



Roasted Whole Chicken Plan-Overs

Grain or Green Salad.

Pull chicken from bone slice for use on a great salad inspired meal!

Options abound! Using peak-season fruit, dark leafy greens, pantry staples; cheese, beans, rainbow of veggies, grains, fruits, and nuts could be just a few ingredients, Try faro brown rice or quinoa with mixed greens for a little more body in your salad. You can top your chosen salad with warm or cold chicken. Toss a quick impressive salad in just minutes!!!

Kale, faro & veggies/chicken cobb/southwest with cheddar, beans, tomatoes & onions/ Napa chicken salad, to name a few.

1. Dark meat saved for chicken tortilla soup. Shred chicken into a tortilla soup and serve with chopped red onion and cilantro.
2. Tetrazzini. Toss cubed chicken with whole wheat pasta, peas and mushrooms for a lightened-up Chicken Tetrazzini.
3. Chicken Fried Rice; peas, carrots, onions, splash of soy and egg
4. Pot Pie; peas, pulled rotisserie chicken, carrots, onions, celery, chicken sauce or a thickened cream canned soup. Bake in prepared tart shell or top with mash potatoes
5. Grilled panini sandwiches with soup
6. Quesadillas or nacho; sautéed peppers & onions, cheese, salsa & guacamole
7. Burrito or tostada. Check out our Easy Chicken Burritos or Quick Chicken Tostadas recipes for inspiration.
8. Taco salad. Replace ground beef with shredded chicken in a taco salad for a quick weeknight dinner.
9. Pulled chicken with barbecue sauce. Make sandwiches or serve alongside Cabbage and Carrot Slaw.

Soup & Stock

With homemade or store-bought stock on hand, you can have a quick soup ready in about 30 minutes or less. To ensure you have plenty of stock in your freezer for those times, simmer leftover chicken bones (or other meaty bones) with veggie scraps, a bay leaf, a tablespoon or two of apple cider vinegar and plenty of purified water for 12-36 hours.

White Chicken Chili

A healthy, hearty and super flavorful soup full of creamy, fiber rich white beans, shredded chicken, corn, carrots, and onions all floating in a savory broth. Top with shredded mozzarella cheese, diced green onion, cracked black pepper and a fresh-from-the-oven cornbread muffin for the ultimate comforting meal.

Serves: 6-8

Ingredients

5 cups of chicken stock/broth
1 tablespoon olive oil
1 yellow onion, peeled and diced
3 stalks of celery, diced
2 carrots, peeled and diced

2 tablespoon chopped garlic
1 tablespoon of cumin
1 tablespoon of garlic powder
1 tablespoon of onion powder

1 12 oz. jar salsa verde
1/2 teaspoon of cayenne pepper
Sea salt & black pepper to taste
Cracked black pepper, to taste
3 cups of organic great northern or navy beans

2/3 cup of organic sweet corn
4 cups pulled/ shredded chicken
Shredded mozzarella & crushed tortilla chips for garnish

1. Directions

- Dice the onion, carrot and celery.
- Place olive oil in heavy bottom stock pot set to medium. When the pan is warm, add the onion and sauté for five minutes. Stir and add the celery and carrot. Cook for another 5-10 minutes, or until the vegetables soften
- Add in the chicken stock & salsa verde, add the spices, beans, chicken and corn. Bring to a gentle boil then simmer for 30 minutes.
- Ladle chili into bowls and garnish with cruses chips and shredded cheese.

Quick Chicken Pot Pie

serves 6

1/3 cup butter

1/3 cup whole wheat, whole oat or brown rice flour

1/3 cup onion, chopped

1/2-1 tsp. teaspoon Celtic sea salt

¼ tsp. fresh ground pepper

2/3 cup milk

1 10 ounce package frozen mixed vegetables, rinsed (peas, carrots and corn) or 2 ½ cups fresh steamed vegetables or fresh diced cooked veggies

3 cups pulled chicken

1 ¾ cups chicken stock

Directions

1. Over medium heat melt butter in a 2-4 quart heavy bottom pan. Stir in flour, onion and salt and pepper.
 2. Cook; stirring constantly until mixture is bubbly (about 2 minutes).
 3. Stir in stock and milk. Heat to boiling, stirring constantly. Boil 1 minute and stir in chicken and vegetables.
 4. Cook on low heat until vegetables and chicken are hot - about 3 minutes.
 5. Pour into 9x13 baking dish top with 2 sheets of puff, pastry, egg wash and bake until puff dough is golden
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Author: Chef Kelli Lewton/Chef Jackie White

Comments: Recipe can be frozen. & makes a great comfort food. / Top Chicken Pot pie with puff pastry, Filo or mash potatoes

Classic Roasted Chicken

Ingredients

- (4-pound) whole roasting chicken
- teaspoons unsalted butter, softened
- 1/2 teaspoons minced fresh thyme
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- teaspoons extra-virgin olive oil
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- garlic cloves, minced
- shallots, peeled and halved
- fresh thyme sprigs
- 1 lemon, quartered

Directions

Preheat oven to 350°.

1. Discard giblets and neck from chicken. Starting at neck cavity, loosen skin from breasts and drumsticks by inserting fingers, gently pushing between skin and meat.

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2. Combine butter and next 7 ingredients (through garlic) in a small bowl. Rub mixture under loosened skin, over flesh; rub over top of skin. Tie ends of legs together with twine. Lift wing tips up and over back; tuck under chicken. Place chicken, breast side up, on a rack; place rack in roasting pan. Place shallots, thyme sprigs, and lemon in cavity of chicken.
3. Bake at 350° for 45 minutes. Increase oven temperature to 450° (do not remove chicken) bake at 450° for 15 minutes or until a thermometer inserted in meaty part of leg registers 165°. Remove chicken from pan; let stand 10 minutes. Discard skin. Carve chicken.