicken breast
1 slice large tomato
4 thin slices unpeeled cucumber
1 thin slice red onion (optional)
1 slice SARGENTO® Sliced Reduced Sodium Colby-Jack Cheese
2 teaspoons mayonnaise

Directions

Place lettuce on 1 slice of bread; top with chicken, tomato, cucumber, red onion and cheese.

Spread mayonnaise over remaining slice of bread; close sandwich and cut diagonally in half.
## Rollitos de Pollo en Salsa de Guajillo (Chicken Rolls in Guajillo Pepper Sauce)

### Ingredients
- 1/4 onion
- 1 clove garlic
- 2 teaspoons vegetable oil
- 4 cloves garlic, minced
- 1 (16 ounce) can sliced mushrooms, drained
- 2 teaspoons minced fresh cilantro
- 6 (5 ounce) skinless, boneless chicken breast halves, pounded
- 1/3 inch thick
- 8 ounces thinly sliced ham
- 2 teaspoons vegetable oil
- 2 cups water
- 5 guajillo chile peppers, stemmed and seeded
- 1 pound tomatoes, seeded and chopped
- 2 teaspoons vegetable oil
- 1/2 cup orange juice
- 1/2 teaspoon dried oregano
- Salt to taste

### Directions

1. Preheat oven to 350 degrees F (175 degrees C). Place the onion quarter, and garlic clove on a small pan, and place in the oven to roast as oven comes to temperature. Remove once golden.

2. Meanwhile, heat 2 teaspoons vegetable oil in a skillet over medium heat. Stir in minced garlic, and cook for about a minute until golden brown and fragrant. Pour in mushrooms, and cook for a minute or two until the garlic flavor has infused the mushrooms, and they are no longer soggy. Stir in the cilantro, then remove from heat.

3. Prepare the rolls by laying each chicken breast onto your work surface. Spoon some of the mushroom filling onto the center of the chicken breast, then cover with the ham. Roll into a firm cylinder, and secure with toothpicks.

4. Heat 2 teaspoons of vegetable oil in a skillet over medium-high heat. Add the chicken rolls; sear until golden brown on all sides, about 5 minutes. Place into the preheated oven, and cook until they reach an internal temperature of 160 degrees F (70 degrees C), 15 to 20 minutes.

5. While the chicken is baking, bring the water to a boil, and blanch the guajillo chiles until softened, about 30 seconds. Place chiles into a blender, along with the tomatoes, roasted onion, and roasted garlic; puree until smooth, using water as needed to make a smooth sauce.

6. Heat 2 teaspoons of vegetable oil in a skillet over medium heat. Pour in the pureed sauce, and bring to a boil. Pour in the orange juice, season with oregano, and salt to taste. Return to a boil, then reduce heat to medium, and simmer for 5 minutes.

7. To serve, remove the toothpicks from the chicken rolls, and slice each into 3 or 4 slices. Arrange onto dinner plates, and bathe with sauce.
Cherry Chicken

**Ingredients**

- 3 tablespoons vegetable oil
- 1 (4 pound) whole chicken, cut into 8 pieces
- salt and pepper to taste
- 1/2 cup all-purpose flour for dusting
- 1 (15 ounce) can pitted dark cherries packed in water
- 1/2 cup white sugar
- 1 tablespoon cornstarch
- 1 orange - with peel, quartered and thinly sliced
- 1/2 cup slivered almonds, toasted

**Directions**

Heat the oil in a large skillet over medium-high heat. Season the chicken with salt and pepper, then coat with flour. Fry in the hot oil until browned, turning as needed. Reduce heat to medium, cover and cook for about 25 minutes or until meat is tender and juices run clear.

Remove the chicken from the pan, and pour off all but 1/4 cup of the drippings. Return to medium heat and stir in the cherries, reserving some of the cherry liquid for later. Stir in sugar and bring to a boil. Dissolve the cornstarch in the reserved cherry liquid, then stir into the pan. Cook, stirring gently, until thickened.

Add orange slices and almonds to the skillet, then return the chicken pieces to the skillet. Spoon sauce over the chicken to coat, and simmer over low heat for 5 to 10 minutes before serving.
### Ingredients

- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 1/2 cup thinly sliced celery
- 1 (10.75 ounce) can low-sodium cream of chicken soup
- 1 cup low-sodium chicken broth
- 1 cup cooked wild rice
- 1 cup canned, sliced carrots, drained
- 2 (3 ounce) cans premium chunk chicken breast in water, drained
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1 pinch ground chipotle chile
- 1 cup shredded pepper jack cheese, divided
- 1/3 cup whipping cream
- 3 tablespoons chopped cilantro
- Cilantro sprigs for garnish

### Directions

In a large saucepan, heat oil over medium-high heat; add onion and celery. Saute, stirring occasionally, 8 to 10 minutes or until softened. Stir in soup and broth. Add rice, carrots, chicken, chili powder, cumin, chipotle chile and 3/4 cup cheese; bring to a boil, stirring occasionally. Reduce heat and simmer 10 minutes to blend flavors; stir in cream and chopped cilantro. Garnish with remaining cheese and cilantro sprigs.
Creamy Chicken and Wild Rice Soup

Ingredients

- 4 cups COLLEGE INN® Chicken Broth
- 2 cups water
- 3 cups shredded cooked chicken or turkey
- 1 (4.5 ounce) package quick cooking long grain and wild rice with seasoning packet
- 1 cup DEL MONTE® canned peas
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3/4 cup all-purpose flour
- 1/2 cup butter
- 2 cups heavy cream

Directions

In a large pot over medium heat, combine broth, water and turkey. Bring just to boiling, then stir in rice, reserving seasoning packet. Cover and remove from heat.

In a small bowl, combine salt, pepper and flour. In a medium saucepan over medium heat, melt butter. Stir in contents of seasoning packet until mixture is bubbly. Reduce heat to low, then stir in flour mixture by tablespoons, to form a roux. Whisk in cream, a little at a time, until fully incorporated and smooth. Cook until thickened, 5 minutes.

Stir cream mixture into broth and rice. Cook over medium heat until heated through, 10 to 15 minutes.
Quick Mediterranean Chicken

**Ingredients**

- Olive oil as needed
- 4 (6 ounce) skinless, boneless chicken breast halves
- Salt and pepper to taste
- Greek seasoning to taste
- 1 (15 ounce) can green beans, drained
- 1 (10 ounce) can black olives, drained
- 1 (14.5 ounce) can diced tomatoes, drained
- 1/2 cup Greek-style vinaigrette with feta

**Directions**

Heat some oil in a sauté pan over medium-high heat. Place the frozen chicken breasts in the pan, and season with salt, pepper, and Greek seasoning. Cook until the chicken is lightly browned and has fully cooked. Add the green beans, olives, tomatoes, and vinaigrette. Cover, and simmer for 10 minutes to heat the vegetables.
Beer Cooked Chicken

**Ingredients**

- 1 (12 fluid ounce) can or bottle beer
- 4 skinless, boneless chicken breast halves
- 2 tablespoons butter
- 1 cup sliced fresh mushrooms
- 1 tablespoon grated Parmesan cheese

**Directions**

To Marinate: Pour 1/2 of the beer into a nonporous glass dish or bowl. Add chicken breasts, toss to coat, cover dish and refrigerate for 30 minutes to marinate.

Melt 1 tablespoon of the butter in a large skillet over medium heat. Add mushrooms and saute for 5 to 10 minutes or until cooked; remove from skillet and reserve, keeping warm.

Melt remaining 1 tablespoon butter in skillet over medium high heat and add chicken. Saute 5 to 6 minutes each side or until cooked through and juices run clear. Reduce heat to low, pour remaining beer over chicken and add reserved mushrooms. Cover skillet and let simmer for 5 to 10 minutes. Sprinkle with cheese and serve.
Ingredients

8 ounces lowfat plain yogurt
4 boned and skinned chicken breast halves
1/2 cup all-purpose flour
1 teaspoon paprika
salt and pepper to taste
1 tablespoon olive oil
1 teaspoon margarine
1 1/2 tablespoons lemon juice
1 cup white vermouth
2 cloves garlic, minced
1/2 cup lemon juice
1/2 cup water
2 tablespoons capers

Directions

Coat chicken with yogurt, cover, and refrigerate at least 2 hours, preferably overnight.

Rinse chicken, and pat dry with paper towels.

In a bowl, stir together flour, paprika, salt, and pepper.

Heat oil, margarine, and 1 1/2 tablespoons lemon juice in skillet over medium heat. Dredge chicken in flour mixture. Place chicken in skillet; cook, turning to brown both sides, about 15 minutes. Remove chicken to a plate, and keep warm.

Pour vermouth into skillet, and scrape brown bits with a wooden spoon. Stir in garlic, 1/4 cup lemon juice, water, and capers. Cook until reduced by half.

Return chicken to the pan, and simmer 3 minutes.
Chinese Chicken Rice Salad

**Ingredients**

- 1 cup brown rice
- 2 1/2 cups water
- 2 tablespoons olive oil
- 3 tablespoons lemon juice
- 3 tablespoons soy sauce
- 1 teaspoon minced fresh ginger root
- 1 teaspoon teriyaki sauce
- salt and black pepper to taste
- 2 cups chopped, cooked chicken breast meat
- 1 cup sliced celery
- 1 cup sliced water chestnuts
- 1 cup sliced fresh mushrooms
- 1/2 cup diced green onion
- 1/2 cup diced red bell pepper

**Directions**

Place the rice and water in a saucepan and bring to a boil. Reduce heat to low, cover, and simmer until water is absorbed, about 45 minutes. Set aside to cool.

To make the dressing, whisk together the oil, lemon juice, soy sauce, ginger, and teriyaki sauce in a small bowl. Season with salt and pepper.

In a large bowl, mix together the cooked rice and chicken. Stir in celery, water chestnuts, mushrooms, green onion, and red pepper. Mix with the dressing to coat. Cover and refrigerate 8 hours or overnight. Toss gently before serving.
Chicken and Chourico Pizza

Ingredients

- 2 teaspoons olive oil
- 2 skinless, boneless chicken breast halves - cut into small chunks
- flour for dusting
- 1 (13.4 ounce) package room-temperature fresh pizza dough
- 1 cup tomato sauce
- 1 tablespoon olive oil
- 5 cloves garlic, minced
- 1 1/2 tablespoons Italian seasoning
- salt and ground black pepper to taste
- 1/2 link Portuguese hot chourico sausage - halved lengthwise and sliced into thin half moons
- 1/4 red onion, sliced thin
- 1/4 cup banana pepper rings
- 1 (8 ounce) package shredded mozzarella & cheddar pizza cheese
- 2 tablespoons grated Parmesan cheese

Directions

Preheat an oven to 425 degrees F (220 degrees C). Prepare a pizza pan with olive oil and flour.

Heat 2 teaspoons olive oil in a skillet over medium heat; cook the chicken in the hot oil until no longer pink in the center and the juices run clear, 5 to 10 minutes. Set aside.

Dust a flat working surface with flour. Roll the pizza dough out to the size of your pizza pan. Place dough on the prepared pan.

Stir the tomato sauce, 1 tablespoon olive oil, garlic, Italian seasoning, salt, and pepper together in a small bowl; spread evenly over the surface of the dough. Scatter, in order, the chicken, chourico, red onion, banana peppers, pizza cheese, and Parmesan over the tomato sauce mixture.

Bake in the preheated oven on the middle rack until the cheese is lightly browned, about 20 minutes. Switch the oven setting to broil and cook another 5 minutes.
### Ingredients

- 4 skinless, boneless chicken breast halves, cut into bite size pieces
- 1 onion, chopped
- 1/2 pound baby carrots
- 4 potatoes
- 1/2 teaspoon salt
- 1/4 teaspoon ground turmeric
- 3 tablespoons tomato paste
- 1/2 cup water
- 1/4 teaspoon garlic powder (optional)
- 1/2 teaspoon ground black pepper (optional)

### Directions

In a large pot, put the chopped onion, chicken breast meat, carrots and potatoes. Add the salt and turmeric. Dissolve the tomato paste in water and add. If desired, add garlic powder and ground black pepper to season.

Cook for 1 to 1 1/2 hours on medium low heat. Serve.
Ingredients

4 ounces dry Chinese noodles
1 (14.5 ounce) can chicken broth
6 shiitake mushrooms, sliced
2 green onions, chopped
1 skinless, boneless chicken breast half
2 eggs

Directions

Bring a large pot of water to a boil. Stir noodles into boiling water and cook until al dente, 8 to 10 minutes. (For a chewier texture, shock the noodles by pouring 1 cup cold water into the pot when it starts to foam, then letting it come to a boil again to finish cooking.) Drain and divide into two serving bowls.

Meanwhile, bring chicken broth to boil in a medium saucepan with mushrooms and green onions. Cut chicken into bite-sized pieces and stir into boiling broth. When broth returns to a boil, crack eggs into broth. Continue to cook until chicken is no longer pink and eggs are cooked, about 10 minutes. Pour the chicken soup over the noodles in the bowls and serve immediately.
Mango Chicken Piccata

**Ingredients**
- 1 egg
- 2 tablespoons lemon juice
- 1 cup mango nectar
- 1 cup flour
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 2 (6 ounce) skinless, boneless chicken breast halves
- 1/4 cup olive oil
- 1 cup mango nectar
- 3/4 cup water
- 1/4 cup soy sauce
- 1/4 cup balsamic vinegar
- 1/4 cup honey
- 2 tablespoons lemon juice
- 3 dashes sesame oil
- 1 teaspoon cornstarch

**Directions**
Whisk together the egg, 2 tablespoons lemon juice, and 1 cup of mango nectar in a bowl, and set aside. Combine the flour, garlic powder, and pepper in a shallow dish, and set aside. Dip the chicken breasts into the egg mixture and allow the excess to drain off. Press into the flour mixture to coat and shake off the excess.

Heat the olive oil in a large skillet over medium heat. Place the chicken breasts into the hot oil, and cook until golden brown on both sides, about 4 minutes per side. Meanwhile, whisk together 1 cup of mango nectar, water, soy sauce, balsamic vinegar, honey, 2 tablespoons lemon juice, sesame oil, and cornstarch. Once the chicken is brown on both sides, pour in the balsamic mixture. Bring to a simmer, and cook 10 minutes more.
Ingredients

- 6 skinless, boneless chicken breast halves
- 1 1/2 (1 ounce) packages dry onion soup mix
- 1 (10 fluid ounce) bottle Russian-style salad dressing
- 1 cup apricot preserves

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place the chicken pieces in a 4 quart casserole dish. Mix the soup mix, dressing and jam together, and pour over the chicken.

Cover dish and bake for 1 hour in preheated oven.
Chicken and Vegetables Soup

Ingredients

- 1 whole onion, peeled
- 6 chicken drumsticks
- 1/2 teaspoon salt
- 1/3 head cauliflower, chopped
- 1 pound Brussels sprouts, trimmed and chopped
- 1/2 pound baby carrots, chopped
- 1 pound fresh asparagus spears, trimmed and chopped
- 1 (32 ounce) package fat-free chicken broth
- 1/2 teaspoon garlic powder
- 1 teaspoon salt-free seasoning blend
- 1/4 cup uncooked long grain white rice
- 1 bunch fresh dill weed

Directions

Place the onion and chicken in a pot with enough cold water to cover. Season with salt, and bring to a boil. Cook 30 minutes, or until the chicken meat is easily removed from the bone. Remove chicken from the pot, reserving water. Discard the onion. Pull all the meat from the bones, chop, and return to pot. Discard bones.

Place the cauliflower, Brussels sprouts, baby carrots, and asparagus in the pot. Pour in the chicken broth. Season with garlic powder and salt-free seasoning blend. Bring to a boil, reduce heat to low, and simmer 40 minutes.

Stir the rice into the pot. Continue cooking 20 minutes, or until rice is tender. Mix dill into the soup 5 minutes before serving.
Chicken Saute with Fennel Mushroom Sauce

Ingredients

- 4 (4 ounce) boneless chicken breast halves
- 1/4 cup all-purpose flour
- 2 tablespoons butter
- 2 small fennel bulbs, thinly sliced
- 1 large onion, sliced
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular or 98% Fat Free)
- 1/2 cup milk
- 1/4 cup Chablis or other dry white wine (optional)

Directions

Coat the chicken with the flour.

Heat the butter in a 10-inch skillet over medium heat. Add the chicken and cook until it’s well browned on both sides. Remove the chicken from the skillet.

Add the fennel and onion and cook until they’re tender.

Stir the soup, milk and wine, if desired, in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes. Return the chicken to the skillet. Cover and cook for 10 minutes or until the chicken is cooked through.
Chicken Tetrazzini

Ingredients

- 8 chicken tenderloins
- salt and pepper to taste
- 3/4 cup fresh sliced mushrooms
- 1 red bell pepper, chopped
- 1/2 yellow bell pepper, chopped
- 1 (8 ounce) package uncooked spaghetti
- 1/4 cup butter
- 1/4 cup all-purpose flour
- 1 cup chicken broth
- 1 cup half-and-half
- 1 teaspoon garlic salt
- ground black pepper to taste
- 1/2 cup shredded Swiss cheese
- 1/3 cup grated Parmesan cheese
- 1/4 cup grated Parmesan cheese for topping (optional)

Directions

In a large non-skillet, sauté the tenderloins. Salt and pepper to taste. Add the mushrooms, red bell peppers and yellow bell peppers and cook until vegetables are tender.

Cook the spaghetti according to package directions. Drain and set aside.

In a large saucepan, melt the butter or margarine and blend in flour. Gradually stir in the chicken broth and half-and-half. Cook over medium low heat, stirring constantly, until the sauce begins to thicken. Add garlic salt and ground black pepper to taste. Blend in the Swiss and Parmesan cheeses and continue heating, stirring constantly, until the cheeses melt.

Stir in the chicken/vegetable mixture and heat thoroughly. Toss with the cooked pasta and top with grated Parmesan cheese, if desired.
In a shallow glass dish, mix the soy sauce, brown sugar, sherry, sesame oil, ginger, and garlic powder. Stir the chicken pieces and pineapple into the marinade until well coated. Cover, and marinate in the refrigerator at least 2 hours.

Preheat grill to medium-high heat.

Lightly oil the grill grate. Thread chicken and pineapple alternately onto skewers. Grill 15 to 20 minutes, turning occasionally, or until chicken juices run clear.
Ingredients

1 (8 ounce) package spaghetti, broken into pieces
1/4 cup butter
1/4 cup all-purpose flour
3/4 teaspoon salt
1/4 teaspoon ground black pepper
1 cup chicken broth
1 cup heavy cream
2 tablespoons sherry
1 (4.5 ounce) can sliced mushrooms, drained
2 cups chopped cooked chicken
1/2 cup grated Parmesan cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

Bring a large pot of lightly salted water to a boil. Add spaghetti, and cook for 8 to 10 minutes, or until al dente; drain.

Meanwhile, in a large saucepan, melt butter over low heat. Stir in flour, salt, and pepper. Cook, stirring, until smooth. Remove from heat, and gradually stir in chicken broth and cream.

Return to heat, and bring to a low boil for 1 minute, stirring constantly. Add sherry, then stir in cooked spaghetti, mushrooms, and chicken. Pour mixture into the prepared baking dish, and top with Parmesan cheese.

Bake 30 minutes in the preheated oven, until bubbly and lightly browned.
Ingredients

- 4 boneless chicken breast halves, cooked
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/2 cup milk
- 1/2 teaspoon dried dill weed
- 1/4 cup sliced green olives
- 1 (10 ounce) package refrigerated biscuit dough

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place cooked chicken breasts in a 7x11 inch baking dish. Combine the soup, milk, dill weed and olives. Mix together and pour mixture over chicken. Top each chicken breast with 2 biscuits. Bake in the preheated oven for 20 minutes or until biscuits are golden brown.
Zesty Grilled Garlic-Herb Chicken

Ingredients

4 skinless, boneless chicken breast halves
1 cup extra virgin olive oil
1/2 cup SPLENDA® No Calorie Sweetener, Granulated
1/2 tablespoon honey
1/2 teaspoon saffron
4 cloves garlic, minced
1 teaspoon dried basil
1 teaspoon dried thyme
1 teaspoon cayenne pepper
1 teaspoon salt
1/2 teaspoon dried oregano
1/4 teaspoon dried parsley
1 pinch dried sage

Directions

Place chicken in a shallow dish. In a medium bowl, mix together the olive oil, SPLENDA® Granulated Sweetener, honey, saffron, garlic, basil, thyme, cayenne pepper, salt, oregano, parsley, and sage. Pour the mixture over the chicken. Cover, and marinate 20 to 25 minutes in the refrigerator.

Preheat the grill for medium heat.

Lightly oil the grill grate. Discard marinade, and place chicken on the grill. Cook for 10 minutes on each side, or until exterior is charred and juices run clear.
Lemon Chicken Strips

Ingredients

1/2 teaspoon paprika
1/2 teaspoon salt
1/4 teaspoon pepper
3 large boneless, skinless chicken breasts, cut into 2-inch pieces
2 eggs, slightly beaten
1 cup Italian seasoned bread crumbs
1/2 cup SPLENDA® No Calorie Sweetener, Granulated
1/2 cup lemon juice
1 1/2 teaspoons curry powder

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a bowl, stir together paprika, salt, and pepper. Sprinkle seasoning over chicken pieces. Dip pieces in egg, then dredge in bread crumbs. Arrange chicken pieces in a single layer in an aluminum foil-lined 15x10-inch jelly roll pan.

Bake in preheated oven for 15 minutes, turning once.

In a small saucepan over medium-low heat, stir together SPLENDA® Granulated Sweetener, lemon juice, and curry powder, stirring until sweetener dissolves, about 5 minutes.

Drizzle lemon sauce over chicken, return to oven, and bake 5 minutes more.
# Barbecued Chicken Salad Sandwiches

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1 1/2 pounds skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1/2 cup barbecue sauce</td>
<td></td>
</tr>
<tr>
<td>1 cup mayonnaise</td>
<td></td>
</tr>
<tr>
<td>1/2 cup finely chopped onion</td>
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<tr>
<td>1/2 cup chopped celery</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon crushed red pepper flakes</td>
<td></td>
</tr>
<tr>
<td>8 Kaiser rolls, split</td>
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</tr>
<tr>
<td>8 tomato slices</td>
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</tr>
<tr>
<td>8 lettuce leaves</td>
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</tbody>
</table>

## Directions

Place the chicken in a large resealable plastic bag; add barbecue sauce. Seal the bag and turn to coat. Refrigerate overnight.

Grill chicken, covered, over medium-hot heat for 6-8 minutes on each side or until juices run clear. Cool; cover and refrigerate chicken until chilled.

Chop chicken; place in a bowl. Stir in the mayonnaise, onion, celery, salt and pepper flakes. Serve on rolls with tomato and lettuce.
Picante Chicken Rice Burritos

Ingredients

- 2 tablespoons butter
- 1/2 cup chopped green onion
- 1 clove garlic, minced
- 7 cups shredded, cooked chicken meat
- 1 tablespoon chili powder
- 2 1/2 cups chicken broth, divided
- 1 (16 ounce) jar picante sauce, divided
- 1 cup uncooked long grain rice
- 1/2 cup sliced black olives
- 3 cups shredded Cheddar cheese, divided
- 12 (10 inch) flour tortillas

Directions

To Make Chicken Mixture: In a large skillet over medium heat, melt butter and saute green onion and garlic until soft; stir in chicken, chili powder, 1/4 cup broth and 3/4 cup picante sauce. Heat through, then set aside.

To Make Rice: In a large saucepan, bring rice and remaining 2 1/4 cups broth to a boil. Reduce heat, cover pan and simmer for 20 minutes. Stir in remaining 1 1/4 cups picante sauce, cover and simmer for another 5 to 10 minutes or until rice is tender.

Meanwhile, preheat oven to 375 degrees F (190 degrees C).

To Assemble Burritos: Stir chicken mixture into rice, then add olives and 2 cups of the cheese. Mix well. Spoon 1 cup of filling onto each tortilla, off center. Fold sides and ends over filling, then roll up. Arrange filled tortillas in two 9x13 inch baking dishes and sprinkle remaining cup of cheese on top.

Bake at 375 degrees F (190 degrees C) for 10 to 15 minutes, or until heated through.
### Ingredients
- 2 skinless, boneless chicken breast halves - cut into bite-size pieces
- 1 tablespoon chili powder, divided salt and pepper to taste
- 1 tablespoon olive oil
- 1 cup chopped green bell pepper
- 1/2 cup chopped onion
- 2 jalapeno peppers, seeded and minced
- 1 large tomato, cut into chunks
- 10 drops hot pepper sauce

### Directions
Season chicken with 1/2 tablespoon chili powder, salt and pepper. Heat oil in a large skillet over medium high heat and saute seasoned chicken for 3 to 4 minutes, or until no longer pink. Remove from skillet with a slotted spoon and keep warm.

In same skillet, stir fry bell pepper and onion until soft. Add jalapeno peppers, tomatoes, remaining 1/2 tablespoon chili powder and hot pepper sauce. Cook, stirring, for an additional 3 to 5 minutes; add chicken and stir fry for 2 minutes more.
## Thai Chicken Curry with Pineapple

### Ingredients

- 2 teaspoons curry powder
- 1 teaspoon curry paste
- 1 (13.5 ounce) can coconut milk
- 2 tablespoons fish sauce
- 1 tablespoon packed brown sugar
- 1 cup chicken stock
- 4 chicken thighs, cut into bite size pieces
- 1/2 cup frozen peas
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped carrot
- 1 tablespoon cornstarch
- 2 tablespoons chicken stock
- 3/4 cup chopped fresh pineapple

### Directions

Cook and stir the curry powder and curry paste in a saucepan over medium-low heat until fragrant, about 2 minutes. Pour the coconut milk into the saucepan and mix well. Stir in the fish sauce, brown sugar, and 1 cup chicken stock.

Place the chicken thighs, peas, peppers, and carrots into the saucepan with the curry sauce. Bring the mixture to a boil over medium-high heat, then reduce the heat to low. Simmer until the chicken is cooked though, about 25 minutes.

Whisk together 1 tablespoon of cornstarch with 2 tablespoons of cold chicken stock. Stir cornstarch mixture into the curry. Mix the pineapple into the curry and cook until the sauce thickens, about 5 minutes.
Contadina Chicken with Mushrooms

Ingredients

- 6 ounces CONTADINA® Tomato Paste
- 1 (14.5 ounce) can CONTADINA® Stewed Tomatoes with Onions, Celery & Green Peppers
- 4 boneless, skinless chicken breasts
- 1/3 cup flour
- 3 tablespoons olive oil, divided
- 2 cups mushrooms, quartered
- 1/2 cup chopped onion
- 3 garlic cloves, minced
- 1 cup chicken broth
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions

Toss chicken with flour in plastic bag or bowl. Heat 2 tablespoons oil in large skillet over medium-high heat; cook chicken 2 minutes on each side or until golden. Remove from skillet.

Add remaining oil to skillet; sauté mushrooms, onion and garlic 3 to 4 minutes.

Stir in broth, tomato paste, undrained stewed tomatoes, Italian herb seasoning, salt and pepper. Bring to boil; reduce heat. Add chicken; simmer 4 to 5 minutes.
Cola-Brined Chicken Wings

**Ingredients**

- 1/2 cup kosher salt
- 1 liter cola-flavored carbonated beverage
- 4 pounds chicken wings
- 1/2 cup vegetable oil
- 1/4 cup packed brown sugar
- 2 tablespoons kosher salt
- 2 tablespoons garlic powder
- 2 tablespoons ground black pepper
- 2 tablespoons ground mustard
- 4 teaspoons paprika

**Directions**

Pour 1/2 cup kosher salt and the cola into a resealable plastic bag, mix until the salt dissolves. Add the chicken wings, coat with the brine, squeeze out excess air, and seal the bag. Brine in the refrigerator for 2 hours. While the chicken is brining, stir together the vegetable oil, brown sugar, 2 tablespoons kosher salt, garlic powder, black pepper, mustard powder, and paprika in a small bowl to form a paste; set aside.

Preheat an outdoor grill for medium heat, and lightly oil the grate.

Drain the chicken wings in a colander set in the sink, then pat dry with paper towels. Place the wings into a large mixing bowl, then mix in the spice paste until evenly coated.

Grill the wings on the preheated grill, turning occasionally, until the chicken is no longer pink at the bone, 10 to 15 minutes.
**Cherry Chicken Lettuce Wraps**

**Ingredients**

- 2 tablespoons canola oil
- 1 tablespoon minced fresh ginger root
- 1 1/4 pounds skinless, boneless chicken breast halves, cut into bite size pieces
- 2 tablespoons rice vinegar
- 2 tablespoons teriyaki sauce
- 1 tablespoon honey
- 1 pound dark sweet cherries, pitted and halved
- 1 1/2 cups shredded carrots
- 1/2 cup chopped green onion
- 1/3 cup toasted and sliced almonds
- 12 leaves of lettuce

**Directions**

Heat 1 tablespoon oil in a large skillet over medium high heat. Add ginger and chicken and saute until cooked through, about 7 to 10 minutes. Set aside.

In a large bowl, whisk together remaining 1 tablespoon oil, vinegar, teriyaki sauce and honey until mixed together. Add chicken mixture, cherries, carrot, green onion and almonds; toss together.

To Serve: Spoon 1/12 of the chicken/cherry mixture onto the center of each lettuce leaf; roll up leaf around filling and serve.
### Ingredients
- 2 skinless, boneless chicken breast halves
- 1/4 cup butter
- 1/2 teaspoon dried thyme
- 1 (14.5 ounce) can chicken broth

### Directions
Heat a medium skillet over medium heat. Cook chicken until golden brown and juices run clear.

To the skillet add the butter. When the butter has melted, sprinkle thyme over the breasts and pour in the broth. Reduce heat to medium-low and simmer breasts, turning occasionally. Cook until desired liquid consistency is reached, and chicken is no longer pink and its juices run clear.
### Ingredients

1/4 cup soy sauce  
2 packets ketchup  
2 tablespoons garlic powder  
3 individual packets white sugar  
1 skinless, boneless chicken breast half - cut into strips

### Directions

Stir together soy sauce, ketchup, garlic powder, and sugar in a bowl. Toss chicken in sauce to coat, and place onto a microwave safe plate.

Cover with plastic wrap and cook in the microwave on High for 5 to 8 minutes, until chicken is opaque in the center and no longer pink.
Ingredients

1/2 cup mayonnaise
6 tablespoons honey mustard
1 tablespoon red wine vinegar
1/2 teaspoon salt
Dash pepper
3 cups cubed cooked chicken
2 celery ribs, thinly sliced
1/2 cup chopped cashews
1/4 cup chopped red onion
4 (6 inch) flour tortillas, warmed
1/2 cup shredded Cheddar cheese

Directions

In a bowl, combine the mayonnaise, mustard, vinegar, salt and pepper. Stir in the chicken, celery, cashews and onion. Spoon about 1 cup down the center of each tortilla; sprinkle with 2 tablespoons cheese. Roll up.
# Almond Orange Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1 tablespoon butter</td>
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<tr>
<td>2/3 cup sliced almonds</td>
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</tr>
<tr>
<td>6 (6 ounce) skinless, boneless</td>
<td></td>
</tr>
<tr>
<td>chicken breast halves</td>
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</tr>
<tr>
<td>salt and pepper to taste</td>
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</tr>
<tr>
<td>3 tablespoons butter, melted</td>
<td></td>
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<tr>
<td>1 1/2 cups whipping cream</td>
<td></td>
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<tr>
<td>1 tablespoon Dijon mustard</td>
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<tr>
<td>2 tablespoons orange marmalade</td>
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<tr>
<td>1/8 teaspoon red pepper flakes</td>
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</tbody>
</table>

## Directions

Melt 1 tablespoon butter in a skillet over medium heat. Stir in the almonds, and cook until light brown and toasted, about 4 minutes.

Place the chicken breasts between two sheets of plastic wrap or waxed paper; flatten using a meat mallet or rolling pin. Season with salt and pepper to taste. Melt 3 tablespoons butter in a large skillet over medium heat; add the chicken breasts, and cook 1 minute on each side. Combine 1/2 cup almonds, cream, Dijon mustard, marmalade, and red pepper flakes with chicken, stirring to blend. Cook until sauce thickens, about 10 minutes. Serve chicken topped with sauce and remaining almonds.
### Chicken Chilaquiles

#### Ingredients
- 1/2 tablespoon vegetable oil
- 4 tablespoons diced onion
- 1 clove garlic, minced
- 2 cups tomato sauce
- 1 chiles (jalapenos or serranos) - cored, seeded and chopped, or more to taste
- 1/2 cube chicken bouillon
- 8 Mission® Corn Tortillas cut into strips (tip: use Mission® tortilla strips)
- 2 cups cooked chicken breasts, shredded

**Toppings:**
- minced onion (optional)
- shredded mozzarella cheese (optional)

#### Directions

Tortilla strips may be cooked on a griddle or fried in oil until crisp. Set aside. (Tip: If you prefer, bake tortilla strips in the oven until crisp.)

Saute onion and garlic in an oiled skillet until translucent, approximately 4 minutes. Puree the cooked onion and garlic along with the tomato sauce, chilies and bouillon cube in a blender.

Place the blended mixture in a skillet, bring to a boil and simmer for 5 minutes. Add tortilla strips and chicken to the skillet mixture and heat through, approximately 2 minutes.

Serve with optional toppings.
### Fifteen Minute Chicken Chili

#### Ingredients

- 1 tablespoon canola oil or extra virgin olive oil
- 10 ounces boneless, skinless chicken breast, cut in bite-sized pieces
- 1 1/2 tablespoons chili powder
- 1 1/2 tablespoons cumin
- 2 (14.5 ounce) cans no-salt-added diced tomatoes
- 1 (15 ounce) can no-salt-added black or red beans
- 1 (4.5 ounce) can minced green chilies
- 1 cup yellow whole-kernel corn, frozen or canned
- Salt and cayenne pepper, to taste

#### Directions

In a medium saucepan, saute chicken in oil over medium high heat for 3 minutes or until white. Stir in chili powder and cumin to coat chicken. Saute 3-4 minutes. Add remaining ingredients; heat through.
## Sleepy Hollow Chicken Salad Supreme

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>4 cups boneless whole chicken breasts</td>
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</tr>
<tr>
<td>cooked and chopped</td>
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<tr>
<td>3/4 cup golden raisins</td>
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<tr>
<td>1 teaspoon Dijon-style prepared mustard</td>
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<tr>
<td>3/4 cup mayonnaise</td>
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<tr>
<td>3/4 cup pineapple tidbits, drained</td>
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<tr>
<td>1 teaspoon curry powder</td>
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</tr>
<tr>
<td>1/3 cup chopped celery</td>
<td></td>
</tr>
<tr>
<td>1/2 cup chopped pecans</td>
<td></td>
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<tr>
<td>1 cup seedless grapes</td>
<td></td>
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<tr>
<td>1 head iceberg lettuce - rinsed, dried,</td>
<td></td>
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<tr>
<td>and chopped</td>
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</tbody>
</table>

### Directions

In a large bowl, combine the chicken, raisins, mustard, mayonnaise, pineapple, curry powder and celery. Mix ingredients and divide among four servings of lettuce.

Top with pecans and garnish with grapes.
**Ingredients**

- 1 3/4 cups Swanson® Chicken Stock
- 3 tablespoons lemon juice
- 1 teaspoon dried basil leaves, crushed
- 1 teaspoon dried thyme leaves, crushed
- 1/8 teaspoon ground black pepper
- 4 chicken breast halves, skin removed

**Directions**

Stir the stock, lemon juice, basil, thyme and black pepper in a small bowl.

Lightly oil the grill rack and heat the grill to medium. Grill the chicken for 35 minutes or until it's cooked through, turning the chicken over halfway through cooking and brushing often with the stock mixture. Discard the remaining stock mixture.
Fiesta Chicken Enchiladas

**Ingredients**

1 small onion, chopped  
1 clove garlic, minced  
4 small cooked chicken breasts, shredded  
1 cup TACO BELL® HOME ORIGINALS® Thick 'N Chunky Salsa, divided  
4 ounces PHILADELPHIA Cream Cheese, cubed  
1 tablespoon chopped cilantro  
1 teaspoon ground cumin  
1 cup KRAFT Shredded Cheddar & Monterey Jack Cheese, divided  
8 TACO BELL® HOME ORIGINALS® Flour Tortillas

**Directions**

Preheat oven to 350 degrees F. Heat large skillet sprayed with cooking spray on medium heat. Add onions and garlic; cook and stir 2 min. Add chicken, 1/4 cup of the salsa, cream cheese, cilantro and cumin; mix well. Cook until heated through, stirring occasionally. Add 1/2 cup of the shredded cheese; mix well.

Spoon about 1/3 cup of the chicken mixture onto each tortilla; roll up. Place, seam-side down, in 13x9-inch baking dish sprayed with cooking spray; top with remaining 3/4 cup salsa and remaining 1/2 cup shredded cheese.

Bake 15 to 20 min. or until heated through.
### Ingredients
- 3 bone-in chicken breast halves, skinless
- 1 (14.5 ounce) can chicken broth
- 3 potatoes
- 1 yellow onion
- 3 stalks celery
- 2 tablespoons vegetable oil
- 2 tablespoons all-purpose flour
- 2 cups frozen mixed vegetables
- 1 to taste salt and pepper to taste
- 1/4 teaspoon garlic powder
- 1 (9 inch) frozen prepared pie crust, thawed

### Directions
1. Wash chicken breasts in water and then place in a pot with water just to cover the chicken and add some salt and pepper and garlic powder. Bring to a boil, turn off heat and cover. Let cool in the pot.
2. Preheat oven to 350 degrees F (175 degrees C).
3. Wash and cut potatoes into bite size pieces and boil till almost fork tender. Drain and set aside.
4. Wash celery and cut to bite-size pieces. Cut onion to bite-size pieces.
5. In a large heavy skillet, over medium heat, saute celery and onion with 2 tablespoons oil, for 5 to 8 minutes. Add the frozen vegetables and cook another 5 minutes. Add flour and cook about 30 seconds.
6. Add chicken broth and bring to a boil. After it has become thick, add potatoes.
7. Remove chicken from pot and cut into bite-size pieces and add to vegetable mixture. Add salt and pepper to taste.
8. Pour mixture into a 9 inch deep dish pie plate and cover with pie shell. Make sure you crimp the edges of the pie shell to the plate so no juices spill in oven.
9. Bake at 350 degrees F (175 degrees C) for 45 minutes or until pie shell is cooked and golden brown.
## Grilled Teriyaki Chicken

### Ingredients

- 1/3 cup water
- 1/4 cup sherry, or chicken broth
- 1/4 cup reduced-sodium soy sauce
- 2 garlic cloves, minced
- 1/2 teaspoon ground ginger
- 2 (6 ounce) skinless, boneless chicken breast halves

### Directions

In a small saucepan, combine the first five ingredients. Bring to a boil over medium heat; cook for 1 minute. Cool for 10 minutes. Pour into a resealable plastic bag; add chicken. Seal bag and turn to coat; refrigerate for at least 2 hours.

Drain and discard marinade. Grill chicken, covered, over medium heat for 7-8 minutes on each side or until juices run clear.
**Creamy Almond Chicken**

**Ingredients**
- 1/4 cup butter or margarine
- 2/3 cup sliced almonds
- 6 skinless, boneless chicken breasts
- 1/8 teaspoon ground black pepper
- 1 cup heavy cream
- 1 (10.75 ounce) can Campbell’s® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 2 tablespoons orange marmalade
- 1 tablespoon Dijon-style mustard
- 1/8 teaspoon crushed red pepper

**Directions**

Melt 1 tablespoon butter in skillet. Add almonds and cook until browned. Remove almonds.

Place chicken between 2 sheets of plastic wrap and pound to even thickness. Season with pepper.

Melt remaining butter in skillet. Add chicken and cook until browned.

Add 1/2 cup toasted almonds, cream, soup, marmalade, mustard and red pepper. Cook 10 minutes or until sauce thickens. Garnish with remaining almonds. Serve with rice if desired.
Sweet Orange Chicken I

**Ingredients**

1 (2 to 3 pound) whole chicken, cut into pieces
1/2 cup chutney
1/2 cup mayonnaise
1/4 cup orange soda
3/4 cup water
1 teaspoon poultry seasoning
salt to taste

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Place chicken pieces in a 9x13 inch baking dish. In a medium bowl combine the chutney, mayonnaise, soda and water. Mix together and pour mixture over chicken, then sprinkle with seasoning and salt.

Bake in the preheated oven for about 30 minutes, or until chicken is cooked through and no longer pink inside.
### Ingredients

- 7 3/4 cups boiling chicken broth
- 1 (14.5 ounce) can stewed tomatoes, cut up
- 1 (10 ounce) package frozen chopped spinach, thawed
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 (9 ounce) package refrigerated cheese tortellini
- 2 1/2 cups cubed cooked chicken

### Directions

In a Dutch oven or soup kettle, combine the broth, tomatoes, spinach, Parmesan cheese, salt and pepper. Cook for 10 minutes; add the tortellini and chicken. Cook for 5 minutes or until tortellini is heated through.
## Ingredients

- 1/2 (8 ounce) package spaghetti
- 3 skinless, boneless chicken breast halves
- 1 onion, chopped
- 8 ounces fresh mushrooms, quartered
- 1 cube chicken bouillon
- water to cover
- salt and pepper to taste
- 4 cups heavy cream
- 1/4 cup grated Parmesan cheese

## Directions

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Meanwhile, cook chicken in microwave until almost cooked through (juices run almost clear).

2. Preheat oven to 325 degrees F (165 degrees C).

3. Saute onion and mushrooms in a medium saucepan until soft. Add chicken, bouillon and water to cover. Simmer over medium low heat, seasoning with salt and pepper to taste. Add cooked spaghetti and cream and mix all together; finally, stir in the cheese.

4. Bake in preheated oven for 20 to 30 minutes, or until cooked through. Halfway through cooking, check dish and add more Parmesan cheese if desired, to taste.
Hearty Chicken Vegetable Soup III

**Ingredients**

- 1 zucchini, thinly sliced
- 1 yellow squash, thinly sliced
- 1 large white onion, diced
- 1/4 pound fresh green beans, trimmed and snapped
- 3/4 cup frozen corn kernels, thawed
- 1 (15 ounce) can white hominy
- 1 (15 ounce) can chickpeas
- 8 whole chicken wings, split
- 3 cubes chicken bouillon
- 5 tablespoons tomato sauce
- 1 tablespoon garlic powder
- 2 white potatoes, peeled and cubed
- 2 jalapeno peppers, julienned
- 6 1/2 cups water

**Directions**

In a large pot, combine zucchini, yellow squash, onion, green beans, corn, hominy, chickpeas, chicken, bouillon, tomato sauce, garlic powder, potatoes, jalapenos and water. Bring to a boil, reduce heat and simmer until chicken falls off the bone and flavors are well blended, 1 to 2 hours.
Quick Lemon Dijon Chicken

Ingredients

- 2 skinless, boneless chicken breast halves - cut into 2 inch pieces
- 1/4 lime, juiced
- 1/2 lemon, juiced
- 4 tablespoons Dijon mustard
- freshly ground black pepper
- Creole-style seasoning to taste

Directions

Place chicken in a skillet over medium heat. Pour in lime and lemon juices, and stir in Dijon, black pepper, and Creole-seasoning. Cook, turning chicken occasionally, until the chicken pieces are done, about 15 minutes.
## Chicken and Peppers with Balsamic Vinegar

### Ingredients

<table>
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<tr>
<th>Item</th>
<th>Description</th>
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<tbody>
<tr>
<td>1/4 cup olive oil, divided</td>
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<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td>cut into strips</td>
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<tr>
<td>salt and pepper to taste</td>
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<tr>
<td>1 red bell pepper, thinly sliced</td>
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<tr>
<td>1 yellow bell pepper, thinly sliced</td>
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</tr>
<tr>
<td>1 orange bell pepper, thinly sliced</td>
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<tr>
<td>1 medium onion, thinly sliced</td>
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<tr>
<td>4 large cloves garlic, finely chopped</td>
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<tr>
<td>1 tablespoon dried basil</td>
<td></td>
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<tr>
<td>1/4 cup balsamic vinegar, divided</td>
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### Directions

Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Place the chicken in the skillet, season with salt and pepper, and brown on both sides. Remove from heat, and set aside.

Heat remaining oil in the skillet over medium heat, and stir in the red bell pepper, yellow bell pepper, orange bell pepper, and onion. Cook about 5 minutes, until tender. Mix in the garlic, and cook and stir about 1 minute. Mix in the basil and 2 tablespoons balsamic vinegar.

Return the chicken to the skillet. Reduce heat to low, cover, and simmer 20 minutes, or until chicken is no longer pink and juices run clear. Stir in remaining balsamic vinegar just before serving.
Simple Chicken Parmesan

**Ingredients**

- 2 medium garlic cloves, peeled and crushed
- 2 tablespoons extra-virgin olive oil
- 1 (28 ounce) can crushed tomatoes (quality varies dramatically; I prefer Redpack, Progresso and Muir Glen brands)
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/4 teaspoon sugar
- Salt and freshly ground pepper, to taste
- 2 large boneless, skinless chicken breasts (6 to 8 ounces each), halved crosswise
- 1 large egg
- 1/2 cup dry bread crumbs
- 8 ounces spaghetti or linguine
- 1/4 cup extra-virgin olive oil
- 1/2 cup grated part-skim mozzarella cheese
- 1/4 cup grated Parmesan cheese, plus extra for passing at the table

**Directions**

In a large saucepan, heat garlic and 2 Tbs. oil over medium-high heat until garlic starts to sizzle. Stir in tomatoes, basil, oregano, sugar, a pinch of salt and a few grinds of pepper. Bring to a simmer; simmer until sauce thickens a bit and flavors meld, 10 to 12 minutes. Cover and keep warm. (Remember, this makes twice the amount of sauce you need, so put aside half for another meal.)

Put chicken pieces between two sheets of plastic wrap and pound, using your fists or a heavy pan, until the cutlets are about 1/4-inch thick.

Bring 2 quarts of salted water to a boil in a large soup kettle.

In a pie pan, beat egg until well-blended. In another pie pan, mix bread crumbs and more black pepper. Preheat broiler.

Working one cutlet at a time, dip both sides of each in beaten egg, then in bread crumbs. Put cutlets on a wire rack set over a cookie sheet (this step helps breading stay put).

Heat remaining 1/4 cup oil over medium-high heat in a 12-inch skillet. When oil starts to shimmer, add cutlets and saute until golden brown on each side, about 5 minutes total. Wash and dry the wire rack and return to cookie sheet. As the cutlets saute, cook pasta in boiling water according to package directions.

Transfer cutlets to clean wire rack over cookie sheet. Top each with a portion of the cheeses. Broil cutlets, 4 to 5 inches from heat source, until cheese melts and is spotty brown.

Drain pasta. Put a cutlet and a portion of pasta on each of 4 plates. Spoon 2 or 3 tablespoons of sauce over part of each cutlet, then sauce the pasta as desired. Serve with extra Parmesan.
Chicken Chili Hash With Peppers & Cilantro

**Ingredients**

- 2 tablespoons vegetable or olive oil
- 1 medium-large onion, cut into 1/2-inch dice
- 1 small bell pepper (any color), cut into 1/2-inch dice
- 1 pound Rotisserie chicken meat, pulled into bite-sized pieces
- 1 1/2 pounds starchy potatoes (such as Idaho), cut into 1/2-inch dice
- 2 tablespoons vegetable or olive oil
- 2 tablespoons ketchup
- 1 tablespoon Dijon mustard
- 1/2 teaspoon dried chili powder
- 2 tablespoons chopped fresh cilantro (or parsley)
- 2 tablespoons water
- Salt and freshly ground black pepper

**Directions**

Heat 2 tablespoons oil over low heat in a 12-inch non-stick skillet (so potatoes don’t stick). While skillet heats, prepare onion, bell pepper, and chicken. A few minutes before cooking, increase heat to medium-high. When oil starts to send up wisps of smoke, add onion, pepper and chicken; cook, stirring often, until golden 7 to 8 minutes. Meanwhile, dice potatoes and toss with remaining oil. Transfer chicken mixture to a bowl and reserve.

Add potatoes to empty skillet; cook, stirring only occasionally so they form a golden-brown crust, about 10 minutes. As potatoes cook, mix ketchup, mustard, chili powder, chopped fresh cilantro, and 2 tablespoons of water. (Recipe can be prepared to this point up to 2 hours ahead. Spread hot potatoes on a large lipped cookie sheet; cover when cool. Return skillet to medium-high; add potatoes and re-crisp.)

Return reserved chicken mixture to skillet; stir in ketchup mixture, then season with salt and pepper. Cook, stirring frequently, until hash has nicely browned, about 5 minutes longer.
Chorizo Stuffed Chicken Breasts with Raspberry

Ingredients

5 cloves garlic
1 bunch cilantro
1 green bell pepper, chopped
1 medium onion, chopped, divided
1 roma (plum) tomato, chopped
5 tablespoons olive oil, divided
1/4 cup raspberry jam
1/4 cup chipotle puree
3 roma (plum) tomatoes, chopped
1/4 cup orange juice
1/4 cup lime juice
1/2 cup milk
1 tablespoon mayonnaise
1 pinch unsweetened cocoa powder
4 (6 ounce) skinless, boneless chicken breast halves
4 tablespoons prepared guacamole
1/2 cup queso quesadilla cheese
1/4 pound chorizo sausage, casing removed and meat finely diced

Directions

Make a sofrito by combining the garlic, cilantro, green pepper, onion, 1 tomato, and 1 tablespoon olive oil in a food processor or blender. Puree until smooth. Transfer to a bowl and reserve.

Make the mole sauce by combining the raspberry jam, chipotle puree, remaining tomatoes, orange juice, lime juice, milk, mayonnaise, and cocoa powder in the food processor or blender. Puree until smooth.

Place chicken breasts between 2 layers of plastic wrap; pound to a thickness of 1/2 inch. Divide the guacamole, cheese, and chorizo evenly onto the center of each breast. Roll the chicken around the filling, and secure with toothpicks.

Combine the sofrito and remaining 4 tablespoons olive oil in a deep skillet over medium-high heat. Cook, stirring, until most of the liquid has evaporated. Add the chicken breasts, and cook until browned, 3 to 5 minutes per side. Pour the mole sauce into the pan, and lower the heat to medium-low. Cover, and cook for 1 hour, turning frequently. Serve the chicken with the thickened sauce spooned on top.
### Ingredients

1 1/2 tablespoons paprika  
1 tablespoon garlic powder  
3 teaspoons salt  
1 1/2 teaspoons freshly ground black pepper  
1 1/2 teaspoons onion powder  
1 1/2 teaspoons dried thyme  
1 1/2 teaspoons dried oregano  
1 teaspoon cayenne pepper  
1 pound skinless, boneless chicken breast halves - cut into 1 inch strips  
3 tablespoons canola oil  
2 yellow pear tomatoes, stems removed  
1/4 cup chopped red onion  
1 fresh jalapeno pepper, seeded and chopped  
1 clove garlic, crushed  
3 tablespoons chopped fresh cilantro  
1/2 lime, zested and juiced  
salt and freshly ground black pepper to taste  
1 pre-baked thin pizza crust  
8 ounces shredded pepperjack cheese

### Directions

Preheat oven to 450 degrees F (230 degrees C). In a small bowl, combine paprika, garlic powder, salt, black pepper, onion powder, thyme, oregano, and cayenne. Sprinkle liberally over chicken. Store any remaining mixture in airtight container for later use.

Heat a large skillet over high heat. Pour oil into hot skillet, and cook chicken in oil for 2 to 3 minutes, or until fully cooked.

Combine tomatoes, onion, jalapeno, garlic, cilantro, lime zest, and lime juice. Season with salt and pepper to taste. Spread over pizza crust, then arrange chicken over tomato mixture. Top with cheese.

Bake in preheated oven for 10 to 15 minutes, or until cheese melts.
Ingredients
3 cups uncooked corkscrew-shaped pasta
1 medium zucchini, shredded
1 medium carrot, shredded
1 tablespoon olive oil
1 small onion, chopped
1 (10.75 ounce) can Campbell's® Healthy Request® Condensed Cream of Mushroom Soup
1/4 cup milk
1/4 cup low-fat sour cream
2 tablespoons grated Parmesan cheese
2 (4.5 ounce) cans Swanson® Premium Chunk Chicken Breast in Water, drained

Directions
Cook pasta according to package directions, omitting salt. Add zucchini and carrot for last 1 minute of cooking time. Drain in colander.

Heat oil in same saucepot. Add onion and cook until tender. Add soup, milk, sour cream, cheese, chicken and pasta mixture. Heat through.
## Ingredients

- 2 (8 ounce) cans refrigerated crescent rolls
- 1 (10 ounce) can chunk chicken, drained and chopped
- 1/2 cup shredded Cheddar cheese
- 1 (3 ounce) package cream cheese, softened
- 1/4 cup chopped dried apricots
- 1/4 cup chopped pecans
- 1/4 teaspoon celery seed

## Directions

Unroll crescent roll dough and separate into eight rectangles. Place on an ungreased baking sheet and press perforations together. Combine the remaining ingredients; spoon 1/4 cupful onto the center of each rectangle. Bring edges to the center; pinch to seal. Bake at 375 degrees F for 12-15 minutes or until golden.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (10.75 ounce) can</td>
<td>Campbell's® Condensed Cream of Celery Soup (Regular or 98% Fat Free)</td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>milk</td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td>cooked broccoli flowerets or cauliflowerets</td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td>cooked sliced carrot</td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td>cooked cut green beans</td>
<td></td>
</tr>
<tr>
<td>2 (4.5 ounce) cans</td>
<td>Swanson® Premium Chunk Chicken Breast in Water, drained</td>
<td></td>
</tr>
<tr>
<td>dash</td>
<td>ground black pepper</td>
<td></td>
</tr>
<tr>
<td>1 (2.8 ounce) can</td>
<td>French's® French Fried Onions</td>
<td></td>
</tr>
<tr>
<td>1/4 cup</td>
<td>cooked red pepper strips (optional)</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

Stir the soup, milk, broccoli, carrots, beans, chicken, black pepper, 1/2 can onions and red pepper, if desired, in a 1 1/2-quart casserole. Bake at 350 degrees F for 25 minutes or until the chicken mixture is hot and bubbling. Stir the chicken mixture.

Sprinkle the remaining onions over the chicken mixture. Bake for 5 minutes or until the onions are golden brown.
Cheddar Baked Chicken

Ingredients

1/4 cup butter, melted
1/2 cup all-purpose flour
1 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon garlic powder
1 egg
1 tablespoon milk
1 cup shredded Cheddar cheese
1/2 cup Italian seasoned bread crumbs
1 cup crispy rice cereal
3 skinless, boneless chicken breast halves - cut in half
2 tablespoons butter, melted

Directions

Preheat oven to 350 degrees F (175 degrees C). Coat a medium baking dish with 1/4 cup melted butter.

In a bowl, mix the flour, salt, pepper, and garlic powder. In a separate bowl, beat together the egg and milk. In a third bowl, mix the cheese, bread crumbs, cereal. Dredge chicken pieces in the flour mixture, dip in the egg mixture, then press in the breadcrumb mixture to coat. Arrange in the prepared baking dish. Drizzle 2 tablespoons butter evenly over chicken.

Bake 35 minutes in the preheated oven, or until coating is golden brown and chicken juices run clear.
**Fruity Chicken Salsa**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup fresh diced kiwi fruit</td>
<td>In a large nonporous glass bowl combine the kiwi, peaches/nectarines/apricots, jalapeno chile pepper, cucumber, onion, lemon juice, salt and pepper. Mix all together. Cover bowl and refrigerate overnight.</td>
</tr>
<tr>
<td>3/4 cup fresh diced peaches</td>
<td></td>
</tr>
<tr>
<td>1 jalapeno pepper, seeded and chopped</td>
<td></td>
</tr>
<tr>
<td>1/2 cup cucumber - peeled, seeded and chopped</td>
<td></td>
</tr>
<tr>
<td>1/4 cup diced sweet onion</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon lemon juice</td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td></td>
</tr>
</tbody>
</table>
## Ingredients
- 10 chicken legs
- 1 cup all-purpose flour
- 2 tablespoons shortening
- 1/2 teaspoon dried savory
- 1 teaspoon herb-and-spice seasoning blend

## Directions
Rinse chicken and pat dry. Put flour in a shallow dish or bowl and roll chicken in flour.

Heat shortening in a large skillet over medium heat. Add floured chicken and sprinkle with savory and seasoning. Fry for about 20 minutes each side; I fry on three sides, so it takes about 60 minutes (1 hour).
Ingredients

- 1 (3 pound) whole chicken, cut into 6 pieces
- 2 eggs, beaten
- 1 (12 fluid ounce) can evaporated milk
- 2 teaspoons salt
- 2 teaspoons ground black pepper
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 1/2 cups all-purpose flour
- 1 1/2 cups vegetable oil for frying

Directions

In a medium size bowl mix together the eggs and milk. Add ALMOST all of the salt, pepper, garlic powder, and onion powder (reserve a dash of each for seasoning the chicken pieces). Set aside.

Sprinkle a dash of the remaining salt, pepper, garlic powder and onion powder onto both sides of the chicken pieces.

In a large skillet, heat the oil over medium heat. Put the flour in a plastic bag. One piece at a time, dip the chicken into the egg/milk mixture then add to the plastic bag. Shake the bag so that the flour is covering each piece of chicken.

You can check to see if the oil is hot enough by sprinkling a little flour in the skillet. If it fries, it’s hot enough! Place the chicken pieces in the skillet. After about 5 minutes, turn the chicken over. Let chicken fry for about 15 minutes or until the meat is cooked through and the juices run clear. Enjoy!
### Ingredients

- 1 (10.75 ounce) can condensed cream of broccoli soup
- 1 (10.75 ounce) can milk
- 6 skinless, boneless chicken breast halves
- 1/4 cup olive oil
- 4 cloves garlic, chopped
- 1 (14.5 ounce) can chicken broth
- 6 fresh button mushrooms
- 2 lemons, quartered and seeded

### Directions

In a small saucepan heat soup with milk over low heat; when heated through, set aside. Meanwhile, roll chicken in bread crumbs, pressing hard to make sure chicken is well coated.

Preheat oven to 350 degrees F (175 degrees C).

Place coated chicken in a lightly greased 9x13 inch baking dish and drizzle with oil, then sprinkle with chopped garlic. Stir chicken broth into soup mixture, and pour mixture all over chicken. Sprinkle with mushrooms, then squeeze lemon over all.

Bake at 350 degrees F (175 degrees C) for 40 minutes, or until chicken is cooked through and juices run clear.
## Honey Flaked Chicken

### Ingredients
- 1/2 cup all-purpose flour
- 4 cups cornflakes cereal
- 1/2 cup honey
- 1/4 cup milk
- 4 boneless, skinless chicken breast halves

### Directions
Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.

Place the flour in a small bowl and the cornflakes in a medium bowl. In a separate small bowl, mix the honey and milk. Dredge chicken in the flour, dip in the honey mixture, and thoroughly coat with the cornflakes.

Arrange chicken in the prepared baking dish. Bake 25 minutes in the preheated oven, or until no longer pink and juices run clear.
Go Girl Hot Szechwan Chicken

**Ingredients**

- 3 cloves garlic, finely chopped
- 1 tablespoon finely chopped fresh ginger root
- 1 teaspoon chile paste
- 1/2 cup orange juice
- 1 tablespoon sherry (optional)
- 2 tablespoons soy sauce
- 2 teaspoons cider vinegar
- 1 teaspoon white sugar
- 2 teaspoons cornstarch
- 2 tablespoons cold water
- 2 tablespoons peanut oil, divided
- 4 skinless, boneless chicken breast halves - cut into strips
- 6 green onions, chopped into 1 inch pieces
- 2 green bell peppers, cut into 1 inch pieces
- 1 small onion, diced
- 1 tablespoon grated orange zest
- 1/3 cup finely chopped peanuts

**Directions**

In a small bowl combine the garlic, ginger and chile paste. Mix together and set aside. In a second bowl mix together the orange juice, sherry, soy sauce and vinegar and sugar. In a third bowl combine the cornstarch with the water and mix until dissolved.

Heat 1 tablespoon oil in a large skillet over medium high heat. Saute chicken for about 3 minutes, until browned. Remove from skillet and set aside.

Heat 1 teaspoon oil in skillet and saute green onion, bell pepper and onion for about 3 minutes. Stir in garlic/ginger mixture and saute for 1 minute, stirring constantly. Add chicken and orange juice mixture and cook, stirring, for 2 minutes. Finally, stir in orange zest and cornstarch mixture. Heat through, stirring slowly, until sauce is clear and thick. Sprinkle with peanuts and serve.
Mandarin Chicken Bites

**Ingredients**

1 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon pepper
1 pound boneless, skinless chicken breasts, cut into 2-inch pieces
2 tablespoons butter or margarine
1 (11 ounce) can mandarin oranges, drained
2/3 cup orange marmalade
1/2 teaspoon dried tarragon

**Directions**

In a large resealable plastic bag, combine the flour, salt and pepper. Add chicken, a few pieces at a time, and shake to coat. In a skillet, brown chicken in butter until juices run clear. In a saucepan, combine the oranges, marmalade and tarragon; bring to a boil. Pour over chicken; stir gently to coat. Serve warm with toothpicks.
Ingredients

1 (4 pound) whole chicken
1 1/2 cups prepared barbecue sauce

Directions

Put chicken, legs up, into slow cooker. Pour sauce over and inside the chicken. Cover.

Cook for 8 to 10 hours on low setting. It is not a good idea to check it, as steam escapes and it takes quite awhile to reheat.
Chicken Tacos

Ingredients

- 1 pound skinless, boneless chicken breast halves, cut into bite size pieces
- 1 cup lemonade
- 2 tablespoons olive oil
- 1 tablespoon lime juice
- 1 1/2 teaspoons Worcestershire sauce
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 bay leaf
- 1 (12 ounce) package corn tortillas
- 1 head lettuce, shredded
- 2 large tomatoes, chopped
- 1 (8 ounce) package shredded sharp Cheddar cheese
- 1 (8 ounce) jar salsa
- 1 (8 ounce) container sour cream

Directions

In a large skillet over medium heat, combine chicken, lemonade, olive oil, lime juice, and Worcestershire sauce. Season with garlic powder, onion powder, and bay leaf. Simmer until chicken is no longer pink, and juices run clear, 15 to 20 minutes.

Meanwhile, warm the tortillas in the oven or microwave until soft. When chicken is fully cooked, transfer to serving bowl. Place lettuce, tomatoes, cheese, salsa, and sour cream in serving dishes. Each person can create their own wrap, using their preferred ingredients.
Chicken with Peanut Curry Yogurt Sauce

Ingredients

2 tablespoons CRISCO® Canola Oil
3 cloves garlic, chopped
1 cup chopped onion
1 cup chopped red and green bell peppers
1 tablespoon curry powder
4 boneless, skinless chicken breasts, cut into 1-inch pieces
1 cup plain yogurt
1/2 cup Jif® Extra Crunchy Peanut Butter

Directions

Heat the oil in a large skillet over medium heat. Add the garlic, onions and bell pepper, cooking just until tender. Stir in the curry powder. Cook 1 minute.

Season the chicken with salt and pepper, add it to the skillet. Cook and stir until browned. Combine yogurt and peanut butter. Stir into skillet, simmering until sauce is hot.

Season dish to taste with additional salt and pepper, if needed. Serve with cooked rice.
# Chicken and Bacon Shish Kabobs

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup soy sauce</td>
<td></td>
</tr>
<tr>
<td>1/4 cup cider vinegar</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons honey</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons canola oil</td>
<td></td>
</tr>
<tr>
<td>10 large mushrooms, cut in half</td>
<td></td>
</tr>
<tr>
<td>2 green onions, minced</td>
<td></td>
</tr>
<tr>
<td>3 skinless, boneless chicken</td>
<td></td>
</tr>
<tr>
<td>breast halves - cut into chunks</td>
<td></td>
</tr>
<tr>
<td>1/2 pound sliced thick cut bacon,</td>
<td></td>
</tr>
<tr>
<td>cut in half</td>
<td></td>
</tr>
<tr>
<td>1 (8 ounce) can pineapple chunks,</td>
<td></td>
</tr>
<tr>
<td>drained</td>
<td></td>
</tr>
<tr>
<td>skewers</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

In a large bowl, mix the soy sauce, cider vinegar, honey, canola oil, and green onions. Place the mushrooms and chicken into the mixture, and stir to coat. Cover, and marinate in the refrigerator at least 1 hour.

Preheat grill for high heat.

Remove the mushrooms and chicken from the marinade and shake off excess. Pour the marinade into a small saucepan and bring to a boil over high heat. Reduce heat to medium-low and simmer for 10 minutes; set aside.

Wrap the chicken chunks with bacon, and thread onto skewers so that the bacon is secured. Alternate with mushroom halves and pineapple chunks.

Lightly oil the grill grate. Arrange skewers on the prepared grill. Cook 15 to 20 minutes, brushing occasionally with remaining soy sauce mixture, until bacon is crisp and chicken juices run clear.
## Garlic Chicken Sausage and Summer Vegetable Saute

### Ingredients
- 2 teaspoons garlic oil
- 1 large yellow bell pepper, seeded and cut in 2 to 3-inch strips
- 1 cup Vidalia, Texas Sweet or other sweet onion variety, cut in thin strips
- 1 (12 ounce) package al fresco® All Natural Roasted Garlic Chicken Sausage, sliced on diagonal in 1/4-inch slices
- 1 cup zucchini, sliced on diagonal in 1/4-inch slices
- 1 cup packaged sliced button mushrooms
- 1 teaspoon Italian seasoning
- 2 tablespoons balsamic vinegar
- 1 (18 ounce) package pre-cooked sun-dried tomato and garlic polenta, drained and cut into 1/2-inch rounds

### Directions
Heat oil in a large, heavy nonstick skillet over medium heat. Add bell pepper and onion and stir-fry for 3-4 minutes. Add sausage and stir-fry for 2 minutes. Add zucchini, mushrooms, Italian seasoning and 1/4 tsp black pepper. Stir-fry only until crisp. Remove from heat, add vinegar and toss to coat all ingredients.

Meanwhile, microwave polenta rounds in covered container for 1 to 2 minutes or until hot throughout. Portion 2 to 3 polenta rounds on each plate and top with sauteed vegetables.
Chicken Crescent Casserole

**Ingredients**

1 celery rib, sliced
3 tablespoons butter or margarine, divided
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
2/3 cup mayonnaise*
1/2 cup sour cream
2 tablespoons dried minced onion
3 cups cubed cooked chicken
1 (8 ounce) can sliced water chestnuts, drained
1 (4.5 ounce) jar sliced mushrooms, drained
2/3 cup shredded Swiss cheese
1 (8 ounce) package refrigerated crescent rolls
1/2 cup sliced almonds

**Directions**

In a large saucepan, sauté celery in 1 tablespoon butter until tender. Stir in the soup, mayonnaise, sour cream, onion, chicken, water chestnuts and mushrooms. Cook and stir over medium heat just until mixture begins to boil. Transfer to an ungreased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with cheese.

Unroll crescent roll dough into a rectangle; seal seams and perforations. Place over cheese. Melt the remaining butter; toss with nuts and sprinkle over top. Bake, uncovered, at 375 degrees F for 20-25 minutes or until golden brown.
## Chicken Tortellini Soup With Zucchini and Tomatoes

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-ounce package refrigerated small cheese tortellini</td>
<td>1</td>
</tr>
<tr>
<td>14.5-ounce can diced tomatoes</td>
<td>1</td>
</tr>
<tr>
<td>2 medium zucchini, diced</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon dried basil</td>
<td></td>
</tr>
<tr>
<td>1/2 cup chopped fresh parsley</td>
<td></td>
</tr>
<tr>
<td>Salt and freshly ground black pepper</td>
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</tbody>
</table>

### Directions

Prepare Fast Chicken Soup Base. Bring to a simmer.

Add these, then simmer until tender, 10-20 minutes: 1 9-ounce package refrigerated small cheese tortellini; 1 14.5-ounce can diced tomatoes; 2 medium zucchini, diced; 1 tsp. dried basil.

Before removing from heat, stir in: 1/2 cup chopped fresh parsley.

Final touch: Add salt and pepper, to taste.
**Chicken Meatballs and Spaghetti**

**Ingredients**

**Sauce:**
- 1 (16 ounce) can crushed tomatoes
- 1 (8 ounce) can diced tomatoes
- 3 (6 ounce) cans tomato paste
- 2 1/4 cups water
- 1 tablespoon dried basil
- salt and pepper, to taste

**Meatballs:**
- 2 pounds ground chicken
- 1 cup dry bread crumbs
- 1/2 cup grated Parmesan cheese
- 2 eggs, lightly beaten
- 2 tablespoons Italian seasoning
- salt and pepper, to taste
- cooking spray
- 1 (16 ounce) package whole-wheat spaghetti

**Directions**

Stir together the crushed tomatoes, diced tomatoes, tomato paste, water, and basil in a large saucepan over medium heat. Salt and pepper to taste. Bring to a boil, reduce heat to low, and simmer for 15 minutes while preparing meatballs.

Mix together the ground chicken, bread crumbs, Parmesan cheese, eggs, Italian seasoning, salt, and pepper in a medium bowl. Roll into 1 inch balls. Heat a skillet over medium heat, and coat with cooking spray. Brown the meatballs on all sides. Add meatballs to the simmering pasta sauce and cook until internal temperature of meatballs reaches a minimum of 160 degrees F (72 degrees C), about 30 minutes.

Fill a large pot with lightly salted water, and bring to a rolling boil over high heat. Once the water is boiling, stir in the spaghetti, and return to a boil. Cook until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Drain. Serve the meatballs and sauce over the cooked spaghetti.
Directions

In a skillet heat the butter or margarine and oil over medium high until the butter/margarine melts. Add the parsley, basil, oregano and garlic and salt and mix together in the skillet. Stir in lemon juice.

Then add the chicken and saute for about 3 minutes or until white. Lower the heat and cook for about 10 to 15 minutes or until chicken is cooked through and the juices run clear. More butter/margarine can be added if needed.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup mayonnaise</td>
</tr>
<tr>
<td>1 tablespoon lemon juice</td>
</tr>
<tr>
<td>1/4 teaspoon ground black pepper</td>
</tr>
<tr>
<td>2 cups chopped, cooked chicken meat</td>
</tr>
<tr>
<td>1/2 cup blanched slivered almonds</td>
</tr>
<tr>
<td>1 stalk celery, chopped</td>
</tr>
</tbody>
</table>

## Directions

Place almonds in a frying pan. Toast over medium-high heat, shaking frequently. Watch carefully, as they burn easily.

In a medium bowl, mix together mayonnaise, lemon juice, and pepper. Toss with chicken, almonds, and celery.
**Ingredients**

- 6 boneless skinless chicken breast halves (1-1/2 pounds)
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 1/2 cup white wine or chicken broth
- 6 slices Swiss cheese
- 1 cup crushed seasoned croutons

**Directions**

Place chicken in a greased 13-in. x 9-in. x 2-in. baking dish. In a bowl, combine the soup and wine or broth; pour over chicken. Top with cheese and sprinkle with croutons. Bake, uncovered, at 350 degrees F for 35-40 minutes or until chicken juices run clear.
## Mexican Grilled Chicken

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup mayonnaise</td>
<td>In a small bowl, mix together mayonnaise, lime juice and taco seasoning until smooth. Place chicken on grill over medium coals. Sear one side; turn and brush with sauce. Grill, uncovered, for 6 minutes; turn and brush with sauce. Grill another 6 minutes or until chicken juices run clear.</td>
</tr>
<tr>
<td>3 tablespoons fresh lime juice</td>
<td></td>
</tr>
<tr>
<td>1 (1.25 ounce) package taco seasoning mix</td>
<td></td>
</tr>
<tr>
<td>8 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
</tbody>
</table>
Ingredients

13 cut up chicken pieces
1/4 cup vegetable oil
1/2 cup ketchup
1/2 cup chutney
2 teaspoons minced garlic
1 teaspoon salt
1 teaspoon coarse ground black pepper
2 teaspoons hot pepper sauce
1/2 lemon, juiced

Directions

Place chicken pieces in a shallow casserole dish.

Mix together oil, ketchup, chutney, garlic, salt, black pepper, pepper sauce, and lemon juice. Pour over chicken pieces.

Bake at 400 degrees F (205 degrees C) for 20 minutes. Reduce heat to 325 degrees F (165 degrees C). Bake a further 30 minutes, or until pieces are tender and cooked through.
Baked Chicken-Fried Steak with Mushroom Gravy

**Ingredients**

- 1 cup all-purpose flour
- 6 (4 ounce) cube steaks
- 1 cup peanut or vegetable oil, for frying
- 1 pinch seasoned salt, or to taste
- 1 pinch garlic powder, or to taste
- 1 pinch black pepper, or to taste
- 2/3 cup finely diced onion
- 1 (10.75 ounce) can condensed cream of chicken soup
- 2 (4.5 ounce) cans sliced mushrooms with juice
- 1/2 (10.75 ounce) can water, or as needed

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x12 inch baking dish. Place flour in a shallow dish. Dredge steaks in the flour to coat evenly.

Heat peanut oil in a skillet over medium heat, and cook the steaks for about 5 to 8 minutes per side, until golden brown.

Place 3 fried cube steaks in the bottom of the prepared baking dish. Sprinkle the steaks lightly with seasoned salt, garlic powder, and pepper, and scatter 1/3 cup of diced onions over the steaks. Layer the remaining 3 steaks on top, repeat the seasoning, and sprinkle with the rest of the onion.

Pour the condensed soup in a bowl, and drain the juice from the canned mushrooms into the empty soup can. Pour in enough water to fill the can, and whisk the liquid and mushrooms into the soup. Pour the soup mixture over the layered steaks.

Cover and bake for 30 minutes in the preheated oven. Reduce heat to 300 degrees F (150 degrees C) and bake for an additional 30 to 45 minutes, until the onions are tender and the gravy is thick and bubbling.
**Easy Chicken and Noodles**

**Ingredients**
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
3/4 cup milk
1/3 cup grated Parmesan cheese
1/8 teaspoon pepper
3 cups cooked wide egg noodles
2 cups cubed, cooked chicken

**Directions**
In a saucepan, combine the soup, milk, Parmesan cheese and pepper. Stir in the noodles and chicken; heat through.
Home-Style Chicken and Sausage

Ingredients

1 (4 ounce) Italian sausage link
2 medium potatoes, cut into 1/2 inch cubes
2 tablespoons olive or vegetable oil, divided
2 chicken thighs
1/2 cup sweet red pepper or green pepper chunks
1 small onion, quartered
2 tablespoons water
1/2 teaspoon salt
1/2 teaspoon dried oregano
1/4 teaspoon pepper
3/4 cup frozen cut green beans

Directions

In a skillet, cook sausage link over medium heat until no longer pink; cut into 1/2-in. pieces and set aside. Place potatoes in a 8-in. square baking dish; drizzle with 1 tablespoon oil. Bake, uncovered, at 425 degrees F for 15 minutes.

Meanwhile, in a skillet, brown the chicken in remaining oil. Add the chicken, reserved sausage, sweet pepper, onion, water, salt, oregano and pepper to the potatoes. Bake, uncovered, for 15 minutes. Add beans. Bake 10-15 minutes longer or until chicken juices run clear and vegetables are tender, stirring occasionally.
Chicken Salsa Pizza

**Ingredients**

1 (14 ounce) package pre-baked Italian bread shell crust
2 cups shredded Cheddar cheese, divided
1 (12 ounce) jar salsa
1 cup cubed cooked chicken

**Directions**

Place bread shell on an ungreased 12-in. pizza pan. Sprinkle with 3/4 cup of cheese. Top with salsa, chicken and remaining cheese. Bake at 450 degrees F for 8-10 minutes or until cheese is bubbly.
**Sweet Sour Cream Baked Chicken**

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>1 egg</td>
</tr>
<tr>
<td>1 (8 ounce) container sour cream</td>
</tr>
<tr>
<td>6 graham crackers</td>
</tr>
<tr>
<td>1 teaspoon dried rosemary</td>
</tr>
<tr>
<td>1 cup dry bread crumbs</td>
</tr>
<tr>
<td>1 cup all-purpose flour</td>
</tr>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
</tr>
</tbody>
</table>

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

Beat egg in a small bowl, then pour egg beat into a shallow dish or bowl and blend in sour cream. Crush graham crackers into crumbs and, in a separate shallow dish or bowl, combine rosemary, bread crumbs and crushed graham cracker crumbs.

Lightly coat chicken with flour; dip floured chicken breasts in egg mixture, then crumb mixture and place in a lightly greased 9x13 inch baking dish.

Bake at 350 degrees F (175 degrees C) for 1 hour or until chicken is cooked through and juices run clear.
**Ingredients**

4 skinless, boneless chicken breast halves
1 tablespoon vegetable oil
2 cloves crushed garlic
1 teaspoon Italian-style seasoning
1 teaspoon crushed red pepper flakes
salt and pepper to taste
1 (28 ounce) can stewed tomatoes, drained
1 (9 ounce) package frozen green beans

**Directions**

In a large skillet heat oil over medium high heat. Add chicken and season with garlic, seasoning, hot pepper flakes and salt and pepper to taste. Saute for 5 minutes, then add tomatoes and cook for another 5 minutes. Add green beans and stir all together. Cover skillet, reduce heat to medium low and simmer for approximately 15 to 20 minutes.
Ingredients

1 cup vegetable oil
1/2 cup soy sauce
1/2 cup light corn syrup
1/4 cup lemon juice
2 tablespoons sesame seeds
1/2 teaspoon garlic powder
garlic salt to taste
4 skinless, boneless chicken breast halves - cut into 1 1/2 inch pieces
1 (8 ounce) package fresh chopped mushrooms
2 onions, quartered
1 green bell pepper, cut into large chunks

Directions

In a medium bowl, blend vegetable oil, soy sauce, light corn syrup, lemon juice, sesame seeds, garlic powder, and garlic salt. Place chicken in the mixture. Cover, and marinate in the refrigerator at least 2 hours.

Preheat an outdoor grill for medium heat, and lightly oil grate. Thread chicken onto skewers alternately with mushrooms, onions, and green bell pepper. Pour marinade into a saucepan, and bring to a boil. Cook for 5 to 10 minutes.

Place skewers on the prepared grill. Cook 15 to 20 minutes, turning frequently, until chicken is no longer pink and juices run clear. Baste with the boiled marinade frequently during the last 10 minutes.
Sunshine Citrus Chicken

Ingredients

- 8 chicken thighs with skin
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground sage
- Salt and pepper to taste (optional)
- 1/2 onion diced into 1/4-inch pieces
- 1/2 lime
- 1/2 orange

Directions

Preheat oven to 425 degrees F (220 degrees C).

Season chicken with cumin, sage, salt, and pepper; place into a 9x13 inch glass baking dish skin-side up on top of the onions. Juice the lime and orange, and pour over the chicken. Cut the lime peel into quarters and place in the baking dish.

Loosely cover the dish with foil, and bake in preheated oven for 30 minutes. Remove the foil, reduce temperature to 350 degrees F (175 degrees C), and continue cooking until the skin is golden brown, and the chicken is no longer pink, 15 to 20 minutes.
Easy Chicken Korma

**Ingredients**

- 3 tablespoons olive oil
- 3 tablespoons butter
- 2 large onions, chopped
- 6 tablespoons plain yogurt
- 2 tablespoons mango chutney
- 4 cloves garlic, minced
- 2 teaspoons turmeric powder
- 1 teaspoon chili powder
- 2 teaspoons garam masala
- 2 teaspoons salt
- 4 boneless skinless chicken breast halves, chopped
- 1/3 cup sliced almonds

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 2 quart baking dish.

Heat oil and butter in a skillet over medium heat. Cook onions in oil until soft.

Place onion, yogurt, mango chutney, garlic, turmeric, chili powder, garam masala, and into the bowl of a food processor. Process into a smooth sauce; it should be about the consistency of thick cream. Add a bit of water or yogurt to thin it if needed. Spread chicken into prepared baking dish, and pour the onion sauce over the chicken.

Bake in preheated oven for 30 minutes, or until the chicken is cooked through. Sprinkle sliced almonds over the top, and serve.
Broccoli Chicken Divan

**Ingredients**
- 1 pound chopped fresh broccoli
- 1 1/2 cups cubed, cooked chicken meat
- 1 (10.75 ounce) can condensed cream of broccoli soup
- 1/3 cup milk
- 1/2 cup shredded Cheddar cheese
- 1 tablespoon butter, melted
- 2 tablespoons dried bread crumbs

**Directions**
- Preheat oven to 450 degrees F (230 degrees C).
- Place the broccoli in a saucepan with enough water to cover. Bring to a boil, and cook 5 minutes, or until tender. Drain.
- Place the cooked broccoli in a 9 inch pie plate. Top with the chicken. In a bowl, mix the soup and milk, and pour over the chicken. Sprinkle with Cheddar cheese. Mix the melted butter with the bread crumbs, and sprinkle over the cheese.
- Bake in the preheated oven for 15 minutes, or until bubbly and lightly brown.
Heat butter in medium skillet over medium-high heat. Add chicken and cook 12 to 15 minutes or until no longer pink. Remove chicken.

Prepare stuffing in skillet according to package directions except let stand 2 minutes.

Return chicken to skillet. Mix soup and milk. Pour over chicken. Sprinkle with cheese. Cover and heat through.
Orange Chicken Kiev

**Ingredients**

1/2 cup butter, softened  
2 tablespoons minced chives  
2 tablespoons minced fresh parsley  
1/4 teaspoon salt  
1/8 teaspoon pepper  
6 (6 ounce) skinless, boneless chicken breast halves  
1/4 cup all-purpose flour  
1 egg  
1/4 cup orange juice  
1 cup dry bread crumbs  
1/2 teaspoon grated orange peel

**Directions**

In a bowl, combine the butter, chives, parsley, salt and pepper. Shape into a 6-in. x 2-in. rectangle; place on waxed paper. Freeze until firm, about 30 minutes.

Flatten chicken to 1/4-in. thickness. Cut butter mixture into six strips; place one strip in the center of each chicken breast half. Roll up and tuck in ends; secure with a toothpick.

Place the flour in a shallow bowl. In another bowl, beat egg and orange juice. In a third bowl, combine bread crumbs and orange peel. Coat chicken with flour, dip in egg mixture, then roll in crumb mixture. Place seam side down in a greased 13-in. x 9-in. x 2-in. baking dish.

Bake, uncovered, at 375 degrees F for 35-40 minutes or until chicken juices run clear. Discard toothpicks before serving.
Chicken Carbonara

**Ingredients**

1 tablespoon olive oil  
4 (5 ounce) skinless, boneless chicken breast halves  
1 small onion, chopped  
1 slice bacon or pancetta, chopped  
1 cup frozen green peas, thawed  
1/3 cup dry white wine or chicken broth  
1 (15 ounce) jar Bertolli® Creamy Alfredo Sauce

**Directions**

Heat olive oil in 12-inch nonstick skillet over medium-high heat and brown chicken. Remove chicken and set aside.

Cook onion, bacon and peas in same skillet, stirring occasionally, 6 minutes or until bacon is cooked and onion is tender. Add wine and cook 1 minute. Stir in sauce. Bring to a boil over high heat. Reduce heat to low, then return chicken to skillet. Simmer covered 5 minutes or until chicken is thoroughly cooked. Sprinkle, if desired, with cracked black pepper.
Chicken Bog

Ingredients

- 6 cups water
- 1 tablespoon salt
- 1 onion, chopped
- 1 (3 pound) whole chicken
- 3 1/2 cups chicken broth
- 1 cup long-grain white rice
- 1/2 pound smoked sausage of your choice, sliced
- 2 tablespoons Italian-style seasoning
- 2 cubes chicken bouillon

Directions

Place water, salt and onion in a large pot. Add chicken and bring all to a boil; cook until chicken is tender, about 1 hour.

Remove chicken from pot and let cool. Remove skin and bones and chop remaining meat into bite size pieces.

Skim off fat from cooking liquid and measure 3 1/2 cups of this chicken broth into a 6-quart saucepan. Add rice, chicken pieces, sausage, herb seasoning and bouillon to this saucepan. Cook all together for 30 minutes; let come to a boil, then reduce heat to low, keeping pan covered the whole time. If mixture is too watery or juicy, cook over medium low heat, uncovered, until it reaches the desired consistency. Stir often while cooking.
Feta and Bacon Stuffed Chicken with Onion

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>3/4 pound bacon, cut into 1 inch pieces</td>
<td></td>
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<tr>
<td>1 cup crumbled feta cheese</td>
<td></td>
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<tr>
<td>3 tablespoons sour cream</td>
<td></td>
</tr>
<tr>
<td>1/8 tablespoon dried oregano</td>
<td></td>
</tr>
<tr>
<td>1/8 teaspoon ground black pepper</td>
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<tr>
<td>3 (4 ounce) skinless, boneless chicken breast halves</td>
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<tr>
<td>1 cup all-purpose flour</td>
<td></td>
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<tr>
<td>2 eggs, beaten</td>
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<tr>
<td>1 cup dry bread crumbs</td>
<td></td>
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<tr>
<td>4 potatoes, peeled and cubed</td>
<td></td>
</tr>
<tr>
<td>1 sweet onion (such as Vidalia®), chopped</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons butter</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons sour cream</td>
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</tbody>
</table>

**Directions**

Preheat an oven to 350 degrees F (175 degrees C). Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned but still soft. Reserve the bacon grease in the skillet, and cool the bacon slices on a paper towel-lined plate. Once cool, mix the bacon together with the feta cheese, 3 tablespoons of sour cream, oregano, and black pepper in a small bowl; set aside.

Lay a chicken breast flat onto your work surface. Use the tip of a sharp boning or paring knife to cut a 2-inch pocket in the chicken breast. Repeat with the remaining chicken breasts. Spoon the bacon mixture into the pockets. Pour the flour, egg, and bread crumbs into separate, shallow dishes. Gently press the chicken breasts into the flour to coat. Dip each into the beaten egg, then press into bread crumbs.

Reheat the bacon grease over medium heat. Brown the chicken breasts on both sides in the hot fat, about 2 minutes per side. Reserve the bacon grease in the pan. Place the breasts on a baking dish, and bake in the preheated oven until the chicken is no longer pink and the filling is hot, 20 to 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Meanwhile, place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain.

While the potatoes are boiling, cook the onion in the remaining bacon grease over medium heat until very tender and golden brown, about 10 minutes. Once the potatoes are done, mash together with the onion, butter, and remaining 3 tablespoons of sour cream. Serve the chicken breasts accompanied by the mashed potatoes.
# Baked Chicken Amandine

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>3 cups cubed cooked chicken</td>
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<tr>
<td>1 (10 ounce) package frozen</td>
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</tr>
<tr>
<td>chopped broccoli, thawed</td>
<td></td>
</tr>
<tr>
<td>2 (10.75 ounce) cans condensed cream of chicken soup, undiluted</td>
<td></td>
</tr>
<tr>
<td>1 cup mayonnaise*</td>
<td></td>
</tr>
<tr>
<td>2 cups shredded Cheddar cheese</td>
<td></td>
</tr>
<tr>
<td>1 cup crushed butter-flavored crackers</td>
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<tr>
<td>1/4 cup butter or margarine, melted</td>
<td></td>
</tr>
<tr>
<td>1/2 cup sliced almonds</td>
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</tbody>
</table>

## Directions

In a greased 13-in. x 9-in. x 2-in. baking dish, layer chicken and broccoli. In a bowl, combine soup and mayonnaise; spoon over the broccoli. Sprinkle with cheese. Combine the crackers and butter; sprinkle over the cheese. Top with almonds. Bake, uncovered, at 350 degrees F for 45-50 minutes or until golden brown.
## El Grande Borezo Chicken

### Ingredients

- 12 skinless, boneless chicken breast halves
- 1/4 cup butter, melted
- 1 tablespoon honey
- 2 tablespoons cooking oil
- 1 1/2 teaspoons garlic powder
- 1/2 large onion, finely chopped

### Directions

Preheat the oven to 350 degrees F (175 degrees C).

Arrange the chicken breasts in a large casserole dish. Drizzle butter, honey, and vegetable oil over the breasts, and evenly sprinkle garlic powder and onion on top.

Bake uncovered for 1 hour in the preheated oven.
Six Can Chicken Tortilla Soup

Ingredients

- 1 (15 ounce) can whole kernel corn, drained
- 2 (14.5 ounce) cans chicken broth
- 1 (10 ounce) can chunk chicken
- 1 (15 ounce) can black beans
- 1 (10 ounce) can diced tomatoes with green chile peppers, drained

Directions

Open the cans of corn, chicken broth, chunk chicken, black beans, and diced tomatoes with green chilies. Pour everything into a large saucepan or stock pot. Simmer over medium heat until chicken is heated through.
Curried Chicken with Mango Rice

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 teaspoon curry powder</td>
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<tr>
<td>1/2 teaspoon salt</td>
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<tr>
<td>1/4 teaspoon black pepper</td>
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<tr>
<td>4 skinless, boneless chicken</td>
<td></td>
</tr>
<tr>
<td>breast halves</td>
<td></td>
</tr>
<tr>
<td>1 cup chicken broth</td>
<td></td>
</tr>
<tr>
<td>1/2 cup water</td>
<td></td>
</tr>
<tr>
<td>1/2 cup white wine</td>
<td></td>
</tr>
<tr>
<td>1 cup long-grain white rice</td>
<td></td>
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<tr>
<td>1 tablespoon brown sugar</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon dried parsley</td>
<td></td>
</tr>
<tr>
<td>1 cup diced mango</td>
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</table>

**Directions**

Combine curry powder, 1/4 teaspoon salt, and pepper. Rub mixture into chicken breasts. Set aside.

In a large, non-stick skillet, combine chicken broth, water, and wine with rice. Stir in brown sugar, dried parsley, and remaining 1/4 teaspoon salt. Stir in mango. Arrange chicken pieces on top of rice, and bring to a boil. Cover, reduce heat to low, and simmer for 20 to 25 minutes. Remove from heat.

Let stand, covered, until all liquid is absorbed, about 5 minutes.
Gypsy Chicken Stew

**Ingredients**

- 1 (4 pound) whole chicken
- 2 1/2 cups dry sherry
- 1 1/2 cups chicken stock
- 8 cloves garlic, halved
- 3 onions, quartered
- 4 fresh green chile peppers
- 6 large tomatoes, peeled and quartered
- salt to taste
- 1/4 cup shredded Monterey Jack cheese (optional)
- 1 tablespoon vegetable oil

**Directions**

In a large, stewing pot, place whole chicken, 1 1/2 cup sherry, stock, garlic, and onions. Simmer for 1 hour.

Meanwhile, place green chilies in a roasting pan, and drizzle with 1 tablespoon oil. Bake at 375 degrees F (190 degrees C) until skins begin to blacken. Peel and seed the peppers.

Remove chicken from pot, and set aside to cool. Add green chilies and tomatoes to simmering stock.

When chicken is cool enough to touch, remove the meat from the bones. Return meat to pot. Also, add 1 cup more sherry, and salt to taste. Simmer at least 30 minutes more. Serve with a little shredded cheese on top.
Chicken Satay Fried Rice

Ingredients

- 1 pound boneless, skinless chicken breasts, cut into strips
- 1 tablespoon vegetable oil
- 1 3/4 cups water
- 2 tablespoons Skippy® Creamy or Super Chunk® Peanut Butter
- 1 tablespoon rice wine vinegar or white vinegar
- 1/4 teaspoon ground ginger (optional)
- 1 (4.6 ounce) package Knorr® Sides Plus™ Veggies - Vegetable Fried Rice
- 1/4 cup sliced green onions

Directions

Season chicken, if desired, with salt and pepper. Heat oil in 12-inch nonstick skillet over medium-high heat and cook chicken, stirring occasionally, 5 minutes or until chicken is thoroughly cooked. Remove chicken and set aside.

Stir water, peanut butter, vinegar and ginger into same skillet. Bring to a boil over high heat. Stir in Knorr® Sides Plus™ Veggies - Vegetable Fried Rice. Cover and cook over medium heat, stirring occasionally, 8 minutes or until rice is tender.

Stir in chicken and green onions; heat through. Serve, if desired, with finely chopped fresh cilantro, fresh lime wedges and chopped peanuts.
### Ingredients

- 3 (10.75 ounce) cans condensed cream of chicken soup
- 3 (10.75 ounce) cans condensed cream of mushroom soup
- 2 cups water
- 1 (15 ounce) can peas
- 1 pound boneless chicken breast halves, cooked and diced

### Directions

Combine cream of chicken soup, cream of mushroom soup and water in a large pot or saucepan over medium low heat. Add chicken and cook, stirring, until heated through. Stir in peas, heat through, and serve over toast.
Couscous Chicken Supper

Ingredients

1 medium yellow summer squash, chopped
1 medium sweet red pepper, chopped
1 medium green pepper, chopped
1 teaspoon dried rosemary, crushed
1/2 teaspoon salt
1/4 teaspoon pepper
4 tablespoons olive oil, divided
1 pound boneless, skinless chicken breast halves
2 garlic cloves, minced
1 1/3 cups chicken broth
1 tablespoon dried minced onion
1 cup uncooked couscous

Directions

Place the squash and peppers in an ungreased 15-in. x 10-in. x 1-in. baking pan. Sprinkle with rosemary, salt and pepper. Drizzle with 2 tablespoons oil; gently stir to coat. Broil 4 in. from the heat for 10-15 minutes or until tender, stirring every 5 minutes.

Meanwhile, in a large skillet, cook chicken and garlic in remaining oil until chicken juices run clear; remove and keep warm. Add broth and onion to the skillet; bring to a boil. Stir in couscous. Cover and remove from the heat; let stand for 5 minutes. Fluff with a fork. Cut chicken into strips. Serve with couscous and vegetables.
Ingredients

- 4 skinless, boneless chicken breast halves - cut into finger-sized pieces
- 1/4 cup all-purpose flour
- 1 teaspoon garlic powder
- 1 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 3/4 cup bread crumbs
- 2 egg whites, beaten
- 1 tablespoon water

Directions

Preheat oven to 400 degrees F (205 degrees C). Coat a baking sheet with a nonstick spray.

In a bag, mix together flour, 1/2 teaspoon garlic powder, 1/2 teaspoon cayenne pepper, and 1/4 teaspoon salt. On a plate, mix the bread crumbs with the rest of the garlic powder, cayenne pepper, and salt.

Shake the chicken pieces with the seasoned flour. Beat egg whites with 1 tablespoon water, and place egg mixture in a shallow dish or bowl. Dip seasoned chicken in egg mixture, then roll in the seasoned bread crumb mixture. Place on prepared baking sheet.

Bake for about 8 minutes in the preheated oven. Use tongs to turn pieces over. Bake 8 minutes longer, or until chicken juices run clear.
Blackened Chicken

**Ingredients**

- 1 tablespoon paprika
- 4 teaspoons sugar, divided
- 1 1/2 teaspoons salt
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- 1 teaspoon lemon-pepper seasoning
- 1 teaspoon cayenne pepper
- 1 1/2 teaspoons pepper, divided
- 4 boneless, skinless chicken breast halves
- 1 1/3 cups mayonnaise
- 2 tablespoons water
- 2 tablespoons cider vinegar

**Directions**

In a small bowl, combine paprika, 1 teaspoon sugar, 1 teaspoon salt, garlic powder, thyme, lemon-pepper, cayenne and 1/2 to 1 teaspoon pepper; sprinkle over both sides of chicken. Set aside. In another bowl, combine mayonnaise, water, vinegar and remaining sugar, salt and pepper; cover and chill 1 cup for serving. Save remaining sauce for basting.

Grill chicken, covered, over indirect medium heat for 4-6 minutes on each side or until juices run clear, basting frequently with remaining sauce. Serve with reserved sauce.
Arjun's Lime Chicken Rice

**Ingredients**

**Marinade**
- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 1 teaspoon dried basil
- salt to taste
- 1/2 teaspoon pepper
- 1 (4 ounce) skinless, boneless chicken breast half - cut into bite-size pieces

**Rice**
- 2 tablespoons olive oil, divided
- 2 tablespoons minced garlic
- 1 onion, chopped
- 2 fresh jalapeno pepper, seeded and chopped
- 2 tomatoes - peeled, seeded, and coarsely chopped
- salt to taste
- 1 teaspoon turmeric powder
- 1 cup uncooked white rice
- 1 lime, juiced
- 2 bay leaves
- 1 cup chicken stock
- 1 1/2 cups water
- 3 tablespoons chopped cilantro

**Directions**

Mix olive oil, garlic, basil, salt, and pepper in a small bowl. Toss chicken in marinade, cover and refrigerate overnight.

Heat 1 tablespoon of olive oil in a small saucepan over medium-high heat; cook chicken and set aside. Heat remaining 1 tablespoon of olive oil, and cook garlic and onion until translucent. Stir in jalapeno, chopped tomatoes, salt, and turmeric; cook for 2 minutes to soften tomato. Stir in the rice, mixing thoroughly. Stir in half of the lime juice, bay leaves, chicken stock, water, and cooked chicken. Bring to a boil, reduce heat to low, then cover and simmer 25 minutes, stirring occasionally until the rice has cooked. Remove from heat, discard the bay leaves; stir in the remaining lime juice and cilantro.
Pasta with Chicken Mushroom Cream Sauce

**Ingredients**
- 1 (16 ounce) package farfalle (bow tie) pasta
- 1 tablespoon butter
- 4 boneless, skinless chicken breast halves
- 1/2 cup onion, diced
- 12 shiitake mushrooms
- 1 cup heavy cream
- salt to taste
- 1 tablespoon coarsely ground black pepper

**Directions**

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Melt butter in a large skillet over medium heat. Cook chicken until no longer pink, and juices run clear. Transfer chicken to a cutting board, and thinly slice; set aside. Saute onion until tender and translucent. Add mushrooms, and gradually stir in cream. Cook, stirring constantly, for 7 to 10 minutes, or until sauce is thickened. Stir in chicken, and season with salt and pepper. Cook 5 minutes, or until heated through. Toss with cooked pasta until evenly coated.
**Chicken Seitan**

**Ingredients**
- 2 cups vital wheat gluten
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 1 teaspoon dried sage
- 1/4 teaspoon cumin seed
- 1/4 teaspoon garlic powder
- 2 cups water
- 1/3 cup tamari or soy sauce
- 8 cups water
- 1/2 cup tamari or soy sauce
- 1/2 teaspoon onion powder
- 2 (4 inch) pieces dashi kombu (dried kelp)

**Directions**

In a large glass bowl, mix together the vital wheat gluten, rosemary, thyme, sage, cumin seed, and garlic powder. In a separate bowl, combine the water and tamari or soy sauce. Using a sturdy spoon and working very quickly, gradually pour liquid into gluten mixture. The gluten will develop very fast and become very rubbery and elastic. If there is any remaining dry mix, quickly add a small amount of water to soak it up. Working on a flat, clean countertop, knead the dough a few times then shape into a log about the diameter of your fist. Shaping the dough can be a little tricky as it is rubbery and resistant, but just be patient. Set aside to rest for 15 minutes while making stock.

In a large stock pot, boil 8 cups water with 1/2 cup tamari or soy sauce, onion powder, and dashi kombu. Cut gluten log into desired shapes, maximum 1/2 inch thick. Individually drop the gluten pieces into boiling stock. Reduce heat to low, cover, and simmer for 45 minutes. Seitan may now be breaded and fried, chopped up and used in salads, or seasoned in any way you like.
Ingredients

1 (14 ounce) jar chunky pasta sauce
1 (16 ounce) jar mild picante sauce
1 (10 ounce) can whole tomatoes
1 (6 ounce) can tomato paste
1/3 cup grated Parmesan cheese
1 tablespoon dried oregano
1 tablespoon dried thyme
1 tablespoon dried parsley
cayenne pepper to taste
salt and pepper to taste
6 skinless, boneless chicken breast halves
1 1/2 cups uncooked white rice
3 cups water

Directions

In a large pot over medium-low heat, mix the pasta sauce, picante sauce, tomatoes, tomato paste, and Parmesan cheese. Season with oregano, thyme, parsley, cayenne pepper, salt, and black pepper.

Place the chicken in a separate pot with enough water to cover. Bring to a boil, reduce heat to low, and simmer 25 minutes, until chicken juices run clear.

Transfer chicken to the pot with the sauce mixture. Cover, and cook on low 1 hour.

In a separate pot, bring the rice and water to a boil. Reduce heat to low, cover, and simmer for 20 minutes. Serve the chicken and sauce over the cooked rice.
Teriyaki Chicken Salad

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 1 cup orange juice
- 1 cup soy sauce
- 1 (12 fluid ounce) can or bottle lemon-lime flavored carbonated beverage
- 1 lemon, juiced
- 3/4 cup vegetable oil
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 4 cloves garlic
- 2 heads romaine lettuce
- 2 tomatoes, chopped
- 1/3 cup mozzarella cheese
- 1/4 cup grated Parmesan cheese

**Directions**
Marinate chicken in the orange juice, soy sauce and lemon-lime carbonated beverage for several hours or overnight.

Preheat grill to medium-high heat. Remove chicken from marinade and drain. Place chicken on hot grill and cook for 6 to 8 minutes on each side, or until juices run clear. Remove, cool, and cut into strips.

Whisk together the lemon juice, vegetable oil, salt, pepper and garlic cloves. Allow garlic cloves to sit in dressing for a few hours and remove before pouring on the salad.

In a salad bowl, combine the lettuce, tomatoes, mozzarella, Parmesan and marinated chicken strips. Pour dressing over salad; toss and serve.
Hearty Chicken Strata

**Ingredients**

- 10 cups bread cubes
- 2 cups diced cooked chicken
- 1 cup diced potatoes
- 1 cup diced celery
- 1/2 cup diced carrots
- 1/4 cup minced fresh parsley
- 4 cups milk
- 2 cups chicken broth
- 5 eggs, beaten
- 1/4 cup butter, melted and cooled
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 (12 ounce) jar chicken gravy (optional)

**Directions**

Arrange bread cubes in a single layer on several ungreased large baking sheets. Bake at 350 degrees F for 20-30 minutes until golden brown and crisp.

Transfer to a large bowl. Add the chicken, potatoes, celery, carrots and parsley. In another large bowl, combine the milk, broth, eggs, butter, salt and pepper. Pour over bread mixture; toss to coat.

Pour into a greased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 350 degrees F for 45 minutes; stir. Bake 45 minutes longer or until a knife inserted near the center comes out clean. Serve with gravy if desired.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon butter or margarine</td>
</tr>
<tr>
<td>1 pound skinless, boneless chicken breast, cut up</td>
</tr>
<tr>
<td>3 cups fresh or frozen broccoli flowerets</td>
</tr>
<tr>
<td>1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)</td>
</tr>
<tr>
<td>1/2 cup milk</td>
</tr>
<tr>
<td>1/2 cup shredded Cheddar cheese</td>
</tr>
</tbody>
</table>

## Directions

Melt butter in skillet. Add chicken and cook until browned, stirring often.

Add broccoli, soup and milk. Cover and simmer 5 min. or until done. Sprinkle with cheese.
## Ingredients

- 2 eggs
- 4 tablespoons milk
- 1 teaspoon salt
- 2 cups all-purpose flour
- 8 cups chicken broth
- 2 cups diced celery
- 1 cup diced onion
- 3 cups baby carrots, chopped
- 2 teaspoons minced garlic
- 1 pound chopped, cooked chicken meat
- 1 (16 ounce) package frozen corn kernels
- salt and pepper to taste
- seasoned salt to taste
- 1 cube chicken bouillon

## Directions

Mix eggs and milk together until well beaten and then add salt and flour. Dough should be stiff. On a floured surface roll dough out really thin, 1/8 of an inch. Let dry 30 minutes and then cut into thin slices. Place on wax paper and let air dry.

In a large stock pot add chicken broth, celery, onion, baby carrots, and garlic. Fill stock pot, 2 inches from the top with water. Simmer until vegetables are tender, about 2 hours.

Add chicken and corn. Season with salt, pepper, seasoning salt and chicken bouillon granules. Simmer for 30 minutes, checking to see if water level has decreased. Add water if needed.

Bring to a boil, add noodles, stirring often. Noodles should be done in 20 minutes. Serve hot.
# Chicken Nachos

## Ingredients

- 5 ounces unsalted tortilla chips
- 1 (9.75 ounce) can white premium chunk chicken breast in water, drained
- 1 cup drained and rinsed canned pinto beans
- 1 cup drained canned diced tomatoes with jalapenos
- 3 ounces pepper jack cheese, shredded

## Directions

Arrange chips on a large, microwave-safe platter.

Break the chicken in pieces and scatter over the chips. Scatter the beans over the chicken and the tomatoes over the beans. Top with an even layer of cheese and microwave at full-power until the cheese is melted, about 3 to 4 minutes.
Sour Cream Chicken

Ingredients

1 cup sour cream
1 (10.75 ounce) can condensed cream of chicken soup
1/3 cup white wine
4 skinless, boneless chicken breasts

Directions

Preheat oven to 350 degrees F (175 degrees C).

Combine the sour cream, soup and wine. Mix well.

Place chicken breasts in a 9x13 inch baking dish. Pour sour cream mixture over chicken and bake in the preheated oven for 1 hour.
Grilled Sweet Italian Chicken Sausage with Tomato Cream Sauce Over Linguine

Ingredients

1 (16 ounce) package al fresco® All Natural Sweet Italian Chicken Sausage
2 teaspoons olive oil
1 cup chopped onion
1 teaspoon minced garlic
3/4 cup dry red wine
1 (14.5 ounce) can diced tomatoes with Italian herbs, with juices
1 teaspoon dried oregano
1/2 cup light cream (table cream)
1/2 pound uncooked linguine
2 tablespoons shredded Parmesan cheese
Fresh oregano leaves for garnish (optional)

Directions

Prepare grill for direct cooking and preheat grill to medium temperature range.

Grill sausage links over direct heat, turning every minute. Remove from grill. Cool slightly. Cut sausage into 1/4-inch circles.

Meanwhile, over medium-high heat, heat oil in a large heavy skillet. Add onions and saute for about 2 minutes, stirring occasionally. Add garlic and cook, just until fragrant, about 30 seconds. Reduce the heat to low and add wine, tomatoes, sausage, oregano and 1/4 tsp each salt and pepper. Cook about 3 minutes. Add cream and cook for one minute.

Meanwhile, cook linguine in boiling salted water according to package directions. Cook until al dente. Drain. Portion cooked linguine onto 4 warm plates or pasta bowls. Spoon sausage/sauce over pasta. Sprinkle each with Parmesan and garnish with fresh oregano.
Apple and Orange Chicken

Ingredients

1 (1 ounce) package dry onion soup mix
4 bone-in chicken breast halves, skinless
1 (.6 ounce) package cream of chicken soup mix
2 tablespoons soy sauce
2 cloves crushed garlic
1 cup apple juice
1 cup orange juice
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place the chicken pieces in a lightly greased 9x13 inch baking dish.

In a medium bowl combine the onion soup mix, cream of chicken soup mix, soy sauce, garlic, apple and orange juice, salt and pepper. Mix together and pour mixture over chicken. Cover and bake in the preheated oven for 1 hour, then remove cover/lid and bake for another 1/2 hour to brown the chicken.
## Chicken with Grape Tomatoes and Fried Basil

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/3 cup olive oil</td>
<td></td>
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<tr>
<td>1/2 cup coarsely chopped fresh basil</td>
<td></td>
</tr>
<tr>
<td>4 bone-in chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>salt</td>
<td></td>
</tr>
<tr>
<td>freshly ground black pepper</td>
<td></td>
</tr>
<tr>
<td>1 cup chicken broth</td>
<td></td>
</tr>
<tr>
<td>1 cup white wine</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons balsamic vinegar</td>
<td></td>
</tr>
<tr>
<td>2 bay leaves</td>
<td></td>
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<tr>
<td>1/2 teaspoon ground dried thyme</td>
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<tr>
<td>2 cups water</td>
<td></td>
</tr>
<tr>
<td>1 cup uncooked long grain rice</td>
<td></td>
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<tr>
<td>1 pint grape tomatoes, halved</td>
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</tbody>
</table>

### Directions

Heat oil in a large skillet over medium-high heat. Cook basil in oil until it begins to get crispy and has a strong basil smell; this will take several minutes. Scoop basil out of oil with a slotted spoon, and drain on paper towels.

Remove half of the remaining oil from the pan. Sprinkle chicken with salt and pepper to taste, and brown in oil; this should take about 4 minutes per side. Stir in chicken broth, wine, and balsamic vinegar. Season with bay leaves and thyme. Cover, and simmer over low heat until chicken is done and sauce is reduced; this should take about 25 minutes.

In a small saucepan, combine water and rice. Bring to a boil. Reduce heat to low, cover, and cook for 20 minutes.

Place halved tomatoes in the pan with the chicken, cover, and simmer until the tomatoes are warm. Spoon chicken pieces, tomatoes, and sauce over rice, and garnish with fried basil.
### Lemon Grilled Chicken

**Ingredients**
- 1/2 cup lemon juice
- 1/4 cup vegetable oil
- 3 tablespoons chopped onion
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon dried thyme
- 1 garlic clove, minced
- 1 broiler/fryer chicken (3 to 4 pounds), cut up

**Directions**

In a large resealable plastic bag, combine the first seven ingredients; mix well. Remove 1/4 cup for basting and refrigerate. Add chicken to the bag; seal and turn to coat. Refrigerate for 8 hours or overnight.

Drain and discard marinade from chicken. Grill, covered, over medium heat for 20 minutes. Baste with reserved marinade. Grill 20-30 minutes longer or until juices run clear, basting and turning several times.
Super Simple Oven Barbequed Chicken

**Ingredients**

- 6 bone-in chicken breast halves, with skin
- 1 tablespoon Worcestershire sauce
- 1 tablespoon hickory-flavored liquid smoke
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 2 teaspoons garlic powder
- 2 teaspoons dried thyme
- 2 teaspoons dried oregano
- salt and pepper to taste

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

Arrange chicken pieces in a lightly greased 9x13 inch baking dish, allowing room between pieces. Drizzle with Worcestershire sauce and liquid smoke, then sprinkle with chili powder, cumin, garlic powder, thyme, oregano and salt and pepper to taste.

Cover dish with aluminum foil and bake for 1 to 1 1/2 hours, or until chicken is cooked through and juices run clear.
**Ingredients**

1 3/4 cups Swanson® Chicken Broth (regular, Natural Goodness™ or Certified Organic)
1 teaspoon garlic powder
2 (14.5 ounce) cans diced Italian-style tomatoes
4 cups mushrooms, cut in half
2 large onions, chopped
3 pounds chicken parts, skin removed
10 cups hot cooked spaghetti, cooked without salt

**Directions**

Mix broth, garlic powder, tomatoes, mushrooms and onions in 3 1/2-quart slow cooker. Add chicken and turn to coat.

Cover and cook on LOW 7 to 8 hours* or until done. Serve over spaghetti.
## Ingredients

- 1 (3 pound) chicken - cooked, deboned and cut into bite size pieces
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (4 ounce) can diced green chiles
- 1 cup chicken broth
- 1 cup shredded Cheddar cheese
- 12 (6 inch) corn tortillas

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Put the chicken into a mixing bowl. Add the chicken soup, mushroom soup, green chiles and broth. Mix well.

In a 9x13 inch baking dish place a layer of corn tortillas to cover the bottom, then a layer of the chicken mixture, then a layer of cheese. Continue to layer, like you would lasagna, until all of the chicken mixture is gone. Bake in the preheated oven for 20 minutes or until the cheese is bubbly and brown. Let cool and serve.
Mari's Chicken and Pasta

**Ingredients**

- 12 ounces fettuccini pasta
- 1 tablespoon olive oil
- 4 skinless, boneless chicken breast halves, chopped
- 6 cloves garlic, minced
- 1 cup chicken broth
- 1 cup dry white wine
- 1 cup frozen green peas
- 1 tablespoon dried parsley
- 1 1/2 cups chopped fresh tomato
- 2 green onions, minced
- 1 pinch cayenne pepper
- 1/4 cup grated Romano cheese

**Directions**

Bring a large pot of lightly salted water to a boil. Add fettuccini pasta and cook for 8 to 10 minutes or until al dente; drain.

In a skillet over medium heat saute chicken and garlic in oil until brown and cooked thoroughly. Add chicken broth, white wine, peas, and parsley; bring to a boil. Reduce heat and simmer for 15 minutes.

Remove from heat and add tomatoes, onions and cayenne pepper. Toss sauce with cooked pasta. Serve topped with Romano cheese and more sauce.
# Breaded Chicken Limone

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 skinless, boneless chicken breast halves</td>
<td>- pounded to 1/2 inch thickness</td>
</tr>
<tr>
<td>2 eggs, lightly beaten</td>
<td></td>
</tr>
<tr>
<td>1 cup all-purpose flour</td>
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<tr>
<td>2 cups bread crumbs</td>
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<tr>
<td>1 teaspoon cayenne pepper</td>
<td></td>
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<tr>
<td>1 tablespoon olive oil</td>
<td></td>
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<tr>
<td>4 tablespoons butter, divided</td>
<td></td>
</tr>
<tr>
<td>3 cloves garlic, minced</td>
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</tr>
<tr>
<td>1 (10 ounce) package frozen Brussels sprouts, thawed and diced</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>3/4 cup water</td>
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<tr>
<td>2 tablespoons lemon juice</td>
<td></td>
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<tr>
<td>1 (16 ounce) can navy beans, drained</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon white sugar</td>
<td></td>
</tr>
<tr>
<td>1/4 cup grated Parmesan cheese</td>
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</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>ground black pepper to taste</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon chopped fresh parsley, for garnish</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons grated Parmesan cheese for topping</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Season flour, eggs, and bread crumbs with salt and pepper. Mix cayenne pepper into the flour only. Dip each breast into flour, then into the beaten eggs, and then into the bread crumbs, coating evenly. Place onto a greased cookie sheet. Bake for 15 minutes on each side or until brown and crispy.

While chicken bakes, heat oil and 2 tablespoons of the butter in a skillet over medium heat. Add garlic and Brussels sprouts and stir until garlic releases its fragrance and sprouts are heated through, about 2 minutes.

Stir in the flour. Then add the water, lemon juice, drained beans, and sugar. Stir over medium heat until sauce thickens, about 8 minutes. Add additional water if sauce is too thick. Remove from the heat and stir in remaining butter, 1/4 cup Parmesan cheese, salt and pepper.

Place each piece of chicken onto a serving plate. Spoon the sauce over it and garnish with chopped parsley and remaining Parmesan cheese.
## Ingredients

- 4 skinless, boneless chicken breast halves - boiled and cut into bite size pieces
- 1 (15.5 ounce) can strawberry nectar
- 2 teaspoons cornstarch
- 1 teaspoon lemon juice
- 3/4 cup sliced fresh strawberries
- 1/8 cup white sugar, or to taste

## Directions

Place boiled chicken on a serving platter and keep warm.

In a blender mix together the nectar, cornstarch, lemon juice, strawberries and sugar (if desired). Pour mixture into a saucepan and bring to a boil over medium heat. Cook, boiling, for 1 minute. Serve hot over reserved chicken.
Maple Apple Chicken Burgers

**Ingredients**

- 1/4 cup mayonnaise
- 2 tablespoons real maple syrup
- 1 tablespoon Dijon mustard
- canola oil
- 1 onion, sliced
- 1 Granny Smith apple - peeled, cored, and chopped
- 1 pound ground chicken
- 2 tablespoons real maple syrup
- 1 teaspoon Italian seasoning
- 1 egg
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 6 tablespoons canola oil, divided
- 6 hamburger buns, split

**Directions**

Make the 'secret sauce' by whisking the mayonnaise, 2 tablespoons maple syrup, and the Dijon mustard together in a small bowl; set aside.

Heat 2 tablespoons canola oil in a skillet over medium heat; cook and stir the onion and about half the chopped apple in the hot oil until soft, 7 to 10 minutes. Set aside.

Mix the remaining uncooked apple, the ground chicken, 2 tablespoons maple syrup, Italian seasoning, egg, salt, and pepper together in bowl. Shape the burger mixture into 6 balls; the mixture will be loose, but that is okay.

Heat 1 tablespoon canola oil in a large skillet over medium heat. Place one of the balls into the hot oil and flatten with the back of spoon to create a patty. Cook until slightly brown on one side and then flip and cook the other side until cooked through, 5 to 7 minutes per side; repeat for each portion.

To assemble, place the chicken burgers on buns; top with the grilled apple and onions. Pour some secret sauce over the top of each burger. More secret sauce can be served on the side if desired.
Different Chicken Divan

**Ingredients**

- 2 cups cooked, cubed chicken breast meat
- 1 pound fresh broccoli, cooked and chopped
- 1 cup mayonnaise
- 1 1/2 tablespoons curry powder
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon garlic salt
- salt and pepper to taste
- 2 1/2 cups shredded Cheddar cheese, divided
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (6 ounce) can French-fried onions

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Spread chicken in the bottom of a 9x13 inch baking dish. Top with broccoli. In a medium bowl, combine the mayonnaise, curry powder, cayenne pepper, garlic salt, salt and pepper and mix well. Add 1 cup of Cheddar cheese, cream of chicken soup and cream of mushroom soup and mix again, then pour mixture over chicken and broccoli. Sprinkle with remaining 1 1/2 cups of cheese and top with onions.

Bake at 350 degrees F (175 degrees C) for 30 minutes.
### Ingredients
- 8 chicken leg quarters
- 1 1/2 cups milk
- 1 cup sour cream
- 2 chipotle peppers in adobo sauce
- 2 tablespoons chicken bouillon granules
- 1 tablespoon margarine
- salt to taste

### Directions
Preheat oven to 375 degrees F (190 degrees C).

Roast the chicken legs in the preheated oven until the skin is crispy, and the meat is cooked through, 30 to 40 minutes.

While the chicken is roasting, puree the milk, sour cream, chipotle peppers, and chicken bouillon granules in a blender until smooth. Melt the margarine in a large pan over medium heat. Pour in the chipotle puree, bring to a simmer, reduce heat to low, and season with salt to taste. Add the cooked chicken legs, and simmer for about 10 minutes, until chicken has taken on the flavor of the sauce.
Buttermilk Potato Fried Chicken

**Ingredients**

1 (3 pound) whole chicken, cut into pieces
2 cups buttermilk
1 cup dry potato flakes
1 cup all-purpose flour
1 teaspoon poultry seasoning
1/2 teaspoon salt
1 teaspoon ground black pepper
1/2 cup vegetable oil

**Directions**

Rinse chicken pieces and pat dry. In a shallow dish or bowl, pour buttermilk and add chicken pieces. Place in refrigerator and marinate chicken in buttermilk overnight.

When ready to prepare, mix potato flakes, flour, poultry seasoning, salt, and pepper in a medium bowl. Dredge marinated chicken in potato/flour mixture to coat.

In a large skillet, heat oil until hot. Fry chicken slowly over medium heat until golden brown and juices run clear.
Ingredients

3 tablespoons vegetable oil
2 cloves garlic, minced
1 green bell pepper, chopped
1 onion, chopped
1 stalk celery, sliced
1/4 pound mushrooms, chopped
1 pound skinless, boneless chicken breast halves - cut into bite size pieces
1 tablespoon chili powder
1 teaspoon dried oregano
1 teaspoon ground cumin
1/2 teaspoon paprika
1/2 teaspoon cocoa powder
1/4 teaspoon salt
1 pinch crushed red pepper flakes
1 pinch ground black pepper
1 (14.5 ounce) can whole peeled tomatoes with juice
1 (19 ounce) can kidney beans, drained and rinsed

Directions

In a large skillet heat 2 tablespoons of the oil over medium heat. Saute the garlic, bell pepper, onion, celery and mushrooms for 5 minutes. Set aside.

Add the remaining 1 tablespoon of oil to the skillet and brown the chicken over high heat until it is golden brown and firm on the outside. Return the vegetable mixture to the skillet.

Add the chili powder, cumin, oregano, paprika, cocoa powder, salt, hot pepper flakes and ground black pepper to the skillet. Stir for a few minutes to prevent burning. Add the tomatoes and beans, bring all to a boil and reduce heat to low. Cover the skillet and simmer for 15 minutes, then remove cover and simmer for 15 more minutes.
Ingredients

2 cups low fat sour cream
4 cloves garlic, minced
6 chicken drumsticks
6 bone-in chicken breast halves, with skin
4 cups crushed cornflakes cereal
4 tablespoons crushed dried rosemary
3 teaspoons dried sage
3 tablespoons garlic powder
salt and pepper to taste

Directions

Preheat the oven to 350 degrees F (175 degrees C). Place a cooling rack on top of a large cookie sheet. Spray the rack with vegetable cooking spray.

In a medium bowl, mix together sour cream and minced garlic. In another bowl, stir together the cornflake crumbs, rosemary, sage, garlic powder, salt and pepper. Coat the chicken with the sour cream mixture, then roll in the cornflake mixture. Arrange chicken pieces on top of the cooling rack.

Bake for 1 hour in the preheated oven, until meat is no longer pink, and juices run clear.
Creamy Chicken and Broccoli Casserole

Ingredients

1 (16 ounce) package rotini pasta, uncooked
2 tablespoons butter
3 tablespoons extra-virgin olive oil
2 cups broccoli florets, finely chopped
2 tablespoons all-purpose flour
1 cup chicken broth
1 cup milk
salt and pepper to taste
1/8 teaspoon chipotle chile powder (optional)
2 cups Cheddar cheese, shredded
1/4 cup onion, finely diced
1 pound ground chicken
1 cup sour cream (optional)

Directions

Bring a large pot of lightly salted water to a boil. Add rotini pasta and cook until al dente, 7 to 10 minutes. Drain, cover, and set aside until needed.

Melt butter in a saucepan over medium-high heat, and stir in 1 tablespoon olive oil. Add 1 cup broccoli; toss and cook just until tender, about 5 minutes. Sprinkle broccoli with flour, and cook 1 minute. Stir in the chicken broth, and bring to a boil. Pour in the milk, and stir to blend. Season with salt, pepper, and chipotle pepper powder, if desired. Reduce heat to medium, and simmer mixture until sauce thickens, 8 to 10 minutes. Mix in 1 cup Cheddar cheese and stir until melted. Remove from heat.

Heat the remaining 2 tablespoons olive oil in another large skillet over medium-high heat. Stir in the onion, ground chicken, and remaining 1 cup of broccoli. Cook and stir until chicken is evenly browned and no longer pink, about 10 minutes. Season to taste with salt and pepper. Reduce heat, and cook until liquid is reduced, about 5 minutes.

Preheat oven broiler to High. Lightly grease 9x13 inch baking dish.

Toss the pasta with the broccoli sauce until evenly blended. Stir in the sour cream, if desired. Stir the broccoli sauce mixture into the chicken mixture. Spoon into the prepared baking dish. Top with remaining 1 cup Cheddar cheese.

Cook under preheated broiler until cheese melts and browns around the edges, 3 to 5 minutes.
## Individual Chicken Potpies

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/4 cup chopped onion</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons chopped green pepper</td>
<td></td>
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<tr>
<td>1/4 cup butter</td>
<td></td>
</tr>
<tr>
<td>1/3 cup all-purpose flour</td>
<td></td>
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<tr>
<td>1 (14.5 ounce) can chicken broth</td>
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</tr>
<tr>
<td>1 cup milk</td>
<td></td>
</tr>
<tr>
<td>1 cup fresh broccoli florets</td>
<td></td>
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<tr>
<td>1/2 cup fresh cauliflowerets</td>
<td></td>
</tr>
<tr>
<td>1/2 cup thinly sliced celery</td>
<td></td>
</tr>
<tr>
<td>1/2 cup thinly sliced carrot</td>
<td></td>
</tr>
<tr>
<td>1 cup shredded Swiss cheese</td>
<td></td>
</tr>
<tr>
<td>2 cups cubed, cooked chicken</td>
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### PASTRY:

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/3 cups all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon paprika</td>
<td></td>
</tr>
<tr>
<td>1/2 cup shortening</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons cold water</td>
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</tbody>
</table>

### Directions

In a large saucepan, saute the onion and green pepper in butter until onion is tender. Add flour until blended. Stir in the broth, milk, broccoli, cauliflower, celery and carrot. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat. Stir in cheese. Divide chicken among four ungreased 1-1/2-cup baking dishes. Top with vegetable mixture.

For pastry, combine the flour, salt and paprika in a bowl; cut in shortening until crumbly. Gradually add water, tossing with a fork until dough forms a ball. Divide into four portions; roll out each to 1/8-in. thickness. Place pastry over vegetable mixture. Trim pastry to 1/2 in. beyond edge of dish; flute edges. Cut slits in top. Bake at 350 degrees F for 30-40 minutes or until golden brown.
## Congealed Chicken Salad

### Ingredients
- 1 (4 pound) whole chicken
- 1/2 cup chopped sweet pickle
- 1 cup mayonnaise
- 1 (8 ounce) package cream cheese
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 2 (.25 ounce) envelopes unflavored gelatin

### Directions
In a large pot, boil chicken until done, drain and cool. Remove skin and bones and chop meat into small pieces. In a bowl, combine chicken, pickles and mayonnaise.

In a saucepan, heat soup and gelatin until gelatin dissolves. Remove from heat and add cream cheese. Stir until smooth.

Add chicken, pickles and mayonnaise to cream cheese mixture and mix until smooth. Pour into a greased mold and chill until firm.
Pressure Cooker Italian Chicken Soup

**Ingredients**
- 2 teaspoons olive oil
- 4 Italian turkey sausage links, casings removed
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1/2 cup pearl barley
- 1 cup green lentils
- 1 bone-in chicken breast half, skin removed
- 1/2 cup chopped fresh parsley
- 3 cups chicken stock
- 1 (15 ounce) can chickpeas (garbanzo beans), drained
- 1 (16 ounce) bag fresh spinach leaves, chopped
- 1 cup mild salsa

**Directions**

heat 1 teaspoon olive oil in a pressure cooker over medium heat. Add sausage meat, and cook until browned, breaking it into crumbles. Remove sausage to a plate and drain oil. Add another 1 teaspoon of olive oil to pressure cooker; cook onion and garlic until onion is transparent. Add barley and stir 1 minute. Return sausage to pressure cooker. Add lentils, chicken, parsley, and chicken stock to cooker, adding enough stock to completely cover chicken. Close cover securely; place pressure regulator on vent pipe. Bring pressure cooker to full pressure over high heat (this may take 15 minutes). Reduce heat to medium high; cook for 9 minutes. Pressure regulator should maintain a slow steady rocking motion; adjust heat if necessary.

Remove pressure cooker from heat; use quick-release following manufacturer's instructions or allow pressure to drop on its own. Open cooker and remove chicken; shred meat and return to soup. Add garbanzo beans, spinach and salsa; stir to blend and heat through before serving.
Campbell's Kitchen Creamy Chicken Enchiladas

**Ingredients**

1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup or Campbell's® Condensed 98% Fat Free Cream of Chicken Soup
1 (8 ounce) container sour cream
1 cup Pace® Picante Sauce
2 teaspoons chili powder
2 cups chopped cooked chicken
1 cup shredded Monterey Jack cheese
10 Mission® Fajita Size Flour Tortillas, warmed
1 medium tomato, chopped
1 green onion, sliced

**Directions**

Mix soup, sour cream, picante sauce and chili powder.

Mix 1 cup picante sauce mixture, chicken and cheese.

Spread about 1/4 cup chicken mixture down center of each tortilla. Roll up and place seam-side down in 3-quart shallow baking dish. Pour remaining picante sauce mixture over enchiladas. Cover.

Bake at 350 degrees F for 40 minutes or until hot. Top with tomato and onion.
Pesto Cheesy Chicken Rolls

Ingredients

4 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
1 cup prepared basil pesto
4 thick slices mozzarella cheese

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Spread 2 to 3 tablespoons of the pesto sauce onto each flattened chicken breast. Place one slice of cheese over the pesto. Roll up tightly, and secure with toothpicks. Place in a lightly greased baking dish.

Bake uncovered for 45 to 50 minutes in the preheated oven, until chicken is nicely browned and juices run clear.
Chicken and Artichoke Pizza

**Ingredients**

1 (11 ounce) package Tyson® Grilled and Ready® Fully Cooked Grilled Chicken Breast Strips
1 (10 ounce) pre-baked pizza crust
4 Roma tomatoes, thinly sliced
1 clove garlic, minced
1 (6 ounce) jar artichoke hearts, marinated, drained and coarsely chopped
1/2 teaspoon dried basil leaves
1 1/2 cups mozzarella cheese, shredded

**Directions**

Preheat oven to 425 degrees F. Place pizza crust on baking sheet.

Top pizza crust evenly with tomato slices. Sprinkle with garlic. Top with artichokes and chicken. Sprinkle with basil. Top with cheese.

Bake pizza 12 to 17 minutes or until hot and cheese is melted.
Baked Crumbled Chicken

Ingredients

1 1/2 cups crushed cornflakes
2 tablespoons minced fresh parsley
2 teaspoons paprika
1 1/2 teaspoons salt
1 1/2 teaspoons dried basil
1/2 teaspoon pepper
2 eggs
1/2 cup milk
1 (3 1/2) pound broiler-fryer chicken, cut up
1/4 cup butter or margarine, melted

Directions

In a shallow bowl or large resealable plastic bag, combine cornflakes, parsley, paprika, salt, basil and pepper. In another bowl, beat eggs and milk. Dip chicken pieces in egg mixture, then coat generously with crumb mixture. Place in an ungreased 13-in. x 9-in. x 2-in. baking dish. Drizzle with butter. Bake, uncovered, at 375 degrees F for 50-60 minutes or until golden brown and juices run clear.
### Ingredients
- 6 skinless, boneless chicken breast halves - cut into chunks
- 4 limes, juiced
- 1 cup water
- 2 teaspoons ground allspice
- 1/2 teaspoon ground nutmeg
- 1 teaspoon salt
- 1 teaspoon brown sugar
- 2 teaspoons dried thyme
- 1 teaspoon ground ginger
- 1 1/2 teaspoons ground black pepper
- 2 tablespoons vegetable oil
- 2 onions, chopped
- 1 1/2 cups chopped green onions
- 6 cloves garlic, chopped
- 2 habanero peppers, chopped

### Directions
Place chicken in a medium bowl. Cover with lime juice and water. Set aside.

In a blender or food processor, place allspice, nutmeg, salt, brown sugar, thyme, ginger, black pepper and vegetable oil. Blend well, then mix in onions, green onions, garlic and habanero peppers until almost smooth.

Pour most of the blended marinade mixture into bowl with chicken, reserving a small amount to use as a basting sauce while cooking. Cover, and marinate in the refrigerator for at least 2 hours.

Preheat an outdoor grill for medium heat.

Brush grill grate with oil. Cook chicken slowly on the preheated grill. Turn frequently, basting often with remaining marinade mixture. Cook to desired doneness.
Ingredients

6 skinless, boneless chicken breast halves
1 (10.75 ounce) can condensed cream of celery soup
8 ounces shredded Cheddar cheese
1 cup croutons

Directions

Preheat oven to 350 degrees F (175 degrees C).
Place chicken breasts in a 9x13 inch baking dish. Spread soup over chicken, sprinkle cheese over soup and top with croutons.
Bake at 350 degrees F (175 degrees C) for 45 to 50 minutes or until chicken is cooked through and no longer pink inside.
Pea Shoots and Chicken in Garlic Sauce

Ingredients

- 2 skinless, boneless chicken breast halves - cut into thin strips
- 1 tablespoon cornstarch
- 1 1/2 teaspoons sesame oil
- 2 tablespoons vegetable oil
- 4 cloves garlic, minced
- 1 bunch pea shoots, trimmed
- 3/4 cup chicken broth
- Salt and black pepper to taste

Directions

Toss the strips of chicken breast with the cornstarch in a mixing bowl. Sprinkle with the sesame oil and toss until evenly mixed.

Heat the vegetable oil in a wok or large skillet over high heat. Stir in the chicken and cook until lightly browned, about 5 minutes. Add the garlic and cook until fragrant. Stir in the pea shoots just until wilted; pour in the chicken broth and bring to a simmer. Cook and stir a few minutes until the chicken broth has thickened. Season to taste with salt and pepper.
Garlic Creamed Chicken

**Ingredients**

- 2 pounds skinless, boneless chicken breast halves - cut into strips
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 cup sour cream
- 1/2 (8 ounce) package cream cheese, softened
- 2 cloves garlic, minced

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in an ungreased 9x13 inch baking dish. In a medium bowl combine the soup, sour cream, cream cheese and garlic. Mix well and pour mixture over chicken.

Bake uncovered in preheated oven for 1 hour.
Grilled Sesame Chicken

**Ingredients**

1 cup olive oil or vegetable oil
1 cup white grape juice
1 cup soy sauce
1 cup chopped green onions
1/3 cup sesame seeds, toasted
2 tablespoons ground mustard
1 1/2 teaspoons ground ginger
2 teaspoons pepper
8 cloves garlic, minced
12 boneless, skinless chicken breast halves

**Directions**

In a large resealable plastic bag, combine the first nine ingredients. Remove 1/2 cup for basting; cover and refrigerate. Add chicken to the bag; seal and turn to coat. Refrigerate for 6-8 hours.

Drain and discard marinade from chicken. Grill, covered, over medium heat for 6 minutes. Turn and cook 6-8 minutes longer or until met juices run clear, basting occasionally with the reserved marinade.
Eve's Chicken Quarters

**Ingredients**

- 4 chicken leg quarters
- 1 (4.5 ounce) package instant long grain and wild rice
- 2 cups water
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (8 ounce) container sour cream
- 2 cloves garlic, crushed
- 1 tablespoon minced garlic
- 1 cup chopped broccoli

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Place chicken quarters in a 9x13 inch baking dish and bake in preheated oven, covered, for 45 minutes.

Meanwhile, in a large bowl combine rice and seasoning packages, water, soup, sour cream, crushed garlic, minced garlic and broccoli. Mix well.

Remove chicken to a platter and drain oil. Spread rice mixture in the bottom of the baking dish, then arrange chicken on top of rice. Bake uncovered for 30 to 45 minutes, or until wild rice is opened up and liquid is absorbed.
Chicken and Cheese Stuffed Jumbo Shells

**Ingredients**

1 (12 ounce) package jumbo pasta shells
4 skinless, boneless chicken breast halves - cubed
1 onion, chopped
1 egg
1 cup dry bread crumbs
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
salt and pepper to taste
8 ounces shredded mozzarella cheese
8 ounces shredded Cheddar cheese
1 (29 ounce) can tomato sauce

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Separate shells and let stand, so they are not touching, on waxed paper or foil.

In large skillet over medium heat, combine chicken, onion, egg and bread crumbs. Cook until chicken is no longer pink. Season with oregano, basil, salt and pepper. Stir in three-quarters of the shredded mozzarella and cheddar; cook until cheeses melt.

Fill shells with chicken mixture, using a tablespoon, and place in a 9 x 13 baking dish. Cover the shells with the tomato sauce and top with the reserved cheese. Cover with foil and bake 45 minutes, or until lightly browned and bubbly.
Oriental Chicken Skillet

**Ingredients**

- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breasts
- 1 (10.75 ounce) can Campbell’s® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 1/3 cup water
- 1 tablespoon soy sauce
- 1/4 teaspoon ground ginger
- 1 (10 ounce) package frozen cut green beans
- 2 green onions, cut into 1-inch pieces
- Hot cooked rice

**Directions**

Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook for 10 minutes or until it's well browned on both sides.

Stir the soup, water, soy sauce, ginger, beans and green onions into the skillet. Heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through. Serve with rice.
**Ingredients**

1 (3 pound) whole chicken
1/4 cup soy sauce
2 tablespoons sesame seeds
1/8 teaspoon salt
1/8 teaspoon ground black pepper
1 green onion, minced
1 clove garlic, minced
1 teaspoon peanut oil
1 tablespoon white sugar
1 teaspoon monosodium glutamate (MSG)

**Directions**

Using a sharp knife, remove all chicken meat from bones. Cut into 1/8 inch thick, 2 inch square slices. Put chicken in a medium bowl and add soy sauce.

In an iron skillet heat sesame seeds until they begin to swell up and pop. Put the seeds in the bottom of a wooden bowl along with the salt. Using the back of a large spoon, crush the seeds as finely as possible. Add the pepper, onion, garlic, oil, sugar and monosodium glutamate. Mix together. Stir the chicken and soy sauce into this mixture and let stand for 30 minutes.

Put chicken mixture in previously used skillet. Cover and cook over low heat until chicken is tender (if it becomes too dry during the cooking time, add a little water).
Candied Chicken Breasts

Ingredients

10 skinless, boneless chicken breast halves
2 cups dry bread crumbs
2 tablespoons all-purpose flour
1 tablespoon dried oregano
2 teaspoons salt
2 teaspoons ground black pepper
1 tablespoon vegetable oil
1 1/2 cups packed brown sugar
1/4 cup prepared mustard
1/2 cup ketchup
1 tablespoon Worcestershire sauce
1 tablespoon soy sauce
1/4 cup grated onion
1/2 teaspoon salt
3/4 cup water
10 pineapple rings

Directions

Rinse chicken breasts and pat dry. In a shallow dish or bowl, mix together the bread crumbs, flour, oregano, 2 teaspoons salt and pepper. Heat oil in a large skillet over medium high heat; dredge chicken in bread crumb mixture and brown in skillet, about 3 to 4 minutes each side. Layer chicken in 2 lightly greased 9x13 inch baking dishes.

Preheat oven to 350 degrees F (175 degrees C).

In a large saucepan over low heat, combine the brown sugar, mustard, ketchup, Worcestershire sauce, soy sauce, onion, 1/2 teaspoon salt and water. Bring to a boil, and pour over chicken. Cover baking dishes with aluminum foil.

Bake in preheated oven for 1 hour, or until chicken is no longer pink and juices run clear. Top each piece with a pineapple ring, and serve.
Lizzy's Creamy Chicken Bake

Ingredients

- 6 skinless, boneless chicken breast halves
- seasoning salt to taste
- 1 tablespoon olive oil
- 1 (16 ounce) container sour cream
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (1 ounce) package dry onion soup mix

Directions

Preheat oven to 350 degrees F (175 degrees C).

Sprinkle the chicken breasts with seasoning salt to taste. In a large skillet, brown the chicken in olive oil, on both sides, until they are golden brown.

Then place the chicken in a 9x13 inch baking dish. In a medium size bowl, combine the sour cream, chicken soup and dry onion soup mix. Pour the mixture over the chicken and bake in the preheated oven for 25 to 30 minutes. Let cool and serve.
One-Dish Chicken and Stuffing Bake

Ingredients

1 1/4 cups boiling water
4 tablespoons butter or margarine
4 cups Pepperidge Farm® Herb Seasoned Stuffing
6 skinless, boneless chicken breasts
Paprika
1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup or Campbell's® Condensed 98% Fat Free Cream of Mushroom Soup
1/3 cup milk
1 tablespoon chopped fresh parsley

Directions

Mix water and butter. Add stuffing. Mix lightly.

Spoon stuffing along center of 3-quart shallow baking dish. Arrange chicken on each side of stuffing and sprinkle with paprika.

Mix soup, milk and parsley. Pour over chicken. Cover.

Bake at 400 degrees F for 30 minutes or until done.
Grilled Picante BBQ Chicken

**Ingredients**

- 3/4 cup Pace® Picante Sauce
- 1/4 cup barbecue sauce
- 6 skinless, boneless chicken breast halves

**Directions**

Stir the picante sauce and barbecue sauce in a small bowl. Reserve all but 1/2 cup picante sauce mixture to serve with the chicken.

Lightly oil the grill rack and heat the grill to medium. Grill the chicken for 15 minutes or until cooked through, turning and brushing often with the remaining picante sauce mixture. Discard the remaining picante sauce mixture.

Serve the chicken with the reserved picante sauce mixture.
Basil Cream Chicken

Ingredients

- 1/4 cup milk
- 1/4 cup bread crumbs
- 1 pound skinless, boneless chicken breast halves
- 3 tablespoons butter
- 1/2 cup chicken broth
- 1 cup heavy whipping cream
- 1 (4 ounce) jar sliced pimento peppers, drained
- 1/2 cup grated Parmesan cheese
- 1/4 cup chopped fresh basil
- 1/8 teaspoon ground black pepper

Directions

Place milk and bread crumbs in separate shallow bowls. Dip chicken in the milk, then coat with breadcrumbs. In a skillet over medium heat, fry chicken in butter or margarine, on both sides, until the juices run clear. Remove from skillet and keep warm.

Add the broth to the skillet; bring to a boil over medium heat. Stir to loosen browned bits from pan. Stir in the cream and pimentos; boil and stir for one minute. Reduce heat; add the Parmesan cheese, basil and black pepper. Simmer and stir until heated through. To serve, pour the sauce over the chicken.
## Ingredients

- 2 (6 ounce) skinless, boneless chicken breast halves
- 1/2 teaspoon lemon pepper, divided
- 1/4 teaspoon salt
- 1 large onion, thinly sliced
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/4 teaspoon garlic powder
- 2 tablespoons orange marmalade

## Directions

Flatten chicken to 1/4-in. thickness. Sprinkle with 1/4 teaspoon lemon-pepper and salt; set aside.

In a large skillet, saute onion in oil and butter until tender. Sprinkle with the garlic powder and remaining lemon-pepper. Remove the onion and keep warm.

In the same skillet, cook chicken over medium heat for 3 minutes on each side or until browned. Spread marmalade over chicken. Return onion to the pan. Reduce heat; cover and simmer for 2-3 minutes or until the marmalade is melted and chicken juices run clear.
Ingredients

8 skinless, boneless chicken breast halves
1 cup brown sugar
4 fresh peaches - peeled, pitted and sliced
1/8 teaspoon ground ginger
1/8 teaspoon ground cloves
2 tablespoons fresh lemon juice

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

Place chicken in the prepared baking dish, and sprinkle with 1/2 cup of brown sugar. Place peach slices over chicken, then sprinkle with remaining 1/2 cup brown sugar, ginger, cloves, and lemon juice.

Bake for about 30 minutes in the preheated oven, basting often with juices, until chicken is cooked through and juices run clear.
Amy's Barbecue Chicken Salad

**Ingredients**

- 2 skinless, boneless chicken breast halves
- 1 head red leaf lettuce, rinsed and torn
- 1 head green leaf lettuce, rinsed and torn
- 1 fresh tomato, chopped
- 1 bunch cilantro, chopped
- 1 (15.25 ounce) can whole kernel corn, drained
- 1 (15 ounce) can black beans, drained
- 1 (2.8 ounce) can French fried onions
- 1/2 cup Ranch dressing
- 1/2 cup barbeque sauce

**Directions**

Preheat the grill for high heat.

Lightly oil the grill grate. Place chicken on the grill, and cook 6 minutes per side, or until juices run clear. Remove from heat, cool, and slice.

In a large bowl, mix the red leaf lettuce, green leaf lettuce, tomato, cilantro, corn, and black beans. Top with the grilled chicken slices and French fried onions.

In a small bowl, mix the Ranch dressing and barbeque sauce. Serve on the side as a dipping sauce, or toss with the salad to coat.
### Ingredients

- 2 skinless, boneless chicken breast halves
- 1 tablespoon olive oil
- 1 teaspoon butter
- 1 teaspoon lemon pepper
- 1 bulb fennel, trimmed and thinly sliced
- 1/4 cup cream sherry
- 1 1/2 cups sliced crimini mushrooms
- 1/4 cup diced red bell pepper
- 3 tablespoons finely minced fresh parsley
- 1 cup buttermilk
- 1/2 cup half-and-half cream
- 1 1/2 cups water
- 2 teaspoons chicken soup base

### Directions

Heat oil and butter in a saucepan over medium-high heat. Brown chicken on both sides then reduce heat to medium. Add lemon pepper, fennel and cream sherry. Simmer until chicken is cooked through but not dry. When chicken is cooked, remove it from the pan and set aside to cool.

While chicken is cooling, add mushrooms, red pepper, parsley, buttermilk, half and half, water and chicken soup base; stir. Tear chicken into bite sized pieces and return them to the soup. Heat until warmed through but do not boil, mushrooms and peppers should still be firm.
### Ingredients
- 4 large skinless, boneless chicken thighs
- 1 cup teriyaki sauce
- 1 tablespoon tomato-based chili sauce
- 4 servings butter-flavored cooking spray
- 4 slices deli ham
- 4 (1 ounce) pieces low-fat string cheese
- 4 toothpicks
- 1 cup panko bread crumbs

### Directions
Place the chicken thighs between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to a thickness of 1/2-inch.

Whisk together the teriyaki sauce and chili sauce in a bowl, and pour into a resealable plastic bag. Add the chicken, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 18 to 24 hours.

Preheat an oven to 350 degrees F (175 degrees C). Spray a 9x13-inch baking dish with butter-flavored cooking spray.

Remove the chicken from the marinade, and shake off excess. Discard the remaining marinade. Lay each chicken thigh flat, then layer a slice of ham on each thigh followed by the string cheese. Roll up each chicken thigh around the string cheese and ham, and secure each roll with a toothpick. Repeat with the remaining chicken.

Spray each bundle with the butter-flavored cooking spray. Pour panko flakes onto a dish, then roll the bundles into the crumbs and place on prepared baking dish. Lightly spray the bundles once more.

Bake the chicken bundles until no longer pink in the center and the juices run clear, 35 to 40 minutes. An instant-read thermometer inserted into the center of the chicken should read at least 165 degrees F (74 degrees C).
Chicken, Tom Yum and Karengo Soup

**Ingredients**

6 white onions, julienned
8 ounces fresh ginger root
6 red bell peppers, julienned
1 stalk celery, sliced thin
2 green chile peppers, chopped
2 lemon grass, chopped
10 kaffir lime leaves
1/2 cup oyster sauce
1 cup soy sauce
3 1/2 (4 ounce) jars tom yum soup paste
14 quarts chicken broth
6 1/2 pounds skinless, boneless chicken breast halves - cut into strips
salt to taste
1 cup reconstituted karengo (seaweed)
1 teaspoon sesame oil

**Directions**

In a large stock pot saute onions, red bell peppers, celery, lemongrass, chile peppers and ginger in sesame oil.

Add chicken stock and simmer for 5 minutes.

Add lime leaves, oyster sauce, soy sauce, tom yum paste and cut up chicken. Simmer for 20 minutes and then check the seasoning. Add more oyster sauce, soy sauce or tom yum paste if necessary. At this point also season with salt.

Add seaweed, garnish with cilantro and serve.
Chicken with Mushrooms, Prosciutto, and Cream

Ingredients

2 tablespoons butter or margarine, melted
6 chicken thighs
salt and pepper to taste
6 slices prosciutto (thin sliced)
2 tablespoons minced garlic, divided
1 cup sliced fresh mushrooms
1/4 cup dry white wine (optional)
1 cup sour cream

Directions

Preheat oven to 350 degrees F (175 degrees C).

Drizzle butter into a casserole dish. Season chicken with salt, pepper, and 1 tablespoon garlic. Wrap chicken thighs in prosciutto, and place in casserole dish. Sprinkle mushrooms and remaining garlic on top of chicken.

Bake in a preheated oven until juices run clear, about 1 hour. Remove chicken to a platter, and cover with aluminum foil to keep warm.

Pour drippings from casserole into a skillet set over medium-low heat. Whisk in wine and sour cream, and cook until warmed through, about 5 to 7 minutes. Pour over chicken, and serve.
Super Easy Chicken Chili

**Ingredients**
- 2 tablespoons olive oil
- 1 onion, chopped
- 1 1/2 (14 ounce) cans chicken broth
- 2 (15.5 ounce) cans great Northern beans
- 1 (4 ounce) can chopped green chile peppers
- 1 roasted chicken, bones and skin removed, meat torn into bite-size pieces
- 3 tablespoons ground cumin
- 2 tablespoons chili powder
- 2 tablespoons cayenne pepper
- 1 (8 ounce) container sour cream
- 1 (8 ounce) package shredded Monterey Jack cheese

**Directions**
Heat olive oil in a large saucepan over medium heat. Stir in onions, and cook until softened and translucent, about 3 minutes. Pour in chicken broth, great Northern beans, chopped chiles, and torn chicken. Season with cumin, chili powder, and cayenne pepper. Increase heat to medium-high to bring to a boil, then reduce heat to medium-low, and simmer for 10 minutes.

Stir in sour cream and simmer for 5 minutes. To serve, ladle into bowls and sprinkle with Monterey Jack cheese.
Ingredients

8 ounces cavatapi or penne pasta, uncooked
2 teaspoons olive oil
1/2 cup minced onion
2 cloves garlic, minced
1 pound ground chicken
1 (24 ounce) jar spicy red pepper pasta sauce
1 cup Sargento® Shredded Reduced Sodium Mozzarella Cheese
1/2 cup chopped fresh basil or Italian parsley

Directions

Cook pasta according to package directions, omitting salt.

Meanwhile, heat oil in large saucepan over medium heat. Add onion and garlic; saute 3 minutes. Add chicken; saute until chicken is no longer pink, about 5 minutes. Add pasta sauce; simmer 10 minutes.

Drain pasta; transfer to four shallow bowls. Top with chicken ragu, cheese and basil.
Ingredients

1 cup minced fresh cilantro
1 cup minced fresh parsley
1/3 cup chopped walnuts
1/3 cup grated Parmesan cheese
2 garlic cloves
1/4 cup olive or vegetable oil
8 (6 inch) flour tortillas
1 cup diced cooked chicken
2 cups diced tomatoes
1 (2.25 ounce) can sliced ripe olives, drained
1/2 cup shredded mozzarella cheese
1/2 cup shredded Cheddar cheese

Directions

For pesto, combine the first five ingredients in a blender or food processor; cover and process until smooth. While processing, add oil in a steady stream.

Place tortillas on two ungreased baking sheets. Spread each with about 1 tablespoon pesto. Sprinkle with chicken, tomatoes, olives and cheese. Bake at 450 degrees F for 5-8 minutes or until cheese is melted.
**Ingredients**

- 1 (8.5 ounce) package corn bread/muffin mix
- 1 (1 ounce) package ranch salad dressing mix
- 1 cup milk
- 6 (4 ounce) skinless, boneless chicken breast halves
- 2 tablespoons vegetable oil

**Directions**

In a large resealable plastic bag, combine corn bread mix and salad dressing mix. Pour milk into a shallow bowl. Dip chicken in milk, then place in bag and shake to coat.

In a large skillet or Dutch oven over medium-high heat, brown chicken in oil on both sides. Cook, uncovered, over medium heat for 6-7 minutes on each side or until juices run clear.
Busy Day Chicken Rice Casserole

**Ingredients**

- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (10.75 ounce) can condensed cream of celery soup
- 1 cup water
- 1 cup uncooked white rice
- 1 (4.5 ounce) can mushrooms, drained
- 1 pinch garlic powder
- Ground black pepper to taste
- 1 (1 ounce) package dry onion soup mix
- 8 skinless, boneless chicken breast halves

**Directions**

Preheat oven to 325 degrees F (165 degrees C).

In a large bowl combine the mushroom soup, celery soup, water, rice, mushrooms, garlic powder and black pepper. Mix all together. Pour mixture into a 9x13 inch baking dish and spread on bottom.

Lay chicken pieces over soup mixture and sprinkle dry onion soup mix over all. Cover tightly with aluminum foil and bake in the preheated oven for 1 to 1 1/2 hours or until chicken is cooked through and no longer pink inside.
**Ingredients**

- 1 (14.5 ounce) can cream of pumpkin soup
- 1 cup milk
- 1 teaspoon vegetable oil
- 1 pound boneless chicken, chopped
- 1 (16 ounce) jar spaghetti sauce
- 9 lasagna noodles
- 1 1/2 cups shredded mozzarella cheese

**Directions**

In a large bowl, combine milk and cream of pumpkin soup. Set aside.

Heat oil in a large saucepan over medium heat. Add chicken, and sauté until done. Stir in Bolognese sauce; simmer for 15 minutes, stirring occasionally.

Spoon 1/3 meat sauce into a 2 quart casserole dish, cover with 3 uncooked noodles, and top with 1/3 soup mixture. Repeat twice. Sprinkle cheese over lasagna.

Bake in a preheated 400 degree F (200 degree C) oven for 35 minutes, or until hot and bubbly. Remove from oven, and let stand 15 minutes before serving.
Almond Lemon Chicken

**Ingredients**
- 5 tablespoons lemon juice
- 3 tablespoons Dijon-style prepared mustard
- 2 cloves garlic, chopped
- 1/4 teaspoon ground white pepper
- 6 1/2 tablespoons olive oil
- 6 skinless, boneless chicken breasts
- 1 cup sliced almonds
- 2 cups chicken broth
- 1 teaspoon cornstarch, dissolved in 1 tablespoon water
- 2 tablespoons orange marmalade
- 2 tablespoons butter, cut into pieces
- 2 tablespoons chopped fresh parsley
- 1/4 teaspoon crushed red pepper flakes
- 6 slices lemon, for garnish

**Directions**

Combine the lemon juice, mustard, garlic and white pepper. Beat in 5 tablespoons of the olive oil. Put the chicken in a shallow container and pour the lemon mixture over it. Cover and refrigerate for at least 1 hour.

In a large skillet, saute the almonds in 1/2 tablespoon of the olive oil until golden. Remove from skillet and reserve. Wipe out the skillet. Drain the chicken, reserving the lemon marinade. Add remaining 1 tablespoon olive oil to skillet, then add chicken breasts and brown over high heat until breast is brown on each side (6 to 10 minutes). Remove from skillet and reserve.

Strain the lemon marinade into the skillet. Bring to a boil and boil for 1 minute. Add chicken broth and cornstarch/water mixture. Cook over high heat, stirring occasionally, until the mixture reduces by half (about 5 minutes). Add marmalade and stir over medium heat until melted. Stir in the butter a bit at a time over high heat, stirring constantly. Stir in parsley and red pepper flakes. Return chicken to skillet and heat through. Add reserved almonds and garnish with lemon slices.
Slow Cooker Sweet and Tangy Chicken

Ingredients

- 2 (18 ounce) bottles barbecue sauce
- 1 (15 ounce) can pineapple chunks
- 1 green bell pepper, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 8 boneless, skinless chicken breast halves

Directions

In a large bowl, mix together barbecue sauce, pineapple with juice, green bell pepper, onion, and garlic.

Arrange 4 of the chicken breasts in the bottom of a slow cooker. Pour half of the barbecue sauce over the chicken. Place remaining chicken in slow cooker, and pour remaining sauce over the top.

Cover, and cook on Low for 8 to 9 hours.
Chicken Kiev

**Ingredients**

- 1/3 cup butter
- 1/2 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 2 pounds skinless, boneless chicken breast halves
- 2 eggs
- 3 tablespoons water
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried dill weed
- 3/4 cup all-purpose flour
- 3/4 cup dry bread crumbs
- 2 cups vegetable oil for frying
- 1/2 lemon, sliced
- 1/4 cup chopped fresh parsley

**Directions**

Combine 1/3 cup butter, 1/2 teaspoon pepper and 1 teaspoon garlic powder. On a 6x6 inch piece of aluminum foil, spread mixture to about 2x3 inches. Place this mixture in the coldest section of your freezer and freeze until firm. This can be done ahead of time.

Remove all fat from the chicken breast. If using whole chicken breasts, cut them in half. Place each chicken breast half between 2 pieces of waxed paper and using a mallet, pound carefully to about 1/4 inch thickness or less.

When butter mixture is firm, remove from freezer and cut into 6 equal pieces. Place one piece of butter on each chicken breast. Fold in edges of chicken and then roll to encase the butter completely. Secure the chicken roll with small skewers or toothpicks.

In a mixing bowl, beat eggs with water until fluffy. In a separate bowl, mix together 1/4 teaspoon black pepper, 1/2 teaspoon garlic powder, dill weed and flour. Coat the chicken well with the seasoned flour. Dip the floured chicken in the egg mixture and then roll in the bread crumbs. Place coated chicken on a shallow tray and chill in refrigerator for 30 minutes.

In a medium size deep frying pan, heat vegetable oil to medium-high. Fry chicken for about 5 minutes then turn over and fry for 5 minutes longer or until the chicken is golden brown. To test for doneness, cut into one of the rolled chicken breasts to make sure it doesn't have a pink interior. Serve immediately, garnished with a sliced lemon twist and a sprinkling or parsley.
California Chicken Casserole

**Ingredients**

- 1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
- 1/3 cup milk
- 1 (16 ounce) package frozen California blend vegetables, thawed
- 1 1/2 cups cubed cooked chicken
- 1 1/2 cups shredded Swiss cheese, divided
- 1 (2 ounce) jar diced pimientos, drained
- Salt and pepper to taste
- Hot cooked rice

**Directions**

In a bowl, combine soup and milk. Stir in vegetables, chicken, 1-1/4 cups cheese, pimientos, salt and pepper. Transfer to a greased 9-inch square baking dish. Cover and bake at 350 degrees F for 40 minutes. Uncover; top with remaining cheese. Bake 5-10 minutes longer or until bubbly. Let stand for 5 minutes. Serve over rice.
### Bandito Chicken Wings

#### Ingredients
- 12 whole chicken wings
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup butter or margarine, divided
- 2 tablespoons cooking oil
- 1/2 cup taco sauce
- 1/4 cup barbecue sauce
- 1/4 cup French salad dressing
- 1 teaspoon Worcestershire sauce
- 1/8 teaspoon hot pepper sauce

#### Directions
Cut chicken wings into three sections; discard wing tips. Sprinkle with salt and pepper. In a skillet over medium heat, combine 2 tablespoons butter and oil. Fry chicken until brown, about 6-8 minutes on each side. Place in a greased 13-in. x 9-in. x 2-in. baking dish. In a saucepan, combine taco sauce, barbecue sauce, French dressing, Worcestershire sauce, hot pepper sauce and remaining butter; cook and stir over medium heat until butter is melted and sauce is blended. Pour 1/2 cup over the chicken wings. Bake, uncovered, at 300 degrees F for 15-20 minutes or until chicken juices run clear. Serve with the remaining sauce.
Ingredients

- 2 pounds skinless, boneless chicken breast halves - cooked and diced
- 1 (10.75 ounce) can condensed cream of celery soup
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10 ounce) can enchilada sauce
- 1 (14.5 ounce) can diced tomatoes with green chile peppers
- 1 (4 ounce) can diced green chiles
- 1 onion, chopped
- 1 pinch garlic powder
- 1 cup chicken broth
- 1 teaspoon chili powder
- 16 ounces processed cheese spread
- 10 (6 inch) corn tortillas

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a 5 quart pot combine the chicken, cream of celery soup, cream of chicken soup, enchilada sauce, diced tomatoes and green chiles, onion, garlic, chicken broth, chili powder and cheese. Heat over medium high until the cheese is melted and all of the ingredients are mixed together well.

In a 9x13 inch baking dish, layer the mixture and the tortillas like you would lasagna. Make sure to put a thin layer of the mixture on the bottom of the baking dish to prevent sticking. After layering, place dish in the preheated oven and bake for 45 minutes to 1 hour, until cheese starts to brown and bubble. Let stand and cool for at least 10 minutes before serving!
# Bacon Chicken and Dumplings

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>3 slices bacon</td>
<td></td>
</tr>
<tr>
<td>3 large potatoes, peeled and diced</td>
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</tr>
<tr>
<td>1 onion, diced</td>
<td></td>
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<tr>
<td>4 skinless, boneless chicken breast halves - diced</td>
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</tr>
<tr>
<td>3 cups chicken broth</td>
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<tr>
<td>1 teaspoon poultry seasoning</td>
<td></td>
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<tr>
<td>salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>1 (15.25 ounce) can whole kernel corn, drained and rinsed</td>
<td></td>
</tr>
<tr>
<td>3 cups half-and-half</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups biscuit mix</td>
<td></td>
</tr>
<tr>
<td>1 cup milk</td>
<td></td>
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</tbody>
</table>

## Directions

1. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside; reserve bacon drippings in skillet.
2. Add potatoes, onion and chicken to bacon drippings and cook for 15 minutes, stirring occasionally. Pour in chicken broth; season with poultry seasoning, salt and pepper. Stir in corn, and simmer all together for 15 minutes.
3. Pour in half-and-half and bring to a boil; add crumbled bacon. In a medium bowl, combine biscuit mix with milk and mix well (dough should be thick). Drop tablespoon sizes of dough into boiling mixture; reduce heat and simmer for 10 minutes uncovered, then another 10 minutes covered. (Note: Do not stir while simmering, or dumplings will break apart). Serve hot.
Grilled Chicken Over Spinach

**Ingredients**

- 1 tablespoon olive oil
- 1 tablespoon cider vinegar
- 1 garlic clove, minced
- 1 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon salt
- Dash pepper
- 4 (4 ounce) boneless skinless chicken breast halves

SAUTEED SPINACH:
- 1 green onion, finely chopped
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 1/2 pound fresh mushrooms, sliced
- 1 (10 ounce) package fresh spinach, torn

**Directions**

In a bowl, combine the first eight ingredients; mix well. Spoon over chicken. Grill, uncovered, over medium heat for 7 minutes on each side or until juices run clear.

In a large skillet, sauté onion and garlic in oil for 1 minute. Stir in mushrooms; sauté for 3-4 minutes or until tender. Add spinach; sauté for 2 minutes or until wilted. Transfer to a serving platter; top with chicken.
Marinated Greek Chicken Kabobs

**Ingredients**

- 1 (8 ounce) container fat-free plain yogurt
- 1/3 cup crumbled feta cheese with basil and sun-dried tomatoes
- 1/2 teaspoon lemon zest
- 2 tablespoons fresh lemon juice
- 2 teaspoons dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed dried rosemary
- 1 pound skinless, boneless chicken breast halves - cut into 1 inch pieces
- 1 large red onion, cut into wedges
- 1 large green bell pepper, cut into 1 1/2 inch pieces

**Directions**

In a large shallow baking dish, mix the yogurt, feta cheese, lemon zest, lemon juice, oregano, salt, pepper, and rosemary. Place the chicken in the dish, and turn to coat. Cover, and marinate 3 hours in the refrigerator.

Preheat an outdoor grill for high heat.

Thread the chicken, onion wedges, and green bell pepper pieces alternately onto skewers. Discard remaining yogurt mixture.

Grill skewers on the prepared grill until the chicken is no longer pink and juices run clear.
BBQ Sauce for Chicken

Ingredients

- 3 tablespoons vegetable oil
- 2 onions, chopped
- 5 cloves garlic, minced
- 1 (12 fluid ounce) can frozen orange juice concentrate, thawed
- 2 teaspoons mustard powder
- 2 cups ketchup
- 1 lemon, juiced
- 1/2 cup Burgundy wine
- salt and pepper to taste

Directions

In a medium skillet saute onion and garlic for 4 to 5 minutes (until translucent). Add the orange juice, mustard, ketchup, lemon, Chianti/burgundy, salt and pepper. Simmer all together over low heat for 30 minutes, then put through food processor. Sauce may be thinned with water to taste, if desired.
Warm and Limey Chicken Salad

**Ingredients**

- 1/4 cup fresh lime juice
- 3 tablespoons white sugar
- 1 teaspoon grated lime zest
- 1/2 teaspoon rice vinegar
- 1/4 teaspoon Dijon mustard
- 1 pound skinless, boneless chicken breast halves - cut into thin strips
- 2 tablespoons frozen limeade concentrate, thawed
- 1/4 teaspoon black pepper
- 2 tablespoons vegetable oil
- 1 head red leaf lettuce - rinsed, dried and torn
- 1 (11 ounce) can mandarin oranges, drained
- 1/4 cup golden raisins
- 1/4 cup chopped walnuts

**Directions**

In a jar, combine lime juice, sugar, lime zest, rice vinegar, and mustard. Shake well, and set aside. In a small bowl, mix chicken with limeade concentrate and pepper.

Heat oil in a skillet over medium high heat. Cook and stir chicken 4 to 6 minutes, or until no longer pink, and juices run clear.

Divide lettuce onto 4 salad plates. Top with mandarin orange segments, golden raisins, and walnuts. Place cooked chicken on top, and drizzle lightly with dressing.
Wild Rice Mushroom Chicken

**Ingredients**

- 2 (6 ounce) packages long grain and wild rice mix
- 8 skinless, boneless chicken breast halves
- 5 tablespoons butter or margarine, divided
- 1 large sweet red pepper, chopped
- 2 (4.5 ounce) jars sliced mushrooms, drained

**Directions**

Prepare rice according to package directions. Meanwhile, in a large skillet, cook chicken in 3 tablespoons butter for 10 minutes on each side or until browned and juices run clear. Remove chicken and keep warm.

Add remaining butter to pan drippings; saute red pepper until tender. Stir in mushrooms; heat through. Add to rice. Serve four chicken breast with half of the rice mixture. Place remaining chicken in a greased 11-in. x 7-in. x 2-in. baking dish; top with remaining rice mixture. Cool. Cover and freeze for up to 3 months.

To use frozen dish: Thaw in the refrigerator. Cover and bake at 350 degrees F for 35-40 minutes or until heated through.
Herbed Chicken Fettuccine

Ingredients

1 teaspoon salt-free seasoning blend
1 teaspoon poultry seasoning
1 pound boneless, skinless chicken breast, cut in 1-inch pieces
2 tablespoons olive or vegetable oil
4 tablespoons butter or margarine, divided
2/3 cup water
2 tablespoons teriyaki sauce
2 tablespoons onion soup mix
1 (1 ounce) package savory herb and garlic soup mix, divided
8 ounces uncooked fettuccine or pasta of your choice
2 tablespoons grated Parmesan cheese
1 tablespoon Worcestershire sauce

Directions

Combine seasoning blend and poultry seasoning; sprinkle over chicken. In a skillet, sauté chicken in oil and 2 tablespoons butter for 5 minutes or until juices run clear. Add the water, teriyaki sauce, onion soup mix and 2 tablespoons herb and garlic soup mix. Bring to a boil. Reduce heat; cover and simmer for 15 minutes.

Meanwhile, cook the fettuccine according to package directions. Drain; add to the chicken mixture. Add cheese, Worcestershire sauce, remaining butter, and remaining herb and garlic soup mix; toss to coat.
## Gumbo Style Chicken Creole

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup oil for frying</td>
<td></td>
</tr>
<tr>
<td>1/4 cup all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>1 green bell pepper, chopped</td>
<td></td>
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<tr>
<td>1 onion, chopped</td>
<td></td>
</tr>
<tr>
<td>2 cups cooked, chopped chicken breast meat</td>
<td></td>
</tr>
<tr>
<td>1 (14.5 ounce) can diced tomatoes with green chile peppers, with liquid</td>
<td></td>
</tr>
<tr>
<td>1 (4.5 ounce) can sliced mushrooms, drained</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons chopped fresh parsley</td>
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</tr>
<tr>
<td>2 teaspoons Worcestershire sauce</td>
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<tr>
<td>3 cloves garlic, minced</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon soy sauce</td>
<td></td>
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<tr>
<td>1 teaspoon white sugar</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon ground black pepper</td>
<td></td>
</tr>
<tr>
<td>3 dashes hot sauce</td>
<td></td>
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</tbody>
</table>

### Directions

Heat oil in a large skillet over high heat. Stir in flour and cook, stirring constantly, for 5 minutes or until mixture is the color of a copper penny. Reduce heat to low and stir in bell pepper and onion. Cook 10 to 15 minutes, or until tender, stirring occasionally.

Add chicken, tomatoes with green chile peppers, mushrooms, parsley, Worcestershire sauce, garlic, soy sauce, sugar, salt, pepper and hot sauce. Stir together, cover and simmer for 20 minutes.
# Buffalo Chicken Wing Soup

## Ingredients
- 6 cups milk
- 3 (10.75 ounce) cans condensed cream of chicken soup, undiluted
- 3 cups shredded cooked chicken
- 1 cup sour cream
- 1/4 cup hot pepper sauce

## Directions
Combine all ingredients in a slow cooker. Cover and cook on low for 4-5 hours.
**Chicken with Shrimp Sauce**

### Ingredients

- 4 boneless, skinless chicken breasts, cut in half and trimmed
- 1 tablespoon vegetable oil
- 1 tablespoon chopped onion
- 1 teaspoon chopped fresh garlic
- 1 cup chicken broth
- 4 tablespoons butter
- 1/2 cup all-purpose flour
- 1 cup milk
- 1 tablespoon lime juice
- 2 tablespoons tomato paste
- 1/2 cup chicken broth
- 1 teaspoon chopped fresh rosemary leaves
- 2 ounces small, cooked shrimp, peeled and deveined

### Directions

Place chicken breasts on a cutting board, and pound thin with a mallet.

Heat oil in a large skillet over medium-high heat. Stir in onions and garlic. Place chicken in skillet and brown on both sides. Add 1 cup chicken broth, reduce heat to medium low; cover, and simmer for 10 minutes. Remove skillet from heat.

Meanwhile, melt butter in a medium saucepan over low heat. Gradually stir in flour, stirring until smooth. Increase heat to medium, and cook briefly until thickened. Stir in milk, lime juice, and tomato paste; cook until it begins to thicken, about 25 minutes. Stir in 1/2 cup chicken broth to thin sauce, and warm through. Remove from heat, and stir in rosemary and shrimp.

To serve, remove chicken, onions, and garlic to plates with a slotted spoon, and top with sauce.
Enchanted Sour Cream Chicken Enchiladas

Ingredients

- 2 cups cubed cooked chicken
- 1 cup sour cream
- 1/8 teaspoon salt
- 1 pinch ground black pepper
- 1/2 cup vegetable oil for frying
- 12 (5 inch) corn tortillas
- 1 (4 ounce) can chopped green chilies, drained
- 2 cups shredded Monterey Jack cheese

Directions

Preheat an oven to 400 degrees F (200 degrees C). Grease a 9x13 inch baking dish. Combine the chicken, sour cream, salt, and pepper in a bowl; set aside.

Heat the oil in a skillet over medium-high heat. Dip the corn tortillas into the hot oil one at a time until softened, about 10 seconds each. Spoon a heaping tablespoon of chicken mixture onto each tortilla, spread down the center and roll into a cylinder. Place seam side down into the prepared baking dish. When all tortillas are filled and rolled, sprinkle the green chiles over all and top with the shredded Monterey Jack cheese.

Bake in the preheated oven until the cheese has melted and the enchiladas are hot, 12 to 15 minutes.
Honey Curried Roasted Chicken and Vegetables

Ingredients

1 (3 pound) whole chicken
4 medium red potatoes, peeled and quartered
6 carrots, cut into 1/2 inch pieces
2/3 cup honey
1/3 cup Dijon mustard
3 tablespoons butter
2 tablespoons finely chopped onion
2 1/2 teaspoons curry powder
1/2 teaspoon salt
1/4 teaspoon red pepper flakes
1/4 teaspoon ground ginger
1/4 teaspoon finely chopped garlic
12 whole fresh mushrooms
2 apples, cored and quartered (optional)

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place the chicken breast side down on a rack in a roasting pan, and roast 1 hour in the preheated oven.

Place the potatoes and carrots in a pot with enough water to cover, and bring to a boil. Cook 20 minutes, or until tender.

In a saucepan, mix the honey, mustard, butter, onion, curry powder, salt, cayenne pepper, ginger, and garlic. Bring to a boil, stirring constantly. Remove from heat, and set aside.

Drain the drippings from the roasting pan. Arrange the potatoes, carrots, mushrooms, and apples around the chicken. Drizzle the chicken and vegetables with the honey mixture. Continue roasting 20 minutes, or until the glaze has browned. The chicken meat should reach an internal temperature of 180 degrees F (85 degrees C).
Fried Chicken Chunks (Chicharrones De Pollo)

**Ingredients**

1 pound skinless, boneless chicken breast meat - cut into chunks
1/2 cup dark rum
1/2 cup lemon juice
1/2 cup minced garlic
1/4 cup Worcestershire sauce
3 tablespoons garlic powder
1 teaspoon adobo seasoning
1 teaspoon onion powder
1 teaspoon ground black pepper
1 teaspoon ground coriander
2 (.18 ounce) packets sazon with coriander and achiot
3 cups all-purpose flour
4 cups corn oil for frying

**Directions**

Combine the chicken, rum, lemon juice, garlic, Worcestershire sauce, garlic powder, adobo seasoning, onion powder, pepper, coriander, and sazon seasoning in a bowl; stir. Cover and allow to marinate in refrigerator 4 hours.

Heat the oil in a large pot over medium heat to about 300 degrees F (150 degrees C).

Spread the flour into the bottom of a shallow dish. Coat each piece of marinated chicken with flour.

Fry the coated chicken pieces in the hot oil in small batches until no longer pink in the center and golden brown on the outside, 5 to 10 minutes.
**Cajun Chicken Pasta**

### Ingredients

- 4 ounces linguine pasta
- 2 boneless, skinless chicken breast halves, sliced into thin strips
- 2 teaspoons Cajun seasoning
- 2 tablespoons butter
- 1 green bell pepper, chopped
- 1/2 red bell pepper, chopped
- 4 fresh mushrooms, sliced
- 1 green onion, minced
- 1 1/2 cups heavy cream
- 1/4 teaspoon dried basil
- 1/4 teaspoon lemon pepper
- 1/4 teaspoon salt
- 1/8 teaspoon garlic powder
- 1/8 teaspoon ground black pepper
- 2 tablespoons grated Parmesan cheese

### Directions

Bring a large pot of lightly salted water to a boil. Add linguini pasta, and cook for 8 to 10 minutes, or until al dente; drain.

Meanwhile, place chicken and Cajun seasoning in a bowl, and toss to coat.

In a large skillet over medium heat, saute chicken in butter until no longer pink and juices run clear, about 5 to 7 minutes. Add green and red bell peppers, sliced mushrooms and green onions; cook for 2 to 3 minutes. Reduce heat, and stir in heavy cream. Season the sauce with basil, lemon pepper, salt, garlic powder and ground black pepper, and heat through.

In a large bowl, toss linguini with sauce. Sprinkle with grated Parmesan cheese.
Buffalo Chicken Soup

**Ingredients**

- 1/4 cup butter
- 3 stalks celery, diced
- 1 small onion, diced
- 1/4 cup all-purpose flour
- 3/4 cup half-and-half cream
- 3 cups water
- 1 cube chicken bouillon
- 2 cups cubed cooked chicken
- 1/4 cup buffalo wing sauce, or more to taste
- 1 1/2 cups shredded Cheddar cheese
- salt and pepper to taste

**Directions**

Melt the butter in a large pot over medium-high heat; cook the celery and onion in the melted butter until tender, about 5 minutes. Add the flour and allow to cook until absorbed, about 2 minutes more. Slowly stir the half-and-half and water into the mixture. Dissolve the bouillon in the liquid. Stir in the chicken, buffalo wing sauce, and Cheddar cheese. Season with salt and pepper. Reduce heat to medium-low. Stirring occasionally, allow the soup to simmer until the cheese has melted completely, about 10 minutes.
Ingredients

3 cups chopped onion
1 1/2 cups chopped green pepper
4 garlic cloves, minced
2 tablespoons cooking oil
1 1/2 pounds boneless, skinless chicken breast halves, cut into 1/2-inch cubes
2 tablespoons chili powder
1 tablespoon ground cumin
2 teaspoons ground coriander
1/2 teaspoon cayenne pepper
1/2 teaspoon salt
2 (14.5 ounce) cans diced tomatoes, with liquid
2 (10.5 ounce) cans condensed chicken broth
2 cups water
1 (6 ounce) can tomato paste
1 bay leaf
2 (15 ounce) cans garbanzo beans, rinsed and drained

Directions

In a 5-qt. Dutch oven, cook onion, green pepper and garlic in oil over medium-high heat for 10 minutes or until onion is tender. Add chicken; cook and stir constantly for 4 minutes or until browned. Add the next 10 ingredients; bring to a boil. Reduce heat; cover and simmer, stirring occasionally, for 40 minutes. Add beans; cook, uncovered, for 20 minutes, stirring occasionally. Remove bay leaf.
# Mom's Chicken Cacciatore

## Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups all-purpose flour for coating</td>
<td></td>
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<tr>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon ground black pepper</td>
<td></td>
</tr>
<tr>
<td>1 (4 pound) chicken, cut into pieces</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons vegetable oil</td>
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<tr>
<td>1 onion, chopped</td>
<td></td>
</tr>
<tr>
<td>2 cloves garlic, minced</td>
<td></td>
</tr>
<tr>
<td>1 green bell pepper, chopped</td>
<td></td>
</tr>
<tr>
<td>1 (14.5 ounce) can diced tomatoes</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon dried oregano</td>
<td></td>
</tr>
<tr>
<td>1/2 cup white wine</td>
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<tr>
<td>2 cups fresh mushrooms, quartered</td>
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<tr>
<td>salt and pepper to taste</td>
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</tbody>
</table>

## Directions

Combine the flour, salt and pepper in a plastic bag. Shake the chicken pieces in flour until coated. Heat the oil in a large skillet (one that has a cover/lid). Fry the chicken pieces until they are browned on both sides. Remove from skillet.

Add the onion, garlic and bell pepper to the skillet and saute until the onion is slightly browned. Return the chicken to the skillet and add the tomatoes, oregano and wine. Cover and simmer for 30 minutes over medium low heat.

Add the mushrooms and salt and pepper to taste. Simmer for 10 more minutes.
Traci's Chicken Noodle Casserole

**Ingredients**

- 4 boneless chicken breast halves, cooked and cubed
- 2 cups elbow macaroni
- 2 cups milk
- 2 cups condensed cream of celery soup
- 1 cup cubed processed cheese
- 2 onions, chopped
- Salt and pepper to taste

**Directions**

In a 9x13 inch baking dish combine the chicken, macaroni, milk, soup, cheese, onions and salt and pepper to taste. Mix all together, cover dish and let sit in refrigerator overnight.

Preheat oven to 350 degrees F (175 degrees C).

Bake at 350 degrees F (175 degrees C) for 1 hour.
Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a 9x13 inch baking dish. Melt butter in a medium skillet over medium heat. Saute onion, then stir in beer, soup, curry powder, basil and pepper. Reduce heat to low and simmer for about 10 minutes, then pour over chicken.

Bake at 350 degrees F (175 degrees C) for 1 hour; sprinkle with cheese for last 10 minutes of baking.
### Ingredients

- 1 tablespoon wok oil or peanut oil
- 1 pound skinless, boneless chicken breast halves - cut into bite-size pieces
- 1 medium red bell pepper, chopped
- 1 1/2 cups chicken broth
- 2 teaspoons soy sauce
- 1 tablespoon sugar
- 1 clove garlic, minced
- 1/4 teaspoon ground cayenne pepper
- 1 (1 inch) piece fresh ginger root, peeled and chopped
- 1 tablespoon cornstarch
- 1 bunch green onions, chopped
- 1 bunch cilantro, chopped
- 2 cups chopped dry roasted peanuts

### Directions

Heat the oil in a wok over medium heat. Place chicken in the wok, and cook until juices run clear. Mix in red bell pepper, and continue cooking until tender.

In a bowl, mix the broth, soy sauce, sugar, garlic, cayenne pepper, ginger, and cornstarch. Pour into the wok. Toss green onions and cilantro into wok (reserving some of each for garnish). Continue to cook and stir 5 minutes, until slightly thickened. Mix in peanuts, and garnish with reserved green onions and cilantro to serve.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (12 fluid ounce) can cola-flavored carbonated beverage</td>
<td></td>
</tr>
<tr>
<td>1 (6 ounce) can tomato paste</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons finely chopped onion</td>
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</tr>
<tr>
<td>1 tablespoon red wine vinegar or cider vinegar</td>
<td></td>
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<tr>
<td>1 tablespoon Worcestershire sauce</td>
<td></td>
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<tr>
<td>1/4 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>2 (3 pound) broiler-fryer chickens, cut in half</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

In a saucepan, combine the cola, tomato paste, onion, wine or vinegar, Worcestershire sauce and salt. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes. Set aside 1/2 cup for basting; cover and refrigerate.

Carefully loosen the skin of the chicken; brush remaining sauce under skin. Cover and refrigerate for 30 minutes.

Coat grill rack with nonstick cooking spray before starting the grill. Place chicken on grill rack. Grill, uncovered, over indirect medium heat for 20 minutes. Turn; grill 20-30 minutes longer or until chicken juices run clear, basting occasionally with reserved sauce.
Chicken Stuffed Bundles

**Ingredients**

1/2 cup chopped cooked chicken
1 tablespoon chopped celery
1/4 teaspoon dried minced onion
1/4 teaspoon dried parsley flakes

**GRAVY:**
1 (14.5 ounce) can chicken broth
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1/4 teaspoon dried minced onion
1/8 teaspoon dried red pepper flakes (optional)

**DOUGH:**
1 cup all-purpose flour
1 tablespoon baking powder
1 teaspoon sugar
1/2 teaspoon salt
1 tablespoon shortening
6 tablespoons water

**Directions**

Combine the first four ingredients; set aside. In a large saucepan, combine gravy ingredients; mix well. Warm over low heat. In a bowl, combine the first four dough ingredients; mix well. Cut in shortening until mixture resembles coarse crumbs. Stir in water; knead gently. Roll dough to 1/8-in. thickness; cut into six squares. Place a heaping tablespoonful of chicken mixture in the center of each square. Fold dough over and press edges together firmly to seal. Drop bundles into simmering gravy. Cover and cook over medium heat for 15-20 minutes or until pastry flakes.
Garam Masala Chicken

**Ingredients**

- 1 tablespoon olive oil
- 4 (3 ounce) skinless, boneless chicken breast halves
- 1 bunch green onions, chopped
- 1 1/2 cups chopped tomatoes
- 1 teaspoon garlic salt
- 1/4 cup water
- 2 teaspoons garam masala, divided

**Directions**

Heat the olive oil in a large skillet over medium-high heat. Place the chicken breasts in the hot oil and cook until browned on one side, about 3 minutes. Flip the chicken and add the onions; cook another 2 minutes. Add the tomatoes, garlic salt, and water to the chicken; stir. Season with 1 1/2 teaspoon garam masala. Bring the mixture to a boil. Reduce heat to medium-low, cover, and simmer another 10 minutes, stirring occasionally.

Stir the remaining 1/2 teaspoon garam masala through the mixture. Raise heat to medium and bring mixture to a boil. Cook until the chicken no longer pink in the center and the juices run clear, about 5 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
Ingredients

- 3/4 cup all-purpose flour
- 1/8 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/2 teaspoon Italian seasoning
- 4 skinless, boneless chicken breast halves, pounded 1/2 inch thick and cut into thirds
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1 onion, minced
- 1/2 cup white wine
- 1 (14.5 ounce) can chicken broth
- 2 tablespoons lemon juice
- 1 (13.75 ounce) can artichoke hearts, drained and chopped, liquid reserved
- 1/4 cup capers, with liquid
- 2 tablespoons butter

Directions

Mix together the flour, garlic powder, salt, pepper, and Italian seasoning on a plate. One by one, dredge the chicken pieces lightly in the prepared flour mixture.

Heat the olive oil in a large skillet over medium-high heat. Cook the chicken pieces for 2 minutes per side, or until nicely browned. Remove from the skillet and set aside.

Using the same skillet, cook and stir the garlic and onion until translucent, about 5 minutes. Pour the white wine into the skillet, turn the heat to high, and cook until the wine reduces by half, 4 to 5 minutes. Add the chicken broth, lemon juice, artichoke hearts, reserved artichoke liquid, and browned chicken to the skillet. Reduce the heat to medium and cook until the sauce thickens, about 20 minutes. Stir in the capers and butter.
### Ingredients
2 (10.75 ounce) cans Campbell's® Condensed Cream of Potato Soup
1 cup milk
1/4 teaspoon dried thyme leaves, crushed
1/4 teaspoon ground black pepper
4 cups cooked cut-up vegetables*
2 cups cubed cooked chicken
1 (10 ounce) can refrigerated biscuits

### Directions
In 3-quart shallow baking dish mix soup, milk, thyme, pepper, vegetables and chicken.

Bake at 400 degrees F for 15 minutes or until hot. Stir. Arrange biscuits over chicken mixture. Bake 15 minutes more or until biscuits are golden.
Greek Penne and Chicken

Ingredients
1 (16 ounce) package penne pasta
1 1/2 tablespoons butter
1/2 cup chopped red onion
2 cloves garlic, minced
1 pound skinless, boneless chicken breast halves - cut into bite-size pieces
1 (14 ounce) can artichoke hearts in water
1 tomato, chopped
1/2 cup crumbled feta cheese
3 tablespoons chopped fresh parsley
2 tablespoons lemon juice
1 teaspoon dried oregano
salt to taste
ground black pepper to taste

Directions
In a large pot with boiling salted water cook penne pasta until al dente. Drain.

Meanwhile, in a large skillet over medium-high heat melt butter, add onion and garlic and cook for 2 minutes. Add chopped chicken and continue cooking, stirring occasionally until golden brown, about 5 to 6 minutes.

Reduce heat to medium-low. Drain and chop artichoke hearts and add them, chopped tomato, feta cheese, fresh parsley, lemon juice, dried oregano, and drained penne pasta to the large skillet. Cook until heated through, about 2 to 3 minutes.

Season with salt and ground black pepper. Serve warm.
Ginger Orange Glazed Chicken Wings

**Ingredients**

1/2 cup frozen orange juice concentrate, thawed and undiluted
3 tablespoons fresh lemon juice
1/4 cup hoisin sauce
1 tablespoon vegetable oil
1/4 cup sugar
3 tablespoons minced peeled fresh ginger
3 cloves fresh garlic, minced
2 pounds chicken wings
3 medium green onions, thinly sliced

**Directions**

In a large, resealable bag, mix the orange juice concentrate, lemon juice, hoisin sauce, vegetable oil, sugar, ginger, and fresh garlic. Add chicken wings, seal, and shake to coat evenly. Refrigerate overnight.

Preheat oven to 400 degrees F (200 degrees C). Line a large baking sheet with aluminum foil.

Spread wings on foil with marinade, and bake for 45 minutes, until brown and shiny. Transfer to serving platter, and garnish with green onions.
Ingredients

1 head lettuce
1 cup chopped cooked chicken breast
1 (8 ounce) can chopped water chestnuts
1 bunch green onions, chopped
1 cup sliced almonds
1 (5 ounce) can chow mein noodles
1/2 cup vegetable oil
4 tablespoons vinegar
4 tablespoons white sugar
1/2 teaspoon salt
1 pinch ground black pepper
1 tablespoon poppy seeds

Directions

In a small bowl, whisk together the oil, vinegar, sugar, salt, pepper, and poppy seeds, and set aside. Wash lettuce and tear into bite-sized pieces. To a large bowl, first add the lettuce, then the onions, water chestnuts, and chicken. Just before serving, top with the almonds, noodles and dressing, and toss lightly.
## Ingredients

- 2/3 cup olive or vegetable oil
- 1/4 cup lime juice
- 1/4 cup minced fresh cilantro or parsley
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 4 cups torn leaf lettuce
- 2 cups cubed, cooked chicken
- 1 pint cherry tomatoes

## Directions

In a jar with a tight-fitting lid, combine the oil, lime juice, cilantro, cumin, salt and red pepper flakes; shake well. In a bowl, combine the lettuce, chicken and tomatoes if desired. Drizzle with dressing; toss to coat.
## Slow Cooker Chicken Stew

**Ingredients**

- 3 pounds skinless, boneless chicken breast meat - cut into bite-size pieces
- 1/2 teaspoon olive oil
- 3 cloves garlic, crushed
- 1/2 cup water
- 1 (10.75 ounce) can condensed cream of celery soup
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon Italian-style seasoning
- 1 apple - peeled, cored and cut into eighths
- 3 small red potatoes, cut into eighths
- 1 onion, cut into eighths
- 1 (1.25 ounce) envelope dry onion gravy mix

**Directions**

Heat oil in a large skillet over medium high heat. Saute garlic and chicken until lightly browned.

Place chicken and garlic in slow cooker; add water, soup, pepper, salt, seasoning, apple, potatoes, onion and gravy mix. Mix all together.

Set heat on Low setting and simmer slowly for 6 to 8 hours.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons Asian-style toasted sesame salad dressing</td>
<td>Heat a large skillet over medium heat, and place 2 tablespoons of sesame salad dressing in the skillet. Add the chicken, and cook and stir until no longer pink in the middle and beginning to brown, 5 to 7 minutes. Stir in the orange juice and 2 more tablespoons of sesame dressing, and bring to a boil.</td>
</tr>
<tr>
<td>1 pound skinless, boneless chicken breast halves - cut into 1 1/2 inch pieces</td>
<td>Stir in the red bell pepper, zucchini, broccoli, and green onions, and cook and stir until the vegetables are tender and the broccoli is bright green in color, 5 to 8 minutes.</td>
</tr>
<tr>
<td>1/4 cup orange juice</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons Asian-style toasted sesame salad dressing</td>
<td></td>
</tr>
<tr>
<td>1 red bell pepper, cut into 1 inch chunks</td>
<td></td>
</tr>
<tr>
<td>1 zucchini, cut into 1 inch chunks</td>
<td></td>
</tr>
<tr>
<td>2 cups broccoli florets</td>
<td></td>
</tr>
<tr>
<td>2 green onions, cut into 1/2-inch pieces</td>
<td></td>
</tr>
</tbody>
</table>
Chicken Stroganoff I

**Ingredients**

- 4 skinless, boneless chicken breast halves
- 2 cups all-purpose flour for coating
- salt and pepper to taste
- 1 tablespoon butter
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 1/4 cups half-and-half cream
- 1 (1 ounce) package dry onion soup mix
- 2 tablespoons chopped fresh parsley
- 2 cloves garlic, minced
- 2 cups fresh sliced mushrooms
- 1/4 teaspoon ground nutmeg
- 1 teaspoon browning sauce
- 1 cup sour cream
- 1/8 cup chopped green onion for topping (optional)

**Directions**

In a shallow dish or bowl, season flour with salt and pepper to taste. Dredge chicken in seasoned flour to coat. In a large skillet, brown coated chicken in melted butter or margarine until golden.

In a medium bowl combine the soup, half-and-half, dry onion soup mix, parsley, garlic, mushrooms, nutmeg and browning sauce. Mix all together and pour mixture over chicken in skillet. Reduce heat to low and let simmer, covered, for 1 hour.

Stir in sour cream and heat through, but DO NOT BOIL! Top with chopped green onion and serve over noodles or rice, if desired.
**Ingredients**

- 4 skinless, boneless chicken breasts
- 3 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 cup chicken broth
- 1/2 cup half-and-half cream
- 2 tablespoons Dijon-style prepared mustard

**Directions**

In a large skillet, brown chicken in butter/margarine for about 15 to 20 minutes or until cooked through and juices run clear. Remove from skillet and place on a warm oven-proof platter.

Preheat oven to 150 degrees F (65 degrees C).

Stir flour into skillet drippings. Add broth and deglaze skillet by stirring vigorously until flour is somewhat dissolved and liquid has the consistency of a sauce. Add cream. Simmer, stirring, over moderate heat for about 10 minutes until sauce is a little thick. Stir in mustard and heat through.

Pour mustard sauce over chicken breasts. Put platter in warm preheated oven for about 10 to 15 minutes, then serve!
Grilled Beer Chicken

**Ingredients**

- 1 (3 pound) chicken, split in half lengthwise
- garlic powder to taste
- ground black pepper to taste
- 1 pinch seasoned salt
- 1 (12 fluid ounce) can or bottle beer
- 1/2 cup butter
- 2 tablespoons garlic powder
- 1 tablespoon seasoned pepper

**Directions**

Preheat grill for high heat.

In a microwave-safe bowl, combine the beer, butter, 1 tablespoon garlic powder and seasoned pepper. Heat in the microwave for 2 minutes, or until butter is melted and mixture is hot. Set aside.

Season chicken generously with the garlic powder, ground black pepper and seasoned salt to taste.

Brush the grilling surface with oil. Place chicken onto the grill bone side down. Close the lid, and cook for about 45 minutes, or until the chicken skin is starting to blister.

Turn the chicken over, so it is bone side up. They will be black and charred, but the chicken meat will be fine. Pierce the membrane of the bone with a fork, and ladle some of the beer mixture into the 'cup' formed by the bones. Throw a teaspoon or so of garlic powder on the coals, close the lid, and seal the vents.

Repeat ladling the beer mixture into the chicken, and throwing garlic powder onto the coals every 5 minutes, until the mixture is gone. The chicken should be tender and juices should run clear.
**Ingredients**

- 1 (12 inch) pre-baked pizza crust
- 1/2 cup barbecue sauce
- 1/2 cup diced grilled chicken
- 1/4 cup chopped red bell pepper
- 1/4 cup chopped green bell pepper
- 1/4 cup chopped red onion
- 1 cup shredded Monterey Jack cheese

**Directions**

- Preheat oven to 450 degrees F (230 degrees C).
- Place pizza crust on cookie sheet. Spread with barbecue sauce. Scatter chicken over top. Sprinkle evenly with red pepper, green pepper and onion. Cover with cheese.
- Bake in preheated oven for 10 to 12 minutes, or until cheese is melted.
**Ingredients**

1 pound skinless, boneless chicken breast halves
1 tablespoon vegetable oil
1/2 cup diced onion
1 clove garlic, minced
1 quart chicken broth
1 cup masa harina
3 cups water, divided
1 cup enchilada sauce
2 cups shredded Cheddar cheese
1 teaspoon salt
1 teaspoon chili powder
1/2 teaspoon ground cumin

**Directions**

In a large pot over medium heat, cook chicken breasts in oil until well browned on all sides. Remove and set aside.

Cook onion and garlic in remaining oil until onions are translucent. Pour in chicken broth.

In a bowl, whisk together masa harina and 2 cups water until well blended. Pour into pot with remaining 1 cup water, enchilada sauce, Cheddar, salt, chili powder and cumin. Bring to a boil.

Shred cooked chicken and add it to the pot. Reduce heat and simmer 30 to 40 minutes, until thickened.
Pomegranate Stew with Chicken (Khoresh Fesenjan)

**Ingredients**
- 2 tablespoons olive oil
- 1 1/2 pounds chicken legs, cut up
- 1 white onion, thinly sliced
- 1/2 pound walnuts, toasted and finely ground in a food processor
- 1 teaspoon salt
- 4 cups pomegranate juice
- 1/2 teaspoon cardamom (optional)
- 2 tablespoons sugar (optional)

**Directions**
Heat olive oil in a large skillet over medium heat. Place chicken and onions in skillet, and cook 20 minutes, stirring occasionally. Mix in pureed walnuts, salt, pomegranate juice, and cardamom. Bring to a boil. Reduce heat to low, cover, and simmer for 1 1/2 hours, stirring occasionally. (If the sauce becomes too thick, stir in 1/4 cup warm water.) Mix in sugar, adjust seasoning, and simmer 30 minutes more.
Em and Nic's Apple Chicken

Ingredients

2 boneless, skinless chicken breast halves, cut into bite-sized pieces
1 1/2 cups apple juice
1/4 teaspoon ground cloves
1/3 teaspoon curry powder
1 teaspoon ground cinnamon
1 pinch garlic powder
1/2 cup golden raisins

Directions

Place the chicken in a medium skillet over medium high heat. Pour in the apple juice. Blend in cloves, curry powder, cinnamon, and garlic powder. Mix in the raisins.

Cook, stirring occasionally, until chicken is no longer pink and juices run clear. The juice will form a glaze over the chicken. Drizzle with the remaining apple juice mixture to serve.
## Chicken Coconut Curry

### Ingredients

- 6 bone-in chicken breast halves, skinless
- 3 medium carrots, chopped
- 3 stalks celery, chopped
- 2 medium onions, chopped
- 2 tablespoons ground curry powder
- 2 tablespoons all-purpose flour
- 1 tablespoon hot water
- 1 (10 ounce) can coconut milk
- 1/2 cup raisins
- 1/2 cup apples - peeled, cored and shredded

### Directions

In a large skillet over medium heat, evenly brown the chicken breast halves. Mix in carrots, celery, and onions. Cook and stir until vegetables are tender.

In a small bowl, mix the curry powder and flour with hot water. Blend in coconut milk, forming a thick paste.

Mix curry powder paste, remaining coconut milk, raisins, and apple into the skillet. Thoroughly coat chicken with the mixture. Cover, and reduce heat. Simmer 30 to 45 minutes, until chicken is no longer pink and juices run clear.
Egg Chicken Casserole

**Ingredients**

1 (3 pound) chicken, boiled and deboned
1 (10.5 ounce) can condensed chicken and rice soup
1 (10.75 ounce) can condensed cream of mushroom soup
6 slices white bread, torn into small pieces
2 eggs
1/2 cup butter, melted
20 saltine crackers, crushed
2 cups chicken broth

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl combine the chicken meat, chicken and rice soup, cream of mushroom soup, bread and eggs. Mix all together and pour mixture into a 9x13 inch baking dish.

In a small bowl combine butter/margarine and crackers and stir together. Spread on top of chicken mixture. Pour chicken broth over all and bake uncovered in the preheated oven for 1 hour or until cracker crumbs on top are golden brown.
### Ingredients
- 1 (4 pound) whole chicken
- 2 (14.5 ounce) cans chicken broth
- 1 onion, quartered
- 1 stalk celery
- 1 carrot
- 1 1/2 cups uncooked long-grain rice

### Directions

Rinse chicken and place into a large stockpot. Add broth and water to cover. Put in the onion, celery stalk and carrot. Bring to a boil, reduce heat and simmer until the chicken is falling off the bones, about 45 minutes.

Remove chicken from the broth and set aside to cool. Discard onion, celery and carrot. Add rice and continue to simmer for 20 minutes, until rice is tender. Separate the chicken meat from the bones and skin. Shred and return to the pot. Serve hot with corn bread and salad.
## Chicken Sandwiches with Zang

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 3 tablespoons Italian seasoning
- 3 tablespoons grill seasoning (such as Montreal Steak Seasoning)
- 1/2 cup barbeque sauce (such as Big Moe's®)
- 1 teaspoon butter
- 1 onion, thinly sliced
- 1 green bell pepper, sliced
- 4 mushrooms, sliced
- 4 hamburger buns, split and toasted
- 4 slices Swiss cheese

**Directions**

Preheat an outdoor or indoor grill for low heat, and lightly oil the grate.

Sprinkle the chicken breasts generously on all sides with the Italian and grill seasonings. Slowly cook on the preheated grill, turning every 10 minutes; brush the chicken with the barbeque sauce each time you turn it. Cook until the chicken is no longer pink in the center and the juices run clear. Once done, an instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

While the chicken is cooking, melt the butter in a skillet over medium-low heat. Cook the onions, bell peppers, and mushrooms in the butter, stirring frequently until the vegetables are tender.

To make the sandwiches, place a chicken breast on each hamburger bun half. Spoon the pepper and onion mixture overtop, and top with a slice of Swiss cheese. Cover with the hamburger bun tops.
# Easy Slow Cooker Chicken Wings

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 1/2 pounds chicken wings, split</td>
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<tr>
<td>and tips discarded</td>
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<tr>
<td>1 (12 fluid ounce) can or bottle chile</td>
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<tr>
<td>sauce</td>
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<tr>
<td>1/4 cup fresh lemon juice</td>
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<tr>
<td>1/4 cup molasses</td>
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<tr>
<td>2 tablespoons Worcestershire sauce</td>
<td></td>
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<tr>
<td>3 drops hot pepper sauce</td>
<td></td>
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<tr>
<td>1 tablespoon salsa</td>
<td></td>
</tr>
<tr>
<td>2 1/2 teaspoons chili powder</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon garlic powder</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons salt</td>
<td></td>
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</tbody>
</table>

## Directions

Place chicken in slow cooker. In a medium bowl combine the chile sauce, lemon juice, molasses, Worcestershire sauce, hot pepper sauce, salsa, chili powder, garlic powder and salt. Mix together and pour mixture over chicken.

Cook in slow cooker on Medium Low setting for 5 hours.
Spicy Garlic Lime Chicken

**Ingredients**

- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 1/8 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried parsley
- 4 boneless, skinless chicken breast halves
- 2 tablespoons butter
- 1 tablespoon olive oil
- 2 teaspoons garlic powder
- 3 tablespoons lime juice

**Directions**

In a small bowl, mix together salt, black pepper, cayenne, paprika, 1/4 teaspoon garlic powder, onion powder, thyme and parsley. Sprinkle spice mixture generously on both sides of chicken breasts.

Heat butter and olive oil in a large heavy skillet over medium heat. Saute chicken until golden brown, about 6 minutes on each side. Sprinkle with 2 teaspoons garlic powder and lime juice. Cook 5 minutes, stirring frequently to coat evenly with sauce.
**Ingredients**

- 2 tablespoons olive oil
- 1 (3 pound) whole chicken, cut into 6 pieces
- 1/2 onion, diced
- 3 cloves garlic, chopped
- 1/2 cup white wine
- 1 cup chicken broth
- 3 carrots, diced
- 1 (16 ounce) package frozen green peas
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- salt and pepper to taste
- 3 large baking potatoes, peeled and cubed
- 1/4 cup olive oil

**Directions**

Heat 2 tablespoons of olive oil in a large deep pot or Dutch oven set over medium-high heat. Add the chicken pieces and fry on all sides until golden brown, about 3 minutes. Add the onion and garlic; cook and stir until tender, about 2 minutes. Pour in the wine and stir to loosen any bits of food that are stuck to the bottom of the pot.

Pour in the chicken broth and bring to a boil. Add carrots and peas, and season with cumin, paprika, salt and pepper. Reduce heat to low, cover and simmer for 25 minutes, or until the chicken easily pulls away from the bone.

Heat the remaining olive oil in a large skillet over medium-high heat. Fry potatoes in the oil, stirring frequently, until tender. Adjust heat as needed to keep them from burning. Remove with a slotted spoon and drain on paper towels. Season with salt and pepper.

To serve, place a piece of chicken onto each plate, spoon some of the carrots and peas with the cooking liquid over it and top with a spoonful of fried potatoes.
Ingredients

- 1/4 cup orange juice
- 1/4 cup unsweetened pineapple juice
- 1/2 tablespoon chopped fresh parsley
- 1 tablespoon fresh lime juice
- 1 tablespoon light soy sauce
- 1/2 tablespoon olive oil
- 1 tablespoon sesame oil
- 1 teaspoon honey
- 1 teaspoon ground black pepper
- 4 cups mixed salad greens
- 1 pound boneless chicken breast halves, cooked and chopped
- 1 cup diced fresh mango
- 1 cup pineapple chunks
- 1/2 cup avocado - peeled, pitted and diced
- 1/2 cup chopped green bell pepper
- 1 (15 ounce) can black beans, rinsed and drained
- 1/2 cup shredded Cheddar cheese
- 1/4 cup cashews

Directions

To prepare the dressing, whisk together in a small bowl the orange juice, pineapple juice, parsley, lime juice, soy sauce, olive oil, sesame oil, honey and pepper.

Prepare the salad in a large bowl by tossing the mixed greens with the dressing. Divide dressed greens on four different plates. Arrange chicken in the middle of the plate. Arrange papaya (or mango), pineapple, avocado, bell, pepper, avocado, black beans, and cheese in "triangles" surrounding chicken.
Blueberry Chicken Salad

Ingredients

- 2 cups fresh blueberries
- 2 cups cubed cooked chicken breast
- 3/4 cup chopped celery
- 1/2 cup diced sweet red pepper
- 1/2 cup thinly sliced green onions
- 1 (6 ounce) container lemon yogurt
- 3 tablespoons mayonnaise
- 1/2 teaspoon salt
- Bibb lettuce leaves

Directions

Set aside a few blueberries for garnish. In a large bowl, gently combine the chicken, celery, red pepper, onions and remaining blueberries. Combine the yogurt, mayonnaise and salt; drizzle over chicken mixture and gently toss to coat. Cover and refrigerate for at least 30 minutes. Serve on lettuce-lined plates if desired. Top with reserved blueberries.
Chicken Saltimbocca

Ingredients

- 4 skinless, boneless chicken breast halves
- 4 slices thinly sliced prosciutto
- 1/3 cup butter
- 1 cup white wine
- 4 slices provolone cheese

Directions

Place 1 ham slice over each chicken breast and fasten with toothpicks. Melt butter in a medium skillet over medium high heat and fry chicken for 5 to 7 minutes, or until almost cooked through (juices run clear).

Pour wine over chicken and allow to evaporate; place 1 cheese slice over each chicken breast and cover skillet. Cook until cheese has melted, about 5 minutes.
Ingredients

2 cups cubed cooked chicken breast meat
1 cup cubed Cheddar cheese
1/4 cup sunflower seeds
1/4 cup thinly sliced celery
1/2 cup seedless green grapes, halved
1/2 cup mayonnaise
salt and pepper to taste

Directions

In a large bowl combine the chicken, cheese, sunflower seeds, celery, grapes, mayonnaise and salt and pepper to taste. Mix all together and serve on rolls or lettuce leaves, if desired.
# Baked Paprika-Parmesan Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup all-purpose flour</td>
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<tr>
<td>1/2 cup grated Parmesan cheese</td>
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<tr>
<td>2 teaspoons paprika</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon black pepper</td>
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<tr>
<td>1 egg, beaten</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons milk</td>
<td></td>
</tr>
<tr>
<td>4 skinless, boneless chicken</td>
<td>breast halves</td>
</tr>
<tr>
<td>1/4 cup butter, melted</td>
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</tbody>
</table>

## Directions

Preheat oven to 350 degrees F (175 degrees C). Coat a shallow baking dish with nonstick cooking spray.

Combine flour, parmesan, paprika, salt, and pepper in a bowl. In a separate bowl, whisk together the egg and milk. Dip the chicken in the egg, then dredge in the flour mixture. Place in the baking dish, and pour the melted butter evenly over the chicken.

Bake for about 1 hour and 15 minutes in the preheated oven, until the cheese has browned, and the chicken has cooked.
# Braised Chicken Breasts in Tasty Mirepoix Ragout

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 boneless, skinless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>1 cup all-purpose flour</td>
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</tr>
<tr>
<td>3 tablespoons olive oil</td>
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<tr>
<td>2 cups diced onion</td>
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<tr>
<td>1 cup diced celery</td>
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<tr>
<td>1 cup diced carrots</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons finely chopped garlic</td>
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<tr>
<td>3 bay leaves</td>
<td></td>
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<tr>
<td>1 teaspoon dried thyme</td>
<td></td>
</tr>
<tr>
<td>1 cup dry white wine</td>
<td></td>
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<tr>
<td>2 (32 fluid ounce) containers chicken broth</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Season chicken breasts with salt and pepper, then dredge in flour until completely coated. Heat 2 tablespoons oil in a Dutch oven and fry breasts until lightly browned, about 5 minutes on each side. Remove chicken from pan and set aside.

Add remaining tablespoon of oil to the pan and saute the onions for 2 minutes. Stir in the celery and carrots and cook for about one more minute. Season with garlic, bay leaves, thyme and salt and pepper to taste. Cook for another minute.

Deglaze the pot with white wine, stirring until nothing is stuck to the pan, then pour in the chicken broth. Simmer for 90 minutes.

Return the chicken breasts to the pan and simmer for an additional 30 minutes. The mixture should reduce considerably by this time so check frequently to see that the chicken is covered. Spoon baste if necessary. The ragout should have a stew like consistency when finished.
Ashley's Chicken Katsu with Tonkatsu Sauce

**Ingredients**

Sauce
- 1/2 cup Worcestershire sauce
- 1/4 cup ketchup
- 2 tablespoons soy sauce
- pepper to taste

Chicken
- 2 cups vegetable oil, for deep-frying
- 1/2 cup all-purpose flour
- 1/2 cup panko bread crumbs
- salt and pepper to taste
- 1 egg, beaten
- 2 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness
- 1 green onion, thinly sliced

**Directions**

For the sauce, stir together the Worcestershire sauce, ketchup, and soy sauce, and a pinch of pepper to taste. Set aside.

Heat oil in deep-fryer to 350 degrees F (175 degrees C).

Place flour and panko bread crumbs onto separate plates and season with salt and pepper. Place the beaten egg in a medium bowl. Dip flattened chicken pieces first into flour, then egg, and lastly bread crumbs.

Fry breaded chicken breasts in preheated oil until golden brown and no longer pink in center, about 8 minutes. Transfer to a paper toweldlined plate to absorb excess oil. Slice chicken into thin strips and top with a drizzle of sauce and a sprinkling of sliced green onions. Serve remaining sauce on the side for dipping.
Festival Chicken

**Ingredients**

- 1 (12 ounce) jar apricot preserves
- 1 (8 ounce) bottle Russian-style salad dressing
- 1 packet dry onion soup mix
- 2 (4 pound) whole chickens, each cut into 8 pieces

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl combine the preserves, salad dressing and soup mix; stir together until well mixed and set aside. Place chicken pieces skin side down in two lightly greased 9x13 inch baking dishes.

Bake at 350 degrees F (175 degrees C) for 1/2 hour.

Brush the skin side of the chicken pieces with the glaze mixture (you will use about 1/2 of the mixture) and return to oven; reduce temperature to 250 degrees F (120 degrees C) and bake for another 1/2 hour. Brush with remaining glaze mixture just before serving.
Pasta Chicken and Sun-Dried Tomatoes

**Ingredients**

- 1 (8 ounce) package tri-colored farfalle (bow tie) pasta
- 4 skinless, boneless chicken breast halves
- 1/4 cup olive oil
- 1/2 cup sun-dried tomatoes
- 1 zucchini, steamed and cut into chunks
- 1 summer squash, steamed and chopped

**Directions**

Add pasta to a large pot of salted boiling water. Let cook for 8 to 10 minutes or until al dente. Drain.

Meanwhile, saute chicken breasts in a medium skillet over medium high heat. Saute for 8 to 10 minutes each side or until chicken is cooked through and juices run clear. Remove chicken from skillet and cut into bite size pieces.

In a large mixing bowl, toss cooked pasta with oil to coat. Add chicken pieces, sun-dried tomatoes, zucchini and squash and toss again. Finally, add cheese and serve.
## Grilled Chicken Cordon Bleu

### Ingredients
- 6 boneless, skinless chicken breast halves
- 6 slices Swiss cheese
- 6 thin slices deli ham
- 3 tablespoons olive or vegetable oil
- 3/4 cup seasoned bread crumbs

### Directions
Flatten the chicken to 1/4-in. thickness. Place a slice of cheese and ham on each to within 1/4 in. of edges. Fold in half; secure with thin metal skewers or toothpicks. Brush with oil and roll in bread crumbs. Grill, covered, over medium-hot heat for 15-18 minutes or until juices run clear.
# Betsy's Poppy Seed Chicken

## Ingredients
- Vegetable oil
- 4 skinless, boneless chicken breast halves
- 1 (10.5 ounce) can condensed cream of chicken soup
- 1 (10.5 ounce) can cream of mushroom soup
- 1 cup sour cream
- 1 (8 ounce) package buttery round crackers, crushed
- 1 tablespoon poppy seeds
- 1/2 cup butter, melted

## Directions
1. Heat oil in a skillet over medium-high heat. Reduce heat, and cook chicken, turning once, until no longer pink in center and juices run clear. Set aside to cool.

2. Preheat oven to 350 degrees F (175 degrees Celsius).

3. Cut chicken into bite size pieces, and place in a bowl with the cream of chicken and mushroom soups, and the sour cream. Stir until well blended, then transfer mixture to a 9x13 inch shallow baking dish. In a separate bowl, combine the crushed crackers with the poppy seeds. Melt butter in the microwave for 30 seconds, or in a small saucepan over low heat. Stir butter into the cracker mixture, and spread evenly over the chicken.

4. Bake chicken in the preheated oven for 30 minutes, or until heated through and lightly browned on top.
# Chicken Tortilla Soup V

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 skinless, boneless chicken breasts</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon olive oil</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon minced garlic</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon ground cumin</td>
<td></td>
</tr>
<tr>
<td>2 (14.5 ounce) cans chicken broth</td>
<td></td>
</tr>
<tr>
<td>1 cup frozen corn kernels</td>
<td></td>
</tr>
<tr>
<td>1 cup chopped onion</td>
<td></td>
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<tr>
<td>1/2 teaspoon chili powder</td>
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<tr>
<td>1 tablespoon lemon juice</td>
<td></td>
</tr>
<tr>
<td>1 cup chunky salsa</td>
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</tr>
<tr>
<td>8 ounces corn tortilla chips</td>
<td></td>
</tr>
<tr>
<td>1/2 cup shredded Monterey Jack cheese (optional)</td>
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</tbody>
</table>

## Directions

In a large pot over medium heat, sauté the chicken in the oil for 5 minutes. Add the garlic and cumin and mix well. Then add the broth, corn, onion, chili powder, lemon juice and salsa. Reduce heat to low and simmer for about 20 to 30 minutes.

Break up some tortilla chips into individual bowls and pour soup over chips. Top with the Monterey Jack cheese and a little sour cream.
<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>4 cups cubed, cooked chicken meat</td>
</tr>
<tr>
<td>1 cup mayonnaise</td>
</tr>
<tr>
<td>1 teaspoon paprika</td>
</tr>
<tr>
<td>1 1/2 cups dried cranberries</td>
</tr>
<tr>
<td>1 cup chopped celery</td>
</tr>
<tr>
<td>2 green onions, chopped</td>
</tr>
<tr>
<td>1/2 cup minced green bell pepper</td>
</tr>
<tr>
<td>1 cup chopped pecans</td>
</tr>
<tr>
<td>1 teaspoon seasoning salt</td>
</tr>
<tr>
<td>ground black pepper to taste</td>
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</table>

<table>
<thead>
<tr>
<th>Directions</th>
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</thead>
<tbody>
<tr>
<td>In a medium bowl, mix together mayonnaise with</td>
</tr>
<tr>
<td>paprika and seasoned salt. Blend in dried</td>
</tr>
<tr>
<td>cranberries, celery, bell pepper, onion, and</td>
</tr>
<tr>
<td>nuts. Add chopped chicken, and mix well.</td>
</tr>
<tr>
<td>Season with black pepper to taste. Chill 1</td>
</tr>
<tr>
<td>hour.</td>
</tr>
</tbody>
</table>
## Chicken and Rice

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>instant rice</td>
</tr>
<tr>
<td>1 (5 ounce)</td>
<td>can chicken chunks, drained</td>
</tr>
<tr>
<td>1 (10.75 ounce)</td>
<td>can condensed cream of chicken soup</td>
</tr>
</tbody>
</table>

### Directions

Prepare rice according to package directions.

When rice is ready, add chicken to pot and continue to stir over low heat. Mix in soup, and continue cooking until heated through.
**Ingredients**

- 1 cup thousand island salad dressing
- 1 cup pineapple-apricot preserves
- 1/4 cup grated onion
- 1 (1 ounce) package dry onion soup mix
- 1/2 teaspoon cinnamon
- 1 whole chicken, cut into 8 pieces, washed and patted dry
- 4 large potatoes - peeled and halved lengthwise

**Directions**

Preheat oven to 300 degrees F (150 degrees C).

In a bowl, stir together the thousand island salad dressing, pineapple-apricot preserves, grated onion, dry onion soup mix, and cinnamon until well blended. Place chicken in a large, oiled baking dish. Arrange potato halves around the edges of the pan, fitting chicken and potatoes tightly together in a single layer. Brush sauce over chicken, coating completely. Cover with aluminum foil.

Bake in the preheated oven for 40 minutes. Increase oven temperature to 375 degrees F (190 degrees C) and remove foil. Continue baking 15 minutes more, or until potatoes are fork-tender and chicken is no longer pink in center. Both should have a beautiful golden brown glaze.
**Chicken and Peas Au Gratin Casserole**

### Ingredients

- 2 tablespoons olive oil
- 3 cups cubed skinless, boneless chicken
- 4 cups torn bread pieces
- 1 cup shredded Cheddar cheese
- 1/4 cup butter, melted
- 2 cups frozen peas
- 1/4 cup butter
- 1/2 cup all-purpose flour
- 3 cups milk
- 2 teaspoons salt
- 1/2 teaspoon black pepper

### Directions

Preheat an oven to 350 degrees F (175 degrees C).

Heat the olive oil in a skillet over medium heat. Cook the chicken until no longer pink in the center and the juices run clear, 5 to 7 minutes; drain and set aside.

Toss the bread pieces, Cheddar cheese, and 1/4 cup melted butter together in a bowl; spread about half of the mixture into the bottom of a 9x13-inch baking dish. Layer the peas and chicken atop the bread layer.

Melt 1/4 cup butter in a saucepan over medium heat; stir the flour, milk, salt, and pepper into the melted butter. Cook and stir the sauce until smooth and thick, 5 to 7 minutes. Pour over the casserole. Top with the remaining bread mixture.

Bake in the preheated oven until the top begins to brown, 30 to 40 minutes.
**Ingredients**

- 6 skinless, boneless chicken breast halves - cut into cubes
- 6 tablespoons butter, divided
- 4 cloves garlic, minced, divided
- 1 tablespoon Italian seasoning
- 1 pound fettuccini pasta
- 1 onion, diced
- 1 (8 ounce) package sliced mushrooms
- 1/3 cup all-purpose flour
- 1 tablespoon salt
- 3/4 teaspoon ground white pepper
- 3 cups milk
- 1 cup half-and-half
- 3/4 cup grated Parmesan cheese
- 8 ounces shredded Colby-Monterey Jack cheese
- 3 roma (plum) tomatoes, diced
- 1/2 cup sour cream

**Directions**

In a large skillet over medium heat combine chicken, 2 tablespoons butter, garlic and Italian seasoning. Cook until chicken is no longer pink inside. Remove from skillet and set aside.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Meanwhile, melt 4 tablespoons butter in the skillet. Saute onion, 2 tablespoons garlic and mushrooms until onions are transparent. Stir in flour, salt and pepper; cook 2 minutes. Slowly add milk and half-and-half, stirring until smooth and creamy. Stir in Parmesan and Colby-Monterey Jack cheeses; stir until cheese is melted. Stir in chicken mixture, tomatoes and sour cream. Serve over cooked fettuccini.
## Rosemary Chicken Dinner

### Ingredients
- 3 large potatoes, peeled
- 1 (3 pound) broiler-fryer chicken, cut into quarters
- 2 tablespoons olive or vegetable oil
- 1 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 2 teaspoons minced fresh rosemary

### Directions
Cut each potato into four wedges. Place chicken and potatoes in a greased 13-in. x 9-in. x 2-in. baking dish or shallow roasting pan. Drizzle with oil. Combine salt, garlic powder and pepper; sprinkle over chicken and potatoes. Sprinkle rosemary over chicken. Bake, uncovered, at 375 degrees F for 45 minutes; drain. Bake 15-20 minutes longer or until potatoes are tender and chicken juices run clear.
**Thai Cashew Chicken**

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>1/4 cup soy sauce</td>
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<tr>
<td>1/4 cup fish sauce</td>
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<tr>
<td>1 1/2 tablespoons hot pepper sauce</td>
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<tr>
<td>3 cloves garlic, minced</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon minced fresh ginger root</td>
<td></td>
</tr>
<tr>
<td>4 skinless, boneless chicken breast halves - cut into thin strips</td>
<td></td>
</tr>
<tr>
<td>1 cup dry jasmine rice</td>
<td></td>
</tr>
<tr>
<td>2 cups water</td>
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<tr>
<td>1 tablespoon sesame oil</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons brown sugar</td>
<td></td>
</tr>
<tr>
<td>1 small onion, quartered then sliced</td>
<td></td>
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<tr>
<td>3/4 cup water</td>
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<tr>
<td>3 tablespoons creamy peanut butter</td>
<td></td>
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<tr>
<td>1 cup unsalted cashew nuts</td>
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</table>

**Directions**

In a resealable plastic bag, mix the soy sauce, fish sauce, hot pepper sauce, garlic, and ginger. Place the chicken in the bag, seal, and marinate at least 2 hours in the refrigerator.

In a medium saucepan, bring the jasmine rice and 2 cups water to a boil. Reduce heat, cover, and simmer 20 minutes.

Heat the sesame oil in a large skillet over medium heat. Stir in the brown sugar until dissolved. Stir in the onion, and cook about 5 minutes, until tender. Reserving the marinade mixture, place the chicken into the skillet, and cook about 10 minutes, until browned.

Stir the reserved marinade and 3/4 cup water into the skillet, and bring to a boil. Continue to cook and stir 10 minutes, or until the chicken is no longer pink and juices run clear. Thoroughly blend in the peanut butter. Serve over the jasmine rice with a sprinkling of cashews.
Chicken Pasta Salad I

Ingredients

- 12 ounces rotini pasta
- 1 1/2 pounds skinless, boneless chicken breast halves - cut into strips
- 1/4 teaspoon lemon pepper
- 1/4 teaspoon garlic powder
- 4 ounces crumbled feta cheese
- 4 roma (plum) tomato, diced
- 1/4 cup Italian-style salad dressing

Directions

In a large pot with boiling salted water cook pasta until al dente. Drain.

Meanwhile, season chicken strips with lemon pepper and garlic powder. Broil in oven for 5 to 7 minutes, or until juices run clear. Cool chicken. Cut into bite size pieces.

In a large bowl, mix together the cooked pasta, chicken, quartered tomatoes, and feta cheese.

Serve with Italian dressing poured over top of pasta.
Campbell's® Cheesy Chicken and Rice

### Ingredients

- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (regular or 98% Fat Free)
- 1 1/3 cups water
- 3/4 cup uncooked regular long-grain white rice
- 2 cups fresh or frozen vegetables
- 1/2 teaspoon onion powder
- 4 skinless, boneless chicken breasts
- 1/2 cup shredded Cheddar cheese

### Directions

Stir the soup, water, rice, vegetables and onion powder in a 12 x 8 inch shallow baking dish.

Top with chicken. Season chicken as desired. Cover.

Bake at 375 degrees F for 45 minutes or until done. Top with cheese.
### Ingredients
- 3 teaspoons vegetable oil
- 3 skinless, boneless chicken breasts
- 1 (5.5 ounce) package scalloped potato mix
- 4 potatoes, thinly sliced
- 2 cups shredded Cheddar cheese

### Directions
Preheat oven to 350 degrees F (175 degrees C).

Heat oil in a medium skillet over medium high heat. Add chicken breasts and saute until tender. Meanwhile, prepare potatoes according to package directions, adding 1 cup (instead of 2/3 cup) of milk and sliced potatoes. When chicken is tender, remove from heat, let cool and shred. Add shredded chicken to potato mixture.

Fold chicken/potato mixture into a 9x13 inch baking dish. Cover and bake in the preheated oven for 25 to 35 minutes. Add cheese and bake for another 10 minutes.
<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>3 quarts chicken broth</td>
</tr>
<tr>
<td>5 cups chopped cooked chicken breast</td>
</tr>
<tr>
<td>1 cup uncooked white rice</td>
</tr>
<tr>
<td>3 lemons, juiced</td>
</tr>
<tr>
<td>1 bunch spinach, rinsed and chopped</td>
</tr>
<tr>
<td>2 large carrots, chopped</td>
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<tr>
<td>black pepper to taste</td>
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<table>
<thead>
<tr>
<th>Directions</th>
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<tbody>
<tr>
<td>In a large pot over medium heat, combine chicken broth, cooked chicken, rice, lemon juice, spinach, carrots and pepper. Bring to a boil, then reduce heat and simmer until rice and greens are tender, 20 minutes.</td>
</tr>
</tbody>
</table>
Lasooni Murgh (Garlic Flavored Spicy Chicken)

**Ingredients**
- 1 (8 ounce) container plain yogurt
- 1 clove garlic, mashed into a paste
- 2 tablespoons lemon juice
- 1 1/2 teaspoons garam masala
- 2 teaspoons white pepper
- 5 saffron threads
- salt to taste
- 1 1/2 pounds skinless, boneless chicken, cut in 1-inch pieces
- 1 tablespoon vegetable oil
- 1 teaspoon cumin seed
- 1/4 cup heavy cream

**Directions**

Stir together the yogurt, garlic paste, lemon juice, garam masala, white pepper, and saffron; season to taste with salt. Toss the chicken in the yogurt and marinate in the refrigerator for 10 to 12 hours.

Heat the oil in a frying pan over medium-high heat. Toss in the cumin seeds and allow to cook until fragrant, 20 to 30 seconds. Add the chicken and brown in the oil. Discard any remaining marinade. Turn heat to medium-low, cover, and continue cooking until the chicken is cooked through, about 15 minutes. Pour in the cream and heat through. Serve immediately.
# Simple Malaysian Fried Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 (4 pound) whole chicken, cut into pieces</td>
<td></td>
</tr>
<tr>
<td>6 cloves garlic, chopped</td>
<td></td>
</tr>
<tr>
<td>4 tablespoons oyster sauce</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons curry powder</td>
<td></td>
</tr>
<tr>
<td>1/2 cup vegetable oil</td>
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</tbody>
</table>

## Directions

To Marinate: In a nonporous glass dish or bowl, combine the garlic, oyster sauce and curry powder. Mix together. Add chicken pieces and turn to coat. Cover dish or bowl and refrigerate to marinate for at least 1/2 hour.

In a large skillet or wok, heat oil over medium high heat. Add marinated chicken (disposing of leftover marinade) and fry for 20 to 25 minutes or until chicken is crispy and brown and juices run clear.
Curried Chicken

Ingredients

- 2 tablespoons butter or stick margarine
- 2 teaspoons curry powder
- 1 medium onion, finely chopped
- 2 cups finely chopped peeled apples
- 1 (10.75 ounce) can reduced-fat, reduced-sodium cream of mushroom soup, undiluted
- 1/2 cup fat-free milk
- 1 1/2 pounds skinless, boneless chicken breast meat - cubed
- 1 (4 ounce) can mushroom stems and pieces, drained
- 1 cup frozen peas
- 1/8 teaspoon paprika
- Hot cooked noodles or rice (optional)

Directions

Place butter in a 2-1/2-qt. microwave-safe dish. Cover and microwave on high for 40-50 seconds or until melted. Stir in curry powder. Add onion and apple; stir until coated. Cover and microwave on high for 2-3 minutes or until crisp-tender, stirring once.

Stir in the soup, milk, chicken and mushrooms; cover and microwave on high for 9-10 minutes or until chicken is no longer pink, stirring twice. Add peas; sprinkle with paprika. Cover and cook 3-4 minutes longer or until peas are tender. Serve over noodles if desired.
Ingredients

1 (4 pound) whole chicken, cut into pieces
3 cups uncooked white rice, rinsed
1/2 cup butter
1 teaspoon salt
1 teaspoon black pepper
1/2 teaspoon poultry seasoning

Directions

Place chicken in a large soup pot and cover with water. Bring to a boil. Stir in the salt, pepper, and poultry seasoning; boil for 1 hour, skimming fat from water occasionally.

Preheat oven to 350 degrees F (175 degrees C).

Melt the butter over low heat in a large skillet. Add the rice and cook, stirring, for 10 minutes. Transfer rice to a large roasting pan. Pour the broth from the chicken into the roasting pan; top with the chicken.

Bake in the preheated oven until rice is cooked, about 30 minutes.
Carol's Chicken Salad

**Ingredients**

- 1/2 cup mayonnaise
- 1/2 teaspoon salt
- 3/4 teaspoon poultry seasoning
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1 tablespoon lemon juice
- 3 cups diced, cooked chicken breast meat
- 1/2 cup finely chopped celery
- 1/2 cup chopped green onions
- 1 (8 ounce) can water chestnuts, drained and chopped
- 1 1/2 cups diced Swiss cheese
- 1 1/2 cups halved green grapes

**Directions**

In a medium bowl, whisk together the mayonnaise, salt, poultry seasoning, onion powder, garlic powder, pepper, and lemon juice.

In a large bowl, toss together the chicken, celery, green onions, water chestnuts, Swiss cheese, and grapes. Add the mayonnaise mixture, and stir to coat. Chill until serving.
Overnight Chicken Casserole

Ingredients

8 slices day-old white bread
4 cups chopped, cooked chicken meat
1 (4.5 ounce) jar sliced mushrooms, drained
1 (8 ounce) can sliced water chestnuts, drained
4 eggs
2 cups milk
1/2 cup mayonnaise
1/2 teaspoon salt
6 slices process American cheese
1 (10.75 ounce) can condensed cream of celery soup, undiluted
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 (2 ounce) jar chopped pimientos, drained
2 tablespoons butter or margarine, melted

Directions

Remove the crusts from bread and set aside. Arrange bread slices in a greased 13-in. x 9-in. x 2-in. baking dish. Top with chicken; cover with the mushrooms and water chestnuts. In a bowl, beat eggs; blend in milk, mayonnaise and salt. Pour over chicken. Arrange cheese on top. Combine soups and pimientos; pour over cheese. Cover and refrigerate overnight. Before baking, crumble crusts; toss with melted butter. Sprinkle over casserole. Bake, uncovered, at 325 degrees F for 1-1/4 hours or until set. Let stand 10 minutes before cutting.
**Chicken Veronique**

### Ingredients
- 1 tablespoon olive oil
- 1 tablespoon butter, melted
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 2 1/2 pounds chicken, cut into pieces
- 1/2 cup orange marmalade
- 1 cup chicken stock
- 1 tablespoon cornstarch
- 3 tablespoons lemon juice
- 1/2 cup green seedless grapes
- Lemon, sliced
- Italian parsley, chopped

### Directions
Preheat oven to 375 degrees F (190 degrees C). Pour olive oil and butter into a 9x13-inch baking dish. With a spatula, spread oil and butter to cover the bottom of the baking dish.

Place the flour, salt, and chicken pieces into a large resealable plastic bag, and shake to coat lightly. Arrange chicken pieces skin-side down in a single layer in the baking dish.

Bake in preheated oven for 20 minutes. Turn chicken pieces and bake 10 minutes. Brush chicken with 1/2 marmalade, and bake until the chicken is golden brown and fork tender, about 10 to 15 minutes. Remove chicken to a serving platter, and keep warm.

Reserve 2 tablespoons of drippings to a saucepan, and place over medium-high heat. Stir in chicken stock. In a small bowl, mix together cornstarch and lemon juice; stir into stock mixture. Bring to a boil, and cook until sauce thickens, 3 to 4 minutes. Stir in remaining marmalade. Stir in grapes, and cook until heated through. Serve sauce over chicken, and garnish with lemon slices and parsley.
Crawfish Stuffed Chicken Breasts

Ingredients

- 8 skinless, boneless chicken breast halves
- 1 cup Worcestershire sauce
- 2 cups unsalted butter
- 1 cup diced onion
- 1 cup diced celery
- 1/2 cup diced green bell pepper
- 3 tablespoons minced garlic
- 1 pound cooked and peeled crawfish tails, coarsely chopped
- salt
- black pepper
- 1 cup all-purpose flour
- 1 pint heavy whipping cream
- 12 ounces fresh oyster mushrooms, stemmed and sliced
- 2 cups fresh lump crabmeat
- 1 cup diced green onion

Directions

- Pound chicken breasts until flat. Place in a bowl, immerse in Worcestershire sauce, and refrigerate.
- Melt 1/2 cup butter in a large, cast iron skillet. Saute onion, celery, bell pepper, and garlic in butter for 15 minutes over medium heat, until vegetables are tender. Add the crawfish to the pan, and saute for an additional 4 to 5 minutes. Season with salt and pepper. Transfer mixture to a bowl, and set aside.
- Add 1/2 cup butter to the pan, and melt over medium-high heat. Dredge each chicken breast in the flour, and brown in the butter on one side only. Keep the chicken in the pan only long enough to brown, do not cook. The butter may begin to burn during this process. If it does, simply pour it out and add more.
- Place chicken, brown side down, on a flat surface. Spoon stuffing onto breasts, and wrap the breast ends up until they touch. Secure ends with a toothpick. Place stuffed breasts into a baking dish.
- Pour cream, remaining 1 cup butter, mushrooms, and green onions into a sauce pan, and heat gently for 5 minutes. Pour over chicken breasts. Place crabmeat in mounds on top of chicken. Cover the entire dish with foil.
- Bake in a preheated 375 degree F (190 degree C) oven for 45 minutes, or until chicken is cooked.
Rotisserie Chicken

**Ingredients**

1 (3 pound) whole chicken  
1 pinch salt  
1/4 cup butter, melted  
1 tablespoon salt  
1 tablespoon paprika  
1/4 tablespoon ground black pepper

**Directions**

Season the inside of the chicken with a pinch of salt. Place the chicken onto a rotisserie and set the grill on high. Cook for 10 minutes.

During that time, quickly mix together the butter, 1 tablespoon of salt, paprika and pepper. Turn the grill down to medium and baste the chicken with the butter mixture. Close the lid and cook for 1 to 1 1/2 hours, basting occasionally, until the internal temperature reaches 180 degrees F (83 degrees C) when taken in the thigh with a meat thermometer.

Remove from the rotisserie and let stand for 10 to 15 minutes before cutting into pieces and serving.
PHILLY Creamy Rice, Chicken and Spinach Dinner

**Ingredients**
- 1/4 cup KRAFT Signature Roasted Red Pepper with Parmesan Dressing
- 1 pound boneless skinless chicken breasts, cut into strips
- 1 (10 ounce) can canned low-sodium chicken broth or homemade stock
- 1 1/2 cups instant white rice, uncooked
- 125 grams PHILADELPHIA Light Brick Cream Cheese Spread, cubed
- 8 cups baby or torn spinach leaves
- 1 cup chopped tomatoes
- 2 tablespoons KRAFT 100% Grated Parmesan Cheese

**Directions**
Heat dressing in large deep skillet on medium-high heat. Add chicken; cook 5 min. Add broth; bring to boil. Stir in rice; return to boil. Cover. Reduce heat to medium; simmer 5 min.

Add cream cheese; cook until cream cheese is completely melted, stirring occasionally. Add spinach (skillet will be full); cover. Cook 2 min. or until spinach is wilted; stir gently. Cover; remove from heat.

Let stand 5 min. Stir in tomatoes; sprinkle with Parmesan cheese.
**Marinated Peanut Chicken A La Laura**

**Ingredients**
- 3/4 cup dry roasted peanuts
- 1/2 teaspoon paprika
- 1 teaspoon ground ginger
- 1 teaspoon ground turmeric
- 1/2 cup honey
- 1/2 cup olive oil
- Salt to taste
- 8 chicken thighs

**Directions**

In a medium mixer bowl combine the crushed peanuts, paprika, ginger, turmeric, honey, olive oil and salt; use an electric mixer to blend together and form a thick, crunchy, spreadable paste. (Note: If you find it too gooey or thick, try adding a little cola; it gives the recipe a nice, exotic flavor!)

Place chicken thighs in a nonporous glass dish or bowl. Using your hands, cover chicken pieces with the peanut mixture, coating them completely. Cover dish and refrigerate to marinate overnight.

Preheat oven to 400 degrees F (200 degrees C).

Place chicken pieces in a lightly greased 9x13 inch baking dish; cover with aluminum foil and bake at 400 degrees F (200 degrees C) for 45 to 60 minutes or until juices run clear, turning every 15 minutes so that they cook evenly.
**Ingredients**

- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 2 cups chicken broth
- 1 (10 ounce) can diced tomatoes with green chile peppers
- 1 (12 ounce) package corn tortillas
- 3 cups cooked, diced chicken breast meat
- 1 onion, chopped
- 1 green bell pepper, chopped
- 8 ounces shredded Cheddar cheese
- 1 1/2 teaspoons chili powder
- 1 teaspoon garlic salt

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Combine the chicken soup, mushroom soup, broth and tomatoes with chiles. Set aside.

Lightly grease a shallow 3 quart casserole dish. Layer 1/2 the tortillas, 1/2 the chicken, 1/2 the onion, 1/2 the bell pepper and 1/2 the cheese in the casserole dish. Pour 1/2 of the soup mixture over the layers. Repeat the layers of tortillas, chicken, onion and bell pepper; pour the remaining soup mixture over the top, then top with the remaining cheese. Sprinkle with chili powder and garlic salt and bake for 30 to 45 minutes.
Chili Sauce Chicken

Ingredients

1 (12 ounce) bottle chili sauce
1/3 cup white wine or chicken broth
1/4 cup olive or vegetable oil
10 cloves garlic, minced
4 1/2 teaspoons dried basil
1/2 teaspoon salt
1/8 teaspoon pepper
8 chicken thighs

Directions

In a large resealable plastic bag, combine the first seven ingredients; mix well. Remove 1/3 cup for basting; cover and refrigerate. Add chicken to bag; seal and turn to coat. Chill for at least 2 hours.

Drain and discard marinade from chicken. Grill, covered, skin side down, over medium heat for 20 minutes. Baste with some of the reserved marinade. Turn; grill 10 minutes longer or until the chicken juices run clear, basting frequently.
# Quick and Easy Chicken Chili

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (15.5 ounce) can corn</td>
<td></td>
</tr>
<tr>
<td>1 (15.5 ounce) can white hominy</td>
<td></td>
</tr>
<tr>
<td>2 (15.5 ounce) cans pinto beans</td>
<td></td>
</tr>
<tr>
<td>2 (15.5 ounce) cans kidney beans</td>
<td></td>
</tr>
<tr>
<td>1 (12 ounce) jar salsa</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons chili powder</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons ground cumin</td>
<td></td>
</tr>
<tr>
<td>1 cup water</td>
<td></td>
</tr>
<tr>
<td>1 pound shredded cooked chicken</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Stir together the corn, hominy, pinto beans, and kidney beans in a large saucepan over medium heat; bring to a boil. Stir in the salsa, chili powder, cumin, and water; return to a boil. Cook another 15 minutes. Stir in the chicken to serve.
### Ingredients

- 4 tablespoons vegetable oil
- 4 small potatoes, peeled and halved
- 2 large onions, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger root
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 2 medium tomatoes, peeled and chopped
- 2 tablespoons plain yogurt
- 2 tablespoons chopped fresh mint leaves
- 1 1/2 teaspoons ground cardamom
- 1 (2 inch) piece cinnamon stick
- 3 pounds boneless, skinless chicken pieces cut into chunks

### Directions

In a large skillet, in 2 tablespoons vegetable oil (or ghee) fry potatoes until brown, drain and reserve the potatoes. Add remaining 2 tablespoons oil to the skillet and fry onion, garlic and ginger until onion is soft and golden. Add chili, pepper, turmeric, cumin, salt and the tomatoes. Fry, stirring constantly for 5 minutes. Add yogurt, mint, cardamom and cinnamon stick. Cover and cook over low heat, stirring occasionally until the tomatoes are cooked to a pulp. It may be necessary to add a little hot water if the mixture becomes too dry and starts to stick to the pan.

When the mixture is thick and smooth, add the chicken pieces and stir well to coat them with the spice mixture. Cover and cook over very low heat until the chicken is tender, approximately 35 to 45 minutes. There should only be a little very thick gravy left when chicken is finished cooking. If necessary cook uncovered for a few minutes to reduce the gravy.

Wash rice well and drain in colander for at least 30 minutes.

In a large skillet, heat vegetable oil (or ghee) and fry the onions until they are golden. Add saffron, cardamom, cloves, cinnamon stick, ginger and rice. Stir continuously until the rice is coated with the spices.

In a medium-size pot, heat the chicken stock and salt. When the mixture is hot pour it over the rice and stir well. Add the chicken mixture and the potatoes; gently mix them into the rice. Bring to boil. Cover the saucepan tightly, turn heat to very low and steam for 20 minutes. Do not lift lid or stir while cooking. Spoon biryani onto a warm serving dish.
**Buffalo Chicken Wraps**

**Ingredients**
- 1 tablespoon vegetable oil
- 1 tablespoon butter
- 1 pound skinless, boneless chicken breasts, cut into bite-size pieces
- 1/4 cup hot sauce
- 4 (10 inch) flour tortillas
- 2 cups shredded lettuce
- 1 celery stalk, diced
- 1/2 cup blue cheese dressing

**Directions**
Heat the vegetable oil and butter in a large skillet over medium-high heat. Place the chicken in the pan; cook and stir until the chicken is no longer pink in the center and the juices run clear, about 10 minutes. Remove the pan from the heat. Pour the hot sauce over the cooked chicken and toss to coat.

Lay out the flour tortillas and divide the chicken evenly among the tortillas. Top the chicken with lettuce, celery, and blue cheese dressing. Fold in the sides of the tortilla and roll the wrap burrito-style.
Buffalo Chicken Chili

**Ingredients**

1 tablespoon extra-virgin olive oil  
2 tablespoons butter  
2 pounds ground chicken breast  
1 large carrot, peeled and finely chopped  
1 large onion, chopped  
3 stalks celery, finely chopped  
5 cloves garlic, chopped  
5 tablespoons chili powder  
2 tablespoons ground cumin  
1 tablespoon ground paprika  
salt and pepper to taste  
1/2 cup hot buffalo wing sauce (such as Frank’s® REDHOT Buffalo Wing Sauce), or to taste  
2 (15 ounce) cans tomato sauce  
1 (15 ounce) can crushed tomatoes  
1 (15 ounce) can white kidney or cannellini beans, drained  
1 (19 ounce) can red kidney beans, drained

**Directions**

Heat olive oil and butter in a large pot over medium-high heat. Place chicken in the pot. Cook and stir 7 to 10 minutes, until chicken is no longer pink. Stir in the carrot, onion, celery, garlic, chili powder, cumin, paprika, and salt and pepper, and cook and stir until the onion is translucent and the vegetables are beginning to soften, 3 to 4 more minutes.

Stir in the hot sauce, tomato sauce, crushed tomatoes, and white and red kidney beans. Bring to a boil, and simmer over medium-low heat about 1 hour, until the vegetables are tender and the flavors have blended.
Ingredients

1 (2 to 3 pound) whole chicken
2 (14.5 ounce) cans chicken broth
2 medium yellow onions, quartered
1 bunch celery with leaves, cut into pieces
1 (16 ounce) package baby carrots
salt and ground black pepper to taste
1/2 teaspoon garlic salt, or to taste

5 eggs
1/2 cup water
1 teaspoon salt
3 cups all-purpose flour
1/2 teaspoon parsley flakes

Directions

Place chicken in a stock pot, and add enough water to cover. Pour in the chicken broth, and add celery and onions. Season with salt, pepper and garlic salt. Bring to a boil, and cook for about 1 hour to get a good broth.

When the chicken is cooked through and tender, remove it to a platter and let sit until it is cool enough to handle. Strain broth, and discard celery and onions. Return the broth to the stock pot. Remove chicken meat from the bones, chop or tear into pieces, then return it to the pot also. Bring the broth to a boil, and add carrots.

In a medium bowl, stir together the eggs, water and salt. Gradually add flour until the dough is firm enough to form a ball. You may need more or less flour. Pat the dough out on a flat plate. Using a butter knife, cut slices of dough off the edge of the plate so they are about 2 to 3 inches long. Allow them to fall directly into the boiling broth.

Once the carrots are tender, the soup is ready. Sprinkle with parsley flakes and serve.
### Creamy Mushroom-Garlic Chicken

**Ingredients**
- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breasts
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom with Roasted Garlic Soup
- 1/2 cup milk

**Directions**
- Heat oil in skillet. Add chicken and cook until browned.
- Add soup and milk. Heat to a boil. Cover and cook over low heat 5 minutes or until done.
## Quick and Easy Chicken Spaghetti

### Ingredients
- 1 (12 ounce) package angel hair pasta
- 1 (10 ounce) can diced tomatoes with green chile peppers
- 1 (10.75 ounce) can condensed cream of chicken soup
- 3/4 (8 ounce) package processed cheese, cubed
- 2 cups chopped cooked chicken breast
- 1/2 (4 ounce) jar sliced mushrooms, drained
- Salt and pepper to taste

### Directions
Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and return to pot.

To the pasta add the diced tomatoes with green chile peppers, cream of chicken soup, processed cheese, chopped chicken, mushrooms, salt and pepper. Cook and stir over low heat until cheese is melted and mixture is heated through.
Chicken and Tortellini Stew

**Ingredients**

- 1 tablespoon cornstarch
- 1 tablespoon water
- 2 tablespoons vegetable oil
- 3/4 pound skinless, boneless chicken breast, cut into cubes
- 1 cup frozen sliced carrots
- 1 cup frozen cut green beans
- 3/4 cup chopped onion
- 6 cups Swanson® Chicken Broth or Natural Goodness™ or Certified Organic Chicken Broth
- 1 cup dried cheese-filled tortellini
- 2 tablespoons chopped fresh parsley (optional)

**Directions**

1. Stir the cornstarch and water in a small cup until smooth. Set the mixture aside.

2. Heat 1 tablespoon of the oil in a 6-quart saucepot over medium-high heat. Add the chicken and cook until it's well browned, stirring often. Remove the chicken.

3. Add the remaining oil to the saucepot. Add the carrots, beans and onions. Cook over medium heat until the vegetable are tender-crisp.

4. Stir in the broth. Heat to a boil. Add the tortellini and parsley, if desired. Cook for 10 minutes or until the tortellini is tender. Return the chicken to the saucepot and heat through.

5. Stir the cornstarch mixture and stir it into the saucepot. Cook and stir until the mixture boils and thickens slightly.
Chicken Pecan Quiche

Ingredients

- 1 cup chopped, cooked chicken
- 1 cup shredded Swiss cheese
- 1/4 cup chopped onion
- 1 tablespoon all-purpose flour
- 1/2 cup chopped pecans
- 1 (9 inch) unbaked deep-dish pastry shell
- 2 eggs, beaten
- 1 cup 2% milk
- 1/2 teaspoon brown mustard

Directions

Preheat oven to 325 degrees F (165 degrees C).

In a medium bowl, stir together chicken, cheese, onion, flour, and 1/4 cup pecans; spoon into pie crust. In another bowl, beat eggs with milk and mustard; pour over chicken. Top with remaining pecans.

Bake in preheated oven for 50 minutes, or until done.
**Ingredients**

- 4 boneless chicken breast halves, butterflied
- 2 roma (plum) tomatoes, sliced
- 4 jalapeno peppers, chopped
- 1 (1 ounce) package dry Ranch-style dressing mix
- 2 cups shredded Colby-Monterey Jack cheese
- 8 slices bacon

**Directions**

Preheat the oven to 350 degrees F (175 degrees C).

Lay the chicken breasts out flat and sprinkle with Ranch-style dressing mix. Sprinkle a bit of cheese onto each half of each breast. Place 2 tomato slices and a sliced jalapeno pepper onto each one, and sprinkle more cheese over the tomato and pepper. Fold each piece of chicken over, and wrap with 2 slices of bacon. Secure with toothpicks. Place wrapped chicken into a baking dish, and cover with aluminum foil.

Bake for 1 hour in the preheated oven, or until the chicken is no longer pink, and the juices run clear.
Country Chicken Stew

**Ingredients**

- 2 slices bacon, diced
- 1 medium onion, sliced
- 1 (10.75 ounce) can Campbell’s® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 1 (10.75 ounce) can water
- 1/2 teaspoon dried oregano leaves, crushed
- 3 medium potatoes, cut into 1-inch pieces
- 2 medium carrots, sliced
- 1 cup frozen cut green beans
- 2 (4.5 ounce) cans Swanson® Premium White Chunk Chicken Breast in Water, drained
- 2 tablespoons chopped fresh parsley

**Directions**

1. Cook the bacon in a 10-inch skillet over medium-high heat until crisp, stirring often. Remove the bacon from the skillet and drain on paper towels.

2. Add the onion to the skillet and cook until tender, stirring occasionally. Stir in the soup, water, oregano, potatoes and carrots and heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes.

3. Stir the beans in the skillet. Cover and cook for 10 minutes or until the vegetables are tender. Stir in the chicken, parsley and bacon and cook until the mixture is hot and bubbling.
Buffalo Chicken Burgers with Blue Cheese

**Ingredients**

- 1/4 cup light sour cream
- 1/4 cup reduced fat blue cheese crumbles
- 1/4 teaspoon Worcestershire sauce
- 1 1/2 pounds ground chicken
- 1/4 cup hot pepper sauce
- 1/2 teaspoon celery salt (optional)
- 1/2 teaspoon poultry seasoning
- 1/2 teaspoon paprika
- 1 pinch cayenne pepper, or to taste
- 1 tablespoon hot pepper sauce
- 4 Kaiser rolls, split
- 4 leaves iceberg lettuce
- 1/2 cup diced celery

**Directions**

Preheat an outdoor grill for medium-high heat, and lightly oil the grate. Stir the sour cream, blue cheese, and Worcestershire sauce together in a small bowl; set aside.

Mix the ground chicken, 1/4 cup hot sauce, celery salt, poultry seasoning, paprika, and cayenne pepper together in a mixing bowl until evenly blended. Form into four 3/4-inch-thick patties.

Cook the chicken burgers on the preheated grill 6 to 7 minutes until well marked. Spray the uncooked top of the burger with cooking spray, and flip the burgers over. Brush the cooked side with 1 tablespoon hot sauce, and continue cooking until no longer pink in the center and the juices run clear, about 5 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

To assemble the burgers, place a lettuce leaf on each roll bottom. Top with a burger patty, then spoon on 2 tablespoons of blue cheese sauce, and 2 tablespoons celery. Place the top of the roll on top to finish the sandwich.
San Diego Grilled Chicken

**Ingredients**

- 2 oranges, zested and juiced
- 2 lemons, zested and juiced
- 2 limes, zested and juiced
- 1 teaspoon ground coriander
- 1/2 teaspoon dried red pepper flakes
- 2 tablespoons olive oil
- 1/4 cup wildflower honey
- 6 skinless, boneless chicken breast halves - pounded to about 3/4-inch thickness
- salt and pepper to taste

**Directions**

Stir the orange zest, orange juice, lemon zest, lemon juice, lime zest, lime juice, coriander, red pepper flakes, olive oil, and honey together in a shallow dish. Remove about 1/4 cup of the mixture and set aside for later. Add the chicken breasts to the remaining marinade, turning to coat both sides. Cover with plastic wrap and refrigerate, turning occasionally, 1 to 4 hours.

Preheat an outdoor grill for high heat, and lightly oil the grate.

Remove the chicken breasts from the marinade; discard the marinade.

Basting frequently with the reserved sauce, cook the chicken on the preheated grill until no longer pink in the center and the juices run clear, about 5 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
Ingredients

1 Arnold® 100% Whole Wheat Sandwich Thins® roll
1 (4 ounce) boneless skinless chicken breast
2 slices reduced-fat Swiss cheese
4 thin slices apple (any variety)
1 teaspoon reduced-fat mayonnaise
Baby spinach leaves

Directions

Pre-heat a nonstick griddle or skillet to medium. Grill each side of the chicken breast for 5-7 minutes. Spread one side of the Sandwich Thins® roll with reduced-fat mayonnaise.

Assemble the sandwich by layering a slice of cheese, apples, chicken, baby spinach and the remaining slice of cheese.

Grill the sandwich about 90 seconds on each side, weighing the sandwich down with a small skillet as it cooks.
Colorful Chicken Casserole

Ingredients

1 cup chopped celery
1 cup chopped green pepper
3/4 cup chopped onion
2 tablespoons butter
1 cup chicken broth
1 cup frozen corn
1 cup frozen peas
1 teaspoon salt
1/4 teaspoon pepper
3 cups cubed cooked chicken
1 (7 ounce) package elbow macaroni
1 (4.5 ounce) jar sliced mushrooms, drained
1 cup shredded Cheddar cheese

Directions

In a large skillet, saute celery, green pepper and onion in butter until tender. Add broth, corn, peas and salt if desired and pepper; heat through. Stir in chicken and spaghetti.

Divide between two 8-in. square baking dishes coated with nonstick cooking spray. Top with mushrooms and cheese.

Cover and freeze one casserole for up to 3 months. Cover and bake the second casserole at 350 degrees F for 20 minutes. Uncover and bake 10 minutes longer or until heated through.

To use frozen casserole: Bake at 350 degrees F for 35 minutes. Uncover and bake 15 minutes longer or until heated through.
Greek Chicken Wrap

Ingredients

- 4 Mission® 98% Fat Free Burrito Size Flour Tortillas
- 4 boneless, skinless chicken breasts
- 1/2 cup fat-free Italian dressing
- 1/2 cup diced tomatoes
- 1 (4 ounce) can chopped black olives, drained
- 1/2 cup peeled and seeded cucumber, chopped
- 1 tablespoon fresh lemon juice
- 1/2 cup fat free sour cream mixed with:
  - 1 1/2 teaspoons crushed garlic
  - 1/2 teaspoon onion powder
- 2 cups assorted greens

Directions

- Marinate chicken in dressing 2 hours to overnight.
- Combine tomatoes, olives, cucumber, lemon juice, and 1/2 cup of the sour cream mixture. Reserve.
- Grill chicken, let cool, and cut into very thin strips.
- Spread each tortilla with 1 tablespoon sour cream mixture.
- Lay one quarter of chicken strips on tortilla, top with 1/2 cup of vegetable mixture and 1/2 cup of salad greens.
- Fold in sides of tortilla and roll up tightly. Cut on a diagonal and serve.
Spicy Chicken Curry

**Ingredients**

- 1 pound skinless, boneless chicken breast halves, cut into bite size pieces
- 2 onions, chopped
- 4 green chile peppers, chopped
- 4 tablespoons vegetable oil
- 2 tablespoons ginger garlic paste
- 1 tablespoon poppy seeds
- 2 tablespoons chili powder
- 2 cups water
- 1 tablespoon garam masala
- 1 pinch ground turmeric
- salt to taste

**Directions**

Rinse chicken pieces and pat dry. Set aside. Grind poppy seeds into a paste.

In a large skillet, saute onions and green chiles in oil until golden brown. Add ginger garlic paste and continue to saute. Add poppy seed paste and reserved chicken pieces, continuing to saute. Stir all together; after chicken is well mixed with the 'gravy', add the red chili powder and pour 2 cups of water over the mixture. Cover skillet and let simmer about 12 to 15 minutes, until chicken is cooked through.

After chicken is 'well-boiled' (the oil should be floating on top of the skillet liquid), add the garam masala and turmeric powder and turn off the stove. Stir all together and serve.
## Ingredients

- 4 (6 ounce) skinless, boneless chicken breast halves
- 3 tablespoons soy sauce
- 2 tablespoons Worcestershire sauce

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place chicken breasts in a glass baking dish. Pour the soy sauce and Worcestershire sauce over them. Cover with a lid or aluminum foil.

Bake for 50 minutes in the preheated oven, or until the juices run clear. If using frozen chicken breasts, bake for 1 hour.
Chicken Thighs with Crispy Prosciutto and Foie Gras Pate

Ingredients

- 8 ounces foie gras pate
- 12 skinless, boneless chicken thighs
- 1/4 cup Worcestershire sauce
- 8 ounces thinly sliced Italian prosciutto
- 1/2 teaspoon garlic powder, or to taste
- salt and pepper to taste
- 1/4 cup corn oil

Directions

- Cut pate into 12 rectangles, and place onto a plate lined with plastic wrap. Place into the freezer. Combine chicken thighs and Worcestershire sauce in a bowl. Seal with plastic wrap, and place in refrigerator to marinate for 1 hour.

- Gently fry the prosciutto in a large, nonstick skillet over medium heat until crispy. Drain, cool and crumble into a bowl. Season with garlic powder to taste; set aside.

- Preheat oven to 350 degrees F (175 degrees C).

- Remove chicken thighs from the marinade and pat dry with paper towels. Discard marinade. Lay the chicken thighs out flat on a clean work surface. Season with salt and pepper, then sprinkle crumbled prosciutto in the center. Place a cube of pate on top of the prosciutto, then wrap the thigh around the filling and secure with toothpicks.

- Heat corn oil in a large skillet over high heat. Place thighs into oil, and cook until browned all over, about 5 minutes. When browned, place thighs seam side down into a glass baking dish.

- Bake in preheated oven until the chicken is no longer pink, and the juices run clear, 25 to 30 minutes, depending on size.
## Salsa Chicken Burrito Filling

### Ingredients
- 2 skinless, boneless chicken breast halves
- 1 (4 ounce) can tomato sauce
- 1/4 cup salsa
- 1 (1.25 ounce) package taco seasoning mix
- 1 teaspoon ground cumin
- 2 cloves garlic, minced
- 1 teaspoon chili powder
- Hot sauce to taste

### Directions
Place chicken breasts and tomato sauce in a medium saucepan over medium high heat. Bring to a boil, then add the salsa, seasoning, cumin, garlic and chili powder. Let simmer for 15 minutes.

With a fork, start pulling the chicken meat apart into thin strings. Keep cooking pulled chicken meat and sauce, covered, for another 5 to 10 minutes. Add hot sauce to taste and stir together (Note: You may need to add a bit of water if the mixture is cooked too high and gets too thick.)
**Ingredients**

- 4 (4 ounce) boneless, skinless chicken breast halves
- 4 ounces PHILADELPHIA Cream Cheese, cubed
- 1/4 cup water
- 1/4 cup pesto
- 2 cups grape or cherry tomatoes
- 1 cup KRAFT Finely Shredded Italian* Style Five Cheese Blend

**Directions**

Heat large nonstick skillet sprayed with cooking spray on medium-high heat. Add chicken; cover. Cook 5 to 7 min. on each side or until done (165 degrees F). Remove chicken from skillet; cover to keep warm.

Add cream cheese, water, pesto and tomatoes to skillet. Cook, uncovered, on medium heat 2 min. or until heated through, stirring occasionally.

Return chicken to skillet. Cook and stir 1 min. or until chicken is coated and heated through. Sprinkle with shredded cheese.
### Ingredients

<table>
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<th>Item</th>
<th>Quantity</th>
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<tr>
<td>Couscous</td>
<td>1 cup</td>
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<tr>
<td>Boiling chicken stock</td>
<td>1 1/8 cups</td>
</tr>
<tr>
<td>Water to cover</td>
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<tr>
<td>Butter</td>
<td>2 tablespoons</td>
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<tr>
<td>Skinless, boneless chicken</td>
<td>4</td>
</tr>
<tr>
<td>Breast halves</td>
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<tr>
<td>Heavy whipping cream</td>
<td>2/3 cup</td>
</tr>
<tr>
<td>Sweet corn</td>
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<tr>
<td>Tomatoes, chopped</td>
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<tr>
<td>Fresh chopped tarragon</td>
<td>1/4 cup</td>
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<tr>
<td>Salt and pepper to taste</td>
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<tr>
<td>Lemon, juiced</td>
<td>1/2</td>
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### Directions

Put the couscous in a small saucepan. Add 1/2 of the boiling chicken stock and enough water to cover. Simmer for 3 minutes, remove from heat and set aside.

In a large skillet or wok, heat the butter/margarine until it sizzles. Add the chicken breasts and saute until lightly browned. Add the other 1/2 of the chicken stock and the cream and heat gently until just boiling. Mix in the corn, tomatoes and 1/2 of the fresh tarragon. Heat through for 1 minute and season with salt and pepper to taste.

With a fork fluff up reserved couscous. Add a handful of tarragon and the lemon juice. Salt and pepper to taste. Spoon the couscous and chicken onto serving plates and garnish with the remaining tarragon.
Moist Garlic Roasted Chicken

**Ingredients**
- 1 (4 pound) whole chicken
- salt and pepper to taste
- 1 large lemon, sliced
- 6 cloves garlic, sliced
- 6 sprigs thyme

**Directions**
- Preheat oven to 325 degrees F (165 degrees C).

Place a large sheet of parchment paper into the middle of a roasting tray. The parchment must be large enough to completely envelop the chicken. Season the chicken with salt and pepper, stuff with half of the lemon slices, and place breast side up in the middle of the parchment paper. Sprinkle garlic slices, and thyme sprigs evenly over the chicken. Lay the remaining lemon slices over the breast. Fold the parchment over the chicken forming a loose parcel.

Bake in the preheated oven until the chicken has cooked, about 1 1/2 to 2 hours. A meat thermometer inserted into thickest part of the thigh should reach 180 degrees F.
Honey Dijon Chicken

**Ingredients**

- 3/4 cup Marzetti® Honey Dijon Mustard Dressing
- 4 boneless skinless chicken breasts, halved
- 1 cup seasoned bread crumbs
- 1/2 cup Parmesan cheese

**Directions**

Preheat oven to 350 degrees F. Dip chicken breasts in dressing, until well coated. Combine crumbs and cheese; coat chicken. Bake 50 to 60 minutes, or until chicken is tender.
### Ingredients

- 4 cups chicken broth
- 2 cups water
- 2 cooked, boneless chicken breast halves, shredded
- 1 (4.5 ounce) package quick cooking long grain and wild rice with seasoning packet
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3/4 cup all-purpose flour
- 1/2 cup butter
- 2 cups heavy cream

### Directions

In a large pot over medium heat, combine broth, water and chicken. Bring just to boiling, then stir in rice, reserving seasoning packet. Cover and remove from heat.

In a small bowl, combine salt, pepper and flour. In a medium saucepan over medium heat, melt butter. Stir in contents of seasoning packet until mixture is bubbly. Reduce heat to low, then stir in flour mixture by tablespoons, to form a roux. Whisk in cream, a little at a time, until fully incorporated and smooth. Cook until thickened, 5 minutes.

Stir cream mixture into broth and rice. Cook over medium heat until heated through, 10 to 15 minutes.
Chicken Caesar Pasta

**Ingredients**

- 1 pound dry penne pasta
- 1 tablespoon butter
- 6 skinless, boneless chicken breast halves - cut into 1 inch cubes
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon salt
- 1 (8 ounce) bottle Caesar salad dressing
- 1/4 cup red wine vinegar
- 1/2 cup grated Parmesan cheese
- 1 head romaine lettuce - rinsed, dried and shredded
- 1 large tomato, chopped

**Directions**

Bring a large pot of lightly salted water to a boil. Add penne pasta and cook for 8 to 10 minutes or until al dente; drain.

Melt butter in a large skillet over medium heat. Add chicken, pepper and salt. Cook 10 minutes or until chicken is cooked through. Remove skillet from heat.

In a bowl, mix together salad dressing, vinegar and cheese. Toss together pasta, chicken, lettuce, and dressing mixture. Place in large serving bowl, and sprinkle with tomato. Garnish with croutons and Parmesan curls, if desired.
**Chicken Noodle Soup**

**Ingredients**
- 1 (2 to 3 pound) stewing chicken
- 2 1/2 quarts water
- 3 teaspoons salt
- 2 teaspoons chicken bouillon granules
- 1/2 medium onion, chopped
- 1/8 teaspoon pepper
- 1/4 teaspoon dried marjoram
- 1/4 teaspoon dried thyme
- 1 bay leaf
- 1 cup diced carrots
- 1 cup diced celery
- 1 1/2 cups uncooked fine noodles

**Directions**

In a large soup kettle, place chicken and all ingredients except noodles. Cover and bring to a boil; skim broth. Reduce heat; cover and simmer 1-1/2 hours or until chicken is tender. Remove chicken from broth; allow to cool. Debone chicken and cut into chunks. Skim fat from broth; bring to a boil. Add noodles; cook until noodles are done. Return chicken to kettle; adjust seasonings to taste. Remove bay leaf before serving.
Zippy Chicken Coleslaw

**Ingredients**

- 1 tablespoon paprika
- 1/2 teaspoon dried thyme
- 1/4 teaspoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 1/2 pound skinless, boneless chicken breast halves
- 1 (3 ounce) package ramen noodle pasta with flavor packet
- 4 cups shredded cabbage
- 2 cups broccoli coleslaw mix
- 3 green onions, chopped
- 2 tablespoons sesame seeds, toasted
- 2 tablespoons sliced almonds, toasted

DRESSING:
- 3 tablespoons sugar
- 2 tablespoons reduced-sodium soy sauce
- 4 1/2 teaspoons cider vinegar
- 2 1/4 teaspoons water
- 2 1/4 teaspoons canola oil
- 1/8 teaspoon pepper

**Directions**

In a small bowl, combine the first eight ingredients; rub over both sides of chicken. Broil 3-4 in. from the heat for 5-6 minutes on each side or until juices run clear. When chicken is cool enough to handle, shred with two forks; cool completely.

Set aside seasoning packet from ramen noodles. Break noodles into small pieces; place in a large bowl. Add the cabbage, broccoli coleslaw, onions, sesame seeds, almonds and chicken. In a jar with a tight-fitting lid, combine the dressing ingredients. Add the contents of seasoning packet; shake well. Pour over coleslaw and toss to coat.
### Sweet and Sour Chicken Stir Fry

#### Ingredients

<table>
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<tr>
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<th>Quantity</th>
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<tbody>
<tr>
<td>1/2 cup SMUCKER'S® Low Sugar Apricot Preserves</td>
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<tr>
<td>1 tablespoon cider vinegar</td>
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<tr>
<td>1 teaspoon garlic salt</td>
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<tr>
<td>1 teaspoon powdered ginger</td>
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<tr>
<td>2 teaspoons soy sauce, or to taste</td>
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<tr>
<td>1/8 teaspoon crushed red pepper flakes</td>
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<tr>
<td>1/2 cup Crisco® Canola Oil, divided</td>
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<tr>
<td>2 medium zucchini, cut into 1/4 inch slices</td>
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</tr>
<tr>
<td>1 pound boneless chicken breasts, cut in 1-inch cubes</td>
<td></td>
</tr>
<tr>
<td>1/2 pound small mushrooms, sliced</td>
<td></td>
</tr>
<tr>
<td>1 (6 ounce) package frozen pea pods, thawed</td>
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<tr>
<td>Hot cooked rice, if desired</td>
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</tbody>
</table>

#### Directions

Combine SMUCKER'S® preserves, vinegar, garlic salt, ginger, soy sauce and crushed red pepper flakes; stir until well blended. Set aside.

Heat 2 tablespoons oil in wok or large skillet until hot. Stir-fry zucchini and mushrooms over medium-high heat until zucchini is crisp-tender. Transfer mixture to a platter.

Add remaining oil to wok; cook chicken until tender, stirring often. Add pea pods and cooked zucchini and mushrooms; toss gently to mix well and heat through.

Pour apricot sauce over chicken and vegetables; toss gently to mix well and heat through. Serve with rice, if desired.
## Ingredients

- 2 medium tart apples, sliced
- 1 cup diced, cooked chicken breast
- 1/2 cup shredded fat free Cheddar cheese
- 1/2 cup shredded part-skim mozzarella cheese
- 1/2 cup fresh or frozen corn, thawed
- 1/2 cup chopped fresh tomatoes
- 1/2 cup chopped onion
- 1/4 teaspoon salt
- 6 (8 inch) (8 inch) flour tortillas
- 3/4 cup shredded lettuce
- 3/4 cup salsa
- 6 tablespoons fat free sour cream

## Directions

In a bowl, combine the first eight ingredients. Place about 3/4 cup on half of each tortilla. Fold tortilla in half over filling and secure with toothpicks. Place on a baking sheet coated with nonstick cooking spray. Bake at 400 degrees F for 8-10 minutes or until golden brown.

Carefully turn quesadillas over; bake 5-8 minutes longer or until golden. Discard toothpicks. Cut each quesadilla into three wedges; serve with lettuce, salsa and sour cream.
Chicken and Red Bell Pepper Salad Sandwiches

**Ingredients**
- 2 skinless, boneless chicken breast halves
- 1/2 red bell pepper, seeded
- 1/4 cup mayonnaise
- 1 tablespoon heavy cream
- Salt and pepper to taste
- 4 slices white bread

**Directions**

Bring a large pot of water to a boil; add chicken and cook until no longer pink in the center and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Drain, cool and chop.

Bring a small pot of water to a boil; add the bell pepper and cook until soft, about 10 minutes.

Combine the bell pepper, chicken, cream, and mayonnaise in a food processor. Blend until mostly smooth. Season with salt and pepper. Spread about half of the mixture on each of two slices of bread and sandwich with the remaining bread.
Wendy's Indian Butter Chicken

**Ingredients**

- 1/4 cup vegetable oil
- 1 1/2 onions, chopped
- 1 clove garlic
- 2 tablespoons water
- 8 tomatoes
- 1 large green bell pepper
- 1 tablespoon salt
- 2 teaspoons garam masala
- 1 teaspoon chili powder
- 1/2 cup heavy cream
- 1/4 cup butter
- 4 skinless, boneless chicken breast halves - cut into bite-size pieces

**Directions**

Heat the oil in a skillet over medium heat. Finely chop the onions and garlic in a blender or food processor, and cook in the skillet until tender. Puree the tomatoes and green bell pepper in the blender or food processor, and mix into the skillet. Season with salt, garam masala, and chili powder. Stir in the cream and butter, and continue cooking until heated through.

Mix the chicken into the skillet. Cover, and simmer 20 minutes, or until chicken juices run clear.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 green bell pepper</td>
<td>chopped</td>
</tr>
<tr>
<td>1/2 large white onion</td>
<td>chopped</td>
</tr>
<tr>
<td>2 stalks celery with leaves</td>
<td>chopped</td>
</tr>
<tr>
<td>1 small head broccoli</td>
<td>chopped</td>
</tr>
<tr>
<td>1/4 (16 ounce) package frozen corn kernels</td>
<td></td>
</tr>
<tr>
<td>2 skinless, boneless chicken breast halves</td>
<td>cubed</td>
</tr>
<tr>
<td>1 clove garlic</td>
<td>minced</td>
</tr>
<tr>
<td>5 leaves fresh basil</td>
<td></td>
</tr>
<tr>
<td>2 sprigs fresh oregano</td>
<td></td>
</tr>
<tr>
<td>1 pinch dried rosemary</td>
<td></td>
</tr>
<tr>
<td>1 pinch dried parsley</td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>4 cubes chicken bouillon, crumbled</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

In a large pot, combine bell pepper, onion, celery (reserve leaves for garnish), broccoli, corn, chicken and garlic. Season with basil, oregano, rosemary, parsley, salt and pepper. Stir bouillon into mixture and pour in enough water to cover by 2 inches. Bring to a boil, then reduce heat and simmer 2 hours, stirring occasionally.
**Ingredients**

- 10 skinless, boneless chicken breast halves
- 1 (16 fl oz) bottle balsamic vinaigrette salad dressing
- 2 tomatoes, sliced
- 2 pounds fresh mozzarella cheese, sliced
- 1 bunch fresh basil leaves
- 2 tablespoons balsamic vinegar
- Salt and freshly ground black pepper to taste

**Directions**

1. Place chicken in a shallow dish or large resealable plastic bag. Pour the dressing over it, cover or seal, and marinate in the refrigerator for 12 to 24 hours.

2. Coat a large skillet with cooking spray or oil, and set over low heat. Remove the chicken from the marinade and discard the marinade. Fry chicken breast halves over low heat for about 30 minutes, or until juices run clear.

3. Arrange chicken on a serving platter. Place a generous slice of fresh mozzarella on top of each piece. Place a leaf of basil on top of the cheese, and cover with a slice of tomato. Dash balsamic vinegar over the platter, and season with salt and pepper. Serve!
## Tomato Chicken Parmesan

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 eggs, beaten</td>
<td></td>
</tr>
<tr>
<td>1 cup grated Parmesan cheese</td>
<td></td>
</tr>
<tr>
<td>7 ounces seasoned bread crumbs</td>
<td></td>
</tr>
<tr>
<td>6 skinless, boneless chicken</td>
<td></td>
</tr>
<tr>
<td>breast halves</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon vegetable oil</td>
<td></td>
</tr>
<tr>
<td>12 ounces pasta sauce</td>
<td></td>
</tr>
<tr>
<td>6 slices Monterey Jack cheese</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Pour beaten eggs into a shallow dish or bowl. In another shallow dish or bowl, mix together the grated Parmesan cheese and bread crumbs. Dip chicken breasts into beaten egg, then into bread crumb mixture to coat.
- In a large skillet, heat oil over medium high heat. Add coated chicken and saute for about 8 to 10 minutes each side, or until chicken is cooked through and juices run clear.
- Pour tomato sauce into a lightly greased 9x13 inch baking dish. Add chicken, then place a slice of Monterey Jack cheese over each breast, and bake in the preheated oven for 20 minutes or until cheese is completely melted.
Chicken Sausage Heroes

Ingredients

- 1 pound ground chicken
- 1/4 cup grated Parmesan cheese
- 1/2 cup dry bread crumbs
- 1/2 cup oil-packed sun-dried tomatoes, drained and diced
- 1/2 cup chopped Italian flat leaf parsley
- 1 teaspoon fennel seeds
- 1/4 teaspoon freshly ground black pepper
- 1 1/4 teaspoons salt, divided
- 2 tablespoons olive oil, divided
- 3 cloves garlic, slivered
- 1 green bell pepper, cut into strips
- 1 tablespoon red bell pepper, cut into strips
- 2 tablespoons red wine vinegar
- 1 (1 pound) loaf Italian bread, cut in half lengthwise
- 4 (1 ounce) slices provolone cheese

Directions

In a bowl, mix the ground chicken, Parmesan cheese, bread crumbs, sun-dried tomatoes, parsley, fennel seeds, pepper, and 3/4 teaspoon salt. Form into 8 links.

Heat 1 tablespoon olive oil in a skillet, and cook the sausage links 10 minutes, or until the chicken is no longer pink and juices run clear.

Heat remaining 1 tablespoon olive oil in a separate skillet over medium heat, and sauté the onion and garlic about 5 minutes, until tender. Stir in the green bell pepper and red bell pepper. Cook and stir about 5 minutes, until tender. Sprinkle with vinegar and season with remaining 1/2 teaspoon salt.

Place sausages on the bottom of the loaf of bread, cover with the vegetables, and layer with provolone cheese. Form a long sandwich by replacing the top of the loaf, and cut into slices to serve.
# Salt and Pepper Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>vegetable oil</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>skinless, boneless chicken</td>
<td>4 breast halves</td>
</tr>
<tr>
<td>salt</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>ground black pepper</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>milk</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

## Directions

Season chicken with salt and pepper (no such thing as too much, since this is the only seasoning this dish has!)

Heat oil in a medium skillet over medium high heat and add chicken. Saute until browned, about 5 minutes each side, then add milk (enough to cover 3/4 of the chicken).

Reduce heat to low and simmer for 2 hours, uncovered. Remove chicken and use juices in skillet as a sauce.
Ingredients

1 1/2 cups water
1 cup distilled white vinegar
4 tablespoons soy sauce
1 teaspoon whole peppercorns
4 cloves garlic, crushed
2 tablespoons salt
1 (2 to 3 pound) whole chicken, cut into pieces
2 tablespoons vegetable oil

Directions

In a large pot, combine the water, vinegar, soy sauce, peppercorns, garlic and salt. Mix together, add chicken pieces and simmer over low heat (uncovered) until chicken is cooked through and tender (25 to 35 minutes).

Remove chicken from pot and brown in oil in a large skillet over medium high heat.

Return chicken, with oil/juices, back to pot with reserved sauce. Cover and simmer over medium heat until desired amount of sauce is yielded.
Red Chicken with Vegetables

**Ingredients**

- 2 tablespoons olive oil
- 2 onions, chopped
- 2 tablespoons ground turmeric
- 6 chicken thighs
- 1 (6 ounce) can tomato paste
- 2 cups water
- Salt and pepper to taste
- 4 carrots
- 1 cup white sugar
- 4 tablespoons vegetable oil, divided
- 2 potatoes, cubed

**Directions**

Heat 2 tablespoons olive oil in a large skillet over medium high heat. Add onions and turmeric and saute; when onions are brown, add chicken and saute for about 10 minutes, or until chicken is almost cooked through.

Add tomato paste, water and salt and pepper to taste. Stir together, reduce heat and simmer for 20 to 30 minutes, during which the ‘gravy’ should thicken.

Meanwhile, put carrots in a small saucepan; add sugar and cook until carrots are soft to caramelize. When cooked, drain carrots. Heat 1 tablespoon vegetable oil in a small skillet over medium heat, add carrots and saute. Set aside.

Heat remaining 3 tablespoons of vegetable oil in a large skillet, add potatoes and fry. (If desired, add a pinch of turmeric and a pinch of salt.) Add carrots and potatoes to chicken, stir all together and serve.
Korean Spicy Chicken and Potato (Tak Toritang)

Ingredients

- 2 1/2 pounds chicken drumettes
- 2 large potatoes, cut into large chunks
- 2 carrots, cut into 2 inch pieces
- 1 large onion, cut into 8 pieces
- 4 cloves garlic, crushed
- 1/4 cup water
- 1/2 cup soy sauce
- 2 tablespoons white sugar
- 3 tablespoons hot pepper paste

Directions

In a large pot over medium heat, mix the chicken, potatoes, carrots, onion, sugar, and garlic. Pour in water and soy sauce, and stir in sugar and hot pepper paste. Bring to a boil, reduce heat to low, and simmer 45 minutes, until chicken juices run clear, vegetables are tender, and liquid has thickened.
### Ingredients
- 1/2 cup butter
- 1 (4 pound) whole chicken, cut into pieces
- 1 pinch salt and pepper to taste
- 2 (14 ounce) cans chicken broth
- 2 cups water
- 2 cubes chicken bouillon
- 16 ounces sour cream

### Directions
Melt the butter in a large Dutch oven over medium-high heat. Season the chicken pieces with a little salt and pepper, then place them in the pan. Cook, turning as necessary, until the skin is evenly browned.

Pour the chicken broth and water into the pot, and bring to a boil. Stir in the bouillon cubes until dissolved. Simmer over low heat for 35 to 45 minutes, or until chicken is almost falling off of the bone.

Remove the chicken pieces from the pot and set aside. Stir the sour cream into the broth. Taste and adjust seasoning if needed. Serve chicken with sauce over rice or noodles.
Roasted Lemon Herb Chicken

**Ingredients**
- 2 teaspoons Italian seasoning
- 1/2 teaspoon seasoning salt
- 1/2 teaspoon mustard powder
- 1 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- 1 (3 pound) whole chicken
- 2 lemons
- 2 tablespoons olive oil

**Directions**
Preheat oven to 350 degrees F (175 degrees C).

Combine the seasoning, salt, mustard powder, garlic powder and black pepper; set aside. Rinse the chicken thoroughly, and remove the giblets. Place chicken in a 9x13 inch baking dish. Sprinkle 1 1/2 teaspoons of the spice mixture inside the chicken. Rub the remaining mixture on the outside of the chicken.

Squeeze the juice of the 2 lemons into a small bowl or cup, and mix with the olive oil. Drizzle this oil/juice mixture over the chicken.

Bake in the preheated oven for 1 1/2 hours, or until juices run clear, basting several times with the remaining oil mixture.
**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (2 to 3 pound) whole chicken, cut into pieces</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon garam masala</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon garlic powder</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons olive oil</td>
<td></td>
</tr>
<tr>
<td>2 onions, chopped</td>
<td></td>
</tr>
<tr>
<td>1 cup chicken broth</td>
<td></td>
</tr>
<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup</td>
<td></td>
</tr>
<tr>
<td>4 potatoes, peeled and cubed</td>
<td></td>
</tr>
<tr>
<td>4 tablespoons curry powder</td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>2 ounces golden raisins</td>
<td></td>
</tr>
</tbody>
</table>

**Directions**

Rub the chicken with garam masala and garlic powder. In a large sauté pan, over medium heat brown chicken in olive oil in a large pot.

Remove chicken and sauté onions in the same oil, until golden. Return the chicken to the pan and cover with the broth. Simmer until the meat is tender and can be easily picked off of the bone. Remove the chicken to cool.

Mix the soup into the broth in the pan, then add the potatoes and the curry. Simmer until tender. As soon as the chicken is cool enough to handle, remove the meat from the skin and bones and, if necessary, cut into bite size pieces. When the potatoes are done, add the meat to the potato mixture and heat through. You may add golden raisins at this point if desired, adjust seasonings and serve!
### Ingredients
- 3 cups diced cooked chicken
- 1 cup diced celery
- 2 tablespoons lemon juice
- 1 tablespoon finely chopped onion
- 3/4 cup mayonnaise
- 1 (11 ounce) can mandarin oranges, drained
- 1 cup seedless grapes, halved
- 1 teaspoon lemon pepper
- 1/2 cup chopped pecans, toasted

### Directions
In a medium bowl, combine first eight ingredients; mix well. Cover and chill for 1-2 hours. Fold in pecans just before serving.
### Ingredients

1 (26 ounce) can Campbell's® Condensed Tomato Soup  
1/4 cup honey  
2 teaspoons dry mustard  
1 teaspoon onion powder  
8 bone-in chicken breast halves, skin removed

### Directions

Mix soup, honey, mustard and onion powder.  

Grill or broil chicken for 35 minutes or until done, turning often and brushing with sauce during cooking.  

Heat remaining sauce to a boil and serve with chicken.
**Ingredients**
- 1 1/2 tablespoons butter
- 4 skinless chicken thighs
- 1/2 onion, sliced
- 1 (15 ounce) can apricot halves, drained
- 1 tablespoon chili sauce
- 1 tablespoon brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cardamom
- 1 teaspoon ground ginger
- 1 teaspoon ground black pepper

**Directions**
Melt the butter in a skillet over medium heat and brown the chicken thighs on both sides, 5 to 8 minutes per side. Remove the chicken thighs and set aside. In the hot skillet, cook and stir the onions until softened, about 5 minutes.

Pour the apricot halves, chili sauce, brown sugar, cinnamon, cardamom, ginger, and black pepper into a blender, and pulse several times to puree. Pour the mixture into the skillet with the onions, bring to a boil, and reduce heat to a simmer. Simmer the sauce until slightly thickened, about 5 minutes. Return the chicken thighs to the sauce, and spoon sauce over the chicken. Simmer until the chicken is tender and no longer pink inside, 15 to 20 minutes. Serve chicken topped with sauce.
Orange Island Chicken

Ingredients

1/2 cup orange juice
1/3 cup soy sauce
1 teaspoon ground ginger
1/2 teaspoon onion powder
1 teaspoon orange zest
3 pounds boneless skinless chicken breasts, cut into strips
1/2 cup all-purpose flour
3 tablespoons vegetable oil

Directions

FOR MARINADE: In a zipper style bag, combine the orange juice, soy sauce, ginger, onion powder and orange peel. Mix well.

Add the chicken pieces to the marinade and refrigerate overnight, or for at least 8 hours.

Preheat oven to 350 degrees F (175 degrees C). Remove the chicken from the marinade. (Do not discard the marinade). Coat the chicken with flour. In a large skillet, heat the oil and brown the chicken over medium high heat. Transfer to a 9x13 inch baking dish. Pour remaining marinade over chicken. Cover and bake in the preheated oven for 30 minutes. Remove cover and bake for 15 minutes more. Let cool and serve.
**Ingredients**

1 (3 pound) whole chicken, cut into pieces
2 quarts water
1 large onion, chopped
2 stalks celery with leaves, chopped
1/2 cup chopped fresh parsley
5 black peppercorns
6 cubes chicken bouillon, crumbled
1 bay leaf
1/4 teaspoon celery seed
1 pinch dried thyme
1 teaspoon salt
1 cup sliced carrots
1/2 cup sliced celery
1/4 cup minced onion
1 tablespoon dried parsley
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 cup uncooked white rice

**Directions**

In a large pot combine chicken, water, large onion, celery with leaves, fresh parsley, peppercorns, bouillon, bay leaf, celery seed, thyme and 1 teaspoon salt. Bring to a boil, then reduce heat, cover and simmer 4 hours.

Strain stock, reserving chicken, and refrigerate for 30 minutes.

Skim fat from top of stock. Remove skin and bones from chicken and cut meat into bite-size pieces. Return stock and chicken to pot and stir in carrots, 1/2 cup sliced celery, 1/4 cup minced onion, dried parsley, 1 teaspoon salt, pepper and rice. Bring to a boil, then reduce heat and simmer 30 minutes.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity/Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 (4 ounce) skinless, boneless chicken breast halves - cut into 1 inch strips</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon ground black pepper</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons grated Parmesan cheese</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon dried parsley</td>
<td></td>
</tr>
<tr>
<td>1 clove garlic, minced</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon dried oregano</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons lemon juice</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons Worcestershire sauce</td>
<td></td>
</tr>
<tr>
<td>1/4 cup white wine</td>
<td></td>
</tr>
</tbody>
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## Directions

Combine chicken with ground pepper, cheese, parsley, garlic, salt, oregano, lemon juice, Worcestershire sauce and wine in a shallow bowl. Marinate in the refrigerator for several hours (overnight is best).

Preheat broiler. Remove chicken from marinade (save marinade) and place in a shallow pan. Broil 8 inches from heat, turning once, until chicken is no longer pink inside (about 15 minutes).

In a small saucepan, bring marinade to a boil. Pour over chicken, toss and serve. Yummy!
# Dilly Chicken and Potatoes

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>(3 1/2) pound broiler-fryer chicken</td>
<td>cut up</td>
</tr>
<tr>
<td>1 pound new potatoes, cut into chunks</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons cooking oil</td>
<td></td>
</tr>
<tr>
<td>1 cup half-and-half cream</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon seasoned pepper</td>
<td></td>
</tr>
<tr>
<td>3/4 cup sliced green onions</td>
<td></td>
</tr>
<tr>
<td>1/4 cup chopped fresh dill weed</td>
<td></td>
</tr>
<tr>
<td>1/2 cup sour cream</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

In a large skillet over medium heat, brown chicken and potatoes in oil for 10-15 minutes. Remove chicken and potatoes; set aside. Discard all but 1 tablespoon drippings. To drippings, add cream, salt and pepper; stir to mix. Return chicken and potatoes to skillet. Sprinkle with onions and dill. Cover and simmer for 50-60 minutes or until chicken juices run clear and potatoes are tender. With a slotted spoon, remove chicken and potatoes to a serving platter; keep warm. Add sour cream to pan; stir to mix and heat through. Serve with chicken and potatoes.
Cumin-Rubbed Chicken with Avocado Salsa

**Ingredients**

1 teaspoon salt, divided
1/2 teaspoon cumin
1/4 teaspoon ground red pepper
1 tablespoon olive oil
4 (4 ounce) boneless skinless chicken breast halves
1 fully ripened Avocado from Mexico, halved, pitted, peeled and cubed
1 cup chopped tomato
1/2 cup diced cucumber
1/4 cup diced red onion
1/4 cup chopped fresh cilantro
2 tablespoons lime juice

**Directions**

In small bowl, combine 1/2 teaspoon of the salt, the cumin and pepper; rub on chicken.

In large non stick skillet, heat oil over medium heat. Add chicken; cook, turning occasionally, until no longer pink in the center, about 10 minutes.

Meanwhile, in medium bowl, combine Avocado, tomato, cucumber, onion, cilantro and remaining 1/2 teaspoon salt.

Serve over cumin rubbed chicken with whole grain couscous or rice, if desired.
Ingredients

2 pounds chicken breast tenderloins or strips
1/4 cup water
1/2 cup soy sauce
1 cup SPLENDA® No Calorie Sweetener, Granulated
1/4 cup white wine
1 pinch garlic powder, or to taste

Preheat oven to 400 degrees F (200 degrees C).

Arrange chicken in a single layer in a baking dish. In a medium bowl combine water, soy sauce, SPLENDA® Granulated Sweetener and wine. Pour over chicken and sprinkle with garlic powder.

Bake for 10 minutes in preheated oven until sauce is hot and bubbly.

Reduce temperature to 350 degrees F (175 degrees C), and bake for an additional 15 to 20 minutes, until sauce is thick and sticky, basting repeatedly.
# Lemony Chicken Pasta Toss

## Ingredients
- 2 tablespoons cornstarch
- 1 3/4 cups Swanson® Chicken Broth (regular, Natural Goodness™ or Certified Organic)
- 2 tablespoons lemon juice
- 1 tablespoon Dijon-style mustard
- 1 pound skinless, boneless chicken breast, cut into strips
- 2 cloves garlic, minced
- 3 tablespoons chopped fresh parsley
- 4 cups hot cooked spaghetti, cooked without salt

## Directions
- Mix cornstarch, broth, lemon juice and mustard.
- Cook chicken and garlic in nonstick skillet until browned, stirring often. Remove chicken.
- Add cornstarch mixture. Cook and stir until mixture boils and thickens. Return chicken to skillet and heat through. Stir in parsley. Toss with spaghetti.
Ingredients

- 1/4 pound chorizo
- 2 skinless, boneless chicken breast halves, cut into 1-inch cubes
- 1/2 (10 ounce) bag tortilla chips
- 1 cup frozen corn kernels
- 1 (19 ounce) can green enchilada sauce
- 1/2 cup sour cream
- 2 cups shredded Monterey Jack cheese

Directions

Preheat an oven to 400 degrees F (200 degrees C).

Cook the chorizo in a skillet over medium heat, stirring to break it into tiny pieces. Place the raw chicken into the skillet with the chorizo; cook and stir the meats together until the chicken is no longer pink in the center, about 10 minutes.

Spread half of the tortilla chips over the bottom of a casserole dish; top the chips with the cooked chorizo and chicken mixture. Sprinkle the corn evenly over the meats and layer the remaining chips over the top. Whisk together the green enchilada sauce and sour cream in a mixing bowl; pour over the top of the casserole. Top the casserole with the shredded Monterey Jack cheese.

Bake the chilaquiles in the preheated oven until the casserole is bubbly and the chips begin to brown, 15 to 20 minutes.
Grilled Peanut Chicken

Directions

Preheat grill for high heat.

In a bowl, mix the peanut butter, lime juice, soy sauce, garlic, curry powder, and cayenne pepper.

Lightly oil the grill grate. Place chicken on grate, and brush with 1/2 the sauce. Grill 6 to 8 minutes. Turn chicken, and brush with remaining sauce. Continue grilling 6 to 8 minutes, until chicken juices run clear.

Ingredients

2 tablespoons reduced fat peanut butter
1 tablespoon fresh lime juice
2 teaspoons soy sauce
1 clove garlic, chopped
1/3 teaspoon curry powder
1 dash ground cayenne pepper
4 skinless, boneless chicken breast halves
Mild Cheesy Chicken Enchiladas

Ingredients
2 cups cubed, cooked chicken meat
1/4 cup chopped onion
4 cups shredded Cheddar cheese
1 cup sour cream
8 (8 inch) flour tortillas
1 1/2 cups chopped tomatoes
1/2 cup black olives

Directions
Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

In a medium bowl, mix the chicken, onion, 1 cup Cheddar cheese, and 3/4 cup sour cream. Disperse the mixture evenly among the 8 tortillas. Roll into enchiladas, and arrange in single layer in the prepared baking dish.

In a saucepan over low heat, melt together the remaining Cheddar cheese and sour cream. Pour over the enchiladas, and top with tomatoes and olives.

Bake in the preheated oven for 20 to 30 minutes, or until hot and bubbly.
Loga's Microwave Chicken

Ingredients

- 1 cup ketchup
- 5 tablespoons curry powder
- 1 teaspoon cayenne pepper
- 8 chicken legs

Directions

In a large, round microwave safe casserole dish combine the ketchup, curry powder and cayenne powder and mix together. Add chicken pieces and turn to coat. Arrange chicken legs in a fan, with the thin part of the legs in the center of the dish. Cover and cook in the microwave on high for 12 to 15 minutes or until chicken is cooked through and juices run clear.
**Chicken Parmesan Bundles**

### Ingredients

- 4 ounces PHILADELPHIA Cream Cheese, softened
- 1 (10 ounce) package frozen chopped spinach, thawed, well drained
- 1 1/4 cups KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese, divided
- 6 tablespoons KRAFT Grated Parmesan Cheese, divided
- 6 small boneless, skinless chicken breast halves, pounded to 1/4-inch thickness
- 1 egg
- 10 RITZ Crackers, crushed
- 1 1/2 cups spaghetti sauce, heated

### Directions

Heat oven to 375 degrees F. Mix cream cheese, spinach, 1 cup mozzarella and 3 Tbsp. Parmesan until well blended; spread onto chicken breasts. Starting at one short end of each breast, roll up chicken tightly. Secure with wooden toothpicks, if desired. Set aside.

Beat egg in shallow dish. Mix remaining Parmesan and cracker crumbs in separate shallow dish. Dip chicken bundles in egg, then roll in crumb mixture. Place, seam-sides down, in 13x9-inch baking dish sprayed with cooking spray.

Bake 30 min. or until chicken is done (165 degrees F). Remove and discard toothpicks, if using. Serve topped with spaghetti sauce and remaining mozzarella.
## Taiwanese Sesame Oil Chicken Stew

### Ingredients

- 1 1/2 pounds bone-in chicken, cut into pieces
- 2 tablespoons vegetable oil
- 3/4 cup rice wine
- 3/4 cup dark sesame oil
- 2 tablespoons light sesame oil
- 7 slices fresh ginger root
- 1 1/2 cups water
- 1 (16 ounce) package uncooked somen noodles

### Directions

Bring a large pot of water to a boil. Stir in the chicken pieces, return to a boil, and cook for 2 minutes; drain. Heat the vegetable oil in a large skillet over high heat. Stir in the chicken pieces, and cook until browned on the outside, about 3 minutes. Pour in the rice wine, dark sesame oil, light sesame oil, and ginger slices. Bring to a boil, then reduce heat to medium, and simmer for 3 minutes. Add the water, return to a boil, and cook until the chicken is no longer pink, and easily pulls away from the bone, about 5 minutes more.

Meanwhile, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, drop the somen in a few noodles at a time and return to a boil. Cook uncovered, stirring occasionally, until the noodles have cooked through, but are still firm to the bite, 5 to 7 minutes. Drain well in a colander set in the sink.

Stir the somen noodles into the simmersing chicken to serve.
**Baked Parmesan-Crusted Chicken**

### Ingredients

- ¾ cup butter
- 2 cloves garlic, minced
- 1 cup dry bread crumbs
- ⅓ cup grated Parmesan cheese
- 2 tablespoons chopped fresh thyme
- 2 tablespoons chopped fresh basil
- 2 tablespoons chopped fresh oregano
- ¼ teaspoon pepper
- ½ teaspoon salt
- 6 (4 ounce) skinless, boneless chicken breast halves

### Directions

Preheat oven to 350 degrees F (175 degrees C).

Melt the butter with the garlic in a saucepan over medium heat. When the butter starts to bubble, remove from the heat and allow to cool slightly. Stir the breadcrumbs together with the Parmesan cheese, thyme, basil, oregano, pepper, and salt in a bowl. Dip the chicken breasts in the butter, then press into the seasoned bread crumbs. Place the chicken into a 9x13 inch baking dish.

Bake in the preheated oven until the chicken is golden brown and no longer pink in the center, 50 to 55 minutes.
**Ingredients**

1 recipe pastry for a 9 inch double crust pie  
1 carrot, chopped  
1 head fresh broccoli, chopped  
2 boneless chicken breast halves, cooked and chopped  
1 (10.75 ounce) can condensed cream of chicken soup  
2/3 cup milk  
1 cup shredded Cheddar cheese  
1/2 teaspoon salt

**Directions**

Preheat oven to 425 degrees F (220 degrees C).

Steam carrots and broccoli in a covered pot for 3 minutes, until slightly tender but still firm.

In a large bowl, mix together carrots, broccoli, chicken, soup, milk, cheese, and salt. Spoon mixture into pastry-lined 9 inch pie pan and cover with top crust. Seal edges and cut steam vents in top.

Bake in preheated oven for 30 minutes, until golden brown.
# Grilled Chicken with Ginger and Black Bean Sauce

## Ingredients
- 6 skinless chicken thighs
- 1 tablespoon minced fresh ginger root
- 1 tablespoon black bean sauce with garlic
- 1 teaspoon sesame oil
- ground black pepper to taste

## Directions
Place thighs in a bowl, and add ginger, black bean sauce, sesame oil, and ground black pepper. Stir well until completely coated. Marinate in the refrigerator for 2 hours.

Grill over medium heat until no longer pink but still juicy, about 20 minutes, turning only once.
Grilled Caribbean Free Range Chicken

Ingredients

- 1 cup rum
- 5 tablespoons light soy sauce
- 1/4 cup lime juice
- 1/4 cup brown sugar
- 12 cloves garlic, minced
- 2 1/2 tablespoons finely minced fresh ginger root
- 2 teaspoons dried thyme
- 1 teaspoon salt
- 1 teaspoon ground white pepper
- hot pepper sauce (e.g. Tabasco) to taste (optional)
- 1 serrano pepper, finely chopped
- 4 pounds skinless, boneless chicken breast halves

Directions

In a bowl, mix the rum, soy sauce, lime juice, brown sugar, garlic, ginger, thyme, salt, pepper, hot pepper sauce, and serrano pepper. Pierce the chicken on all sides with a fork. Place chicken in a shallow container, and cover with the marinade. Seal container, and marinate chicken in the refrigerator 8 hours or overnight.

Preheat grill for high heat.

Lightly oil grill grate. Discard marinade and place chicken on the grill. Cook 8 minutes on each side, or until juices run clear.
## Broccoli-Stuffed Chicken

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>2 (6 ounce) skinless, boneless</td>
<td>chicken breast</td>
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<tr>
<td>1 teaspoon poultry seasoning</td>
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<tr>
<td>1/2 teaspoon white pepper</td>
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<td>1/2 teaspoon curry powder</td>
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<tr>
<td>1/2 teaspoon garlic powder</td>
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<tr>
<td>1/4 teaspoon salt</td>
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<tr>
<td>1 cup finely chopped fresh</td>
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<tr>
<td>broccoli</td>
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<tr>
<td>1/2 cup shredded Cheddar cheese</td>
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<tr>
<td>1/2 cup chicken broth</td>
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<tr>
<td>Hot cooked rice</td>
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### Directions

Flatten chicken to 1/4-in. thickness. Combine poultry seasoning, pepper, curry powder, garlic powder and salt; sprinkle over chicken. Combine broccoli and cheese; place half in the center of each chicken breast. Fold long sides over filling; fold ends up and secure with a toothpick.

Place, seam side down, in an 8-in. square baking pan. Add broth. Cover pan loosely with foil. Bake at 350 degrees F for 30 minutes. Remove foil; baste the chicken with pan juices. Bake, uncovered, 10 minutes longer or until meat juices run clear. Remove toothpicks before serving. Thicken pan juices for gravy if desired. Serve with rice if desired.
Ranch Crispy Chicken

**Ingredients**
- 8 skinless, boneless chicken breast halves
- 2 (1 ounce) packages ranch dressing mix
- 1/4 cup dry bread crumbs

**Directions**
- Preheat oven to 375 degrees F (190 degrees C).
- Combine dressing mix and bread crumbs in a plastic bag. Add chicken and shake until coated.
- Place coated chicken pieces on an ungreased cookie sheet and bake in preheated oven for 25 to 30 minutes, or until chicken is cooked through and juices run clear. Serve with rice or potatoes, if desired.
### Ingredients
- 1 (8 ounce) package spaghetti
- 2 cups boneless chicken breast half, cooked and diced
- 1 (4 ounce) jar chopped pimento peppers
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1/2 green bell pepper, diced
- 1 1/2 cups shredded, processed American cheese

### Directions
- Preheat oven to 250 degrees F (120 degrees C).
- Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Mix together in large bowl: cooked spaghetti, diced chicken, pimentos, mushroom soup, bell peppers and cheese. Pour into a large casserole dish and bake for 90 minutes in a preheated oven. Serve immediately.
Grilled Spiced Chicken with Caribbean Citrus-Mango Sauce

**Ingredients**

- 1 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground anise seed
- 1 dash cayenne pepper
- 4 skinless, boneless chicken breast halves
- 2 cups water
- 1 cup basmati rice
- 1 mango - peeled, seeded and diced
- 1/2 cup orange juice
- 2 tablespoons fresh lime juice
- 2 tablespoons honey
- 2 teaspoons cornstarch
- 1 1/2 tablespoons water
- 2 tablespoons dark rum

**Directions**

In a medium bowl, mix the ginger, cinnamon, cumin, anise, and cayenne pepper. Rub the chicken with the spice mixture, and place in the bowl. Cover, and refrigerate 20 to 30 minutes.

Combine 2 cups of water and basmati rice in a saucepan, and bring to a boil. Reduce heat, cover and simmer for 20 minutes, or until tender.

In a small saucepan, mix the mango, orange juice, lime juice, and honey. Bring to a boil, reduce heat, and simmer for 5 minutes, stirring occasionally. In a small cup, mix cornstarch with 1 1/2 tablespoons of water until cornstarch is dissolved. Stir into mango mixture, and simmer one minute, or until sauce has thickened slightly. Stir in dark rum.

Preheat an outdoor grill for medium heat. When grill is hot, brush the grate with oil.

Grill chicken 6 to 8 minutes per side, until no longer pink and juices run clear. Serve over the cooked rice, and top with the mango sauce.
Chipotle Chicken Sandwiches

**Ingredients**

- 1 tablespoon olive or vegetable oil
- 2 pounds skinless, boneless chicken thighs
- 1 large red pepper, cut into 2-inch-long strips
- 1 large sweet onion, thinly sliced
- 1 (10.75 ounce) can Campbell's® Condensed Tomato Soup (Regular, Healthy Request® or 25% Less Sodium)
- 3/4 cup water
- 1/4 cup cider vinegar
- 2 tablespoons packed brown sugar
- 1 teaspoon ground chipotle chile pepper
- 1 (13 ounce) package Pepperidge Farm® Classic Sandwich Buns with Sesame Seeds
- shredded Cheddar cheese

**Directions**

Heat the oil in a 6-quart saucepot over medium-high heat. Add the chicken in 2 batches and cook for 10 minutes until it's well browned on both sides. Remove the chicken and set aside.

Add the pepper and onion to the saucepot and cook until the vegetables are tender-crisp.

Stir the soup, water, vinegar, brown sugar and chile pepper in the saucepot. Heat to a boil. Return the chicken to the saucepot. Reduce the heat to low. Cover and cook for 20 minutes or until the chicken is fork-tender.

Remove the chicken from the saucepot to a cutting board. Using 2 forks shred the chicken. Return the chicken to the saucepot.

Cook for 10 minutes or until the sauce is thickened.

Serve the chicken mixture on the buns. Top with the cheese, if desired.
Jar Doo Chicken Wings

**Ingredients**
- 1/4 cup soy sauce
- 2 teaspoons minced fresh ginger root
- 1 tablespoon dry gin
- 2 tablespoons water
- 2 teaspoons white sugar
- 1/2 teaspoon salt
- 1 1/2 pounds chicken wings, tips removed and wings cut in half at joint
- Vegetable oil for deep frying

**Directions**
Whisk together the soy sauce, ginger, gin, water, sugar, and salt in a small bowl. Arrange wings in a single layer in baking dish. Pour the soy sauce mixture over the wings. Allow wings to marinate 30 minutes.

Pour oil into a 2-quart saucepan; heat oil to 375 degrees F (190 degrees C). Drain and discard marinade from wings. Cook wings in batches in heated oil until brown and no longer pink on inside, 10 to 15 minutes. Drain cooked wings on paper towels before serving.
Chinese Chicken Wings

### Ingredients

- 1 (16 ounce) bottle soy sauce
- 3 tablespoons lemon juice
- 1 1/2 tablespoons onion powder
- 1 1/2 teaspoons garlic powder
- 2 bay leaves, crushed
- 1 cup orange juice
- 5 pounds chicken wings, cut into thirds, tips discarded

### Directions

Whisk together the soy sauce, lemon juice, onion powder, garlic powder, bay leaves, and orange juice in a large glass or ceramic bowl. Add the chicken wings and toss to evenly coat. Cover the bowl with plastic wrap, and marinate in the refrigerator for 8 hours to 2 days.

Preheat an oven to 350 degrees F (175 degrees C).

Bake the chicken wings in the preheated oven until no longer pink at the bone and the juices run clear, 45 to 55 minutes, basting every 10 minutes. For crispier skin, drain the juices from the pan during the last 10 minutes of baking.
Thai Grilled Chicken with Sweet Chile Dipping

Ingredients

- 1/2 cup coconut milk
- 2 tablespoons fish sauce
- 2 tablespoons minced garlic
- 2 tablespoons chopped cilantro
- 1 teaspoon ground turmeric
- 1 teaspoon curry powder
- 1/2 teaspoon white pepper
- 1/2 (3 pound) chicken, cut into pieces
- 6 tablespoons rice vinegar
- 4 tablespoons water
- 4 tablespoons white sugar
- 1 teaspoon minced garlic
- 1/2 teaspoon minced bird’s eye chile
- 1/4 teaspoon salt

Directions

In a shallow dish, mix together the coconut milk, fish sauce, 2 tablespoons minced garlic, cilantro, turmeric, curry powder, and white pepper. Add chicken, and turn to coat. Cover, and refrigerate for 4 hours or overnight.

Preheat grill for high heat.

In a saucepan, combine vinegar, water, sugar, 1 teaspoon minced garlic, bird’s eye chile, and salt; bring to a boil. Reduce heat to low, and simmer until liquid is reduced, about 5 minutes. Stir sauce from time to time. Remove from heat and allow to cool before use.

Lightly oil grill grate. Discard marinade, and place chicken on the grill. Cook for 10 minutes per side, or until slightly charred and juices run clear. Brush with sauce before serving. Serve remaining sauce on the side for dipping.
Chicken, Rice, and Green Bean Casserole

**Ingredients**

- 1 (6 ounce) package wild rice (such as Uncle Ben’s®)
- 3 cups water
- 1 tablespoon vegetable oil
- 1 pound skinless, boneless chicken breast meat - cut into chunks
- 1 (14.5 ounce) can French-cut green beans, drained
- 1 (10.75 ounce) can cream of mushroom soup
- 1 cup mayonnaise

**Directions**

- Preheat an oven to 350 degrees F (175 degrees C).
- Bring the wild rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender but not mushy, 20 to 25 minutes. Drain off any excess liquid, fluff the rice with a fork, and cook uncovered 5 minutes more.
- While the rice cooks, heat the oil in a pan over medium heat. Add the chicken and cook until completely browned on all sides, about 5 minutes. Combine the rice, chicken, green beans, mushroom soup, and mayonnaise in a large baking dish.
- Bake in the preheated oven until the chicken is no longer pink in the center, about 45 minutes.
Chicken Salad

**Ingredients**

- 6 boneless chicken breast halves, cooked and diced
- 1 cup chopped celery
- 1 teaspoon salt-free herb and spice blend
- 1 cup mayonnaise

**Directions**

Combine the chicken, celery, spice blend and mayonnaise. Mix all together; more or less mayonnaise can be added, depending on your preference. Voila, your summer salad is ready to serve!
Ingredients

1/2 pound boneless skinless chicken breast halves, cut into 1-inch pieces
1/4 cup chopped onion
2 garlic cloves, minced
1 1/2 cups low-sodium chicken broth, divided
3/4 cup chopped green pepper
1 (4 ounce) can mushroom stems and pieces, drained
1 bay leaf
1/4 teaspoon dried oregano
1/4 teaspoon dried basil
1/4 teaspoon pepper
3/4 cup uncooked long grain rice
1 cup meatless spaghetti sauce

Directions

In a large skillet, cook the chicken, onion and garlic in 3 tablespoons broth until chicken juices run clear. Stir in the green pepper, mushrooms, bay leaf, oregano, basil, pepper and remaining broth. Bring to a boil. Add the rice. Reduce heat; cover and simmer for 20-25 minutes or until the rice is tender. Add the spaghetti sauce; heat through. Discard bay leaf before serving.
KJ's Mushroom Chicken

Ingredients

- 1/2 cup butter
- 8 skinless, boneless chicken breasts
- salt and pepper to taste
- 1/4 cup all-purpose flour
- 2 1/2 cups chicken broth
- 1/2 lemon, juiced
- 1 pound fresh mushrooms, sliced
- 1 (14 ounce) can artichoke hearts in water
- 1 tablespoon Worcestershire sauce

Directions

In large skillet melt butter or margarine. Season chicken with salt and pepper to taste. Add chicken to skillet and brown on both sides. Remove from platter and keep warm in oven.

Reduce heat under skillet to medium low. Add flour to pan drippings, stirring constantly for 2 minutes to form a roux that is golden brown. Stir in broth gradually; continue to stir until thickened. Stir in the lemon juice, mushrooms, artichoke hearts with liquid, and Worcestershire sauce. Let simmer for several minutes. Return chicken to skillet. Cover and simmer for another 20 minutes, spooning the sauce over the chicken occasionally.
Ingredients

2 1/2 cups all-purpose flour, divided
2 tablespoons salt
1 teaspoon cayenne pepper
3 eggs, lightly beaten
3 pounds beef chuck steaks, well trimmed
1 cup oil for frying
2 1/2 cups milk
1 teaspoon garlic salt
3/4 teaspoon celery salt
2 tablespoons chili powder
1 cube beef bouillon

Directions

In a shallow bowl, combine 2 cups of the flour, salt and cayenne pepper; set aside. In a bowl, beat together eggs and remaining 1/2 cup flour. Pound steaks flat with a meat mallet. Dredge the steaks first in the flour mixture, then into the egg mixture, then back into the flour mixture.

Heat oil in a large skillet over medium high heat. Fry the coated steaks until golden brown. Remove from skillet, drain, and keep warm.

Pour off all but 1 tablespoon of the oil, then stir in the leftover seasoned flour. Cook over medium heat, stirring constantly, until the flour is browned. Remove from the heat and stir in milk, garlic salt, celery salt, chili powder and beef bouillon. Return to the heat and bring to a simmer, stirring constantly, until gravy thickens.
BBQ Chicken Calzones

**Ingredients**

- 4 slices bacon
- 1/2 small onion, chopped
- 3 cups shredded, cooked chicken breast meat
- 2/3 cup barbeque sauce
- 1 (10 ounce) can refrigerated pizza crust dough
- 1 cup shredded mozzarella cheese
- 2 tablespoons chopped fresh cilantro

**Directions**

Preheat the oven to 400 degrees F (200 degrees C).

Fry bacon in a large skillet over medium-high heat until crisp. Remove from the pan to drain on paper towels; crumble. Add the onion and shredded chicken to the hot bacon grease in the pan. Fry over medium heat until onion is tender. Stir in 1/3 cup of barbeque sauce, and remove from the heat. Mix in the cooked bacon.

Roll the pizza crust dough out onto a greased cookie sheet. Press out to an even thickness, and then cut in half. Divide the chicken mixture between the two pieces of dough, spreading on only half of each piece to within 1/2 inch of the edge. Drizzle the remaining sauce over the filling. Sprinkle the cheese and cilantro over the top. Fold the uncovered portion of dough over the filling, and press the edges together with a fork to seal.

Bake for 25 minutes in the preheated oven, or until browned to your liking. Cool for a few minutes, then cut each calzone in half. Each serving is half of a calzone. These can be served with additional barbeque sauce if you like.
Lemon Butter Chicken

Ingredients

- 1 tablespoon butter
- 1/3 cup Italian salad dressing
- 1 lemon, zested and juiced
- 1 tablespoon Worcestershire sauce
- 8 chicken tenderloins
- lemon pepper to taste
- garlic salt to taste
- onion powder to taste

Directions

Preheat oven to 350 degrees F (175 degrees C). Place the butter in a 9x9 inch baking dish, and melt in the oven. Remove from heat, and mix in Italian salad dressing, lemon juice, and Worcestershire sauce.

Arrange the chicken tenderloins in the baking dish, coating with the melted butter mixture. Season both sides of chicken with lemon pepper, garlic salt, and onion powder. Sprinkle with lemon zest.

Bake 25 minutes in the preheated oven, or until chicken juices run clear.
Chinese Chicken Wings

**Ingredients**
- 2 cups soy sauce
- 2 cups brown sugar
- 2 tablespoons garlic powder
- 5 pounds chicken wings, split and tips discarded

**Directions**

Stir the soy sauce, brown sugar, and garlic powder together in a saucepan over medium heat; cook and stir until the sugar melts completely. Remove from heat and allow to cool.

Place the chicken wings in a large bowl. Pour the soy sauce mixture over the wings and toss to coat evenly. Cover the bowl with plastic wrap. Allow chicken to marinate in refrigerator overnight or 8 hours.

Preheat an oven to 350 degrees F (175 degrees C).

Pour the chicken wings and marinade into a 9x13-inch baking dish. Cover the baking dish with aluminum foil.

Bake in the preheated oven until thoroughly hot, about 45 minutes. Remove the aluminum foil from the baking dish and continue baking uncovered another 15 minutes. Serve hot.
## Ingredients

1/3 cup butter  
1/3 cup all-purpose flour  
2 cups chicken broth  
2 cups heavy cream  
1/4 teaspoon garlic powder  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
3 cups cooked, chopped chicken breast meat  
2 cups frozen green peas, thawed and drained  
1 cup toasted sliced almonds

## Directions

Melt butter in a large saucepan over medium heat. Stir in flour, then add broth, cream, garlic powder, salt and pepper. Mix together and cook until thickened. Stir in chicken, peas and almonds. Heat through and serve over hot cooked biscuits.
Easy Chicken Parmesan Sandwich

**Ingredients**
- 6 frozen chicken nuggets
- 2 tablespoons tomato sauce
- 1 hamburger bun, split
- 1 slice American cheese
- 1 tablespoon grated Parmesan cheese

**Directions**

Place the chicken nuggets on a microwave-safe plate. Cook in microwave until hot in the middle, about 2 minutes.

Spread 1 tablespoon tomato sauce on one piece of the hamburger bun; cover the sauce with the American cheese slice. Arrange the chicken nuggets onto the cheese. Pour the remaining tomato sauce over the nuggets; sprinkle with the Parmesan cheese. Top with the other half of the hamburger bun to finish the sandwich.
Ingredients

1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
1/2 cup milk
1/8 teaspoon ground black pepper
1/3 cup grated Parmesan cheese
2 cups cubed cooked chicken or turkey
3 cups cooked medium egg noodles or bow tie pasta
Chopped fresh parsley

Directions

Mix soup, milk, black pepper, cheese, chicken and noodles in saucepan. Heat through. Garnish with parsley.
Creamy Chicken Risotto

**Ingredients**

- 1 tablespoon vegetable oil
- 1 pound skinless, boneless chicken breast, cut up
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom with Roasted Garlic Soup
- 1 (10.75 ounce) can Campbell's® Condensed Chicken Broth
- 3/4 cup water
- 1 small carrot, chopped
- 2 green onions, sliced
- 1 tablespoon grated Parmesan cheese
- 1 cup uncooked regular long-grain white rice

**Directions**

Heat oil in skillet. Add chicken and cook until browned, stirring often.

Add soup, broth, water, carrot, green onions and cheese. Heat to a boil. Stir in rice. Cover and cook over low heat 25 minutes or until done.
Pollo con Nopales (Chicken and Cactus)

### Ingredients
- 2 skinless, boneless chicken breast halves
- 3 fresh tomatillos, husks removed
- 3 fresh jalapeno peppers, seeded
- 1 (16 ounce) jar canned nopales (cactus), drained

### Directions
Fill a pot with water and bring to a boil. Cook the chicken breasts in the boiling water until no longer pink in the center and the juices run clear, about 10 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Drain and set aside to cool. Once cool, shred the chicken into small strands.

Fill the pot again with water and bring to a boil. Cook the tomatillos, jalapeno peppers, and nopales in the boiling water until the vegetables are all tender, about 5 minutes. Drain.

Blend the tomatillos and jalapeno peppers in a blender until smooth; pour into the pot with the shredded chicken and place over medium heat. Cut the nopales into small dice and add to the mixture. Allow the mixture to simmer until completely reheated, about 5 minutes.
Skillet Herbed Chicken with Mustard

**Ingredients**

- 3 tablespoons Dijon mustard
- 2 tablespoons honey
- 2 tablespoons dried tarragon
- 2 teaspoons dried basil
- 2 teaspoons dried thyme
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons vegetable oil
- 4 boneless, skinless chicken breast halves
- 1 cup white wine

**Directions**

In a small bowl, blend Dijon mustard and honey. Mix in the tarragon, basil, thyme, salt, and pepper.

Heat oil in a large skillet over medium heat. Place chicken in the skillet, and brush on both sides with the Dijon mustard mixture. Pour 1/4 cup wine around the chicken. Reduce heat, cover, and simmer about 10 minutes, until liquid is reduced.

Pour another 1/4 cup wine around the chicken, and continue to cook about 5 minutes, until chicken is no longer pink and juices run clear. Remove from heat, reserving remaining liquid.

Mix remaining wine into the skillet. Increase heat to medium, and scrape up browned bits. Cook and stir until liquid is reduced by about 1/3. Serve as a sauce over the chicken.
Ingredients

- 1 1/2 cups cider vinegar
- 5 tablespoons vegetable oil
- 1 1/2 tablespoons poultry seasoning
- 2 tablespoons salt
- 4 chicken halves (1 leg and 1 breast each)

Directions

Preheat an outdoor grill for indirect medium heat and lightly oil grate.

In a small saucepan over medium low heat, combine the vinegar, oil, poultry seasoning and salt. Stir often, until the sauce just starts to bubble.

Place the chicken halves on the grill and brush with the sauce, turning them every 7 to 10 minutes.

Continue this over indirect medium heat for about 45 minutes, or until internal temperature reaches 180 degrees F (80 degrees F).
Baked Chicken Thermidor

**Ingredients**

- 2 cups cooked, cubed chicken meat
- 1 cup diced celery
- 1 cup frozen green peas
- 1 (5 ounce) can water chestnuts, drained and chopped
- 1/2 cup toasted and sliced almonds
- 2 cups chopped red bell pepper
- 1/4 cup chopped onion
- 2 tablespoons chopped pimento peppers (optional)
- 2 tablespoons white wine
- 1 1/2 teaspoons lemon juice
- 1/2 cup milk
- 1 (10.75 ounce) can condensed cream of chicken soup
- 2 slices white bread, cut into cubes
- 1 cup shredded Cheddar cheese

**Directions**

Preheat oven to 375 degrees F (190 degrees C).

In a large heat-resistant bowl combine the chicken, celery, peas, water chestnuts, 1/4 cup of the almonds, bell pepper, onion, pimiento, wine and lemon juice. Mix all together.

In a saucepan heat the milk and soup over low heat, stirring. Pour soup/milk mixture into bowl containing chicken mixture and mix well. Pour this mixture into a lightly greased 9x13 inch baking dish. Top with bread crumbs.

Bake casserole in the preheated oven for 20 minutes, until bubbly. Sprinkle cheese on top and bake for 5 to 6 minutes more. Sprinkle remaining 1/4 cup almonds on top and serve.
**Ingredients**

- 2 tablespoons vegetable oil
- 1 teaspoon cumin seed
- 1 onion, finely chopped
- 1/4 cup tomato paste
- 1/4 cup water
- 1 pound skinless, boneless chicken breast halves - cubed
- 1/2 (14 ounce) can coconut milk
- 1/2 teaspoon brown sugar
- 1/2 teaspoon hot chile paste (optional)
- 1 pinch cayenne pepper (optional)
- 3/4 teaspoon ground turmeric
- Salt and pepper to taste
- 1/2 cup chopped cilantro

**Directions**

Heat the vegetable oil in a large skillet over medium heat. Add cumin seeds, and fry for a few minutes until they become fragrant and begin to pop. Stir in chopped onion, and cook until the onion has softened and turned translucent, 3 to 4 minutes.

Stir together tomato paste and water, and pour into skillet. Stir in chicken, and cook until it has firmed and turned white, about 5 minutes. Add coconut milk, brown sugar, chile paste, cayenne pepper, turmeric, salt, and pepper.

Bring mixture to a simmer, then reduce heat to medium-low, cover, and continue to simmer until the chicken is tender and no longer pink in the center, about 15 minutes. Sprinkle with chopped cilantro before serving.
Ingredients

1/2 cup fat-free yogurt
3 garlic cloves, minced
2 tablespoons lemon juice
1 tablespoon canola oil
1 teaspoon sugar
1 teaspoon chili powder
1 tablespoon minced fresh ginger root
1/2 teaspoon salt
1/2 teaspoon ground cumin
6 bone-in chicken breast halves

Directions

In a large resealable plastic bag, combine the yogurt, garlic, lemon juice, oil, sugar and seasonings; add the chicken. Seal bag and turn to coat; refrigerate for at least 8 hours or overnight.

Coat grill rack with nonstick cooking spray before starting the grill. Prepare the grill for indirect heat. Drain and discard marinade. Grill chicken, covered, bone side down over indirect medium heat for 2 minutes. Turn; grill 25-35 minutes longer or until juices run clear.
Garlic Chicken Fried Chicken

**Ingredients**

- 2 teaspoons garlic powder, or to taste
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 teaspoon paprika
- 1/2 cup seasoned bread crumbs
- 1 cup all-purpose flour
- 1/2 cup milk
- 1 egg
- 4 skinless, boneless chicken breast halves - pounded thin
- 1 cup oil for frying, or as needed

**Directions**

In a shallow dish, mix together the garlic powder, pepper, salt, paprika, bread crumbs and flour. In a separate dish, whisk together the milk and egg.

Heat the oil in an electric skillet set to 350 degrees F (175 degrees C). Dip the chicken into the egg and milk, then dredge in the dry ingredients until evenly coated.

Fry chicken in the hot oil for about 5 minutes per side, or until the chicken is cooked through and juices run clear. Remove from the oil with a slotted spatula, and serve.
**Ingredients**

- 2 (8 ounce) jars dried beef
- 6 skinless, boneless chicken breast halves
- 1 cup sour cream
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1/4 cup all-purpose flour

**Directions**

Lightly grease slow cooker, and line with dried beef. Place 2 to 3 chicken breasts in the slow cooker. In a mixing bowl, stir together sour cream, soup, and flour; pour 1/2 of mixture over chicken. Layer with the dried beef and chicken breasts, and pour in the remaining sour cream mixture. Top with the remaining dried beef.

Cook in slow cooker on LOW for 8 hours, or on HIGH for 4 hours.
### Ingredients

- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breasts
- 1 (10.75 ounce) can Campbell's® Condensed Tomato Soup
- 1/2 cup milk
- 2 tablespoons grated Parmesan cheese
- 1/2 teaspoon dried basil leaves, crushed
- 1/4 teaspoon garlic powder
- 4 cups hot cooked medium tube-shaped pasta (ziti)

### Directions

Heat oil in skillet. Add chicken and cook until browned.

Add soup, milk, cheese, basil and garlic. Heat to a boil. Cover and cook over low heat 5 min. or until done. Serve with pasta.
Chile Basil Sesame Chicken

**Ingredients**

- 1/2 cup light soy sauce
- 1/2 cup low-sodium, low-fat chicken broth
- 1 tablespoon olive oil
- 1 teaspoon sesame oil
- 2 teaspoons toasted sesame seeds
- 2 whole dried chile peppers, cut in half
- 1/4 cup chopped fresh basil
- 1 pound skinless, boneless chicken breasts

**Directions**

To Marinate: In a medium nonporous glass dish or bowl combine the soy sauce, chicken broth, olive oil, sesame oil, sesame seeds, chile peppers and basil. Mix well and add chicken. Turn to coat, cover dish or bowl and refrigerate to marinate for up to 24 hours.

Preheat grill to high heat with the grate set 6 inches from the heat source, and lightly oil grate.

Remove chicken from dish, discarding any leftover marinade. Grill chicken over high heat for 7 minutes per side or until cooked through and no longer pink inside.
Asian Twist Chicken Wings

**Ingredients**

- 2 sun-dried tomatoes
- 1/4 cup white wine
- 1/4 cup barbeque sauce
- 1 teaspoon sesame oil
- 1 tablespoon hot pepper sauce
- 2 tablespoons soy sauce
- 1 tablespoon distilled white vinegar
- 1 tablespoon honey
- 1 tablespoon cornstarch
- 20 chicken wings
- 2 teaspoons minced garlic
- 1 teaspoon chili powder
- salt and pepper to taste
- 1 lime, cut into wedges
- 1 1/2 teaspoons sesame seeds

**Directions**

Place the sun-dried tomatoes and white wine into a blender; puree until smooth, then pour into a saucepan. Stir in the barbeque sauce, sesame oil, hot pepper sauce, soy sauce, vinegar, honey, and cornstarch. Bring to a simmer over medium-high heat, then reduce heat to medium-low, and simmer for several minutes until thickened. Remove from heat, and allow to cool.

While the marinade is cooling, pierce the chicken wings using a fork, and place into a mixing bowl. Toss the chicken wings with the garlic, chili powder, salt, and pepper. Pour the cooled marinade over the wings, and stir to coat. Cover, and refrigerate at least 2 hours.

Preheat an outdoor grill for medium heat, and lightly oil the grate.

Remove the chicken wings from the marinade, and shake off excess. Discard the remaining marinade. Cook the wings on the preheated grill until no longer pink at the bone, about 20 minutes. Turn the wings frequently as they cook to ensure even cooking. Place the cooked wings on a serving platter; squeeze the lime wedges over the wings, and sprinkle with sesame seeds to serve.
Wild Rice Micro Chicken

**Ingredients**

- 2 teaspoons salt
- 4 cups water
- 2 cups uncooked white rice
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (1 ounce) package dry onion soup mix
- 1 (6 ounce) package wild rice
- 1 (4.5 ounce) can sliced mushrooms
- 2 skinless, boneless chicken breast halves, cut into bite size pieces

**Directions**

In a medium saucepan add salt to water and bring to a boil. Add uncooked rice and parboil for 10 minutes (to parboil is to partially cook by boiling briefly in water). Meanwhile, prepare wild rice according to package directions (do NOT drain); set aside.

In a lightly greased 9x13 inch baking dish combine the cream of mushroom soup and dry onion soup mix. Slowly stir in the parboiled rice and cooked wild rice (with liquids). Add the mushrooms and chicken pieces, mix all together and spread evenly in baking dish. If desired, cover and store in refrigerator at this point.

To Cook In Microwave: Cook on high for 15 minutes, stirring every 5 minutes. Cook until chicken is no longer pink and rice is cooked through.

To Cook In Conventional Oven: Preheat oven to 375 degrees F (190 degrees C). Bake dish in preheated oven for 30 to 45 minutes, until chicken and rice are cooked through.
Easy To Do Oven BBQ Chicken

**Ingredients**

- 1/2 cup ketchup
- 1/2 cup honey
- 1/4 cup red wine vinegar
- 4 cloves garlic, minced
- 4 tablespoons olive oil
- 6 cut up chicken pieces

**Directions**

In a medium, nonreactive bowl, combine the ketchup, honey, vinegar and garlic. Mix well, cover and refrigerate for at least 1 hour.

Preheat oven to 350 degrees F (175 degrees C).

Heat the olive oil in a large skillet over medium high heat. Add the chicken parts and sauté for 2 to 3 minutes per side, just to sear the meat. Transfer chicken to a 9x13 baking dish and cover each piece well with the reserved sauce.

Bake at 350 degrees F (175 degrees C) for 35 to 45 minutes, bastiing with the sauce every 15 minutes.
Campbell's® Slow-Cooker Chicken and Dumplings

**Ingredients**

- 1 1/2 pounds skinless, boneless chicken breasts, cut into 1-inch pieces
- 2 medium Yukon Gold potatoes, cut into 1-inch pieces
- 2 cups whole baby carrots
- 2 stalks celery, sliced
- 2 (10.75 ounce) cans Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 1 cup water
- 1 teaspoon dried thyme leaves, crushed
- 1/4 teaspoon ground black pepper
- 2 cups all-purpose baking mix
- 2/3 cup milk

**Directions**

Place the chicken, potatoes, carrots and celery into a 6-quart slow cooker.

Stir the soup, water, thyme and black pepper in a small bowl. Pour the soup mixture over the chicken and vegetables.

Cover and cook on LOW for 7 to 8 hours* or until the chicken is cooked through.

Stir the baking mix and milk in a medium bowl. Spoon the batter over the chicken mixture. Turn the heat to HIGH. Tilt the lid to vent and cook for 30 minutes or until the dumplings are cooked in the center.
Ingredients

- 1 (16 ounce) package frozen mixed vegetables
- 2 1/2 cups cubed cooked chicken
- 1 (10.75 ounce) can condensed cream of chicken soup, undiluted
- 3/4 cup milk
- 1 1/2 cups shredded Cheddar cheese, divided
- 8 bacon strips, cooked and crumbled (optional)

BISCUITS:
- 1 1/2 cups biscuit/baking mix
- 2/3 cup milk
- 1 (2.8 ounce) can French-fried onions

Directions

In a large bowl, combine the vegetables, chicken, soup, milk, 1 cup cheese and bacon if desired. Pour into an ungreased 13-in. x 9-in. x 2-in. baking dish.

Cover and bake at 400 degrees for 15 minutes.

Meanwhile, in another bowl, combine biscuit mix and milk. Drop the batter by tablespoonfuls onto the chicken mixture.

Bake, uncovered, for 20-22 minutes or until biscuits are golden brown. Top with the onions and remaining cheese. Bake 3-4 minutes longer or until the cheese is melted.
Chicken Claridge Stew

Ingredients

- 3 skinless, boneless chicken breast halves - cut into cubes
- 1 onion, chopped
- 2 stalks celery, chopped
- 4 carrots, chopped
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 cup chicken broth
- salt and pepper to taste
- 1/4 teaspoon dried sage
- 1 clove garlic, minced
- 1 (14.5 ounce) can diced tomatoes

Directions

Spray a large skillet with cooking spray. Saute the chicken in the oil. Add the onion and saute until translucent. Add the celery and carrots and saute briefly.

Add the chicken soup, mushroom soup, water or broth, salt and pepper, sage and garlic. Do not add the tomatoes yet as they retard cooking time. Bring all to a boil, then cover and simmer for about 20 minutes. Add the tomatoes and simmer for 10 more minutes, uncovered. Serve over hot cooked rice if desired. Delicious!
Broccoli Chicken Casserole IV

Ingredients

2 1/2 cups chopped chicken breast meat
1 (10.75 ounce) can condensed cream of mushroom soup
1/2 cup milk
1/2 cup shredded Monterey Jack cheese
1 (10 ounce) package frozen broccoli
1/2 cup chopped green onion
1 teaspoon dried basil
1/2 teaspoon ground black pepper

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl combine the chicken, soup, milk, cheese, broccoli, green onion, basil and pepper. Mix well and spread mixture into a lightly greased 9x13 inch baking dish.

Bake at 350 degrees F (175 degrees C) for 50 minutes, until bubbly.
Orange Glazed Chicken Wings

**Ingredients**

1 tablespoon vegetable oil  
18 chicken wings, tips removed and wings cut in half at joint  
1/2 cup orange marmalade  
1/4 cup Dijon mustard  
2 tablespoons soy sauce

**Directions**

Heat the oil in a large skillet over medium-high heat. Add the wing pieces, and fry until golden brown on all sides, about 6 to 10 minutes.

Spoon off any excess fat, and add the orange marmalade, mustard, and soy sauce to the skillet, stirring to blend the ingredients and coat the wing pieces. Simmer on medium heat 8 to 10 minutes, until the sauce thickens and glazes the wings. Serve hot.
Ingredients

1/2 teaspoon curry powder
1/2 teaspoon red pepper flakes
1/2 teaspoon kosher salt
1/4 teaspoon ground ginger
1/4 teaspoon paprika
1/4 teaspoon ground cinnamon
1/4 teaspoon ground turmeric
2 tablespoons water
4 skinless, boneless chicken breast halves

Directions

Preheat grill for high heat.

In a medium bowl, mix curry powder, red pepper flakes, salt, ginger, paprika, cinnamon, and turmeric with water to form a smooth paste. Rub paste into chicken breasts, and place them on a plate. Cover, and allow to marinate for 20 minutes.

Brush grate with oil. Place chicken on the grill, and cook 6 to 8 minutes on each side, until juices run clear when pierced with a fork.
## Ingredients

8 chicken legs, halved  
4 cloves garlic  
1 tablespoon crushed red pepper flakes  
1 tablespoon vegetable oil  
salt to taste  
1/2 cup water

## Directions

In a large skillet, brown the chicken pieces in oil and cook for about 15 minutes over medium heat.

Crush garlic cloves and squeeze over chicken. Cover skillet and cook over low heat for 10 minutes each side. Remove cover, sprinkle with red pepper flakes and salt to taste, add water and simmer over low heat until water evaporates and the chicken pieces are sticky and yummy!
## Ingredients

- 9 slices day-old bread, cubed
- 3 cups chicken broth
- 4 cups cubed cooked chicken
- 1/2 cup uncooked instant rice
- 1/2 cup diced pimientos
- 2 tablespoons minced fresh parsley
- 1 1/2 teaspoons salt
- 4 eggs, beaten

## Directions

In a large bowl, toss bread cubes and broth. Add chicken, rice, pimientos, parsley and salt if desired; mix well. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Pour eggs over all. Bake, uncovered, at 325 degrees F for 1 hour or until a knife inserted near the center comes out clean.
Ingredients

1 tablespoon salt
1 (3 pound) whole chicken, cut into pieces
1/2 cup lemon juice
1 cup grated fresh coconut
1 hot chile pepper, minced

Directions

Sprinkle chicken with salt and place pieces on a broiler pan. Broil for about 10 minutes, turn and broil for another 5 minutes or until chicken is cooked, but still moist.

Bone, and finely chop cooked chicken pieces.

In a medium bowl combine the chicken, lemon juice, coconut, and hot peppers. Chill for at least one hour and serve.
Indian Chicken Curry (Murgh Kari)

**Ingredients**
- 2 pounds skinless, boneless chicken breast halves
- 2 teaspoons salt
- 1/2 cup cooking oil
- 1 1/2 cups chopped onion
- 1 tablespoon minced garlic
- 1 1/2 teaspoons minced fresh ginger root
- 1 tablespoon curry powder
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 teaspoon ground coriander
- 1 teaspoon cayenne pepper
- 1 tablespoon water
- 1 (15 ounce) can crushed tomatoes
- 1 cup plain yogurt
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon salt
- 1/2 cup water
- 1 teaspoon garam masala
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon fresh lemon juice

**Directions**

Sprinkle the chicken breasts with 2 teaspoons salt.

Heat the oil in a large skillet over high heat; partially cook the chicken in the hot oil in batches until completely browned. Transfer the browned chicken breasts to a plate and set aside.

Reduce the heat under the skillet to medium-high; add the onion, garlic, and ginger to the oil remaining in the skillet and cook and stir until the onion turns translucent, about 8 minutes. Stir the curry powder, cumin, turmeric, coriander, cayenne, and 1 tablespoon of water into the onion mixture; allow to heat together for about 1 minute while stirring. Mix the tomatoes, yogurt, 1 tablespoon chopped cilantro, and 1 teaspoon salt into the mixture. Return the chicken breast to the skillet along with any juices on the plate. Pour 1/2 cup water into the mixture; bring to a boil, turning the chicken to coat with the sauce. Sprinkle the garam masala and 1 tablespoon cilantro over the chicken.

Cover the skillet and simmer until the chicken breasts are no longer pink in the center and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Sprinkle with lemon juice to serve.
**Spicy Avocado Chicken**

**Ingredients**

- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground cayenne pepper
- 4 skinless, boneless chicken breast halves
- 2 tablespoons olive oil
- 1 red onion, minced
- 2 tablespoons lime juice
- 1 avocado, diced
- Salt and ground black pepper to taste

**Directions**

Stir 1 teaspoon salt, 1/4 teaspoon black pepper, and cayenne pepper together in a small bowl; rub evenly into the chicken breasts.

Heat the olive oil in a skillet over medium heat; cook the chicken in the heated oil until no longer pink in the center and the juices run clear, 5 to 7 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Stir the onion, lime juice, and avocado together in a bowl; season with salt and pepper. Spoon over the chicken breasts to serve.
Restaurant-Style Tequila Lime Chicken

**Ingredients**

1 cup water  
1/3 cup teriyaki sauce  
2 tablespoons lime juice  
2 teaspoons minced garlic  
1 teaspoon liquid smoke flavoring  
1/2 teaspoon salt  
1/4 teaspoon ground ginger  
1/4 teaspoon tequila  
4 skinless, boneless chicken breast halves  
1/4 cup mayonnaise  
1/4 cup sour cream  
1 tablespoon milk  
2 teaspoons minced tomato  
1 1/2 teaspoons chopped green chile peppers  
1 teaspoon minced onion  
1/4 teaspoon dried parsley  
1/4 teaspoon hot pepper sauce  
1 pinch salt  
1 pinch dried dill weed  
1 pinch paprika  
1 pinch cayenne pepper  
1 pinch ground cumin  
1 pinch chili powder  
1 pinch ground black pepper  
1 cup shredded Cheddar/Monterey Jack cheese blend  
2 cups crumbled corn chips

**Directions**

To Marinate: Combine the water, teriyaki sauce, lime juice, garlic, liquid smoke, salt, ginger and tequila in a medium nonporous glass bowl and mix all together. Add chicken and turn to coat; cover bowl and refrigerate for 2 to 3 hours.

To Make Mexi-Ranch Dressing: Combine the mayonnaise, sour cream, milk, tomato, peppers, onion, parsley, hot pepper sauce, salt, dill weed, paprika, cayenne pepper, cumin, chili powder and ground black pepper in a medium bowl and mix well until smooth. Cover bowl and chill until needed.

Preheat oven to Grill/Broil.

Remove chicken from marinade, discarding any remaining marinade. Grill/broil chicken for 3 to 5 minutes per side, or until cooked through and juices run clear.

Arrange cooked chicken in a 9x13 inch baking dish. Spread a layer of Mexi-Ranch dressing over each piece of chicken, followed by 1/4 cup of cheese blend. Broil in preheated oven for 2 to 3 minutes, or just until cheese has melted.

Spread a bed of about 1/2 cup crumbled corn chips on each of 4 plates. Slide a chicken breast onto the chips on each plate and serve.
Ingredients

1/2 cup dried bread crumbs
4 tablespoons all-purpose flour, divided
1 cup ice water
1 pound skinless, boneless chicken breasts
1/4 cup olive oil
1 cup fresh sliced mushrooms
1/2 cup chicken broth
1/2 cup white wine
2 ounces shredded mozzarella cheese

Directions

In a shallow dish or bowl, combine bread crumbs and 3 tablespoons flour. Dip chicken into ice water, then dredge through crumb mixture. In a medium skillet, heat oil over medium high heat. Add chicken and saute until both sides are lightly browned and chicken is cooked through (juices run clear). Remove chicken from skillet and set aside, keeping warm.

To same skillet add mushrooms and saute. Sprinkle with remaining 1 tablespoon flour and stir quickly to mix together. Add broth and wine and let simmer, stirring, until thickened (about 2 minutes).

Return reserved chicken to skillet. Top with cheese. Cover and cook until cheese is melted.
## Hot Chicken Dip

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
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<tbody>
<tr>
<td>2 (10 ounce) cans chunk chicken</td>
<td>In a medium saucepan over medium heat, mix together the chicken,</td>
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<tr>
<td>1 (14.5 ounce) can diced tomatoes</td>
<td>diced tomatoes with green chile peppers, cream cheese and cream</td>
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<tr>
<td>with green chile peppers</td>
<td>of chicken soup. Cook 20 minutes, stirring frequently, until the dip</td>
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<tr>
<td>1 (8 ounce) package cream cheese</td>
<td>begins to thicken.</td>
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<tr>
<td>2 (10.75 ounce) cans condensed</td>
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<tr>
<td>cream of chicken soup</td>
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</tbody>
</table>
Ingredients

1 (2 to 3 pound) whole chicken, cut into pieces
1 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon garlic powder
1/4 teaspoon paprika
1/4 teaspoon dried thyme
1/2 cup grated Parmesan cheese
1 tablespoon chopped fresh parsley
1/2 cup seasoned dry bread crumbs
1/4 cup butter, melted
1/2 cup dry white wine

Directions

Measure salt and pepper, garlic powder, paprika, thyme, Parmesan cheese, parsley, and bread crumbs into a bag. Shake chicken pieces in bag until well coated.

Oil roasting pan lightly, and arrange chicken in pan. Sprinkle with melted butter or margarine.

Bake, uncovered, at 350 degrees F (175 degrees C) for 45 minutes. Remove from oven, and pour wine over all. Cover, and bake an additional 15 minutes.
**Ingredients**

- 1 tablespoon ketchup
- 1 tablespoon mustard
- 1/4 cup soy sauce
- 1/4 cup Worcestershire sauce
- 1 tablespoon maple syrup
- 3 cloves garlic, minced
- Onion powder to taste
- 4 boneless, skinless chicken breast halves
- 2 tablespoons cooking oil
- 1/4 large onion, coarsely chopped
- 1/2 large green bell pepper, coarsely chopped

**Directions**

In a bowl, stir together ketchup, mustard, soy sauce, Worcestershire sauce, and maple syrup. Stir in garlic and onion powder. Place chicken in a large resealable freezer bag. Pour in marinade, seal, and refrigerate at least 1 hour.

Remove chicken from bag, and reserve marinade. Cut the chicken into thin slices.

Warm oil in a skillet over medium-high heat. Stir in onions, bell pepper, and chicken. Cook 2 minutes, stirring constantly. Reduce heat to medium, and stir in reserved marinade. Cook about 10 minutes, stirring occasionally.
Methi Murgh (Fenugreek Chicken)

Ingredients

- 1/4 cup cooking oil
- 1 (4 to 6 pound) whole chicken, cut into 8 pieces (skin removed and discarded)
- 1 teaspoon cumin seeds
- 1 cinnamon stick
- 1 black cardamom pod
- 4 whole cloves
- 1 large onion, sliced thin
- 1 tablespoon ginger-garlic paste
- 4 green chile peppers, halved lengthwise
- 1/2 cup chopped fresh spinach
- 1/2 cup chopped fresh fenugreek leaves
- 1 tablespoon dried fenugreek leaves
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground red pepper
- salt to taste
- 1 cup water
- 1/2 teaspoon garam masala

Directions

Heat the oil in a pressure cooker over medium heat; brown the chicken pieces evenly on all sides, about 5 minutes. Remove from cooker and set aside. Add the cumin seeds, cinnamon stick, cardamom pod, cloves, onion slices, ginger-garlic paste, and green chile peppers to the pressure cooker and cook until the onions are golden brown, 5 to 7 minutes. Stir the spinach, fresh fenugreek leaves, dried fenugreek leaves, turmeric, red pepper, and salt into the mixture and cook until the spinach and fenugreek leaves begin to wilt and darken in color, about 5 minutes. Pour the water over the mixture and return the chicken pieces to the pressure cooker; bring to a boil for 2 to 3 minutes.

Fasten the lid on the pressure cooker; cook until the chicken is tender, about 30 minutes. Release pressure fully and remove the lid; sprinkle the garam masala over the dish. Cook and stir until the liquid thickens, 3 to 5 minutes. Serve hot.
**BREAKSTONE'S Chicken and Sour Cream**

### Ingredients
- 2 cups chopped cooked chicken
- 1 cup BREAKSTONE'S Reduced Fat Sour Cream
- 1 1/2 cups KRAFT 2% Milk
- Shredded Colby & Monterey Jack Cheese, divided
- 1 cup salsa, divided
- 2 tablespoons chopped cilantro
- 1 teaspoon ground cumin
- 10 flour tortillas
- 1 cup shredded lettuce
- 1 medium tomatoes, chopped

### Directions
Preheat oven to 350 degrees F. Mix chicken, sour cream, 1 cup of the cheese, 1/4 cup of the salsa, the cilantro and cumin until well blended.

Spoon about 1/4 cup of the chicken mixture down center of each tortilla; roll up. Place, seam sides down, in 13x9-inch baking dish. Top with remaining 3/4 cup salsa; cover.

Bake 30 minutes. Sprinkle with remaining 1/2 cup cheese. Bake an additional 5 minutes or until cheese is melted. Top with lettuce and tomato just before serving.
## Ingredients

- 8 skinless, boneless chicken breast halves
- 1/4 cup melted butter
- 1 (16.5 ounce) can pitted Bing cherries, drained, juice reserved
- 1/2 cup brown sugar
- 1 (12 fluid ounce) can or bottle chile sauce
- 1/2 cup water
- 1 tablespoon Worcestershire sauce
- 1 onion, thinly sliced
- 1/2 cup raisins
- salt and pepper to taste
- 1 cup brandy

## Directions

1. **Preheat oven to Broil.**

2. Lightly brush chicken breasts with melted butter and broil for 2 to 3 minutes each side, or until just lightly browned.

3. **Preheat oven to 325 degrees F (165 degrees C).**

4. Place browned chicken in a 9x13 inch baking dish. In large bowl combine the reserved cherry liquid, sugar, chile sauce, water, Worcestershire sauce, onion, raisins and salt and pepper to taste. Mix all together and pour mixture over chicken.

5. Cover dish and bake at 325 degrees F (165 degrees C) for 1 hour.

6. Remove cover, add cherries and brandy to chicken and bake uncovered for another 15 minutes.
Grilled Chicken with Herbs

**Ingredients**

- 2 tablespoons chopped Italian flat leaf parsley
- 2 teaspoons fresh rosemary, minced
- 2 teaspoons chopped fresh thyme
- 1 teaspoon dried sage
- 3 cloves garlic, minced
- 1/4 cup olive oil
- 1/2 cup balsamic vinegar
- Salt and pepper to taste
- 1 1/2 pounds skinless, boneless chicken breasts

**Directions**

In a blender combine the parsley, rosemary, thyme, sage, garlic, oil, vinegar and salt and pepper to taste. Blend together. Place chicken in a nonporous glass dish or bowl and pour blended marinade over the chicken. Cover dish and refrigerate to marinate for at least 2 hours or up to 48 hours.

Preheat grill to medium high heat OR set oven to broil.

Remove chicken from dish (disposing of leftover marinade) and grill or broil for about 6 to 7 minutes per side, or until chicken is cooked through and no longer pink inside.
**Mediterranean Puff Pastry Chicken**

**Ingredients**
- 3 tablespoons crushed garlic
- 1 egg yolk
- 2 cups chopped fresh spinach
- 2 boneless skinless chicken breast halves
- 2 tablespoons basil pesto
- 1/3 cup chopped sun-dried tomatoes
- 1/4 cup crumbled herbed feta cheese
- 1 frozen puff pastry sheet, thawed, cut in half

**Directions**

In a small bowl, use a fork to combine crushed garlic and egg yolk. Place chicken breasts in a shallow glass dish and spread both sides with egg mixture. Cover dish with plastic wrap and refrigerate 4 hours, or overnight (recommended).

Preheat oven to 375 degrees F (190 degrees C). Grease a baking sheet.

Place one half of the puff pastry sheet on a lightly floured board. Place 1/2 cup spinach in the center of the pastry sheet. Remove one chicken breast from marinade, shaking off any excess, and place on top of spinach. Spread 1 tablespoon pesto over chicken, layer with half the sun-dried tomatoes, sprinkle with half the feta cheese, and top with 1/2 cup spinach. Fold pastry sheet around chicken, using fingers or fork to seal pastry seam. Place chicken seam side down on baking sheet. Repeat steps with the second half of the puff pastry sheet and remaining chicken breast.

Bake 35 to 40 minutes. Test for doneness by cutting through center of chicken breast; if juices run clear, chicken is cooked.
**Curried Chicken Soup with Chickpeas and Cauliflower**

**Ingredients**
- 1 recipe Fast Chicken Soup Base
- 2 (16 ounce) cans chickpeas, drained
- 2 cups bite-size cauliflower florets
- 2 tablespoons curry powder
- 1 (13.5 ounce) can coconut milk (optional, but very good)
- 1/2 cup chopped fresh cilantro
- Salt and freshly ground black pepper
- Grated Parmesan cheese

**Directions**

Prepare Fast Chicken Soup Base. Bring to a simmer.

Add these, then simmer until tender, 10-20 minutes: 2 16-ounce cans chickpeas, drained; 2 cups bite-size cauliflower florets; 2 Tbs. curry powder; 1 13.5-ounce can coconut milk (optional, but very good).

Before removing from heat, stir in: 1/2 cup chopped fresh cilantro.

Final touch: Add salt and pepper, to taste. Serve soup with grated Parmesan cheese.
Pecan Chicken Breasts Stuffed with Cream Cheese and Broccoli

**Ingredients**

- 2 tablespoons fresh lemon juice
- 3/4 cup butter
- 2 cloves garlic, crushed
- 1/4 teaspoon dried basil
- 1 teaspoon chopped pimento
- 1 cup chopped pecans
- 1 1/2 cups chopped fresh broccoli florets
- 1 small onion, minced
- 1/2 cup sour cream
- 1 (3 ounce) package cream cheese
- 8 skinless, boneless chicken breast halves
- 1 egg, beaten
- 1 cup dry bread crumbs
- 1/2 cup chopped pecans
- 1 tablespoon vegetable oil

**Directions**

To Make Broccoli/Cream Cheese Filling: In a medium saucepan over low heat, heat the lemon juice, butter or margarine, garlic, basil and pimento until butter or margarine has melted. Add the 1 cup pecans, broccoli and onion and cook until broccoli is tender; then add the sour cream and cream cheese and mix all together until smooth. Let cool, cover and refrigerate to chill for 30 minutes.

Place 1 to 2 tablespoons of the broccoli/cream cheese filling in the center of each chicken breast, roll up, tuck in sides and fasten with toothpicks. Put the egg beat in a shallow dish or bowl, and mix the bread crumbs and 1/2 cup pecans together in another shallow dish or bowl. Dip the chicken rolls in the egg, then in the pecan mixture.

Preheat oven to 350 degrees F (175 degrees C).

Heat oil in a large skillet over medium high heat and saute coated chicken rolls in skillet until well browned on both sides, about 2 to 4 minutes each side. Place browned rolls in a lightly greased 9x13 inch baking dish.

Bake at 350 degrees F (175 degrees C) for 30 minutes, or until chicken is cooked through and chicken meat is white. Serve with a small portion of leftover broccoli/cream cheese mixture on top of each chicken breast.
Baked Coconut Chicken

**Ingredients**

- 1 1/2 pounds chicken breast tenders
- 1 (13.5 ounce) can coconut milk
- 1/2 cup plain breadcrumbs
- 15 gingersnap cookies, crushed
- 1/4 cup shredded coconut
- 1 egg, beaten
- 1 tablespoon butter, cut into small pieces

**Directions**

Place the chicken in a large bowl. Pour enough of the coconut milk over the chicken to completely cover; refrigerate 3 hours.

Preheat oven to 375 degrees F (190 degrees C).

Combine the breadcrumbs, gingersnap cookies, and coconut in a bowl. Dip each chicken piece in the beaten egg and then cover with the breadcrumb mixture. Arrange coated chicken pieces in the bottom of a 9x13 casserole dish. Scatter the butter pieces over the chicken. Pour enough coconut milk into the dish to cover the bottom of the dish.

Bake in the preheated oven until the chicken is no longer pink, about 40 minutes.
Orange Chicken

Ingredients

6 skinless, boneless chicken breast halves
1/4 cup all-purpose flour
1 (14.5 ounce) can chicken broth
2 teaspoons lemon juice
2/3 cup orange marmalade
1/4 teaspoon ground black pepper

Directions

Saute chicken in a large skillet until lightly browned, about 7 to 10 minutes. Remove from skillet and set aside.

In a medium bowl combine the flour, broth, juice, marmalade and pepper. Mix together. Heat mixture in a medium saucepan over medium low heat, stirring constantly, until bubbly. Add chicken and cook over low heat for 4 minutes.
**Ingredients**

- 10 chicken legs
- 1 cup melted butter
- 2 cups dry potato flakes

**Directions**

Preheat oven to 400 degrees F (200 degrees C).

Place melted butter or margarine in a shallow dish or bowl, then place potato flakes in a separate shallow dish or bowl. Roll chicken pieces in butter or margarine, then in potato flakes. Place coated chicken pieces in a 9x13 inch baking dish, skin side up.

Bake at 400 degrees F (200 degrees C) for 1 hour.
## Cornbread Chicken Pot Pie

### Ingredients

- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
- 1 (8 ounce) can whole kernel corn, drained
- 2 cups cubed cooked chicken or turkey
- 1 (8 ounce) package corn muffin mix
- 3/4 cup milk
- 1 egg
- 1/2 cup shredded Cheddar cheese

### Directions

Heat the oven to 400 degrees F. Stir the soup, corn and chicken in a 9-inch pie plate.

Stir the muffin mix, milk and egg in a small bowl just until blended. Spread the batter over the chicken mixture.

Bake for 30 minutes or until the topping is golden brown. Sprinkle with the cheese. Let stand until the cheese is melted.
Confetti Beans and Rice with Chicken

Ingredients

1 cup Minute® Brown Rice, uncooked
2 teaspoons Dijon mustard
1/2 cup light Caesar salad dressing
1 (15 ounce) can black beans, drained and rinsed
12 ounces cooked chicken, diced
1 (11 ounce) can Mexican-style corn, drained
4 green onions, thinly sliced
2 large tomatoes, halved and hollowed out

Directions

Prepare rice according to package directions.

Combine Dijon mustard and Caesar salad dressing in large bowl.

Toss in rice, beans, chicken, corn and green onions. Fill tomatoes with mixture. Chill or serve at room temperature.
Chicken Wings Galore

**Ingredients**

- 10 chicken wings
- 3 tablespoons Kikkoman Soy Sauce
- 1 1/2 teaspoons balsamic vinegar
- 1 tablespoon garlic powder
- 1 teaspoon dried basil leaves, crumbled
- 1 teaspoon olive oil

**Directions**

Disjoint chicken wings; discard tips. Combine soy sauce, vinegar, garlic powder, basil and olive oil in large bowl. Add chicken; stir to coat all pieces well. Arrange pieces, side by side, on large rack on foil-lined baking sheet.

Bake in 400 degrees F oven 25 minutes. Turn pieces over; bake 25 minutes longer, or until chicken is no longer pink near bone.
Ingredients

- 2/3 cup chopped fresh cilantro
- 2 tablespoons coarse black pepper
- 2 teaspoons garlic powder
- 2 teaspoons onion salt
- 1/2 cup margarita mix
- 1/4 cup lime juice
- 1/4 cup orange juice
- 3 tablespoons tequila
- 3 tablespoons triple sec
- 2 tablespoons honey
- 1 cup light olive oil
- 6 skinless, boneless chicken breast halves

Directions

Place cilantro, pepper, garlic powder, and onion powder in the bowl of a blender. Pour in margarita mix, lime juice, orange juice, tequila, triple sec, and honey. Puree on high speed until smooth, then reduce speed to medium-low, and slowly add the olive oil; blend until creamy. Place chicken breasts in a resealable plastic bag or glass bowl; pour marinade overtop and toss to coat. Refrigerate for 5 hours.

Preheat an outdoor grill for medium-high heat and lightly oil grate.

Remove chicken from the marinade, shake off excess, and discard remaining marinade. Grill the chicken until tender and juices run clear, approximately 7 minutes per side.
Chicken Alfredo with Fettuccini Noodles

**Ingredients**

- 1 pound fettuccini pasta
- 1 1/2 cups butter, divided
- 1 pound skinless, boneless chicken breast halves - cut into cubes
- 2 (16 ounce) containers whole milk ricotta cheese
- 1 pint heavy cream
- 1 teaspoon salt
- 1 cup grated Parmesan cheese

**Directions**

Bring a large pot of lightly salted water to a boil. Add fettuccini and cook for 8 to 10 minutes or until al dente; drain.

Melt 2 tablespoons butter in a large skillet over medium heat. Saute chicken until no longer pink and juices run clear.

In a large saucepan combine ricotta cheese, cream, salt, Parmesan cheese and remaining butter. Cook over medium heat until well combined, about 10 minutes. Stir in cooked fettuccini and chicken; cook until heated through.
Coronation Chicken

**Ingredients**
- 6 skinless, boneless chicken breast halves
- 1/3 cup sultana raisins
- 1 (1 pound) large mango, peeled, thinly sliced
- 2/3 cup mayonnaise
- 1 teaspoon mild curry powder
- 1 tablespoon mango chutney
- 1 teaspoon fresh lemon juice
- 1 pinch salt and ground black pepper
- 3/4 cup toasted cashews

**Directions**

In a large pot, cook chicken in lightly salted boiling water for 20 minutes. Drain, cool, and cut into 1/2-inch strips.

In a large bowl, stir together chicken strips, raisins, and half of the mango.

In a medium bowl, mix together mayonnaise, curry powder, chutney, and lemon juice. Season with salt and pepper, then toss gently with chicken mixture. Stir in half the nuts. Transfer to a platter, and garnish with remaining mango strips and cashews.
Honey Grilled Chicken

Ingredients

2 tablespoons butter or margarine
1 clove garlic, chopped
1/3 cup honey
1 tablespoon lemon juice
4 skinless, boneless chicken breast halves

Directions

Preheat a grill for medium heat.

Melt butter in a skillet over medium heat. Add the garlic, and cook until fragrant, 1 to 2 minutes. Whisk in honey and lemon juice. Reserve half for basting, and brush the other half onto the chicken breasts.

Lightly oil the grill grate, and place chicken on the grill. Cook for 6 to 8 minutes per side, turning frequently. Baste often during the last 5 minutes. Chicken is done when the meat is firm, and juices run clear.
**Ingredients**

- 2 (8 ounce) packages cream cheese, softened
- 3/4 cup pepper sauce (such as Frank’s Red Hot®)
- 1 cup Ranch-style salad dressing
- 2 cups diced cooked chicken
- 1 cup shredded Cheddar cheese

**Directions**

Preheat the oven to 350 degrees F (175 degrees C).

In a medium bowl, stir together the cream cheese and hot pepper sauce until well blended. Mix in the Ranch dressing, chicken and Cheddar cheese. Spread into a 9x13 inch baking dish.

Bake for 30 minutes in the preheated oven. If oil collects on the top, dab it off using a paper towel. Serve with tortilla chips.
Aegean Chicken Salad

Ingredients

1 (12.5 fl oz) can chicken breast chunks, drained
1/4 cup finely chopped red onion
1 teaspoon fresh lemon juice
2 tablespoons Greek yogurt
1/4 cup hummus
1/4 cup kalamata olives, chopped
1/4 cup finely chopped red bell pepper
1 teaspoon chopped fresh dill
1/4 cup crumbled feta cheese

Directions

Break up chicken in a large bowl using a fork. Stir in onion, lemon juice, yogurt, hummus, olives, red bell pepper, and dill. Sprinkle with feta cheese.
Ingredients

4 (4 ounce) boneless, skinless chicken breast halves
1 tablespoon dried minced onion
1/2 teaspoon garlic powder
1/4 teaspoon salt
1/8 teaspoon pepper
4 slices reduced-fat Swiss cheese
1 (10.75 ounce) can reduced-fat, reduced-sodium condensed cream of chicken soup, undiluted
1/3 cup reduced-fat sour cream
1/2 cup fat-free milk
1/3 cup crushed reduced fat butter-flavored crackers
1 teaspoon butter, melted

Directions

Place the chicken in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Sprinkle with minced onion, garlic powder, salt and pepper. Top each with a slice of cheese.

In a small bowl, combine the soup, sour cream and milk; pour over chicken. Toss the cracker crumbs and butter; sprinkle over chicken. Bake, uncovered, at 350 degrees F for 30-40 minutes or until chicken juices run clear and crumbs are golden.
**Chicken Caesar Sandwiches**

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
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<tbody>
<tr>
<td>4 (4 ounce) boneless, skinless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1/3 cup mayonnaise</td>
<td></td>
</tr>
<tr>
<td>1/2 cup seasoned bread crumbs</td>
<td></td>
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<tr>
<td>1/2 cup grated Parmesan cheese</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons minced fresh parsley</td>
<td></td>
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<tr>
<td>1/4 cup Caesar salad dressing</td>
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<tr>
<td>4 hard rolls, split</td>
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</tr>
<tr>
<td>4 leaves romaine lettuce</td>
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<tr>
<td>1 medium tomato, sliced</td>
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</table>

### Directions

Flatten chicken to 1/4-in. thickness; spread mayonnaise over both sides. Combine the bread crumbs, Parmesan cheese and parsley; sprinkle over chicken. Place in a greased 11-in. x 7-in. x 2-in. baking dish. Bake, uncovered, at 375 degrees F for 25-30 minutes or until juices run clear.

Spread salad dressing over cut sides of rolls. Place romaine on roll bottoms; top with chicken, tomato and roll tops.
**Penne with Chicken and Asparagus**

**Ingredients**
- 1 (16 ounce) package dried penne pasta
- 5 tablespoons olive oil, divided
- 2 skinless, boneless chicken breast halves - cut into cubes
- salt and pepper to taste
- garlic powder to taste
- 1/2 cup low-sodium chicken broth
- 1 bunch slender asparagus spears, trimmed, cut on diagonal into 1-inch pieces
- 1 clove garlic, thinly sliced
- 1/4 cup Parmesan cheese

**Directions**

Bring a large pot of lightly salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and set aside.

Warm 3 tablespoons olive oil in a large skillet over medium-high heat. Stir in chicken, and season with salt, pepper, and garlic powder. Cook until chicken is cooked through and browned, about 5 minutes. Remove chicken to paper towels.

Pour chicken broth into the skillet. Then stir in asparagus, garlic, and a pinch more garlic powder, salt, and pepper. Cover, and steam until the asparagus is just tender, about 5 to 10 minutes. Return chicken to the skillet, and warm through.

Stir chicken mixture into pasta, and mix well. Let sit about 5 minutes. Drizzle with 2 tablespoons olive oil, stir again, then sprinkle with Parmesan cheese.
Chicken Barbeque Sauce

Ingredients

2 eggs
1/2 cup vegetable oil
1 cup cider vinegar
1 tablespoon salt
1 1/2 teaspoons poultry seasoning
1/4 teaspoon ground black pepper

Directions

In a blender or food processor, combine the eggs, oil, vinegar, salt, poultry seasoning and ground black pepper. Blend together and baste on the chicken when grilling, or marinate the chicken in the sauce in the refrigerator for 1 to 1 1/2 hours before grilling.
# Chicken Broccoli Shells

## Ingredients

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<thead>
<tr>
<th>Item</th>
<th>Quantity/Unit</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (16 ounce) jar Alfredo sauce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 cups frozen chopped broccoli, thawed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 cups diced cooked chicken</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup shredded Cheddar cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/4 cup shredded Parmesan cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21 jumbo pasta shells, cooked and drained</td>
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<td></td>
</tr>
</tbody>
</table>

## Directions

In a large bowl, combine the Alfredo sauce, broccoli, chicken and cheeses. Spoon into pasta shells. Place in a greased 13-in. x 9-in. x 2-in. baking dish. Cover and bake at 350 degrees F for 30-35 minutes or until heated through.
Dilly Chicken Sandwiches

**Ingredients**

- 4 (4 ounce) boneless, skinless chicken breast halves
- 6 tablespoons butter or margarine, softened, divided
- 1 garlic clove, minced
- 3/4 teaspoon dried dill weed, divided
- 8 (1/2-inch-thick) slices French bread
- 4 tablespoons cream cheese, softened
- 2 teaspoons lemon juice
- 4 lettuce leaves
- 8 slices tomato

**Directions**

Pound chicken to flatten evenly; set aside. In a skillet, melt 3 tablespoons of butter; add garlic and 1/2 teaspoon dill. Add chicken; cook until juices run clear. Remove and keep warm. Spread both sides of bread with remaining butter. In a skillet or griddle, grill bread on both sides until golden brown. In a small bowl, combine cream cheese, lemon juice and remaining dill; spread on one side of grilled bread. Place lettuce, chicken and tomato on four slices of bread; top with remaining bread.
Chicken and Mushroom Dijon

**Ingredients**
- 2 tablespoons butter or margarine
- 4 skinless, boneless chicken breasts
- 1 1/2 cups broccoli florets
- 1 1/2 cups sliced mushrooms
- 1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken & Broccoli Soup
- 1/4 cup milk
- 2 tablespoons Dijon-style mustard
- 4 cups hot cooked medium egg noodles

**Directions**

Heat 1 tablespoon butter in skillet. Add chicken and cook until browned. Remove chicken.

Heat remaining butter. Add broccoli and mushrooms and cook until tender.

Add soup, milk and mustard. Heat to a boil. Add chicken. Cover and cook over low heat 5 minutes or until done. Serve with noodles.
# Chicken Chile Spaghetti

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>(2 to 3 pound) whole chicken</td>
<td></td>
</tr>
<tr>
<td>12 ounces vermicelli pasta</td>
<td></td>
</tr>
<tr>
<td>3/4 cup butter</td>
<td></td>
</tr>
<tr>
<td>4 stalks celery, chopped</td>
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<tr>
<td>1 clove garlic, minced</td>
<td></td>
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<tr>
<td>1 onion, chopped</td>
<td></td>
</tr>
<tr>
<td>1 green bell pepper, chopped</td>
<td></td>
</tr>
<tr>
<td>2 (10 ounce) cans diced tomatoes with green chile peppers</td>
<td></td>
</tr>
<tr>
<td>1 pound processed cheese, cubed</td>
<td></td>
</tr>
<tr>
<td>2 (4.5 ounce) cans sliced mushrooms</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Place whole chicken in large pot or Dutch oven and cover with water. Bring to a boil, reduce heat and simmer 40 to 60 minutes, until tender. Remove chicken from pot, reserving broth. Skin and bone chicken; set meat aside.

Preheat oven to 350 degrees F (175 degrees C).

Bring chicken broth to a boil. Stir in pasta and cook 8 to 10 minutes, until al dente. Remove pasta from pot and set aside.

In a large skillet over medium heat, melt butter. Cook celery, garlic, onion and bell pepper in butter until tender. Toss celery mixture with pasta, diced tomatoes and green chiles, processed cheese, sliced mushrooms and chicken meat. Place in 9x13 inch baking dish. Pour reserved chicken broth over to moisten.

Bake in preheated oven 20 minutes, until hot and bubbly.
Chicken Curry Puffs

Ingredients

- 1 tablespoon vegetable oil
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cumin
- 2 teaspoons curry powder
- 1/2 cup coconut milk, or more as needed
- 2 red onions, chopped
- 1 stalk lemon grass, thinly sliced
- 1 red chile pepper, roughly chopped
- 1 large russet potato, diced
- 3/4 pound skinless, boneless chicken breast, cut in bite-sized pieces
- 1 teaspoon salt
- 1 (17.25 ounce) package frozen puff pastry, thawed

Directions

Heat vegetable oil in a saucepan over medium-low heat. Stir in coriander, turmeric, cumin, and curry powder. Cook a few seconds until fragrant. Pour in coconut milk, onions, lemon grass, and red pepper; cook until the vegetables are tender, about 7 minutes. Stir in potato and continue cooking for 12 minutes, adding more coconut milk if the mixture becomes too dry. Stir in the chicken, then season with salt. Cook and stir until chicken and potato has absorbed most of the liquid, then spread mixture on a plate to cool.

Preheat an oven to 375 degrees F (190 degrees C). Line 2 baking sheets with parchment paper.

Unfold puff pastry and cut each sheet into 9 squares. Place heaping spoonfuls of the filling in the center of each square. Gather all 4 corners of the pastry and pinch together at the top, forming a small pouch. Place each pastry on the baking sheet, about 1 inch apart.

Bake in the preheated oven until golden brown, 22 to 27 minutes. Cool on the baking sheet for 10 minutes before removing to cool on a wire rack. Serve warm or at room temperature.
## Homemade Chicken Broth

### Ingredients

- 2 1/2 pounds bony chicken pieces
- 2 celery ribs with leaves, cut into chunks
- 2 medium carrots, cut into chunks
- 2 medium onions, quartered
- 2 bay leaves
- 1/2 teaspoon dried rosemary, crushed
- 1/2 teaspoon dried thyme
- 8 whole peppercorns
- 2 quarts cold water

### Directions

Place all ingredients in a soup kettle or Dutch oven. Slowly bring to a boil; reduce heat. Skim foam. Cover and simmer for 2 hours. Set chicken aside until cool enough to handle. Remove meat from bones. Discard bones; save meat for another use. Strain broth, discarding vegetables and seasonings. Refrigerate for 8 hours or overnight. Skim fat from surface.
Chicken Pasta Salad with Cashews and Dried Cranberries

**Ingredients**

- 3 cups bow tie (farfalle) pasta
- 1 (16 ounce) bottle bottled coleslaw dressing
- 1/2 cup mayonnaise
- 1/2 cup creamy salad dressing (such as Miracle Whip®)
- 4 cups cubed cooked chicken
- 1 1/2 cups seedless green grapes, halved
- 1 1/2 cups seedless red grapes, halved
- 2 (5 ounce) cans water chestnuts, drained and quartered
- 2 cups thinly sliced celery
- 1/2 cup thinly sliced green onions
- 2 cups cashew halves
- 2 cups dried cranberries

**Directions**

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain, and set aside.

In a medium bowl, whisk together coleslaw dressing, mayonnaise, and creamy salad dressing.

In a large bowl, combine pasta, chicken, green grapes, red grapes, water chestnuts, celery, and green onions. Stir in dressing, and mix well. Place the salad in the refrigerator to marinate for 2 hours, or overnight. Mix in cashews and dried cranberries just before serving. Serve cold.
## Chicken Thigh and Dumpling Stew

### Ingredients
- 3 tablespoons butter
- 2 pounds chicken thighs
- 8 slices bacon
- 2 stalks celery, chopped
- 3 carrots, chopped
- 1 red onion, finely chopped
- 3 cloves garlic, finely chopped
- 1 (14 ounce) can vegetable broth
- 1/2 teaspoon paprika
- 1/2 cup heavy cream
- 1 (26 ounce) can condensed cream of chicken soup
- 1 cup water
- 1 (8.75 ounce) can sweet corn, drained
- ground black pepper to taste
- 1 (10 ounce) can buttermilk biscuits

### Directions

In a large skillet over medium-high heat, melt the butter and cook the chicken thighs until the meat is just cooked through. Remove the chicken pieces from the skillet and allow to cool. Using forks, pull meat from the bones and cut into small pieces or shred. Set aside.

Meanwhile, in a medium skillet, cook the bacon over medium heat until nicely browned and crispy. Remove strips from bacon grease and drain on a paper towel. Crumble the drained and cooled bacon and set aside. Reserve 1 tablespoon of the bacon drippings.

Scrape the chicken drippings from the large skillet into a large stock pot or Dutch oven. Cook the celery, carrots, red onion, and garlic over medium heat until the red onions are soft and transparent. Add the vegetable broth, chicken, and 1 tablespoon reserved bacon grease. Simmer over medium heat for 12 minutes, then stir in paprika, heavy cream, cream of chicken soup, and water. Heat through, stirring regularly, about 5 minutes. Stir in the sweet corn and ground pepper.

Tear each buttermilk biscuit into quarters and drop into the chicken stew. Reduce heat to medium-low; stir occasionally until dough is cooked though, forming dumplings at the top of the stew, about 10 minutes. Remove from heat and serve with a garnish of crumbled bacon.
White Chicken Chili

**Ingredients**

1 tablespoon vegetable oil
1 pound skinless, boneless chicken breast, cut into cubes
1 tablespoon chili powder
1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
2 cups water
1 pouch Campbell's® Dry Onion Soup and Recipe Mix
2 (15 ounce) cans white kidney beans (cannellini), rinsed and drained
Shredded Cheddar cheese
Sliced green onion

**Directions**

Heat oil in saucepan. Add chicken and chili powder and cook until browned, stirring often.

Add chicken soup, water and soup mix. Heat to a boil. Cover and cook over low heat 10 minutes.

Add beans and heat through. Garnish with cheese and onions.
Chicken Potato Salad

Ingredients

2 boneless chicken breast halves, cooked
2 hard-cooked eggs
3 potatoes, cooked
1 1/4 cups pickled cucumbers
1/4 teaspoon salt
2 tablespoons olive oil
2/3 cup mayonnaise

Directions

Chop the chicken, eggs, potatoes and pickled cucumbers into very small pieces. Mix all together. Add the salt and mayonnaise, then the olive oil. Toss to coat. Refrigerate for 2 to 3 hours before serving.
## Cream Cheese Chicken

### Ingredients
- 1 teaspoon butter
- 8 ounces fresh mushrooms, sliced
- 6 ounces cream cheese, softened
- 6 skinless, boneless chicken breast halves
- 1 cup brown sugar
- 1/2 cup Dijon mustard
- 1/2 cup chopped walnuts

### Directions
Preheat oven to 450 degrees F (230 degrees C).

Melt butter in a skillet over medium heat. Saute mushrooms until tender. Reduce heat to low, and stir in cream cheese until melted. Remove from heat.

Pound chicken breasts thin with a meat mallet. Spread with mushroom mixture, and roll up. In a small bowl, mix together brown sugar and Dijon mustard. Press mustard mixture onto chicken. Roll chicken in chopped nuts. Place in a baking dish.

Bake in preheated oven for 15 to 20 minutes, or until chicken is no longer pink, and juices run clear.
## Raspberry Chicken Salad

### Ingredients

- 1 chicken breast, skinned
- Sea salt and pepper
- 2 (5 ounce) bags prepared mixed greens
- 1 1/2 cups Newman's Own® Lighten Up® Raspberry & Walnut Salad Dressing
- 2 medium oranges, peeled and sliced
- 1 pink grapefruit, peeled and sectioned
- 1 avocado, halved, seeded, peeled and sliced
- 2 green onions, thinly sliced
- Fresh red raspberries

### Directions

Rinse and trim chicken breast. Grill on each side 5 to 7 minutes and remove from heat. Let stand for 5 minutes then slice into strips. Salt and pepper to taste.

Rinse and dry mixed lettuces and place in a large bowl along with green onion. Lightly dress with Raspberry & Walnut Salad Dressing, and arrange lettuces on dinner plates.

Arrange orange and grapefruit sections, avocado and onion slices, and chicken on top of lettuce. Drizzle additional Raspberry & Walnut Salad Dressing to taste.

Garnish with fresh raspberries.
Chicken Satay with Homemade Peanut Sauce

**Ingredients**

- 1 pound skinless, boneless chicken thighs, cut into 1/2 inch strips
- 1 clove garlic, minced
- 2 teaspoons minced fresh ginger root
- 1 tablespoon fish sauce
- 2 teaspoons peanut oil
- 4 shallots, minced
- 2 teaspoons minced garlic
- 2 teaspoons minced fresh ginger root
- 2 small red chile peppers, seeded and minced
- 1/2 cup crunchy peanut butter
- 1 3/4 cups coconut milk
- 2 teaspoons soy sauce
- 2 teaspoons brown sugar
- 1 1/2 tablespoons fish sauce
- 1 1/2 tablespoons lime juice
- 12 wooden skewers, soaked in water for 1 hour

**Directions**

Toss chicken, garlic, ginger, and 1 tablespoon fish sauce in a bowl until the chicken is coated in the marinade. Cover, and marinate for 1 hour.

While the chicken is marinating, heat the peanut oil in a skillet over medium heat. Stir in shallots, garlic, ginger, and chile peppers. Cook and stir until the shallot begins to turn golden brown, about 7 minutes. Reduce heat to low, and stir in peanut butter, coconut milk, soy sauce, brown sugar, 1 1/2 tablespoons fish sauce, and lime juice until blended. Simmer very gently for 10 minutes, then remove from heat and keep warm.

Preheat an outdoor grill for medium-high heat and lightly oil grate. Thread chicken onto skewers.

Grill chicken skewers on preheated grill until no longer pink in the center, about 3 minutes per side. Serve with warm peanut sauce.
# Chicken Salad Sandwiches

## Ingredients

<table>
<thead>
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<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/3 cup seedless red grapes, cut in half</td>
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</tr>
<tr>
<td>1/4 cup finely sliced celery</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons finely chopped onion</td>
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<tr>
<td>2 tablespoons dried cranberries</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons golden raisins</td>
<td></td>
</tr>
<tr>
<td>1/3 cup reduced-fat salad dressing</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons sliced natural almonds</td>
<td></td>
</tr>
<tr>
<td>3 leaves lettuce</td>
<td></td>
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<tr>
<td>6 slices multigrain bread, lightly toasted</td>
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</tr>
<tr>
<td>1 (12.5 ounce) can HORMELB® Premium Chunk Breast of Chicken, drained</td>
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</tr>
</tbody>
</table>

## Directions

In large bowl, combine chicken, grapes, celery, onion, cranberries, raisins and dressing. Stir until well combined. Cover; refrigerate at least 1 hour.

Stir almonds into chilled chicken mixture.

Place lettuce on each of 3 slices bread. Top each with chicken mixture and remaining slices bread.
Curried Microwaved Chicken

**Ingredients**

1 apple - peeled, cored, and chopped
1 onion, chopped
2 tablespoons butter
3 teaspoons curry powder
1 (10.75 ounce) can condensed cream of mushroom soup
1 cup heavy cream
salt and pepper to taste
8 chicken thighs, cut into bite size pieces
3/4 cup fresh sliced mushrooms
1 teaspoon paprika

**Directions**

In a microwave safe dish cook the apple and onion in the curry powder and butter or margarine on high power for 3 minutes. Stir in the soup, cream and salt and pepper.

Place the chicken in an 8x12 inch microwave safe baking dish and cover with the curry sauce. Sprinkle the top with paprika.

Cover with wax paper and microwave on at full power for 30 minutes. Test to see if chicken is done and tender. If not microwave at full power for another 15 to 20 minutes. Checking every 5 minutes or so.
Hearty Chicken and Beans

Ingredients

- 3 1/2 pounds chicken thighs
- 1/2 cup soy sauce, divided
- 2 tablespoons brown sugar
- 1 garlic clove, minced
- 1/2 teaspoon ground cumin
- 2 tablespoons cooking oil
- 2 celery ribs, thinly sliced
- 1 (15 ounce) can spicy chili beans, undrained
- 1 (8 ounce) can sliced water chestnuts, drained
- 1 (4 ounce) can mushroom stems and pieces, drained
- 1 1/4 cups water
- 3 tablespoons cornstarch
- Hot cooked rice

Directions

Bone and skin chicken; cut into bite-size pieces. In a shallow bowl or large resealable plastic bag, combine 1/4 cup soy sauce, brown sugar, garlic and cumin if desired; add chicken. Cover or close bag and refrigerate for 4 hours or overnight. Drain chicken, discarding marinade. In a large skillet, heat oil over medium-high. Cook chicken for 6-8 minutes or until juices run clear. Remove chicken with a slotted spoon; set aside. Saute celery in drippings for 2 minutes or until crisp-tender. Add beans, water chestnuts and mushrooms; cook for 5 minutes or until heated through. Add chicken. Mix water, cornstarch and remaining soy sauce; stir into chicken mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve over rice.
Chicken Catch a Cola

**Ingredients**

- 1/3 cup seasoned dry bread crumbs
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 4 skinless, boneless chicken breast halves - pounded to 1/2 inch thickness
- 1 tablespoon butter
- 1 cup cola-flavored carbonated beverage
- 3 ounces thinly sliced fully cooked ham
- 1 cup sliced fresh mushrooms
- 1/2 cup cooking sherry
- 1 tablespoon balsamic vinegar
- 1/2 cup sour cream

**Directions**

Combine the bread crumbs, paprika, salt, and pepper in a plastic bag. Place chicken breasts in the bag, and shake to coat.

Melt butter in a large skillet over medium heat. Add chicken breasts, and cook for 4 minutes on each side, or until brown. Remove chicken to a plate, and keep warm. Pour the cola into the skillet, and stir to remove any browned chicken bits from the pan. Add ham, mushrooms, sherry, and balsamic vinegar. Reduce heat to medium-low, and simmer, uncovered, until the liquid has reduced by 1/2.

Stir sour cream into the skillet, and return chicken breasts to the pan. Cover, and simmer for 5 more minutes, or until chicken is no longer pink, or the internal temperature is 170 degrees F (75 degrees C). Remove chicken to serving plates, and spoon sauce over.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
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<tbody>
<tr>
<td>1 (2.5 ounce) package thinly sliced dried beef</td>
<td>In a greased 13-in. x 9-in. x 2-in. baking dish, arrange beef slices to evenly cover bottom of dish. Top with chicken breasts. Combine the soup and sour cream; pour over chicken. Bake, uncovered, at 350 degrees F for 35 minutes or until the chicken juices run clear. Serve over rice if desired.</td>
</tr>
<tr>
<td>8 skinless, boneless chicken breast halves</td>
<td></td>
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<tr>
<td>1 (10.75 ounce) can condensed cream of celery soup, undiluted</td>
<td></td>
</tr>
<tr>
<td>1 cup sour cream</td>
<td></td>
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<tr>
<td>Hot cooked rice</td>
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</tbody>
</table>
Chicken Breasts with Olives

**Ingredients**

- 2 tablespoons butter
- 2 tablespoons minced garlic
- 1 large lemon, juiced
- 1/2 teaspoon dried tarragon
- 4 boneless, skinless chicken breasts
- 20 pitted green olives

**Directions**

Preheat an oven to 350 degrees F (175 degrees C).

Melt the butter in an oven-safe pan over medium heat. Stir the garlic, lemon juice, and tarragon into the butter. Cook the chicken breasts in the butter mixture until evenly browned, 3 to 5 minutes per side. Add the olives to the pan.

Transfer the pan to the preheated oven and bake until the chicken is no longer pink in the center and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
Fabulous Chicken Roses

Ingredients

- 20 chicken drumsticks
- 2 tablespoons fresh lemon juice
- salt and pepper to taste
- 1 1/2 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon chili powder
- 2 egg whites, slightly beaten
- 1 tablespoon vegetable oil
- 2 cloves garlic, chopped
- 4 tablespoons tomato sauce
- 4 tablespoons chile sauce
- salt and pepper to taste
- 1 teaspoon white sugar
- 1 tablespoon Worcestershire sauce
- 1 cup water
- 1 tablespoon cornstarch
- 1 tablespoon chopped fresh parsley
- 2 quarts vegetable oil for deep-frying
- 5 sprigs fresh parsley, for garnish

Directions

To Marinate: Combine lemon juice and salt and pepper to taste in a nonporous glass dish or bowl. Mix together and add drumsticks; turn to coat. Cover dish and refrigerate for about 1 hour.

Place flour in a shallow dish or bowl and season with 1 teaspoon salt, 1 teaspoon pepper, garlic powder and chile powder. Place beaten egg whites in a separate glass dish or bowl; dredge marinated drumsticks in egg whites, then in seasoned flour. Refrigerate for another 30 minutes.

To Make Sauce: Heat 1 tablespoon oil in a large skillet over medium heat. Saute garlic until fragrant, then stir in tomato sauce and chile sauce. Season with salt and pepper to taste, sugar and Worcestershire sauce and bring to a boil. Add water, then stir in cornstarch and cook until thickened. Sprinkle in parsley and remove sauce from heat; set aside.

Heat 2 quarts oil in a large deep fryer and fry drumsticks one by one; hold drumstick by stickhandle at first and immerse other half in oil to let the chicken 'bloom', then fry the whole thing until cooked through and golden brown. Transfer chicken pieces to paper towelling with a slotted spoon as they are fried, until complete. Finish draining, garnish with parsley sprigs, and serve with reserved sauce.
## Chicken Kisses

### Ingredients
- 1 skinless, boneless chicken breast half - cut into bite-size pieces
- 1/2 onion, chopped
- 1 potato, peeled and cubed
- 1/2 green bell pepper, chopped
- 2 tablespoons barbecue sauce

### Directions
Preheat an outdoor grill for medium high to high heat and lightly oil grate.

Take two pieces of aluminum foil about 12 to 15 inches each and lay them down in a cross pattern, one over the other. Place the chicken breast, onion, potato, green bell pepper, and barbecue sauce in the center of the foil. Bring up all eight corners of the foil and twist the top together to resemble a "kiss".

Grill each package over medium high heat for 30 minutes, or until internal chicken temperature reaches 180 degrees F (80 degrees C).
# Grilled Chicken Wraps

## Ingredients
- 6 skinless, boneless chicken breast halves
- 4 links pork sausage
- 2 jalapeno peppers, seeded and minced
- 3/4 cup chopped onion
- 3 cloves garlic, chopped
- 1 teaspoon Cajun seasoning
- 12 slices bacon

## Directions
Slit open each chicken breast. Cut each sausage link in half lengthways, then cut to the length of the chicken breast. Place a halved sausage link inside each chicken breast, then add jalapeno peppers to taste, onion and garlic and seal the chicken with toothpicks.

Season the outside of each chicken breast with Cajun spices/seasoning. Wrap each breast with 2 slices of bacon and secure with toothpicks. Place on a barbecue grill over medium coals and grill until done, about 30 minutes each side. Enjoy!
General Tsao's Chicken

**Ingredients**

- 1/2 cup cornstarch
- 1/4 cup water
- 1 1/2 teaspoons minced garlic
- 1 1/2 teaspoons minced fresh ginger root
- 3/4 cup white sugar
- 1/4 cup soy sauce
- 1/4 cup white wine vinegar
- 1/2 cup hot chicken broth
- 1 teaspoon monosodium glutamate (MSG)
- 3 pounds skinless, boneless chicken breast halves, cut into bite size pieces
- 1/2 cup soy sauce
- 1/4 cup ground white pepper
- 1 egg
- 1 cup cornstarch
- 1 cup vegetable oil
- 2 cups chopped green onions
- 16 chile peppers, sun-dried

**Directions**

To Make Sauce: In a large bowl combine 1/2 cup cornstarch and 1/4 cup water. Mix together. Add garlic, ginger, sugar, 1/4 cup soy sauce and white wine vinegar. Then add chicken broth and monosodium glutamate and stir all together until sugar dissolves. Refrigerate until needed.

To Prepare Chicken: In a separate bowl, combine chicken, 1/2 cup soy sauce and white pepper. Stir in egg. Add 1 cup cornstarch and stir until chicken is evenly coated. Add oil to help separate chicken pieces. Divide chicken into small quantities and deep fry at 350 degrees F (175 degrees C) until crispy. Drain on paper towels.

To Make Mixture: Place a small amount of oil in wok and heat until wok is hot. Add scallions and dried chile peppers and stir-fry briefly. Remove sauce from refrigerator and stir. Add sauce to wok. Then add fried chicken and cook until sauce thickens (add cornstarch or water as needed until sauce is as thick as you like it).
Ingredients

1 cup all-purpose flour
2 teaspoons baking powder
1/2 teaspoon ground sage
1/4 teaspoon salt
2 tablespoons butter
1/3 cup cold nonfat milk

1 cup chopped onions
2 cloves garlic
1 cup chicken broth
1 1/2 cups potatoes, peeled and cubed
1 1/2 cups carrots, chopped
1 cup frozen mixed vegetables, thawed
1 (10.75 ounce) can reduced fat cream of chicken soup
1 1/2 tablespoons all-purpose flour
2 cups cooked, cubed chicken breast meat
2 tablespoons chopped fresh parsley
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
salt and pepper to taste

Directions

Preheat oven to 400 degrees F (200 degrees C).

To Make Crust: Mix together 1 cup flour, baking powder, sage, and 1/4 teaspoon salt. Cut in butter or margarine until mixture is crumbly. Stir in milk. Gather dough into a ball, wrap in plastic, and allow to rest in refrigerator.

Spray a large nonstick skillet with cooking spray. Cook onions and garlic together over medium heat until soft, about 5 minutes. Add broth, potatoes, carrots, and mixed vegetables. Simmer partially covered for 12 minutes. Potatoes should be slightly undercooked.

In a small bowl, combine cream of chicken soup and flour. Mix until smooth. Add mixture to vegetables along with chicken, parsley, basil, thyme, salt, and pepper. Pour mixture into a 2 quart casserole dish.

Roll out dough to fit top of casserole dish. Lay dough over filling and prick with a fork several times.

Bake in preheated oven for 25 minutes, until crust is golden brown. Allow to sit 5 minutes before serving.
Ingredients
3 cups cubed, cooked chicken meat
1 1/2 cups chopped celery
1/4 cup chopped fresh chives
1/2 cup plain low-fat yogurt
1/4 cup reduced fat sour cream
1 1/2 teaspoons dried tarragon
2 tablespoons blanched slivered almonds
salt and pepper to taste

Directions
In a large bowl, combine chicken, celery, chives or green onions, yogurt, sour cream or mayonnaise, and tarragon; mix lightly. Cover, and refrigerate for 1 hour.

Place nuts in a dry skillet. Toast over medium heat, turning frequently, until nuts are fragrant and lightly browned. Add almonds to chicken salad, and season with salt and pepper to taste. Serve immediately.
Southern-Style Buttermilk Fried Chicken

### Ingredients
- 2 cups buttermilk
- 1 tablespoon Dijon mustard
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon cayenne pepper
- 1 whole chicken, cut into pieces
- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 5 cups vegetable oil for frying

### Directions

Whisk together buttermilk, mustard, salt and pepper, and cayenne in a bowl, and pour into a resealable plastic bag. Add the chicken pieces, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 2 to 8 hours.

When you are ready to cook the chicken, combine the flour, baking powder, garlic powder, and onion powder in the other plastic bag. Shake to mix thoroughly. Transfer one marinated chicken piece at a time into the dry ingredient bag, and shake well to ensure complete coverage. After all chicken pieces are coated, repeat the process by dipping them in the buttermilk marinade and shaking in the dry coating again.

Heat oil in a large frying pan over medium-high heat, making sure not to burn the oil. When oil is hot, fry chicken in batches until golden brown and juices run clear, turning chicken to brown evenly.
Slow-Simmered Chicken Rice Soup

Ingredients

1/2 cup uncooked wild rice
1/2 cup uncooked regular long-grain white rice
1 tablespoon vegetable oil
5 1/4 cups Swanson® Chicken Broth (regular, Natural Goodness™ or Certified Organic)
2 teaspoons dried thyme leaves, crushed
1/4 teaspoon crushed red pepper
2 stalks celery, coarsely chopped
1 medium onion, chopped
1 pound skinless, boneless chicken breast, cut into cubes
sour cream
chopped green onion

Directions

Stir the wild rice, white rice and oil in a 3 1/2-quart slow cooker. Cover and cook on HIGH for 15 minutes.

Add the broth, thyme, red pepper, celery, onion and chicken to the cooker. Turn the heat to LOW. Cover and cook for 7 to 8 hours (or on HIGH for 4 to 5 hours) or until the chicken is cooked through.

Serve with the sour cream and green onions, if desired.
Grilled Spice Rubbed Chicken Breasts with

**Ingredients**

- 1 cup Hellmann's® or Best Foods® Real Mayonnaise
- 2 tablespoons cider vinegar
- 2 tablespoons horseradish
- 1/8 teaspoon cayenne chili powder
- 4 (6 ounce) boneless, skinless chicken breasts
- 2 tablespoons canola oil
- 2 tablespoons Bobby Flay's Sixteen Spice Rub for Poultry or your favorite spice rub or grill seasoning

**Directions**

Combine Hellmann's® or Best Foods® Real Mayonnaise, vinegar, horseradish and chili powder in small bowl. Season, if desired, with salt and pepper; reserve 1/2 cup sauce and set aside.

Brush chicken on both sides with oil and season, if desired, with salt and pepper. Evenly sprinkle top of chicken with spice rub.

Grill chicken, rub-side down, until golden brown and crust has formed, about 4 minutes. Brush chicken with mayonnaise mixture, turn over and cook an additional 4 minutes or until chicken is thoroughly cooked. Remove to serving platter, then cover loosely with aluminum foil and let sit 5 minutes before serving. Slice each breast and serve with reserved 1/2 cup sauce on the side.
Tangy Chicken Breasts

**Ingredients**
- 4 skinless, boneless chicken breast halves
- 1 cup Worcestershire sauce
- 1 cup vegetable oil
- 1 cup lemon juice
- 1 teaspoon garlic powder

**Directions**
Place chicken in a single layer in a bowl or pan. Mix together Worcestershire sauce, oil, lemon juice, and garlic; pour over chicken. Cover. Refrigerate for at least 6 hours.

Take chicken out of marinade, and place on broiler pan or grill. Broil until done, approximately 7 minutes on each side.
# Oyster Sauce Chicken

## Ingredients

- 8 chicken thighs
- salt and pepper to taste
- 1 (10 fluid ounce) bottle oyster sauce
- 2 teaspoons minced garlic
- 3/4 cup white sugar
- 1/4 cup water

## Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Place chicken thighs in a lightly greased 9x13 inch baking dish. Season with salt and pepper to taste and bake in the preheated oven for about 25 minutes.
3. Meanwhile, in a medium bowl combine the oyster sauce, garlic, sugar and water. Mix together and taste the sauce; if it is not sweet enough, add sugar to taste.
4. After chicken has baked for 25 minutes, pour sauce over it and bake for another 20 minutes, or until chicken is cooked through and juices run clear.
Mimi's Curried Hawaiian Chicken Salad

**Ingredients**

- 6 boneless, skinless chicken breasts, cubed
- 3 cups mayonnaise
- 1 tablespoon curry powder
- 1 teaspoon lemon juice
- 1 tablespoon soy sauce
- 2 1/2 cups slivered almonds, toasted
- 1 pound seedless green grapes, halved
- 2 cups chopped celery
- 1 (8 ounce) can sliced water chestnuts
- 1 (20 ounce) can pineapple chunks, thoroughly drained
- paprika, for garnish

**Directions**

Place chicken in a large pot of lightly salted water, and bring to a boil; simmer until tender and cooked through, about 25 minutes. Drain, set aside. When cool enough to handle, chop coarsely, and place into a large bowl.

In a separate bowl, stir together mayonnaise, curry powder, lemon juice, and soy sauce.

Stir into the chopped chicken 2 1/4 cups of the toasted almonds. Stir in grapes, celery, water chestnuts, and pineapple. Gently fold in all but 1/2 cup of the dressing. Cover, and refrigerate salad and reserved dressing for several hours (or overnight).

Before serving, adjust dressing to taste, and garnish with paprika and remaining 1/4 cup almonds.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 quart vegetable oil for deep frying</td>
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<tr>
<td>24 chicken wings, tips removed and wings cut in half at joint</td>
<td></td>
</tr>
<tr>
<td>4 tablespoons butter</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon distilled white vinegar</td>
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<tr>
<td>5 tablespoons hot pepper sauce</td>
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<tr>
<td>salt and pepper to taste</td>
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## Directions

Heat the oil in a large skillet or deep fryer to 375 degrees F (190 degrees C). Deep fry chicken wings in oil until done, about 10 minutes. Remove chicken from skillet or deep fryer and drain on paper towels.

Melt the butter in a large skillet. Stir in the vinegar and hot pepper sauce. Season with salt and pepper to taste. Add cooked chicken to sauce and stir over low heat to coat. The longer the wings simmer in the sauce, the hotter they will be. Serve warm.
### Sun-Dried Tomato Chicken

#### Ingredients

- 2 tablespoons olive oil
- 4 skinless, boneless chicken breast halves - cut into 1 1/2 inch pieces
- 4 cloves garlic, minced
- 1 cup heavy cream
- 1 (9 ounce) jar sun-dried tomato pesto
- 1 (12 ounce) jar roasted red peppers, drained and chopped
- 1 cup chopped fresh basil
- 1 teaspoon cayenne pepper
- 1 pound dry penne pasta

#### Directions

Heat the olive oil in a skillet over medium heat, and cook and stir the chicken breast meat for about 10 minutes, until the chicken is browned. Add the garlic, cook and stir with the chicken for about 1 minute, and pour in the cream. Mix in the sun-dried tomato pesto, roasted peppers, basil, and cayenne pepper; simmer over low heat for 30 minutes, until the sauce has thickened.

While the sauce is simmering, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the penne, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well.

Serve the sauce over the cooked penne.
Ingredients

1 (1 pound) loaf frozen bread dough, thawed
3 tablespoons butter or margarine, melted
1/3 cup sugar
2 teaspoons ground cinnamon
1 teaspoon grated lemon peel
1/2 cup raisins

GLAZE:
1/2 cup confectioners’ sugar
2 tablespoons lemon juice

Directions

On a lightly floured surface, roll the dough into a 14-in. x 10-in. rectangle. Brush with butter. Combine the sugar, cinnamon and lemon peel; sprinkle evenly over butter. Sprinkle with raisins. Starting from along side, roll dough up tightly. Seal seams. Slice into 12 rolls; place in a greased 11-in. x 7-in. x 2-in. baking pan. Cover and let rise until doubled, about 45 minutes. Bake at 350 degrees F for 25-30 minutes or until golden brown. Cool for 10 minutes. Combine the glaze ingredients; brush over rolls.
Chicken Enchiladas

**Ingredients**
1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
1/2 cup sour cream
1 tablespoon butter or margarine
1 medium onion, chopped
1 teaspoon chili powder
2 cups chopped cooked chicken or turkey
1 (4 ounce) can chopped green chilies
8 (8 inch) flour tortillas, warmed
1 cup shredded Cheddar cheese or Monterey Jack cheese

**Directions**
Mix soup and sour cream. Heat butter in saucepan. Add onion and chili powder and cook until tender. Add chicken, chilies and 2 tablespoons soup mixture.

Spread 1/2 cup soup mixture in 2-quart shallow baking dish. Spoon about 1/4 cup chicken mixture down center of each tortilla. Roll up and place seam-side down in dish. Spoon remaining soup mixture on top. Sprinkle with cheese. Bake at 350 degrees F for 25 minutes or until hot.
**Ingredients**

- 2 cups cubed, cooked chicken
- 1/2 cup cubed process American cheese
- 1/2 cup chopped onion
- 1/2 cup mayonnaise
- 1/4 cup chopped green pepper
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 (6 inch) submarine rolls

**Directions**

In a medium bowl, combine the first seven ingredients; mix well. Spread on rolls; wrap each in heavy-duty foil and bake at 325 degrees F for 20 minutes.
Creamy Chicken Pasta

**Ingredients**

- 8 ounces wide egg noodles
- 1/2 cup frozen green peas
- 3 skinless, boneless chicken breast halves
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1/3 cup milk
- 1/4 cup mozzarella cheese

**Directions**

In a medium pot cook egg noodles in boiling salted water. When pasta is 3 minutes away from being cooked, add in frozen peas or broccoli. Cook until vegetables and noodles are tender. Drain well.

Meanwhile, boil the chicken in a medium saucepan until cooked completely. Drain chicken and cut into bit size pieces.

In a large saucepan mix cream of mushroom soup and milk until warm and lumps are dissolved.

To the large saucepan add the cooked and chopped chicken, noodles and vegetables. Blend ingredients with the milk and soup mixture. Stir in grated mozzarella cheese until melted.

Serve warm.
Lemon Mushroom Herb Chicken

**Ingredients**

- 1 cup all-purpose flour
- 1/2 tablespoon dried thyme
- 2 tablespoons dried basil
- 1 tablespoon dried parsley
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 4 boneless, skinless chicken breast halves
- 1/2 cup butter
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (10.5 ounce) can condensed chicken broth
- 1/4 cup dry white wine
- 1 lemon, juiced
- 1 tablespoon chopped fresh parsley
- 2 tablespoons capers
- 1 tablespoon grated lemon zest

**Directions**

In a shallow dish or bowl, combine the flour, thyme, basil, parsley, paprika, salt, ground black pepper, and garlic powder. Dredge chicken in the mixture to coat, patting off any excess flour.

Melt butter in a large skillet over medium heat, and cook chicken until no longer translucent. In a medium bowl, mix together the cream of mushroom soup, chicken broth, wine, and lemon juice; pour over chicken.

Cover skillet, and simmer 20 minutes, or until chicken is no longer pink and juices run clear. Garnish with parsley, capers, and lemon zest.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 (16 ounce) package phyllo dough</td>
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<tr>
<td>1/2 cup butter, melted</td>
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<tr>
<td>1 tablespoon olive oil</td>
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<tr>
<td>1 onion, finely diced</td>
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<tr>
<td>1 clove garlic, crushed</td>
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<tr>
<td>2 skinless, boneless chicken breast halves - cut into cubes</td>
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<tr>
<td>2 tablespoons chopped crystallized ginger</td>
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</tr>
<tr>
<td>2 tablespoons capers</td>
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<tr>
<td>2 (8 ounce) containers creme fraiche</td>
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<tr>
<td>1 dash hot chile sauce, or to taste</td>
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<tr>
<td>1 teaspoon ground curry powder, or to taste</td>
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<tr>
<td>salt and pepper to taste</td>
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<tr>
<td>1 (16.5 ounce) can pitted dark sweet cherries, drained</td>
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<tr>
<td>1/4 cup grated Parmesan cheese</td>
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</tbody>
</table>

### Directions

Preheat oven to 425 degrees F (220 degrees C). Lightly grease a 1-quart casserole dish.

Unroll phyllo dough and lay a slightly damp dishtowel over it. Carefully lift one sheet of dough from stack and fit into greased casserole dish. Brush sheet of dough very lightly with melted butter or margarine. Repeat process with 9 more sheets of phyllo dough. Keep unused dough covered with damp towel as much as possible, to prevent drying out. Cover phyllo-lined dish with plastic wrap and set aside.

Place a medium-size skillet over medium heat. Pour olive oil into pan. Saute onion until limp, approximately 5 minutes. Add garlic and chicken, and saute until chicken is browned on the outside and cooked through.

Add ginger, capers, creme fraiche, chili sauce, curry powder, and salt and pepper to skillet. Stir in cherries, then taste to check seasoning. Simmer until cherries are heated through.

Remove plastic wrap from casserole dish and pour in chicken mixture. Cover mixture with a sheet of phyllo dough. Brush very lightly with melted butter or margarine. Repeat process with 9 more sheets of phyllo. Brush top layer of phyllo with butter or margarine, then sprinkle with parmesan cheese.

Bake in preheated oven for 35 to 40 minutes, until golden brown.
Easy Lemon Chicken and Rice

**Ingredients**

- 1 1/2 teaspoons cornstarch
- 1/4 teaspoon garlic powder
- 1/4 teaspoon grated lemon peel
- 3/4 cup chicken broth
- 4 teaspoons lemon juice
- 1/2 cup julienned sweet red pepper
- 1/2 cup thinly sliced zucchini
- 1 tablespoon butter or margarine
- 3/4 cup uncooked instant rice
- 3/4 cup cubed cooked chicken breast

**Directions**

In a bowl, combine cornstarch, garlic powder and lemon peel. Stir in broth and lemon juice until smooth; set aside. In a 3-cup microwave-safe dish, cook pepper and zucchini in butter until crisp-tender. Stir in broth mixture and rice. Cover; microwave on high for 4 minutes. Stir in chicken. Cover and let stand for 5 minutes; fluff rice. Cook 30-45 seconds, until heated through.
**Ingredients**

- 6 slices bacon
- 1 cup dry bread crumbs
- 1 tablespoon dried parsley
- 2 teaspoons Cajun seasoning (such as Emeril's Essence™)
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 1/2 teaspoon ground black pepper
- 2 large eggs
- 1 tablespoon hot pepper sauce
- 3 slices Muenster cheese
- 3 (6 ounce) skinless, boneless chicken breast halves
- 3 slices provolone cheese

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Place bacon in a large, deep, cast iron skillet. Cook over medium high heat until evenly brown, then crumble and set aside, reserving the bacon fat in the skillet.

Meanwhile, stir together the bread crumbs, parsley, Cajun seasoning, salt, garlic powder, onion powder, paprika, and black pepper in a shallow dish. Whisk together the egg and hot pepper sauce in a separate bowl, and set aside.

Cut a pocket into the side of the chicken breasts using a thin bladed knife. Stuff each breast with a slice of Muenster cheese, and 1/4 of the crumbled bacon; reserve the remaining bacon for later. Secure the chicken breast pockets with a toothpick or skewer, then dip into the egg mixture, letting excess egg drip off before pressing into the bread crumb mixture.

Reheat the bacon fat in the cast iron skillet over medium heat. Once hot, add the chicken breasts, and cook until golden brown on one side (about 2 minutes), then turn the breasts over, and place the skillet into the preheated oven. Bake until the chicken is no longer pink in the center, and registers 165 degrees F (75 degrees C) on a meat thermometer, 20 to 25 minutes.

When the chicken has cooked, top each piece with a slice of provolone cheese, and sprinkle with the remaining bacon. Return to the oven, and cook until the cheese has melted, about 1 minute more.
Thai Green Curry Chicken

**Ingredients**

- 1 pound skinless, boneless chicken breast halves - cut into 1 inch cubes
- 1 tablespoon dark soy sauce
- 1 tablespoon all-purpose flour
- 2 tablespoons cooking oil
- 2 tablespoons green curry paste
- 2 green onions with tops, chopped
- 3 cloves garlic, peeled and chopped
- 1 teaspoon fresh ginger, peeled and finely chopped
- 2 cups coconut milk
- 1 tablespoon fish sauce
- 1 tablespoon dark soy sauce
- 2 tablespoons white sugar
- 1/2 cup cilantro leaves, for garnish

**Directions**

Toss chicken first in 1 tablespoon dark soy sauce, then in the flour, coating pieces evenly. Heat the oil in a large skillet over medium high heat. Place chicken in the skillet, cook and stir chicken until browned, about 5 minutes. Remove chicken.

Reduce heat to medium and stir in curry paste. Cook for 1 minute until fragrant, then stir in green onions, garlic, and ginger; cook an additional 2 minutes. Return chicken to the skillet, stirring to coat with the curry mixture. Stir the coconut milk, fish sauce, 1 tablespoon soy sauce, and sugar into the chicken-curry mixture. Allow to simmer over medium heat for 20 minutes until the chicken is tender. Serve garnished with cilantro leaves.
**Ingredients**

- 1 (16 ounce) package rigatoni pasta
- 3 tablespoons extra-virgin olive oil
- 1 1/2 pounds skinless, boneless chicken breast, cut in bite-sized pieces
- Salt and pepper to taste
- 1 onion, diced
- 3 cloves garlic, minced
- 2 cubanelle pepper, seeded and thinly sliced
- 3 roasted red peppers, drained and chopped
- 2 hot cherry peppers, seeded and minced
- 1 (28 ounce) can crushed tomatoes
- 1/2 cup heavy cream
- 1/2 cup grated Parmesan cheese

**Directions**

Bring a large pot of lightly salted water to a boil over high heat. Add the rigatoni pasta, and cook until al dente, 8 to 10 minutes; drain and keep warm.

Heat the olive oil in a large skillet over medium-high heat. Season the chicken with salt and pepper, and cook in the hot oil until lightly browned on all sides, and no longer pink in the center, about 7 minutes. Remove the chicken from the pan, and keep warm. Stir the onion, garlic, and cubanelle peppers. Cook and stir until the onion has softened, about 4 minutes. Add the roasted red peppers, hot cherry peppers, and crushed tomatoes. Bring to a simmer, then stir in the heavy cream and cooked chicken. Simmer 2 or 3 minutes, then stir in the pasta. Sprinkle with Parmesan cheese to serve.
Low Fat Chicken Tostadas

Ingredients
1 1/2 pounds skinless, boneless chicken breast halves - cooked
3 cups shredded romaine lettuce
1/2 cup chopped green bell pepper
1/2 cup chopped tomatoes
6 (6 inch) flour tortillas
6 tablespoons fat free sour cream
6 cups salsa
6 tablespoons shredded Cheddar cheese

Directions
In a large bowl combine the chicken, lettuce, green bell pepper, tomatoes and onions. Mix together and set aside.

Heat tortillas by placing them in a large dry skillet over medium high heat and turning once until golden and puffy.

To Assemble Tostadas: Place a tortilla on a plate, top with some of the chicken mixture and garnish with sour cream, salsa and cheese. Repeat with all tortillas.
Scrumptious Chicken

Ingredients

- 4 skinless, boneless chicken breasts
- 1 (10.75 ounce) can condensed cream of chicken soup
- 4 slices Cheddar cheese
- 6 ounces dry bread stuffing mix
- 1/4 cup melted butter

Directions

Preheat oven to 325 degrees F (165 degrees C).

Place the chicken breasts in a 9x13 inch baking dish. On top of each breast place a large spoonful of soup and a slice of cheese. Crush the stuffing mix and sprinkle on top of the cheese, then drizzle with the melted butter or margarine. Bake in the preheated oven for 45 minutes to 1 hour (don't overcook the chicken!). Let cool and serve.
Curry Mango Chicken

**Ingredients**

**Chicken:**
3 1/2 tablespoons curry powder  
2 teaspoons minced ginger  
2 cloves garlic, minced  
1 pinch crushed red pepper flakes  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 teaspoon thyme  
10 skinless chicken thighs

**Rice:**
2 cups converted long-grain white rice, rinsed  
2 cups mango - peeled, seeded and chopped  
1 onion, chopped  
2 cloves crushed garlic  
2 teaspoons minced fresh ginger root  
1 tablespoon curry powder  
1 pinch red pepper flakes  
1 teaspoon salt  
1/4 teaspoon thyme  
10 whole allspice berries  
3 tablespoons brown sugar  
1 cup water  
2 cups chicken broth  
2 tablespoons lime juice  
1/2 (14 ounce) can coconut milk

**Directions**

In a large bowl, stir together the curry, ginger, garlic, red pepper flakes, salt, pepper, and thyme. Place the chicken in the bowl, and coat evenly with seasoning. Cover, and marinate for 2 hours or more.

Preheat oven to 400 degrees F (200 degrees C).

In a large bowl, stir together rice, mango, onion, garlic, and ginger. Season with curry, red pepper flakes, salt, thyme, allspice berries, and brown sugar. Stir in water, broth, and lime juice. Pour into a casserole dish, and arrange the marinated chicken on top. Then pour coconut milk over the top. Cover with aluminum foil.

Bake in preheated oven for 1 hour. Remove foil, and cook 10 to 15 minutes more. Remove allspice berries before serving.
Ingredients

- 1 1/2 cups grated Parmesan cheese
- 3 eggs, beaten
- 1 1/2 cups Italian-style seasoned bread crumbs
- 3 tablespoons vegetable oil
- 4 skinless, boneless chicken breast halves
- 2 cups white Zinfandel wine
- 2 cups sliced fresh mushrooms
- 3 cups shredded Monterey Jack cheese

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking dish.

Place Parmesan cheese, eggs, and bread crumbs in three separate small bowls. Heat the oil in a large skillet over medium-high heat. Dip each piece of chicken into the Parmesan cheese, then into the egg, then into the bread crumbs. Brown the chicken on both sides in the hot skillet, and then transfer them to the prepared baking dish.

Pour wine into skillet, and scrape up the browned bits. Add mushrooms and cook for 5 minutes, or until tender. Top each chicken breast with even amounts of Monterey Jack cheese, then spoon mushrooms over the cheese. Pour the remaining wine from the skillet over all. Cover dish with aluminum foil.

Bake 30 to 35 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.
# Shoyu Chicken

## Ingredients

- 1 cup soy sauce
- 1 cup brown sugar
- 1 cup water
- 4 cloves garlic, minced
- 1 onion, chopped
- 1 tablespoon grated fresh ginger root
- 1 tablespoon ground black pepper
- 1 tablespoon dried oregano
- 1 teaspoon crushed red pepper flakes (optional)
- 1 teaspoon ground cayenne pepper (optional)
- 1 teaspoon ground paprika (optional)
- 5 pounds skinless chicken thighs

## Directions

Whisk together the soy sauce, brown sugar, water, garlic, onion, ginger, black pepper, oregano, red pepper flakes, cayenne pepper, and paprika in a large glass or ceramic bowl. Add the chicken thighs, and toss to evenly coat. Cover the bowl with plastic wrap, and marinate the chicken in the refrigerator for at least 1 hour.

Preheat an outdoor grill for medium heat, and lightly oil the grate.

Remove the chicken thighs from the marinade. Discard the remaining marinade. Grill the chicken thighs on the preheated grill until cooked through, about 15 minutes per side.
Caesar Chicken Potato Salad

**Ingredients**

- 4 cups quartered small white or red potatoes
- 3/4 pound skinless, boneless chicken breast halves - cubed
- 1 tablespoon vegetable oil
- 1 (10 ounce) package mixed salad greens
- 1 small red onion, sliced and separated into rings
- 3/4 cup Caesar salad dressing
- 1/3 cup croutons
- 2 tablespoons shredded Parmesan cheese

**Directions**

Place potatoes in a large saucepan and cover with water. Cover and bring to a boil over medium-high heat; cook for 15-20 minutes or until tender. Meanwhile, in a skillet, sauté chicken in oil for 5-10 minutes or until tender. Drain potatoes; add to chicken.

Place greens and onion in a serving bowl. Top with chicken mixture. Drizzle with dressing; sprinkle with croutons and Parmesan cheese. Serve immediately.
Chicken Long Rice Soup

**Ingredients**

- 3 pounds chicken leg quarters
- 3 (32 ounce) cartons low-sodium chicken broth
- 1 tablespoon Hawaiian sea salt
- 1 (1/2 inch) piece fresh ginger root, sliced
- 1 large Maui sweet onion, cubed
- 1 (8 ounce) package long rice noodles (rice vermicelli)
- 1 bunch green onions, thinly sliced
- 1 small head bok choy, chopped

**Directions**

Place chicken, chicken broth, salt, and ginger into a large pot. Bring to a boil over high heat, then reduce heat to medium-low and simmer until the chicken is tender and no longer pink, about 35 minutes. Remove chicken, and strain broth into a new pot. Discard the solids.

Fill a bowl with hot tap water. Add the long rice noodles, and let sit for 30 minutes to soften.

Stir onion into the broth, and bring to a boil, then reduce heat to medium-low. Meanwhile, remove the skin and bones from the chicken and discard. Roughly chop the meat and set aside. Add the noodles, chicken meat, green onion and bok choy; simmer until noodles are tender.

After the noodles have sat for 30 minutes, stir in the chicken meat, green onion, and bok choy. Reheat and serve.
Polynesian Peach Chicken

Ingredients

- 1/2 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 pounds bone-in chicken pieces
- 1/4 cup corn oil
- 1 1/2 cups water
- 1 onion, chopped
- 1 green bell pepper, cut into strips
- 1 (15 ounce) can peach halves, liquid reserved
- 1 tablespoon soy sauce
- 3 tablespoons distilled white vinegar
- 1 tablespoon cornstarch
- 4 tomatoes, chopped (optional)
- salt and black pepper to taste

Directions

Combine the flour in a plastic bag with 1/2 teaspoon salt and 1/4 teaspoon black pepper. Add the chicken pieces, and toss to coat evenly with flour. Heat the corn oil in a Dutch oven over medium heat. Shake the excess flour from the chicken pieces, and place into the hot oil. Cook until browned on all sides turning occasionally, about 15 minutes. Pour in the water, cover, and reduce the heat to medium-low. Cook 30 minutes.

After 30 minutes, stir in the onion and green bell pepper. Cook and stir until the chicken is no longer pink at the bone, and the onion is tender, about 10 minutes. Pour 2 tablespoons of the reserved peach juice into a small bowl, and set aside. Pour the remaining peach juice into the pot along with the soy sauce and vinegar; bring to a boil over medium-high heat. Dissolve the cornstarch in the reserved peach juice, and stir into the boiling sauce. Cook and stir until the sauce thickens and is no longer cloudy, about 1 minute. Stir in the peach halves and chopped tomatoes. Cook and stir until the peaches are hot and the tomatoes are beginning to fall apart, about 5 minutes. Season to taste with salt and pepper before serving.
Coconut Curry Chicken and Peanuts

**Ingredients**
- 2 tablespoons butter
- 2 tablespoons vegetable oil
- 2 sweet onions, thinly sliced
- 2 tablespoons curry powder, or to taste, divided
- 4 skinless, boneless chicken breast halves, cut into cubes
- 1/4 cup coconut milk, or more if desired
- 1/4 cup chopped peanuts

**Directions**

Heat the butter and oil in a large skillet over medium heat until the butter is melted. Cook and stir the onions and 1 tablespoon of curry powder for about 5 minutes, to release the juice from the onions. Remove the onions with a slotted spoon and set aside, leaving the juice in the skillet.

Place the chicken breast cubes into the skillet with the remaining 1 tablespoon of curry powder, and cook and stir about 15 minutes, until the chicken is browned and no longer pink inside. Return the onions to the skillet, and pour in the coconut milk. Simmer for about 15 minutes, until the sauce is thickened. Sprinkle with chopped peanuts.
Marinated Chicken Wings

**Ingredients**

- 20 whole chicken wings*
- 2 cups soy sauce
- 1/2 cup white wine or chicken broth
- 1/2 cup vegetable oil
- 2 cloves garlic cloves, minced
- 2 tablespoons sugar
- 2 teaspoons ground ginger

**Directions**

Cut chicken wings into three sections; discard wing tips. Place wings in a large resealable heavy-duty plastic bag or 12-in. x 9-in. x 2-in. baking dish. In a bowl, combine remaining ingredients; mix well. Pour half of the sauce over chicken; turn to coat. Seal or cover the chicken and remaining sauce; refrigerate overnight. Drain chicken, discarding the marinade. Place chicken in a 5-qt. slow cooker; top with reserved sauce. Cover and cook on low for 3-1/2 to 4 hours or until chicken juices run clear. Transfer wings to a serving dish; discard cooking juices.
## Ingredients

- 8 ounces dry fettuccini pasta
- 1 cup milk
- 2 tablespoons all-purpose flour
- 1 cup cottage cheese
- 1/2 teaspoon garlic powder
- 3 teaspoons minced onion
- salt and pepper to taste
- 1/2 cup grated Parmesan cheese
- 2 cups diced, cooked chicken breast meat

## Directions

Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente; drain, and set aside.

In a food processor, place the milk, flour, cottage cheese, garlic powder, onion, salt and pepper, and Parmesan cheese. Blend until smooth.

Transfer the blended mixture to a saucepan over medium heat. Mix in the chicken, and cook until heated through. Serve hot over pasta.
Cajun Chicken Sandwiches

**Ingredients**

6 (4 ounce) skinless, boneless chicken breast halves
1 tablespoon olive oil
1/2 teaspoon celery salt
1/2 teaspoon garlic salt
1/2 teaspoon lemon-pepper seasoning
1/4 teaspoon cayenne pepper
1/4 teaspoon paprika
1/4 teaspoon pepper
6 kaiser rolls, split and toasted
12 slices tomato
6 lettuce leaves

**Directions**

Flatten chicken to 1/2-in. thickness. Brush both sides with oil. Combine the seasonings; rub over both sides of chicken. Arrange in a 13-in. x 9-in. x 2-in. baking dish. Cover and refrigerate for at least 2 hours or overnight.

Coat grill rack with nonstick cooking spray before starting the grill. Grill, covered, over medium heat for 3-5 minutes on each side or until chicken juices run clear. Serve on rolls with tomato and lettuce.
Ingredients

2 tablespoons vegetable oil
1 pound skinless, boneless chicken breasts, cut into strips
1 (1.27 ounce) packet fajita seasoning
1 red bell pepper, cut into thin strips
1 green bell pepper, cut into thin strips
1 poblano pepper, cut into thin strips
1 large onion, cut into thin strips
1 (14.5 ounce) can fire roasted diced tomatoes
1 (15 ounce) can seasoned black beans
1 (14 ounce) can chicken broth
1 dash hot sauce
salt and pepper to taste

Directions

Heat oil in a large soup pot over medium heat. Place chicken in the hot oil; cook, stirring only occasionally, until brown, about 10 minutes. Sprinkle fajita seasoning over the browned chicken and stir well to coat. Add the red and green bell pepper, poblano pepper, and onion to the seasoned chicken. Stir and cook over medium heat until the vegetables are soft, about 10 minutes.

Pour the fire roasted tomatoes, black beans, and chicken broth into the pot with the chicken and vegetables. Bring the soup to a boil over high heat, then reduce the heat to medium-low, and simmer uncovered for 30 minutes, stirring occasionally.

Season the soup with hot sauce, salt, and pepper to taste before serving.


Almond Chicken Salad

**Ingredients**

- 4 green onions, thinly sliced
- 1 large carrot, shredded
- 1 red bell pepper, cut into 1/2 inch pieces
- 1/2 pound sugar snap peas, halved
- 2 cups chopped, cooked chicken breast meat
- 1/2 cup fresh cilantro leaves
- 1/2 cup blanched slivered almonds, toasted
- 2 tablespoons white sugar
- 2 tablespoons distilled white vinegar
- 1 1/2 tablespoons sesame oil
- 1 tablespoon teriyaki sauce
- 1 tablespoon ground dry mustard

**Directions**

In a large bowl, mix together the onions, carrot, red pepper, peas, chicken, cilantro and almonds. Set aside.

In a small bowl, whisk together the sugar, vinegar, sesame oil, teriyaki sauce and dry mustard until smooth. Pour over salad mixture and toss until coated. Serve in pita pockets or on a bed of lettuce.
Teriyaki Chicken Pizza

**Ingredients**

1 (15 ounce) can pineapple chunks - drained with juice reserved
2 skinless, boneless chicken breast halves - cut into bite-size pieces
1 teaspoon minced garlic
2 (10 ounce) cans refrigerated pizza crust dough
1 cup teriyaki sauce
1 small sweet onions, thinly sliced
1 cup shredded Cheddar cheese
1 cup crumbled feta cheese

**Directions**

Combine reserved pineapple juice, chicken, and garlic in a small baking dish. Cover, and refrigerate for 1 hour.

Preheat oven to 400 degrees F (200 degrees C).

Remove chicken from pineapple. Saute chicken and garlic in a very hot pan, so that the chicken browns just slightly.

Roll out pizza dough on a 16 inch pizza pan. Bake dough for approximately 7 minutes, and then remove from oven. Brush dough with a thin layer of teriyaki sauce, then a layer of the onion, and top with Cheddar cheese. Then top with chicken, reserved pineapple chunks, and feta cheese. Bake for an additional 15 minutes, or until cheese is bubbly and slightly browned.
### Ingredients

- 4 boneless, skinless chicken breast halves
- 1/4 cup all-purpose flour
- 2 tablespoons vegetable oil
- 2 1/3 cups water
- 1 1/2 cups uncooked long grain rice
- 1 cup milk
- 1 teaspoon salt
- 1 teaspoon poultry seasoning
- 1/2 teaspoon pepper
- Chopped fresh parsley

### Directions

Coat chicken pieces with flour. In a large skillet, brown chicken in oil on both sides. In a bowl, combine the water, rice, milk, salt, poultry seasoning and pepper. Pour into a greased 13-in. x 9-in. x 2-in. baking dish. Top with chicken.

Cover tightly with foil. Bake at 350 degrees F for 35-45 minutes or until rice and chicken are tender. Sprinkle with parsley.
# Brenda's Pepperoni Chicken Rollups

## Ingredients

<table>
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<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>4 skinless, boneless chicken breasts</td>
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<td>20 slices pepperoni sausage</td>
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</tr>
<tr>
<td>8 ounces pepperoni sausage, chopped</td>
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<tr>
<td>4 slices mozzarella cheese</td>
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<tr>
<td>1 (28 ounce) jar spaghetti sauce</td>
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<tr>
<td>1 pinch garlic powder</td>
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<tr>
<td>salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon Italian-style seasoning</td>
<td></td>
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</tbody>
</table>

## Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Pound chicken breasts flat with a meat mallet. Season to taste with garlic powder, salt, pepper and Italian style seasoning.
3. Place 4 to 5 slices pepperoni on each breast and top each with a slice of cheese. Roll up breasts and fasten with toothpicks.
4. Fry the pepperoni in a medium skillet until it has released most of its oil. Remove pepperoni from skillet and set aside. Brown chicken rolls in pepperoni oil about 5 to 10 minutes each side. Place chicken in a baking dish. Combine spaghetti sauce and sliced pepperoni and pour over chicken.
5. Bake in the preheated oven for 30 to 40 minutes.
### Ingredients

- 1 (3 pound) whole chicken, cut into pieces
- 1/4 cup all-purpose flour
- 2 tablespoons vegetable oil
- 1 (4.5 ounce) can sliced mushrooms, drained
- 1 (16 ounce) can Italian-style diced tomatoes, drained
- 1/3 cup soy sauce
- 1 clove garlic, crushed
- 1 onion, sliced
- 1/4 cup pitted black olives

### Directions

Dredge chicken pieces in flour until well coated. Heat oil in a large skillet over medium high heat and brown coated chicken pieces slowly in hot oil.

Meanwhile, combine reserved mushroom liquid with the tomatoes, soy sauce and garlic in a large saucepan and stir together. Add browned chicken and onion and stir together; cover saucepan and simmer over low heat for 45 minutes or until chicken is cooked through and tender.

Stir in mushrooms and olives and bring all to a boil; serve hot, coating with additional soy sauce if desired.
Chicken Pesto a la Lisa

**Ingredients**

- 1/2 cup chopped sun-dried tomatoes
- 1 1/2 cups chicken broth
- 6 skinless, boneless chicken breast halves - cut into strips
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 2 teaspoons cornstarch
- 3/4 cup prepared basil pesto
- 1/4 cup toasted pine nuts
- 1/4 cup chopped fresh basil
- 3/4 cup crumbled feta cheese
- 1 (16 ounce) package fusilli pasta
- 2 tablespoons grated Parmesan cheese

**Directions**

Soak sun dried tomatoes in chicken broth.

Cook chicken in oil with garlic in a large skillet over medium heat until done.

Stir cornstarch into a couple of tablespoons of chicken broth. Stir remaining chicken broth, sun dried tomatoes, pesto, pine nuts, and basil into the skillet with the chicken. Mix cornstarch mixture into the sauce, and cook until thickened. Add feta a few minutes before serving.

Meanwhile, cook the pasta in a large pot of boiling salted water until al dente. Drain. Serve sauce over pasta, and sprinkle with Parmesan cheese.
## Sweet and Scrumptious Skillet Chicken

### Ingredients
- 1 tablespoon vegetable oil
- 4 skinless, boneless chicken breast halves
- 1 (10.75 ounce) can Campbell's® Condensed Tomato Soup
- 1 tablespoon packed brown sugar
- 2 tablespoons vinegar
- 1 tablespoon Worcestershire sauce
- 4 cups hot cooked rice

### Directions
Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook until it's well browned on both sides.

Stir the soup, sugar, vinegar and Worcestershire in the skillet and heat to a boil.

Reduce the heat to low. Cover and cook for 10 minutes or until the chicken is cooked through. Serve with the rice.
## Chicken Salad with Peaches and Walnuts

### Ingredients
- 2 large fresh peaches
- 2 cups chopped, cooked chicken meat
- 1/2 cup thinly sliced red onion
- 1/2 cup poppyseed salad dressing
- 6 cups mixed salad greens
- 1/2 cup toasted walnuts, chopped

### Directions
Chop 1 peach into 1/2 inch pieces; place in large bowl. Add chicken and onion; toss with enough dressing to coat.

Add greens and walnuts to bowl and toss to coat. Mound salad on large plate. Cut remaining peach in thin wedges and place on top to garnish.
**California Chicken Soup**

### Ingredients
- 1 (48 fluid ounce) can chicken broth
- 3 cups water
- 2 frozen skinless, boneless chicken breast halves - diced
- 1 small onion, diced
- 1 cup thinly sliced carrots
- 1 teaspoon lemon pepper
- 1 teaspoon dried oregano
- 1 dash garlic salt
- 2 cups fresh broccoli florets
- 1 (9 ounce) package frozen cheese tortellini
- 1/4 cup grated Parmesan cheese

### Directions
Bring the broth and water to a boil in a large pot, and mix in chicken, onion, and carrots. Season with lemon pepper, oregano, and garlic salt. Reduce heat to low, and simmer 25 minutes, or until chicken juices run clear.

Stir the broccoli into the pot, and cook 10 minutes. Stir in the tortellini, and continue cooking 10 minutes, or until tortellini is al dente. Mix in the Parmesan cheese just before serving.
Chicken Manicotti Alfredo

**Ingredients**

- 3 skinless, boneless chicken breast halves
- 1/2 cup distilled white vinegar
- 1 cup olive oil
- 1 clove crushed garlic
- 1 (12 ounce) package manicotti pasta
- 6 tablespoons butter
- 2 cups heavy whipping cream
- 1/4 teaspoon ground nutmeg
- 1 teaspoon ground black pepper
- 1 1/2 cups grated Parmesan cheese
- 1 teaspoon salt
- 1 pint part-skim ricotta cheese
- 1 egg
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped fresh marjoram
- 1 tablespoon chopped fresh basil
- 1 cup shredded mozzarella cheese

**Directions**

In a large resealable plastic bag, marinate chicken with vinegar, olive oil, and garlic for at least 30 minutes. Saute in a little olive oil until done. Set aside.

Cook pasta in a large pot of boiling water until al dente. Drain, and set aside.

Meanwhile, melt butter or margarine in a small saucepan over medium-high heat. Add heavy cream, salt, nutmeg, and ground black pepper, and stir until sauce thickens. Reduce heat to low. Add grated Parmesan cheese, and stir until the cheese melts. Set Alfredo sauce aside.

In a large bowl, mix together ricotta cheese, egg, oregano, marjoram, and basil. Mix in cooked chicken.

Stuff cooked manicotti shells with chicken and ricotta mixture. Cover the bottom of a 9x13 inch baking dish with half of the Alfredo sauce. Place stuffed shells on top of sauce. Pour remaining sauce over shells. Top with one cup shredded mozzarella cheese. Cover with aluminum foil.

Bake at 350 degree F (175 degree C) oven for 45 minutes. Let stand 10 minutes before serving.
Party Chicken II

**Ingredients**

- 1 (2 ounce) package smoked dried beef
- 1 (4 pound) chicken, cut into pieces
- 12 thick slices bacon
- 8 ounces cream cheese
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (10.75 ounce) can condensed cream of celery soup

**Directions**

Preheat oven to 275 degrees F (135 degrees C).

Tear the dried beef into strips, and lay the strips across the bottom of a 9x13 inch baking dish. Remove the skin from the raw chicken pieces. Wrap 1 piece of bacon around each piece. Place the chicken pieces in the baking dish on top of the beef.

Mix the cream cheese, cream of mushroom soup and cream of celery soup together in a bowl until thoroughly blended. Pour the mixture over the chicken.

Bake in the preheated oven until the top is bubbly, about 2 hours. Cool 10 minutes and serve.
### Ingredients

- 1/2 cup honey
- 1/3 cup soy sauce
- 1/4 cup lime juice
- 4 (4 ounce) boneless, skinless chicken breast halves

### Directions

In a resealable plastic bag or shallow glass container, combine the honey, soy sauce and lime juice; mix well. Add chicken and turn to coat. Seal or cover and refrigerate for 30-45 minutes. Drain and discard marinade. Grill chicken, uncovered, over medium heat for 6-7 minutes on each side or until juices run clear.
**Orange Spiced Chicken**

**Ingredients**
- 1/2 cup soy sauce
- 1/4 cup orange juice
- 2 tablespoons sugar
- 1 clove garlic, minced
- 1/2 teaspoon ground ginger
- 2 tablespoons raisins
- 4 (8 ounce) skinless, boneless chicken breast halves

**Directions**

To Marinate: Combine soy sauce, orange juice, sugar, garlic, ginger and raisins in a nonporous glass dish or bowl. Mix well, then add chicken and turn to coat. Cover dish or bowl and refrigerate to marinate for 2 to 3 hours, turning once or twice.

Preheat oven to 400 degrees F (200 degrees C).

Place chicken in a 9x13 inch baking dish and pour marinade evenly over all.

Bake in the preheated oven for 45 minutes, basting often.
**Ingredients**

1 tablespoon vegetable oil  
1 pound skinless, boneless chicken breast or thighs, cut into cubes  
1 (25.75 ounce) jar Prego® Chunky Garden Mushroom & Green Pepper Italian Sauce  
8 ounces corkscrew-shaped pasta (rotini), cooked and drained

**Directions**

Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook for 10 minutes or until it's well browned, stirring often.

Stir the sauce in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through. Serve the chicken mixture with the pasta.
Best Baked Chicken

Ingredients

- 8 skinless, boneless chicken breast halves
- 1 cup sour cream
- 2 tablespoons fresh lemon juice
- 2 teaspoons soy sauce
- 2 teaspoons celery salt
- 2 teaspoons garlic salt
- 1 dash pepper
- 1 (6 ounce) package herb-seasoned stuffing mix, crushed into crumbs
- 1/2 cup butter, melted

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking dish.

In a medium bowl, mix the sour cream, lemon juice, soy sauce, celery salt, garlic salt, and pepper. Dip each chicken breast in the sour cream mixture, then roll in the stuffing mix to coat. Arrange chicken in the prepared baking dish. Drizzle with the melted butter.

Bake 40 to 50 minutes in the preheated oven, until the chicken is no longer pink and the juices run clear.
**Ingredients**

- 2 pounds chicken parts
- 1 tablespoon margarine or butter, melted
- 1 (10.75 ounce) can Campbell’s® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)

**Directions**

Place chicken in 2 quart shallow baking dish. Drizzle with margarine. Bake at 375 degrees F for 30 minutes.

Spoon soup over chicken and bake 30 minutes more or until chicken is no longer pink. Remove chicken. Stir sauce.
### Chicken Noodle Casserole

#### Ingredients
- 2/3 cup chopped onion
- 1 garlic clove, minced
- 1 tablespoon olive or canola oil
- 1 1/2 pounds boneless skinless chicken breasts, cut into 3/4-inch cubes
- 1 (14.5 ounce) can chicken broth
- 1 1/2 cups chopped carrots
- 3 celery ribs, chopped
- 1/2 teaspoon dried savory
- 3 tablespoons butter or stick margarine
- 3 tablespoons all-purpose flour
- 3/4 teaspoon salt
- 1/8 teaspoon white pepper
- 1 1/2 cups 2% milk
- 1 1/4 cups shredded reduced-fat Cheddar cheese
- 8 ounces wide egg noodles, cooked and drained

#### Directions
In a large nonstick skillet, saute onion and garlic in oil until tender. Add chicken; cook and stir until no longer pink. Add the broth, carrots, celery and savory. Bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until vegetables are tender.

Meanwhile, in a saucepan, melt butter. Stir in the flour, salt and pepper until smooth. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in cheese until melted. Pour over chicken mixture. Add noodles; mix well.

Transfer to a 3-qt. baking dish coated with nonstick cooking spray. Bake, uncovered, at 350 degrees F for 15-20 minutes or until bubbly.
Roast Sticky Chicken-Rotisserie Style

Ingredients

4 teaspoons salt
2 teaspoons paprika
1 teaspoon onion powder
1 teaspoon dried thyme
1 teaspoon white pepper
1/2 teaspoon cayenne pepper
1/2 teaspoon black pepper
1/2 teaspoon garlic powder
2 onions, quartered
2 (4 pound) whole chickens

Directions

In a small bowl, mix together salt, paprika, onion powder, thyme, white pepper, black pepper, cayenne pepper, and garlic powder. Remove and discard giblets from chicken. Rinse chicken cavity, and pat dry with paper towel. Rub each chicken inside and out with spice mixture. Place 1 onion into the cavity of each chicken. Place chickens in a resealable bag or double wrap with plastic wrap. Refrigerate overnight, or at least 4 to 6 hours.

Preheat oven to 250 degrees F (120 degrees C).

Place chickens in a roasting pan. Bake uncovered for 5 hours, to a minimum internal temperature of 180 degrees F (85 degrees C). Let the chickens stand for 10 minutes before carving.
## Ingredients

- 1 cup all-purpose flour
- 1/2 teaspoon paprika
- salt and pepper to taste
- 1 pound skinless, boneless chicken breast halves - cut into thin strips
- 1/4 cup vegetable oil
- 4 ounces fresh mushrooms, sliced
- 1/4 cup lemon juice
- 3/4 cup chicken stock
- 1/2 teaspoon garlic powder
- 1 (14 ounce) can artichoke hearts, drained and quartered

## Directions

In a shallow bowl, mix together flour, paprika, and salt and pepper. Dredge chicken pieces in the seasoned flour.

Heat oil in a large skillet over medium heat, and saute chicken until light golden brown (about 45 seconds each side). Remove chicken from skillet, and set aside.

To skillet, add mushrooms, lemon juice, and chicken stock. Simmer until a smooth, light sauce develops. Season with garlic powder. Return chicken to the skillet, and simmer until chicken is no longer pink and juices run clear. Stir in artichoke hearts, and remove from heat.
## Curried Chicken 'N' Broccoli

### Ingredients

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<tbody>
<tr>
<td>1 (14 ounce) bag frozen broccoli florets, thawed</td>
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<tr>
<td>2 cups cooked chicken strips</td>
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<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup, undiluted</td>
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<tr>
<td>1/2 cup mayonnaise</td>
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<tr>
<td>1 tablespoon lemon juice</td>
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<tr>
<td>1/4 teaspoon curry powder</td>
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<tr>
<td>1/4 teaspoon salt</td>
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<tr>
<td>1/2 cup shredded Cheddar cheese</td>
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<tr>
<td>Hot cooked rice</td>
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</table>

### Directions

Place the broccoli in a 1-1/2-qt. microwave-safe dish. Top with the chicken. In a bowl, combine the soup, mayonnaise, lemon juice, curry powder and salt. Spoon over chicken. Sprinkle with cheese. Cover and microwave at 70% power for 8-10 minutes. Serve over rice.
## Chicken Soup with Drop-In Noodles

### Ingredients

- 2 skinless, boneless chicken breasts
- 2 1/2 tablespoons mixed vegetable flakes
- 1 bay leaf
- 1 teaspoon dried parsley
- 1/4 teaspoon dried tarragon
- 3/4 teaspoon celery salt
- 1 onion, chopped
- 1/2 cup frozen diced carrots
- 2 (14.5 ounce) cans chicken broth
- 2 teaspoons chicken bouillon powder
- salt to taste
- 2 cups all-purpose flour
- 1 tablespoon shredded Cheddar cheese
- 2 eggs
- 1 tablespoon milk

### Directions

Place chicken breasts in a large slow cooker and cover with cold water, 3/4 of the way full. Add vegetable flakes, bay leaf, parsley, tarragon, celery salt and onion. Cook on high at least 6 hours or on low for 8 hours. 1 hour prior to serving add carrots, chicken bouillon, chicken broth and start making drop-in noodles.

In a large stock pot bring 4 to 6 quarts of salted water to a boil. In a mixing bowl combine flour and cheese. In the center of flour mixture make a well and drop in eggs and milk. Mix with a fork until dough crumbles and looks like peas (if too dry add milk; if too moist add flour). Drop pea size dough pieces into boiling water and cook for twenty minutes. Drain and rinse the noodles with cold water.

Once noodles are finished and vegetables in soup are tender ladle soup into serving bowls, drop in noodles and serve.
### Ingredients

- 4 boneless, skinless chicken breast halves
- 1/2 teaspoon paprika
- 1/3 cup butter, divided
- 2 medium zucchini, julienned
- 4 small carrots, julienned
- 4 large mushrooms, sliced
- 2 tablespoons minced fresh tarragon
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

### Directions

Sprinkle chicken with paprika. In a large skillet, brown chicken in 2 teaspoons butter. Place the vegetables in a greased 13-in. x 9-in. x 2-in. baking dish. Top with chicken.

Melt the remaining butter; stir in the tarragon, lemon juice, salt and pepper. Pour over chicken and vegetables. Cover and bake at 350 degrees F for 30-35 minutes or until chicken juices run clear and vegetables are tender.
Mexican Orange Chicken

**Ingredients**

- 8 chicken drumsticks
- 8 chicken thighs
- Salt and black pepper to taste
- 1 1/2 cups cubed cooked ham
- 1 1/2 cups canned pineapple chunks
- 1 (12 ounce) package bacon slices, cut into 2 inch pieces
- 1/2 cup raisins (optional)
- 8 cups freshly squeezed orange juice
- 1/4 cup chicken bouillon granules
- 1/4 cup butter, cut into small chunks

**Directions**

Preheat an oven to 400 degrees F (200 degrees C). Grease a 9x12-inch baking dish with a cover.

Place the chicken drumsticks and thighs in the prepared baking dish, and sprinkle with salt and pepper. Evenly distribute the ham, pineapple chunks, bacon, and raisins over the chicken.

Stir together the orange juice and chicken bouillon granules in a bowl, and pour the mixture over the top of the dish. Dot the top evenly with chunks of butter.

Cover, and bake in the preheated oven until the chicken is very tender and the sauce has started to reduce, about 1 1/2 hours. Uncover, baste the chicken pieces with the juices in the bottom of the pan, and return to the oven until the chicken is golden, about 30 more minutes.
### Ingredients

1 (2 to 3 pound) broiler/fryer chicken cut up  
1/2 cup butter or margarine  
1/3 cup lemon juice  
1 tablespoon paprika  
2 teaspoons salt  
1 teaspoon pepper  
1 teaspoon brown sugar  
1/2 teaspoon crushed dried rosemary  
1/8 teaspoon ground nutmeg  
1/8 teaspoon cayenne pepper

### Directions

Place chicken in an ungreased 13-in. x 9-in.x 2-in. baking pan. Combine remaining ingredients in a small saucepan; bring to a boil. Remove from the heat and pour over chicken. Bake, uncovered, at 325 degrees F for 1-1/2 hours or until juices run clear, basting occasionally.
Santa Fe Chicken Salad

**Ingredients**

- 4 skinless, boneless chicken breasts
- 1/2 cup mayonnaise
- 1/2 cup Italian-style salad dressing
- 1 head iceberg lettuce
- 1 head romaine lettuce, rinsed and dried
- 2 bunches green onions, chopped
- 1 large tomato, chopped
- 1 1/2 cups shredded Cheddar and Monterey cheese blend
- 5 (6 inch) flour tortillas
- 1/2 cup ranch-style salad dressing
- 1/2 cup salsa

**Directions**

In a gallon size plastic bag or 9x9 baking dish, mix together the mayonnaise and Italian dressing. Place chicken in mixture and marinate overnight in the refrigerator.

Chop, wash, and dry the iceberg and romaine lettuce. Mix and divide among four dinner-size plates. Divide and place the tomato and green onions among the plates. Sprinkle the top of each salad with shredded cheese.

Remove chicken from marinade and grill or broil until cooked. While chicken is cooking, cut tortillas into three thick strips and cut each strip into 'matchsticks'. Place on a cookie sheet and put under broiler until golden brown. Let cool. Cut the chicken into strips and divide among plates. Top with tortilla 'crispies'.

To prepare the dressing, combine the salsa and ranch dressing in a blender and mix until smooth. Pour over each salad.
Ingredients

- 8 chicken thighs
- 4 tomatoes, quartered
- 8 cloves garlic, minced
- 4 teaspoons minced fresh ginger root
- 1 teaspoon chili powder
- 1 pinch ground turmeric
- 1 teaspoon salt
- 1/2 teaspoon coconut oil (optional)

Directions

Combine the chicken, tomatoes, garlic, ginger, chili powder, turmeric, and salt in a large, heavy pot over high heat; cook and stir until the chicken begins to brown; reduce heat to medium-low and allow mixture to simmer until the chicken is no longer pink in the center and the juices run clear, about 45 minutes. Sprinkle with coconut oil to serve.
Picante-Dijon Grilled Chicken

**Ingredients**
- 8 chicken breast halves, boned and skinned
- 1 1/2 cups picante sauce
- 2 tablespoons Dijon mustard
- 1/4 cup packed brown sugar

**Directions**
Pound chicken breasts to about 1/2-in. thickness; set aside. Combine picante sauce, mustard and sugar; mix well. Place chicken over medium-hot coals; brush generously with sauce. Grill about 6-8 minutes per side or until chicken is tender and no longer pink, brushing occasionally with remaining sauce.
Baked Chicken Broccoli and Rice

**Ingredients**

1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Campbell's Condensed Cream of Chicken & Broccoli Soup)*
1 cup water
3/4 cup uncooked white rice
1/8 teaspoon ground black pepper
4 skinless, boneless chicken breasts
Paprika

**Directions**

Mix soup, water, rice and pepper in 2-quart shallow baking dish. Top with chicken. Sprinkle with paprika. Cover.

Bake at 375 degrees F for 45 minutes or until done.
Chicken and Tomato Angel Hair

**Ingredients**

- 1 (8 ounce) package angel hair pasta
- 1 1/2 tablespoons olive oil
- 1 clove garlic, peeled and minced
- 1 pound skinless, boneless chicken breast meat - cut into bite-size pieces
- 2 cups water
- 2 cubes chicken bouillon
- 3 large tomatoes, cut into wedges
- 1/4 cup grated Parmesan cheese

**Directions**

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 5 to 6 minutes or until al dente. Remove from heat, drain, and return to pot.

Heat oil in a large skillet over medium heat, and saute garlic 2 to 3 minutes. Stir in chicken, and cook until no longer pink and juices run clear. Drain, and set aside.

Bring 2 cups water to a boil in a small saucepan, and dissolve bouillon cubes.

Place pot with pasta over low heat, and mix in chicken, water with dissolved bouillon cubes, and tomatoes. Cook and stir for about 5 minutes, until heated through. Sprinkle with Parmesan cheese to serve.
### Ingredients

- 6 skinless, boneless chicken breasts
- 3 cups white wine
- 1 1/2 cups lemon juice
- 1 medium head garlic, crushed
- 4 drops hot pepper sauce
- 2 teaspoons poultry seasoning
- 2 teaspoons salt

### Directions

Combine the white wine, lemon juice, crushed garlic, pepper sauce, poultry seasoning and salt. Mix well.

Place chicken in slow cooker. Pour lemon/garlic mixture over chicken. Cook on low for 8 to 10 hours.
Ingredients

4 skinless, boneless chicken breast halves
1/4 cup all-purpose flour for dusting
1 teaspoon salt
1 teaspoon ground black pepper
2 tablespoons olive oil
2 1/2 cups fresh sliced mushrooms
2 cups heavy cream
1 cup champagne

Directions

Lightly dust chicken breasts with flour and a little salt and pepper.

In a large skillet, lightly brown chicken breasts to a nice golden brown in olive oil. Once browned on both sides, add mushrooms and champagne. Cook over medium heat, champagne should boil a little, for approximately 1/2 hour. When chicken is tender, transfer chicken to a platter.

Pour cream into skillet. Simmer about 5 minutes, until slightly thickened. Pour sauce over chicken breasts. Serve.
Chicken Veronica

Ingredients

1/4 cup extra-virgin olive oil
2 1/2 pounds chicken breast cutlets, pounded to 1/4 inch thickness
1 cup all-purpose flour for dusting
4 cloves garlic, chopped
1 shallot, chopped
3 tablespoons chopped oil-packed sun-dried tomatoes
3 slices pancetta bacon, finely chopped
3/4 cup good quality dry sherry wine
1/2 cup chicken stock
2 egg yolks
1/2 cup heavy cream
2 tablespoons Brie cheese - rind removed, room temperature
salt and pepper to taste
1 teaspoon chopped fresh parsley

Directions

Heat the olive oil in a large skillet over medium-high heat. Dredge the chicken in flour, shaking off any excess. Fry chicken in the hot oil until brown on both sides. Remove from the skillet and set aside.

Add the garlic, shallot, sun-dried tomatoes and pancetta to the skillet and reduce the heat to medium. Cook and stir for a few minutes, until garlic is fragrant and pancetta is cooked. Stir in the sherry, loosening any bits stuck to the bottom of the pan. Simmer until reduced by half. Stir in the chicken stock and cook until reduced by half again.

Whisk together the egg yolks and heavy cream; mix into the skillet. Season with salt and pepper. Return the chicken to the skillet and cook for a few minutes, until chicken is coated and sauce is thick. Stir in the Brie cheese until smooth. Remove from the heat and sprinkle with parsley. Serve over rice or angel hair pasta.
### Ingredients

- 2 cups shredded cooked chicken meat
- 2 cups chopped celery
- 2 cups sliced almonds
- 2 cups small seasoned croutons
- 1 cup shredded sharp Cheddar cheese
- 4 hard-cooked eggs, peeled and chopped
- 2 cups creamy salad dressing, e.g. Miracle Whip

### Directions

In a large bowl, toss together the chicken, celery, almonds, croutons, Cheddar cheese and eggs. Mix in salad dressing until the ingredients are evenly coated. Cover and refrigerate overnight before serving for best flavor.
## Vietnamese Chicken and Long-Grain Rice Congee

### Ingredients
- 1/8 cup uncooked jasmine rice
- 1 (2.5 pound) whole chicken
- 3 (2 inch) pieces fresh ginger root
- 1 stalk lemon grass, chopped
- 1 tablespoon salt, or to taste
- 1/4 cup chopped cilantro
- 1/8 cup chopped fresh chives
- ground black pepper to taste
- 1 lime, cut into 8 wedges

### Directions
Place chicken in a stock pot. Pour in enough water to cover chicken. Add ginger, lemon grass, and salt; bring to a boil. Reduce heat, cover, and gently simmer for 1 hour to 1 1/2 hours.

Strain broth, and return broth to stock pot. Let chicken cool, then remove bones and skin, and tear into bite-size pieces; set aside.

Stir rice into broth, and bring to a boil. Reduce heat to medium, and cook for 30 minutes, stirring occasionally. If necessary, adjust with water or additional salt. The congee is done, but can be left to cook an additional 45 minutes for better consistency.

Ladle congee into bowls, and top with chicken, cilantro, chives, and pepper. Squeeze lime juice to taste.
**Ingredients**

- 9 lasagna noodles
- 1/2 cup butter
- 1 onion, chopped
- 1 clove garlic, minced
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 2 cups chicken broth
- 1 1/2 cups milk
- 4 cups shredded mozzarella cheese, divided
- 1 cup grated Parmesan cheese, divided
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon ground black pepper
- 2 cups ricotta cheese
- 2 cups cubed, cooked chicken meat
- 2 (10 ounce) packages frozen chopped spinach, thawed and drained
- 1 tablespoon chopped fresh parsley
- 1/4 cup grated Parmesan cheese for topping

**Directions**

Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain, and rinse with cold water.

Melt the butter in a large saucepan over medium heat. Cook the onion and garlic in the butter until tender, stirring frequently. Stir in the flour and salt, and simmer until bubbly. Mix in the broth and milk, and boil, stirring constantly, for 1 minute. Stir in 2 cups mozzarella cheese and 1/4 cup Parmesan cheese. Season with the basil, oregano, and ground black pepper. Remove from heat, and set aside.

Spread 1/3 of the sauce mixture in the bottom of a 9x13 inch baking dish. Layer with 1/3 of the noodles, the ricotta, and the chicken. Arrange 1/3 of the noodles over the chicken, and layer with 1/3 of the sauce mixture, spinach, and the remaining 2 cups mozzarella cheese and 1/2 cup Parmesan cheese. Arrange remaining noodles over cheese, and spread remaining sauce evenly over noodles. Sprinkle with parsley and 1/4 cup Parmesan cheese.

Bake 35 to 40 minutes in the preheated oven.
Thai Peanut Chicken

**Ingredients**
- 2 cups uncooked white rice
- 4 cups water
- 3 tablespoons soy sauce
- 2 tablespoons creamy peanut butter
- 2 teaspoons white wine vinegar
- 1/4 teaspoon cayenne pepper
- 3 tablespoons olive oil
- 4 skinless, boneless chicken breast halves - cut into thin strips
- 3 tablespoons chopped garlic
- 1 1/2 tablespoons chopped fresh ginger root
- 3/4 cup chopped green onions
- 2 1/2 cups broccoli florets
- 1/3 cup unsalted dry-roasted peanuts

**Directions**

Combine the rice and water in a saucepan over medium-high heat. Bring to a boil, then reduce heat to low, cover, and simmer for 20 minutes, or until rice is tender. In a small bowl, stir together the soy sauce, peanut butter, vinegar, and cayenne pepper. Set aside.

Heat oil in a skillet or wok over high heat. Add chicken, garlic and ginger, and cook, stirring constantly, until chicken is golden on the outside, about 5 minutes.

Reduce heat to medium, and add green onion, broccoli, peanuts, and the peanut butter mixture. Cook, stirring frequently, for 5 minutes, or until broccoli is tender, and chicken is cooked through. Serve over rice.
## Slow Cooker Carrot Chicken

### Ingredients

- 4 pounds skinless, boneless chicken breast meat
- 1 medium head cabbage, quartered
- 1 pound carrots, cut into 1 inch pieces
- water to cover
- 4 cubes chicken bouillon
- 1 teaspoon poultry seasoning
- 1/4 teaspoon Greek-style seasoning
- 2 tablespoons cornstarch
- 1/4 cup water

### Directions

Rinse chicken and place in slow cooker. Rinse cabbage and place on top of chicken, then add carrots. Add enough water to almost cover all. Add bouillon cubes and sprinkle liberally with poultry seasoning. Add Greek seasoning to taste (as you would salt and pepper). Cook on low for 8 hours OR on high for 4 hours.

To Make Gravy: When you’re nearly ready to eat, pour off some of the juice and place in a saucepan. Bring to a boil. Dissolve cornstarch in about 1/4 cup water (depending on how thick you like your gravy). Add to saucepan and simmer all together until thick. If desired, season with additional Greek seasoning. Serve gravy over chicken and potatoes, if desired.
Pineapple Pepper Chicken

**Ingredients**

4 cups unsweetened pineapple juice  
2 1/2 cups sugar  
2 cups vinegar  
1 1/2 cups water  
1 cup packed brown sugar  
2/3 cup cornstarch  
1/2 cup ketchup  
6 tablespoons soy sauce  
2 teaspoons chicken bouillon granules  
3/4 teaspoon ground ginger  
3 tablespoons vegetable oil  
2 (3 pound) broiler-fryer chickens, cut up  
1 (8 ounce) can pineapple chunks, drained  
1 medium green pepper, julienned

**Directions**

In a saucepan, combine the first 10 ingredients; stir until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Set aside.

Heat oil in a large skillet over medium-high heat. Add the chicken; brown on all sides. Place in two greased 13-in. x 9-in. x 2-in. baking dishes. Pour reserved sauce over chicken. Bake, uncovered, at 350 degrees F for 45 minutes. Add pineapple and green pepper. Bake 15 minutes longer or until heated through.
Chicken with Tomatillos and Poblanos

Ingredients

3 fresh poblano chile peppers
3 Anaheim chile peppers
3/4 pound tomatillos, diced
1 onion, chopped
2/3 cup red bell pepper, diced
4 green onions, chopped
6 cloves garlic, minced
1 cup chicken broth
3 tablespoons vegetable oil
4 skinless, boneless chicken breast halves - cut into 2 inch pieces
1/4 cup all-purpose flour
1 tablespoon dried oregano
1/2 teaspoon salt
1 pinch black pepper
1 pinch cayenne pepper
2/3 cup fresh cilantro, chopped

Directions

Preheat oven to 450 degrees F (230 degrees C). Roast peppers for about 25 minutes, until the skins can easily be removed. Remove skins, and chop peppers.

In a medium saucepan, combine chopped peppers with tomatillos, onion, red pepper, green onion, and garlic. Stir in chicken broth. Heat to a boil, reduce heat, and simmer 15 minutes.

Heat oil in a large skillet over medium heat. Dredge chicken in flour, then saute briefly. Pour tomatillo mixture over chicken. Season with oregano, salt, black pepper, and cayenne pepper. Simmer for 25 minutes, or until chicken is no longer pink. Stir in the cilantro just before serving.
Barbecue Chicken Wings

**Ingredients**
- 3 pounds whole chicken wings
- 2 cups ketchup
- 1/2 cup honey
- 2 tablespoons lemon juice
- 2 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 2 tablespoons Worcestershire sauce
- 1 tablespoon paprika
- 4 garlic cloves, minced
- 1 1/2 teaspoons curry powder
- 1/2 teaspoon pepper
- 1/8 teaspoon hot pepper sauce

**Directions**
Cut chicken wings into three sections; discard wing tips. Place wings in a greased 15-in. x 10-in. x 1-in. baking pan. Bake at 350 degrees F for 35-40 minutes or until juices run clear.

In a bowl, combine the remaining ingredients. Pour 1/2 cup into a 3-qt. slow cooker. Drain chicken wings; add to slow cooker. Drizzle with remaining sauce. Cover and cook on low for 1 hour, basting occasionally.
# Asian Orange Chicken

**Ingredients**

<table>
<thead>
<tr>
<th>Sauce:</th>
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<tbody>
<tr>
<td>1 1/2 cups water</td>
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<tr>
<td>2 tablespoons orange juice</td>
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<tr>
<td>1/4 cup lemon juice</td>
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<tr>
<td>1/3 cup rice vinegar</td>
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<tr>
<td>2 1/2 tablespoons soy sauce</td>
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<tr>
<td>1 tablespoon grated orange zest</td>
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<tr>
<td>1 cup packed brown sugar</td>
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<tr>
<td>1/2 teaspoon minced fresh ginger</td>
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<tr>
<td>1/2 teaspoon minced garlic</td>
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<tr>
<td>2 tablespoons chopped green onion</td>
</tr>
<tr>
<td>1/4 teaspoon red pepper flakes</td>
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<tr>
<td>3 tablespoons cornstarch</td>
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<tr>
<td>2 tablespoons water</td>
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<tr>
<td></td>
</tr>
<tr>
<td>Chicken:</td>
</tr>
<tr>
<td>2 boneless, skinless chicken breasts, cut into 1/2 inch pieces</td>
</tr>
<tr>
<td>1 cup all-purpose flour</td>
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<tr>
<td>1/4 teaspoon salt</td>
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<tr>
<td>1/4 teaspoon pepper</td>
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<tr>
<td>3 tablespoons olive oil</td>
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</tbody>
</table>

**Directions**

Pour 1 1/2 cups water, orange juice, lemon juice, rice vinegar, and soy sauce into a saucepan and set over medium-high heat. Stir in the orange zest, brown sugar, ginger, garlic, chopped onion, and red pepper flakes. Bring to a boil. Remove from heat, and cool 10 to 15 minutes.

Place the chicken pieces into a resealable plastic bag. When contents of saucepan have cooled, pour 1 cup of sauce into bag. Reserve the remaining sauce. Seal the bag, and refrigerate at least 2 hours.

In another resealable plastic bag, mix the flour, salt, and pepper. Add the marinated chicken pieces, seal the bag, and shake to coat.

Heat the olive oil in a large skillet over medium heat. Place chicken into the skillet, and brown on both sides. Drain on a plate lined with paper towels, and cover with aluminum foil.

Wipe out the skillet, and add the sauce. Bring to a boil over medium-high heat. Mix together the cornstarch and 2 tablespoons water; stir into the sauce. Reduce heat to medium low, add the chicken pieces, and simmer, about 5 minutes, stirring occasionally.
Smucker's Chicken Salad with Wild Rice, Pecans, Grapes and Orange Dressing

**Ingredients**

4 (4 ounce) skinless, boneless chicken breasts
3 1/2 cups cooked wild rice
1 cup sliced green grapes
1 cup sliced green onions (optional)
1/4 cup chopped pecans, toasted (optional)
1 tablespoon grated pecans, toasted (optional)
1 tablespoon grated orange rind
1 cup Smucker's® Sugar Free Orange Marmalade
1/3 cup raspberry vinegar
1/4 teaspoon salt
1/8 teaspoon pepper
CRISCO® Cooking Spray

**Directions**

Spray a large skillet with Crisco cooking spray: heat over medium-high heat until hot. Add chicken; cook 2 minutes on each side or until lightly browned.

Place chicken in an 11x17-inch baking dish coated with cooking spray. Bake at 450 for 20 minutes or until cooked through. Remove chicken: cook and cut into 1/4-inch strips.

In a large bowl, combine chicken, rice, green onions, and grapes and pecans, if desired. Toss well and set aside. In a small bowl, combine orange rind and next 4 ingredients; stir well. Pour over chicken mixture; toss well.

Serve salad at room temperature, on lettuce-lined plates, if desired.
**Ingredients**

- 1 (12 ounce) package rotini pasta
- 2 cups half-and-half cream
- 1/2 cup butter
- 2/3 cup freshly grated Parmesan cheese
- 1/2 teaspoon dried basil leaves
- 1/2 teaspoon dried oregano
- 1/2 teaspoon chopped fresh chives
- 1/2 teaspoon chopped fresh parsley
- 4 skinless, boneless chicken breast halves - cubed
- 1/2 green bell pepper, chopped
- 1/2 red bell pepper, chopped

**Directions**

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, or until al dente; drain.

Combine half-and-half and butter in a saucepan over medium heat. Boil gently, stirring, until mixture has reduced to 1 1/2 to 1 2/3 cups. Remove pan from heat; whisk in cheese, basil, oregano, chives, and parsley. Cover, and set aside.

Saute chicken in a large skillet until lightly browned on both sides. Stir in green and red bell pepper, and cook until vegetables are tender, and chicken is no longer pink in the middle.

In a casserole dish, combine the hot cooked pasta, chicken mixture, and sauce. Mix well, and serve immediately.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1 (10.75 ounce) can condensed cream of chicken soup</td>
<td></td>
</tr>
<tr>
<td>1 envelope (1 tablespoon) unflavored gelatin</td>
<td></td>
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<tr>
<td>3 tablespoons water</td>
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<tr>
<td>3/4 cup mayonnaise</td>
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<tr>
<td>1 (8 ounce) package cream cheese, softened</td>
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<tr>
<td>1 onion, chopped</td>
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<tr>
<td>1 cup celery, minced</td>
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<tr>
<td>1 (5 ounce) can chicken chunks, drained</td>
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</tbody>
</table>

## Directions

In a small pot, heat chicken soup.

In a small bowl, combine gelatin and water and stir it into the heated soup. Blend mayonnaise, cream cheese, onion, and celery into the soup mixture. Add chicken and continue mixing. Refrigerate overnight.
Vinegar Chicken

Ingredients

- 1 tablespoon vegetable oil
- 1 onion, thinly sliced
- 1 (4 pound) chicken, cut into pieces
- 1 (29 ounce) can tomato sauce
- 3 1/2 cups cider vinegar
- salt and pepper to taste
- 1 pinch garlic powder

Directions

In a large skillet, saute onion slices in oil until translucent. Add chicken pieces and saute until browned.

Add tomato sauce. Fill empty tomato sauce can with cider vinegar and add to skillet. Add salt, pepper and garlic powder to taste. Stir all together and simmer for 30 minutes or until chicken is tender and no longer pink inside.
Ingredients

- 2 skinless, boneless chicken breast halves - pounded thin
- 1/4 cup all-purpose flour
- salt and ground black pepper to taste
- 2 teaspoons butter
- 2 teaspoons vegetable oil
- 1 (4.5 ounce) can mushrooms, drained
- 1 cup water
- 1 packet chicken bouillon granules
- 1 teaspoon cornstarch
- 1/2 teaspoon dried parsley
- 1/4 teaspoon garlic powder
- ground black pepper to taste

Directions

Season flour with salt and pepper. Dredge chicken in seasoned flour onto a sheet of wax paper. In a nonstick skillet, combine the vegetable oil and butter or margarine and heat over medium high heat until bubbly and hot. Add chicken and cook until lightly browned on both sides and cooked through, 3 to 4 minutes. Remove chicken and set aside.

To the same skillet, add the mushrooms and saute for about 5 minutes. Combine the water, broth mix, cornstarch, parsley, garlic powder, salt and pepper and add to the skillet. Cook, stirring frequently, until liquid is thickened, 1 to 2 minutes.

Return chicken to the skillet and cook until chicken is heated through, 1 to 2 minutes. Serve.
Honeyed Chicken

Ingredients

2 tablespoons butter or margarine, melted
2 tablespoons honey, warmed
1 tablespoon Dijon mustard
1/2 teaspoon curry powder
1 pound meaty bone-in chicken pieces

Directions

In a bowl, combine the butter, honey, mustard and curry powder; set aside. Place chicken skin side down in a greased 8-in. baking dish; brush with sauce. Turn chicken skin side up; brush with sauce. Bake, uncovered, at 375 degrees F for 35-40 minutes or until chicken juices run clear, basting often.
Chicken with 40 Cloves of Garlic

**Ingredients**

- 2 tablespoons butter
- 1 tablespoon olive oil
- 1 whole chicken
- 40 cloves garlic
- 1/4 cup water
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 1/2 teaspoon dried thyme
- 1/4 teaspoon ground black pepper

**Directions**

Preheat an oven to 350 degrees F (175 degrees C).

Melt the butter with the olive oil in a large Dutch oven over medium-high heat. Add the chicken to the Dutch oven and brown on all sides in the butter and oil, 5 to 10 minutes. Remove the chicken to a cutting board.

Drain all but 2 tablespoons of liquid from the pan; stir the garlic cloves into the reserved liquid. Return the chicken to the pan; sprinkle the water, lemon juice, salt, thyme, and black pepper over the chicken; cover tightly.

Bake the chicken in the preheated oven until no longer pink at the bone and the juices run clear, about 90 minutes. An instant-read thermometer inserted into the thickest part of the thigh should read 180 degrees F (82 degrees C). Remove the chicken from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area for 10 minutes before slicing.
Herbed Chicken Nuggets

**Ingredients**

- 4 skinless, boneless chicken breasts
- 2 eggs, beaten
- 1 tablespoon water
- 1 teaspoon chopped fresh parsley
- 1/2 teaspoon dried thyme
- 1 pinch crushed red pepper flakes
- 1/2 cup dried bread crumbs, seasoned
- 1/2 cup wheat germ
- 1 teaspoon dried basil
- 1 teaspoon ground black pepper
- 1 tablespoon vegetable oil

**Directions**

Preheat oven to 425 degrees F (220 degrees C). Spray a baking sheet with non-stick cooking spray.

Trim any fat from chicken and cut into 1 inch cubes.

In a bowl beat the eggs with the water and add the chicken.

Combine the parsley, thyme, red pepper, bread crumbs, wheat germ, basil and ground pepper. Stir in the oil with a fork and mix well to distribute evenly. Pour seasoning mixture into a resealable plastic bag and the chicken pieces to coat.

Place coated chicken pieces on the prepared baking sheet and bake at 425 degrees F (220 degrees C) for 10 minutes, turn the pieces and cook for an additional 5 minutes.
Chicken in Mole Sauce

**Ingredients**

2 (2 pound) bone-in chickens, giblets removed
1 large onion, cut into chunks
3 cloves garlic, chopped
1 (14 ounce) can chicken broth
2 tablespoons chili powder
20 blanched almonds
1/4 cup diced firm ripe banana
1 teaspoon ground cinnamon
1 teaspoon salt
2 corn tortillas, torn into small pieces
2 tablespoons sesame seeds
1 tablespoon pine nuts (optional)
6 tablespoons butter
1 (1 ounce) square semisweet chocolate

**Directions**

Cut the chickens into pieces, reserving the breasts. Place chicken pieces except the breasts in a deep saucepan over medium heat; add the onion, garlic, and chicken broth. Cover the pan and simmer 25 minutes.

Cut the breasts into halves and add to the saucepan; simmer until the chicken breasts are no longer pink at the bone and the juices run clear, about 20 minutes more. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C). Remove the chicken to a cutting board. Remove the skin and bones from the chicken; cut the meat into bite sized pieces.

Strain the broth through a fine mesh strainer, reserving the liquid and discarding the onion, garlic, and skimmed fat. If you have less than 3 cups of reserved liquid, add water to make 3 cups. If you have more than 3 cups, return to the pan and bring to a boil; cook until volume of liquid reduces to 3 cups.

Combine the chili powder, almonds, banana, cinnamon, salt, tortilla pieces, sesame seeds, and pine nuts in a blender. Blend on low, slowly adding the reserved liquid in a stream until the mixture is smooth. Pour the mixture and remaining liquid into a large saucepan over medium heat. Add the butter and chocolate; cook and stir until the butter and chocolate have melted. Stir the chicken pieces into the sauce; continue cooking until the chicken is heated completely through, 5 to 10 minutes.
### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon butter</td>
<td></td>
</tr>
<tr>
<td>2 cloves garlic, minced</td>
<td></td>
</tr>
<tr>
<td>1/2 cup sun-dried tomatoes, chopped</td>
<td></td>
</tr>
<tr>
<td>1 cup chicken broth, divided</td>
<td></td>
</tr>
<tr>
<td>1 cup heavy cream</td>
<td></td>
</tr>
<tr>
<td>1 pound skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons vegetable oil</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons chopped fresh basil</td>
<td></td>
</tr>
<tr>
<td>8 ounces dry fettuccini pasta</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

In a large saucepan over low heat, melt butter; add garlic and cook for 30 seconds. Add the tomatoes and 3/4 cup of the chicken broth; increase to medium heat and bring to a boil. Reduce heat and simmer, uncovered, for about 10 minutes or until the tomatoes are tender. Add the cream and bring to a boil; stirring. Simmer over medium heat until the sauce is thick enough to coat the back of a spoon.

Sprinkle the chicken with salt and pepper on both sides. In a large skillet over medium heat, warm oil and sauté chicken. Press on chicken occasionally with a slotted spatula. Cook for about 4 minutes per side or until the meat feels springy and is no longer pink inside. Transfer to a board; cover and keep warm. Discard the fat from the skillet.

In the same skillet, over medium heat, bring 1/4 cup chicken broth to a boil; stirring the pan juices. Reduce slightly and add to the cream sauce; stir in basil and adjust seasonings to taste.

Meanwhile, bring a large pot of lightly salted water to a boil. Add fettuccine and cook for 8 to 10 minutes or until al dente; drain, transfer to a bowl and toss with 3 to 4 tablespoons of the sauce.

Cut each chicken breast into 2 to 3 diagonal slices. Reheat the sauce gently if needed. Transfer the pasta to serving plates; top with chicken and coat with the cream sauce; serve.
## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (4 pound) whole chicken</td>
<td>1</td>
</tr>
<tr>
<td>3 cloves garlic</td>
<td>3</td>
</tr>
<tr>
<td>2 (1 inch) pieces fresh ginger root, peeled</td>
<td>2</td>
</tr>
<tr>
<td>2 green onions</td>
<td>2</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td>1/2</td>
</tr>
<tr>
<td>2 tablespoons sesame oil</td>
<td>2</td>
</tr>
<tr>
<td>3 tablespoons vegetable oil</td>
<td>3</td>
</tr>
<tr>
<td>1 tablespoon sesame oil</td>
<td>1</td>
</tr>
<tr>
<td>2 shallots, finely chopped</td>
<td>2</td>
</tr>
<tr>
<td>5 cloves garlic, minced</td>
<td>5</td>
</tr>
<tr>
<td>1 (1 inch) piece fresh ginger root, peeled and chopped</td>
<td>1</td>
</tr>
<tr>
<td>1/2 cup chopped cilantro</td>
<td>1/2</td>
</tr>
<tr>
<td>4 cups chicken stock</td>
<td>4</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td>1/2</td>
</tr>
<tr>
<td>3 cups long grain rice, rinsed and drained</td>
<td>3</td>
</tr>
<tr>
<td>cilantro sprigs</td>
<td>cilantro sprigs</td>
</tr>
<tr>
<td>sliced green onion</td>
<td>sliced green onion</td>
</tr>
<tr>
<td>1 cucumber, thinly sliced</td>
<td>1 cucumber, thinly sliced</td>
</tr>
<tr>
<td>2 fresh tomatoes, chopped</td>
<td>2 fresh tomatoes, chopped</td>
</tr>
</tbody>
</table>

## Directions

Bring a large pot of water to a boil. Crush 3 cloves of garlic and 2 pieces of ginger, and place them into the cavity of the chicken. Tie the green onions into a knot, and place them into the chicken along with 1/2 teaspoon of salt. Carefully submerge the chicken breast side down into the water.

Bring to a boil, then cover and remove from heat. Let stand covered for 40 minutes, turning the chicken over half way through.

While the chicken is cooking, heat the vegetable oil and 1 tablespoon of sesame oil in a large saucepan over medium heat. Fry the shallots, ginger, and garlic in the oil until fragrant. Add cilantro and rice, and cook, stirring until toasted. Pour in chicken stock and season with salt. Bring to a boil, then cover and reduce heat to low. Simmer until rice is tender and 'steam holes' appear in the surface of the rice, about 20 minutes.

When the chicken is done cooking, remove it from the pot, and place under cold running water to tighten the skin. Rub the outside with sesame oil, and chop into pieces. Place pieces on a serving platter, and garnish with cilantro, green onion, cucumber and tomato. Serve with rice.
**Slow Cooker Tipsy Chicken**

**Ingredients**
- 1 tablespoon butter
- 8 chicken thighs
- salt and pepper to taste
- 1 (10.75 ounce) can condensed cream of celery soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (5 ounce) jar pimento-stuffed green olives
- 1 (8 ounce) package sliced fresh mushrooms
- 1 1/4 cups Chablis wine
- 1 tablespoon all-purpose flour

**Directions**
Melt the butter in a large skillet over medium-high heat. Season the chicken with salt and pepper, and brown for 2 to 3 minutes each side. Place in a slow cooker.

In a saucepan over medium heat, blend the cream of mushroom soup and cream of celery soup. Pour over the chicken in the slow cooker, then add olives, mushrooms, wine, and flour.

Cover, and cook on Low for 8 hours.
Broccoli Chicken Stir-Fry

**Ingredients**

- 1 pound boneless, skinless chicken breasts cut into thin strips
- 2 teaspoons canola oil
- 2 medium carrots, julienned
- 2 cups broccoli florets
- 3 1/4 cups water, divided
- 3 teaspoons chicken bouillon granules
- 1 tablespoon reduced-sodium soy sauce
- 1/2 teaspoon ground ginger
- 1/4 cup cornstarch
- 4 cups hot cooked rice

**Directions**

In a large nonstick skillet or wok, stir-fry chicken in oil until no longer pink. Remove and keep warm. Stir-fry the carrots and broccoli for 3-4 minutes or until crisp-tender. Remove and keep warm.

Add 3 cups water to the pan; bring to a boil. Add bouillon; stir until dissolved. Reduce heat. Add soy sauce, ginger, chicken and vegetables; cook for 5 minutes or until heated through. Combine the cornstarch and remaining water until smooth; stir into pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve over rice.
## Ingredients

- 8 chicken thighs
- Salt and pepper to taste
- 1 (10 fluid ounce) bottle oyster sauce
- 2 teaspoons minced garlic
- 3/4 cup SPLENDA® No Calorie Sweetener, Granulated
- 1/4 cup water

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Place chicken thighs in a lightly greased 9x13 inch baking dish. Season with salt and pepper to taste and bake in the preheated oven for about 25 minutes.

Meanwhile, in a medium bowl combine the oyster sauce, garlic, SPLENDA® Granulated Sweetener and water. Mix together and taste the sauce; if it is not sweet enough, add more sweetener to taste.

After chicken has baked for 25 minutes, pour sauce over it and bake for another 20 minutes, or until chicken is cooked through and juices run clear.
Ingredients

- 1 tablespoon vegetable oil
- 4 (4 ounce) skinless, boneless chicken breast halves
- 1 (10.5 ounce) can Campbell's® Condensed Chicken Broth
- 3/4 cup water
- 1/2 teaspoon dried basil leaves, crushed
- 1/2 teaspoon garlic powder
- 3/4 cup uncooked regular long-grain white rice
- 2 cups fresh or frozen broccoli flowerets
- paprika

Directions

Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook for 10 minutes or until well browned on both sides. Remove the chicken from the skillet.

Stir the broth, water, basil and garlic powder in the skillet and heat to a boil. Stir in the rice. Reduce the heat to low. Cover and cook for 5 minutes.

Stir in the broccoli. Top with the chicken. Sprinkle with the paprika. Cover and cook for 15 minutes or until the chicken is cooked through and the rice is tender.
## Ingredients

- 1 cup plain nonfat yogurt
- 4 tablespoons chopped green onions
- 2 chipotle peppers
- 4 tablespoons peanut butter
- 1/4 teaspoon salt
- 1 pound skinless, boneless chicken breast halves - cut into 1/2 inch strips
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 3 tablespoons vegetable oil, divided
- 1 medium onion, sliced
- 1 red bell pepper, julienned
- 4 (6-inch) pitas
- 1 cup shredded lettuce
- 1 cup shredded white Cheddar cheese

## Directions

In a blender or food processor, combine yogurt, chopped green onion, chipotle peppers, peanut butter, and 1/4 teaspoon salt. Blend until smooth. Place in a sealed container, and refrigerate.

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a large bowl. Mix together 1/2 teaspoon salt, pepper, chili powder, oregano, and cumin; sprinkle over chicken. Heat half of oil in a skillet over medium heat. Saute onions and red peppers until tender; transfer to a plate, and set aside. Wrap pitas in foil, and place in oven for about 10 minutes.

Heat remaining oil in skillet, and saute chicken until no longer pink. Add the onions and red peppers, and cook for 2 more minutes.

Cut pitas in half, and stuff with chicken mixture. Serve with lettuce, cheese, and chipotle sauce.
## The Best Ever Chicken Nuggets

### Ingredients
- vegetable oil
- 4 cups all-purpose flour
- 6 tablespoons garlic salt
- 3 tablespoons ground black pepper
- 4 eggs, beaten
- 8 skinless, boneless chicken breast halves - cut into small chunks

### Directions
Heat 1 inch oil to 350 degrees F (175 degrees C) in a large skillet or saucepan.

Stir together the flour, garlic salt, and pepper in a bowl. Dip the chicken pieces individually into the beaten eggs before pressing into the flour mixture to coat; shake off the excess flour. Place the coated chicken pieces onto a plate until all the chicken has been coated.

Cook the chicken in batches in the hot oil until golden brown and no longer pink in the center.
Chicken and Pasta Primavera

**Ingredients**

- 1 (10.75 ounce) can condensed cream of mushroom soup
- 3/4 cup milk
- 1/4 cup grated Parmesan cheese
- 1/8 teaspoon ground black pepper
- 2 cups broccoli florets
- 1/8 teaspoon garlic powder
- 2 carrots, sliced thin
- 1 1/2 cups farfalle pasta
- 2 (5 ounce) cans chicken chunks, drained

**Directions**

Cook pasta in boiling water until al dente. Drain.

Meanwhile, prepare the cream sauce. In a medium saucepan mix together cream of mushroom soup, milk, Parmesan Cheese, pepper, broccoli, garlic powder, and carrots. Bring to a boil over medium heat. Reduce heat to low and cover. Simmer for 10 minutes, or until vegetables are tender. Stir occasionally.

Stir pasta and chicken into cream sauce, and heat through.
# Grandmas Bogie's Parmesan Chicken

## Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup grated Parmesan cheese</td>
<td></td>
</tr>
<tr>
<td>1/4 cup dry bread crumbs</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon dried oregano</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon dried parsley</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon paprika</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon ground black pepper</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons margarine, melted</td>
<td></td>
</tr>
<tr>
<td>6 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
</tbody>
</table>

## Directions

Preheat an oven to 400 degrees F (200 degrees C). Spray 9x13 inch baking pan with cooking spray.

Combine Parmesan cheese, dry bread crumbs, oregano, parsley, paprika, salt, and pepper in a shallow bowl. Dip chicken breasts into melted margarine, then coat with bread crumb mixture. Place in prepared pan.

Bake in preheated oven until chicken breasts are no longer pink in the center and the juices run clear, about 20 to 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
Chicken, Spinach, and Potato Soup

**Ingredients**

- 1 pound skinless, boneless chicken thighs
- 2 cups chicken stock
- 4 cups water
- 3 tablespoons olive oil
- 1 large onion, thinly sliced
- 6 cloves garlic, chopped
- 2 large potatoes, cubed
- 1 (16 ounce) can garbanzo beans, drained
- 1 (10 ounce) bag fresh spinach
- 1/2 cup diced roasted red peppers (optional)
- salt and pepper to taste
- 1/4 cup grated Parmesan cheese

**Directions**

Bring chicken thighs, chicken stock, and water to a simmer in a large saucepan over medium-high heat. Reduce heat to medium-low, and continue simmering until the chicken is no longer pink in the center, about 20 minutes. Remove the chicken thighs, and set aside to cool. Reserve the broth.

While the thighs are cooling, heat olive oil in a large pot over medium heat. Stir in onion and garlic. Cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the potatoes, then strain the reserved cooking liquid into the pot. Bring to a boil over high heat, then reduce heat to medium-low, and simmer until the potatoes are tender, about 25 minutes.

Cut the cooked chicken into cubes and add to the simmering potatoes. Cook for 5 minutes, then stir in the garbanzo beans, spinach, and roasted pepper; simmer 10 more minutes. Season to taste with salt and pepper, and sprinkle with grated Parmesan cheese before serving.
## Chicken Tikka Masala

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup yogurt</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon lemon juice</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons ground cumin</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon ground cinnamon</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons cayenne pepper</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons freshly ground black pepper</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon minced fresh ginger</td>
<td></td>
</tr>
<tr>
<td>4 teaspoons salt, or to taste</td>
<td></td>
</tr>
<tr>
<td>3 boneless skinless chicken breasts, cut into bite-size pieces</td>
<td></td>
</tr>
<tr>
<td>4 long skewers</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon butter</td>
<td></td>
</tr>
<tr>
<td>1 clove garlic, minced</td>
<td></td>
</tr>
<tr>
<td>1 jalapeno pepper, finely chopped</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons ground cumin</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons paprika</td>
<td></td>
</tr>
<tr>
<td>3 teaspoons salt, or to taste</td>
<td></td>
</tr>
<tr>
<td>1 (8 ounce) can tomato sauce</td>
<td></td>
</tr>
<tr>
<td>1 cup heavy cream</td>
<td></td>
</tr>
<tr>
<td>1/4 cup chopped fresh cilantro</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

In a large bowl, combine yogurt, lemon juice, 2 teaspoons cumin, cinnamon, cayenne, black pepper, ginger, and 4 teaspoons salt. Stir in chicken, cover, and refrigerate for 1 hour.

Preheat a grill for high heat.

Lightly oil the grill grate. Thread chicken onto skewers, and discard marinade. Grill until juices run clear, about 5 minutes on each side.

Melt butter in a large heavy skillet over medium heat. Saute garlic and jalapeno for 1 minute. Season with 2 teaspoons cumin, paprika, and 3 teaspoons salt. Stir in tomato sauce and cream. Simmer on low heat until sauce thickens, about 20 minutes. Add grilled chicken, and simmer for 10 minutes. Transfer to a serving platter, and garnish with fresh cilantro.
**Mushroom Stuffed Chicken Rollups**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup butter</td>
<td>Preheat oven to 350 degrees F (175 degrees C).</td>
</tr>
<tr>
<td>1/2 pound button mushrooms, chopped</td>
<td>To Make Mushroom Filling: Melt 1/4 cup butter in a small skillet over medium heat. Add mushrooms, salt and pepper and saute together, stirring, until mushrooms are dark. Remove skillet from heat; stir in nutmeg and 3/4 cup bread crumbs.</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td>Spoon mushroom mixture onto the end of each chicken breast, roll up and fasten with toothpicks. Place seam side down in a lightly greased 9x13 inch baking dish. Brush 1/8 cup melted butter over breasts, then sprinkle with remaining 1/4 cup bread crumbs. Pour cream over all.</td>
</tr>
<tr>
<td>1/4 teaspoon ground black pepper</td>
<td>Bake uncovered at 350 degrees F (175 degrees C) for 30 minutes or until chicken is cooked through and no longer pink.</td>
</tr>
<tr>
<td>1/2 teaspoon ground nutmeg</td>
<td></td>
</tr>
<tr>
<td>1 cup seasoned dry bread crumbs, divided</td>
<td></td>
</tr>
<tr>
<td>6 skinless, boneless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>1/8 cup butter, melted</td>
<td></td>
</tr>
<tr>
<td>3/4 cup heavy cream</td>
<td></td>
</tr>
</tbody>
</table>
### Oven Chicken Fingers

#### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup Italian bread crumbs</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons grated Parmesan cheese</td>
<td></td>
</tr>
<tr>
<td>1 garlic clove, minced</td>
<td></td>
</tr>
<tr>
<td>1/4 cup vegetable oil</td>
<td></td>
</tr>
<tr>
<td>6 boneless, skinless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>CRANBERRY ORANGE SAUCE:</td>
<td></td>
</tr>
<tr>
<td>1/4 cup sugar</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons cornstarch</td>
<td></td>
</tr>
<tr>
<td>1/2 cup fresh or frozen cranberries</td>
<td></td>
</tr>
<tr>
<td>1/2 cup orange juice</td>
<td></td>
</tr>
<tr>
<td>1/4 cup water</td>
<td></td>
</tr>
<tr>
<td>HONEY MUSTARD SAUCE:</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons cornstarch</td>
<td></td>
</tr>
<tr>
<td>1 cup water, divided</td>
<td></td>
</tr>
<tr>
<td>1/2 cup honey</td>
<td></td>
</tr>
<tr>
<td>1/4 cup prepared mustard</td>
<td></td>
</tr>
</tbody>
</table>

#### Directions

In a plastic bag, mix bread crumbs and Parmesan cheese; set aside. In a small bowl, combine garlic and oil. Flatten the chicken to 1/2-in. thickness; cut into 1-in.-wide strips. Dip strips in oil; coat with crumb mixture. Place on a greased baking sheet. Bake at 350 degrees F for 20 minutes or until golden brown. Meanwhile, combine the sugar and cornstarch in a saucepan. Add cranberries, orange juice and water; bring to a boil over medium heat, stirring constantly. Cook and stir 2-3 minutes more, crushing the berries while stirring. For honey mustard sauce, dissolve cornstarch in 1 tablespoon water in a saucepan. Add honey, mustard and remaining water; bring to a boil over medium heat. Boil for 1 minute, stirring constantly. Serve with chicken for dipping.
Ladolemono - Lemon Oil Sauce for Fish or Chicken

**Ingredients**

- 1/2 cup olive oil
- 1/4 cup lemon juice
- 1 teaspoon dried oregano
- 1 pinch salt
- 1 pinch pepper

**Directions**

In a small jar with a tight-fitting lid, combine the olive oil, lemon juice, oregano, salt and pepper. Seal, and shake until well blended. Use to brush onto chicken or fish when cooking, and set aside some for serving with the meal. Shake or stir before using, as the oil will separate.
**Ingredients**

- 4 (4 ounce) boneless, skinless chicken breast halves
- 2 tablespoons brown sugar
- 2 tablespoons cornstarch
- 1/2 cup teriyaki sauce
- 1/4 cup apple juice
- 1 tablespoon vegetable oil
- 1 garlic clove, minced
- 1 (11 ounce) can mandarin oranges
- Hot cooked rice
- 2 green onions, sliced

**Directions**

Flatten chicken to 1/4-in. thickness. Place in a greased 2-qt. microwave-safe dish. In a bowl, combine brown sugar and cornstarch; stir in teriyaki sauce, apple juice, oil and garlic. Drain oranges, reserving juice; set oranges aside. Add juice to the teriyaki mixture; pour over chicken. Cover and microwave on high for 8 minutes. Baste chicken with sauce. Cover and cook 3-5 minutes longer or until sauce is thickened. Serve over rice. Garnish with onions and oranges.
Fruited Chicken

Ingredients

1 large onion, sliced
6 boneless, skinless chicken breast halves
1/3 cup orange juice
2 tablespoons soy sauce
2 tablespoons Worcestershire sauce
2 tablespoons Dijon mustard
1 tablespoon grated orange peel
2 garlic cloves, minced
1/2 cup chopped dried apricots
1/2 cup dried cranberries
Hot cooked rice

Directions

Place onion and chicken in a 5-qt. slow cooker. Combine the orange juice, soy sauce, Worcestershire sauce, mustard, orange peel and garlic; pour over chicken. Sprinkle with apricots and cranberries. Cover and cook on low for 7-8 hours or until chicken juices run clear. Serve over rice.
Harvested Chicken Stew

Ingredients

2 cups chopped onion
2 cups cubed, cooked boneless chicken breast meat
1 cup chopped celery
2 cups whole peeled tomatoes, with liquid
2 cups sliced carrots
5 cups chicken broth
1 cup sweet corn
1 cup peas
1 cup sliced zucchini

Directions

In a large soup pot combine the onion, chicken, celery, tomatoes with liquid, carrots, broth, corn, peas and zucchini. Stir together and simmer over medium low heat for 1/2 hour, or until vegetables are cooked and tender.
### Hawaii Chicken

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (2 to 3 pound) whole chicken, cut into pieces</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons salt</td>
<td></td>
</tr>
<tr>
<td>1 pinch ground white pepper</td>
<td></td>
</tr>
<tr>
<td>4 tablespoons vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1/2 onion, thinly sliced</td>
<td></td>
</tr>
<tr>
<td>1 green bell pepper, thinly sliced</td>
<td></td>
</tr>
<tr>
<td>1 (8 ounce) can crushed pineapple with juice</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons soy sauce</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons brown sugar</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons cornstarch</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons chicken stock</td>
<td></td>
</tr>
</tbody>
</table>

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Mix flour, salt and pepper in a resealable plastic bag. One at a time, put chicken pieces in bag, seal and shake to coat. In a large skillet, heat oil over medium heat and saute chicken pieces until brown on all sides. Place chicken in a lightly greased 9x13 inch baking dish and bake covered in the preheated oven for 45 minutes.

To Make Sauce (while chicken bakes): In the same large skillet, saute onion and green bell pepper for about 5 minutes, until translucent. Add the pineapple, soy sauce and brown sugar. Mix together cornstarch and chicken stock and add to skillet. Stir all together and let simmer for 3 minutes until thick and clear. Pour sauce over chicken and bake 10 more minutes until tender.
Artichoke and Black Olive Baked Chicken

**Ingredients**

- 4 bone-in chicken breast halves, with skin
- 6 chicken drumsticks
- 2 (6.5 ounce) jars marinated quartered artichoke hearts, drained
- 1 (15 ounce) can black olives, drained
- 1/2 cup dry white wine
- 1/2 cup chicken broth
- 1 tablespoon chopped fresh tarragon
- Salt and pepper to taste

**Directions**

Preheat oven to 350 degrees F (175 degrees C).

Place chicken breasts and drumsticks in a 9x13 inch baking dish, bone side down. Spread artichokes and olives around chicken, then mix wine and broth together in a small bowl and pour mixture all over chicken. Sprinkle with tarragon and season with salt and pepper to taste.

Bake at 350 degrees F (175 degrees C) for 1 hour, or until chicken is cooked through (juices run clear) and browned.
## Chicken Wings

### Ingredients

2/3 cup butter  
1/4 cup Dijon-style prepared mustard  
1 1/4 cups dried bread crumbs, seasoned  
1/4 cup Parmesan cheese  
20 chicken wings, tips discarded

### Directions

Preheat oven to 400 degrees F (205 degrees C).

Melt butter or margarine and stir in mustard. Place bread crumbs in a flat dish. Roll each chicken piece in the butter mixture, then coat with bread crumbs.

Place chicken pieces in a 9x13 inch baking dish. Sprinkle with cheese and bake in the preheated oven for 15 minutes. Turn and bake 15 minutes longer, or until crispy.
## Chicken Ranch Potatoes

### Ingredients
- 2 1/2 cups cubed cooked chicken
- 1 (10 ounce) package frozen mixed vegetables
- salt and pepper to taste
- 3/4 cup Ranch salad dressing
- 4 hot baked potatoes

### Directions
Place chicken and vegetables in a 2-qt. microwave-safe dish; cover and microwave on high for 6-7 minutes, stirring once. Add salt and pepper. Let stand for 2 minutes. Fold in salad dressing. With a sharp knife, cut an X in the top of each potato; fluff pulp with a fork. Top with chicken mixture.
### Old Time Chicken Divan

#### Ingredients

- 2 heads broccoli, cut into florets
- 1/4 cup butter
- 1/4 cup all-purpose flour
- 3 tablespoons sherry
- 2 cups chicken broth
- 1/2 cup heavy cream
- 1/2 teaspoon salt
- 1 pinch ground black pepper
- 2 cooked chicken breast halves - bones and skin removed, cut into 1/4 inch slices
- 1/4 cup grated Parmesan cheese

#### Directions

1. Preheat oven to 350 degrees F (175 degrees C).

2. Bring a large pot of lightly salted water to a boil. Add broccoli, and cook until just tender, 3 to 4 minutes. Drain and rinse well with cold water to chill. Place drained broccoli into a 9x13 inch baking dish and set aside.

3. Melt butter in a saucepan over medium heat. Whisk in flour, and cook, whisking constantly, until the flour begins to turn from white, to a pale beige, about 3 minutes. Whisk in sherry, chicken broth, and heavy cream until smooth. Bring to a boil over medium-high heat, then reduce heat to medium-low and simmer for 5 minutes; season with salt and pepper.

4. Pour half of the hot cream sauce over the broccoli and top with chicken slices. Stir Parmesan cheese into the remaining sauce, and pour over the chicken slices. Sprinkle top with extra cheese, if desired.

5. Bake in preheated oven for 20 minutes or until heated through, then broil for a few minutes until top has turned golden brown.
<table>
<thead>
<tr>
<th><strong>Ingredients</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>2 pounds skinless, boneless chicken breast halves, cut into bite size pieces</td>
</tr>
<tr>
<td>2 cups all-purpose flour for coating</td>
</tr>
<tr>
<td>1 teaspoon cocoa powder</td>
</tr>
<tr>
<td>1 egg, beaten</td>
</tr>
<tr>
<td>2 cups seasoned dry bread crumbs</td>
</tr>
<tr>
<td>3 tablespoons olive oil</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Directions</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mix flour and cocoa powder in a shallow dish or plate. One by one, coat chicken pieces in flour mixture, then dip in beaten egg, then in seasoned bread crumbs.</td>
</tr>
<tr>
<td>In a large skillet heat oil over medium high heat. Shallow fry coated chicken pieces in oil until cooked through and juices run clear (approximately 5 minutes). Enjoy!</td>
</tr>
</tbody>
</table>
Cuban Grilled Chicken Salad

Ingredients

- 3 cups chopped romaine lettuce
- 1 small red onion, diced
- 1 (6 ounce) avocado, diced
- 1/2 cup red or yellow bell pepper, diced
- 3/4 cup canned black beans, drained
- 3/4 cup diced fresh or canned pineapple
- 2 cups cooked chicken meat, chopped
- 2 tablespoons olive oil
- 2 teaspoons minced garlic
- salt and pepper to taste
- 4 teaspoons fresh lime juice

Directions

Toss the romaine with the onion, avocado, and peppers in a large bowl. Divide among four salad plates. Top each salad with a mound of black beans, some pineapple chunks, and the chopped chicken meat.

Whisk together the olive oil with the garlic, salt, and pepper. Drizzle this dressing over each salad along with a little lime juice.
Vietnamese-Style Chicken Curry Soup

**Ingredients**

- 2 tablespoons vegetable oil
- 1 (3 pound) whole chicken, skin removed and cut into pieces
- 1 onion, cut into chunks
- 2 shallots, thinly sliced
- 2 cloves garlic, chopped
- 1/8 cup thinly sliced fresh ginger root
- 1 stalk lemon grass, cut into 2 inch pieces
- 4 tablespoons curry powder
- 1 green bell pepper, cut into 1 inch pieces
- 2 carrots, sliced diagonally
- 1 quart chicken broth
- 1 quart water
- 2 tablespoons fish sauce
- 2 kaffir lime leaves
- 1 bay leaf
- 2 teaspoons red pepper flakes
- 8 small potatoes, quartered
- 1 (14 ounce) can coconut milk
- 1 bunch fresh cilantro

**Directions**

Heat oil in a large stock pot over medium heat. Cook chicken and onions in oil until onions are soft and translucent; remove onions and chicken from pot and set aside.

Saute shallots in pot for about 1 minute, then stir in garlic, ginger, lemon grass and curry powder. Continue to cook for about 5 minutes, then stir in bell pepper and carrots. Return chicken and onion to pot and stir in chicken broth, water and fish sauce. Season with lime leaves, bay leaf and red pepper flakes.

Bring to a boil and introduce potatoes. Return to a boil and pour in coconut milk. Reduce heat and simmer 40 to 60 minutes, until potatoes and chicken are tender. Garnish each dish with a sprig of fresh cilantro.
**Cinnamon Raisin Chicken**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup chopped onion</td>
<td>In a skillet, saute onion, garlic, cinnamon and pepper in oil until</td>
</tr>
<tr>
<td>3 garlic cloves, minced</td>
<td>onion is tender. Add chicken; turn to coat. Cook, uncovered, for 10</td>
</tr>
<tr>
<td>3/4 teaspoon ground cinnamon</td>
<td>minutes or until juices run clear. Add orange juice and raisins. Cook</td>
</tr>
<tr>
<td>1/8 teaspoon pepper</td>
<td>over low heat for 5-10 minutes or until heated through.</td>
</tr>
<tr>
<td>1 tablespoon vegetable oil</td>
<td></td>
</tr>
<tr>
<td>4 (4 ounce) boneless, skinless chicken breast halves</td>
<td></td>
</tr>
<tr>
<td>3/4 cup orange juice</td>
<td></td>
</tr>
<tr>
<td>1/4 cup raisins</td>
<td></td>
</tr>
</tbody>
</table>
Ingredients

2 tablespoons vegetable oil
1 pound skinless, boneless chicken breast halves
1 onion, sliced
1 teaspoon ginger garlic paste
2 green chile peppers, chopped
3 teaspoons ground coriander seed
1 teaspoon garam masala
1/2 teaspoon ground turmeric
1 teaspoon chili powder
1 pinch ground nutmeg
1 tablespoon fresh chopped cilantro, for garnish
salt to taste

Directions

Heat oil in a pan. Add onions, green chilies, garam masala powder, ginger-garlic paste and fry until onions turn golden brown. Add chicken pieces, turmeric, nutmeg, pepper and chili powders and let cook for 5 to 6 minutes. Add salt and additional coriander powder to taste and cook until done. Garnish with cilantro if desired, and serve.
Ingredients
8 skinless, boneless chicken breast halves
8 slices Monterey Jack cheese
2 (10.75 ounce) cans condensed cream of mushroom soup
2/3 cup dry white wine
1 (6 ounce) package chicken-flavor stuffing mix

Directions
Preheat oven to 325 degrees F (165 degrees C).

Place chicken breasts in a 9x13 inch baking dish. Top each breast with 1 slice of cheese.

Mix together the soup and wine/water and pour mixture over the chicken and cheese. Sprinkle the bread crumbs from the stuffing mix over the soup mixture, then sprinkle the seasoning packet from the stuffing mix over the bread crumbs. Bake uncovered in the preheated oven for 50 to 60 minutes.
Pan-Seared Chicken Breasts with Shallots

**Ingredients**
- 3 tablespoons unsalted butter, divided
- 1 tablespoon olive oil
- 4 skinless, boneless chicken breast halves - pounded thin
- salt and pepper to taste
- 2 shallots, chopped
- 1 clove garlic, minced
- 1/3 cup dry white wine
- 1/2 cup chicken broth

**Directions**

Melt 1 tablespoon butter and heat olive oil in a large skillet over medium heat. Season chicken with salt and pepper, and brown on both sides in the skillet. Cover, and continue cooking 10 minutes, or until chicken juices run clear. Set aside, and keep warm.

Mix shallots and garlic into skillet over medium heat, and cook until tender. Stir in wine, and cook until heated through. Stir in broth, and continue cooking 5 minutes, or until reduced and slightly thickened. Mix in the remaining butter until melted. Serve the sauce over the chicken.
Texas Curried Chicken

**Ingredients**
- 1 (4 pound) whole chicken, cut into pieces
- 1/2 cup butter, divided
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup honey
- 1/4 cup molasses
- 1/4 cup prepared mustard
- 1 teaspoon curry powder

**Directions**
- Preheat the oven to 375 degrees F (190 degrees C).
- Place chicken pieces into a greased 9x13 inch baking dish. Melt 1/4 cup of the butter, and drizzle it over the chicken. Season with salt and pepper.
- Bake chicken, uncovered, for 45 minutes in the preheated oven. While the chicken is cooking, combine the honey, molasses, mustard, curry powder and remaining butter in a medium saucepan. Simmer over medium heat for about 5 minutes to blend the flavors.
- When the 45 minutes are up on the chicken, pour the curry mixture over the pieces, and bake for an additional 15 minutes, or until the chicken is no longer pink, and the juices run clear.
# Tandoori Grilled Chicken

## Ingredients
- 2 cups plain yogurt
- 3 tablespoons garam masala
- 2 pounds boneless, skinless chicken breasts
- 6 pita breads

## Directions
- Preheat grill for medium heat.

- In a large bowl, mix yogurt and tandoori spice. Reserve 1/2 cup for basting. Add chicken to remaining sauce, and marinate in the refrigerator for 1 hour.

- Brush oil over grate to prevent sticking, and place chicken on the grill. Cook chicken for 5 to 6 minutes per side, basting with reserved yogurt marinade frequently. Serve hot.
**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
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<tbody>
<tr>
<td>3 pounds bone-in chicken pieces</td>
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<tr>
<td>6 quarts water</td>
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<tr>
<td>1 pinch salt</td>
<td></td>
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<tr>
<td>2 1/2 pounds potatoes, peeled and diced</td>
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<tr>
<td>1 bunch celery, diced</td>
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<tr>
<td>1/4 cup butter</td>
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<tr>
<td>2 pounds baby carrots, halved</td>
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<tr>
<td>1 onion, diced</td>
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<tr>
<td>7 tablespoons butter</td>
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<tr>
<td>6 tablespoons all-purpose flour</td>
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<tr>
<td>2 cups cream</td>
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<tr>
<td>1/4 cup chopped parsley</td>
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<tr>
<td>1/4 cup chopped green onion tops</td>
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<tr>
<td>salt and ground black pepper to taste (optional)</td>
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<tr>
<td>4 tablespoons butter</td>
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<tr>
<td>2 cups flour</td>
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<tr>
<td>1/4 cup ice water</td>
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<tr>
<td>1 cup shredded Cheddar cheese</td>
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<tr>
<td>1 egg yolk, lightly beaten</td>
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</table>

**Directions**

Place the chicken into a pot with the water, add salt, and simmer over medium heat until meat is falling off of the bones, about 40 minutes. Remove from heat, and cool. Remove chicken from broth, reserving broth. Remove the meat from the chicken, cutting large pieces into chunks. Discard skin and bones.

Meanwhile, place the potatoes into a large pot, and fill with enough water to cover. Bring to a boil over, and cook 8 minutes. Add the celery, and cook 2 minutes more. Drain, and place into a large bowl.

Bring a second pot of water to a boil over medium-high heat. Add the carrots, and cook 5 minutes. Add the onion and cook 3 minutes more. Remove from heat and drain.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 baking dish.

Melt 4 tablespoons of butter in a skillet over medium heat. Stir in the carrots and onion, and cook until tender, about 15 minutes. Mix with the potatoes and celery. Stir in the chicken.

To make the sauce, melt 7 tablespoons of butter in a pot over medium heat. Whisk 6 tablespoons of flour into the butter, and cook until light brown and paste-like, about 3 minutes. Slowly whisk in the cream and 2 cups of the reserved chicken broth. Continue whisking until the mixture thickens, about 5 minutes. Stir in the parsley and green onions. Season to taste with salt and pepper. Pour the cream sauce over the vegetables and chicken mixture, tossing to coat evenly. Spoon the mixture into the prepared baking dish.

To make the Cheddar crust, cut 4 tablespoons butter into 2 cups of flour until the mixture is pea-sized. Stir in the Cheddar cheese and sprinkle the ice water over the mixture, gathering the dough into a soft ball. Knead gently until smooth and elastic. Roll dough out on a lightly floured surface until large enough to cover the entire baking dish. Place over the chicken mixture in the baking dish, tucking in edges to fit. Brush with the beaten egg yolk. Pierce top in a few places with a fork or knife to vent steam.

Bake in preheated oven until top is golden; 30 to 35 minutes.