

What's for dinner?

We've got twenty delicious answers! Feed the whole family or whip up a quick meal for two with a little help from these tasty chicken recipes, selected from the MyRecipes family of brands including All You, Cooking Light, Real Simple and Southern Living.

Simple Roast Chicken



from

REAL SIMPLE

Yield: 4 servings

INGREDIENTS

- 1 3 1/2- to 4-pound chicken, giblets removed
- 1 tablespoon olive or vegetable oil
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper

PREPARATION

- 1** Adjust oven rack to lowest position. Heat oven to 450° F.
- 2** Place a rack in a large ovenproof skillet or small roasting pan.
- 3** Rinse the chicken inside and out and pat dry. Place in pan. Tuck the wings beneath the chicken, as if it were placing its arms behind its head. Rub the oil over the skin. Sprinkle with 1/2 teaspoon of the salt and the pepper. Toss the remaining salt into the cavity. Roast for 20 minutes. Add 1 cup water and roast until the chicken is cooked through and the thigh meat registers 180° F on a meat thermometer, about 40 minutes more.
- 4** Use a spatula to loosen the chicken. With a wad of paper towels in each hand, transfer it to a cutting board. Let it rest for at least 15 minutes before carving. If making a pan sauce, reserve the drippings.

Chicken Marsala



from
CookingLight

Yield: 4 servings (serving size: 1 chicken breast half, 1 cup pasta, and 1/4 cup sauce)

INGREDIENTS

- 4 tablespoons butter, divided
- Cooking spray
- 1 (8-ounce) package presliced mushrooms
- 2 tablespoons finely chopped shallots
- 1 tablespoon minced fresh garlic
- 4 (6-ounce) skinless, boneless chicken breast halves
- 1/4 teaspoon salt, divided
- 1/4 teaspoon black pepper, divided
- 3 tablespoons all-purpose flour
- 3/4 cup fat-free, less-sodium chicken broth
- 1/2 cup dry Marsala wine
- 1/2 cup frozen green peas
- 2 tablespoons half-and-half
- 4 cups hot cooked fettuccine (about 8 ounces uncooked pasta)

PREPARATION

- 1** Place 3 tablespoons butter in a small glass measuring cup. Microwave butter at MEDIUM-HIGH 45 seconds or until melted. Let stand 1 minute. Skim foam from surface, and discard. (Mixture will appear separated.) Pour melted butter through a fine sieve over a small bowl, and discard the milk solids. Set the clarified butter aside.
- 2** Heat a large nonstick skillet coated with cooking spray over medium-high heat; add mushrooms, shallots, and garlic. Cook 3 minutes or until moisture evaporates; remove mushroom mixture from pan. Set aside.
- 3** Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to a 1/4-inch thickness using a meat mallet or rolling pin. Sprinkle both sides of chicken with 1/8 teaspoon salt and 1/8 teaspoon pepper. Place flour in a shallow dish; dredge chicken breast halves in flour.
- 4** Add clarified butter to pan, and place over medium-high heat. Add chicken; cook 3 minutes on each side or until lightly browned. Remove chicken from pan. Return mushroom mixture to pan; add broth and Marsala, scraping pan to loosen browned bits. Bring mixture to a boil, reduce heat, and simmer 5 minutes or until reduced to 1 cup. Stir in peas; cook 1 minute. Add 1 tablespoon butter, half-and-half, 1/8 teaspoon salt, and 1/8 teaspoon pepper, stirring until butter melts. Return chicken to pan; cook until thoroughly heated. Serve chicken and sauce over pasta.

NUTRITIONAL INFORMATION Calories (585); Fat (15.3g/sat 8.4g/mono 4.1g/poly 1g); Protein (51.4g); Carb (55g); Fiber (3.7g); Chol (133mg); Iron (4.4mg); Sodium (469mg); Calc (57mg)

Chicken Dumplings



from
allyou

Yield: serves 8

STEW

- 1/2 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon chopped fresh thyme
- 1 teaspoon chopped fresh sage
- 2 pounds boneless, skinless chicken thighs, cut into 1-inch pieces
- 2 tablespoons canola oil
- 2 large carrots, thinly sliced
- 2 ribs celery, thinly sliced
- 2 cups frozen pearl onions, defrosted
- 4 cups low-sodium chicken broth
- 1/2 cup half-and-half
- 1 cup frozen peas

DUMPLINGS

- 1 cup whole-wheat flour
- 1/2 cup all-purpose flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 tablespoon chopped fresh thyme
- 1/4 teaspoon chopped fresh sage
- 1 1/4 cups buttermilk

PREPARATION

- 1** Make stew: In a large ziplock bag, mix flour, salt, pepper, garlic powder, onion powder, thyme and sage. Add chicken; toss until pieces are coated.
- 2** Warm 1 Tbsp. oil in a large pot over medium heat. Shake excess flour mixture from chicken (reserve leftover flour), add chicken to pot and cook, stirring, until browned, about 10 minutes. Remove to a plate. Warm remaining oil in pot. Add carrots, celery and onions; sauté for 6 minutes. Sprinkle with reserved flour; sauté for 2 minutes. Pour in broth; bring to a boil, stirring. Reduce heat to low; simmer for 10 minutes, stirring occasionally. Return chicken to pot, stir in half-and-half; simmer for 5 minutes.
- 3** Make dumplings: Combine both flours, baking soda, salt, thyme and sage. Stir in buttermilk just until a sticky dough forms.
- 4** Stir peas into chicken mixture. Drop in tablespoonfuls of dough, cover; simmer dumplings until cooked through, about 15 minutes. Serve immediately.

Chicken Enchiladas



from
Southern Living

Yield: 4 servings

INGREDIENTS

- 5 tablespoons butter, divided
- 1 medium onion, chopped
- 1 medium-size red bell pepper, chopped
- 2 cups chopped cooked chicken
- 3 (4-oz.) cans diced green chiles, divided
- 3 cups (12 oz.) shredded colby-Jack cheese blend, divided
- 8 (8-inch) soft taco-size flour tortillas
- 2 tablespoons all-purpose flour
- 3/4 cup chicken broth
- 1/2 cup milk
- Toppings: fresh cilantro leaves, chopped tomato, shredded lettuce

PREPARATION

- 1** Preheat oven to 350°. Melt 2 Tbsp. butter in a large skillet over medium heat; add onion and bell pepper, and sauté 5 minutes or until tender.
- 2** Stir together onion mixture, chicken, 1 can diced green chiles, and 2 cups shredded cheese. Spoon a heaping 1/3 cupful chicken mixture on 1 end of each tortilla, and roll up. Arrange enchiladas, seam sides down, in a lightly greased 13- x 9-inch baking dish.
- 3** Bake at 350° for 10 minutes.
- 4** Meanwhile, melt remaining 3 Tbsp. butter in a heavy saucepan over low heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in chicken broth and milk; cook over medium heat, whisking constantly, 3 to 4 minutes or until thickened and bubbly. Remove from heat, and stir in remaining 2 cans green chiles.
- 5** Remove enchiladas from oven. Pour green chile mixture over enchiladas. Sprinkle with remaining 1 cup cheese.
- 6** Bake at 350° for 20 to 25 minutes or until bubbly. Serve with desired toppings.

Chicken Pot Pie



from
myrecipes

Yield: 4-6 servings

INGREDIENTS

- 1/2 cup butter
- 2 small leeks or 1 small onion, chopped
- 1/2 cup all-purpose flour
- 1 (14-ounce) can low-sodium chicken broth
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 teaspoon Worcestershire sauce
- 1/2 cup frozen peas
- 2 cups frozen baby corn blend*
- 1/3 cup chopped fresh parsley
- 1 tablespoon chopped fresh dill, divided
- 3 cups chopped cooked chicken
- 1/2 (15-ounce) refrigerated piecrust
- 1 large egg yolk
- 1 tablespoon water

PREPARATION

1 Preheat oven to 400°. Melt butter over medium heat. Sauté leeks 7 minutes. Sprinkle flour over leeks. Cook, stirring constantly, for 3 minutes. Whisk in chicken broth and next 3 ingredients; bring to a boil. Remove from heat. Add peas, corn blend, parsley, 2 teaspoons dill, and chicken. Mix well. Pour into a greased 9-inch deep pie dish.

2 Whisk together egg yolk and 1 tablespoon water, and brush underside of crust edge with egg wash. Place crust, brushed side down, over pie; crimp or use back of fork to seal rim of crust around dish. Cut 4 to 5 vents in the pastry. Brush top with egg wash, and sprinkle with remaining 1 teaspoon dill. Bake at 400° for 30 to 35 minutes or until pastry is golden brown and mixture is bubbling.

***** For testing purposes, we used Birdseye baby corn mix with corn, carrots, and broccoli.

Chicken Broccoli Casserole



from
CookingLight

Yield: 8 servings

INGREDIENTS

- 3 quarts water
- 1 (12-ounce) package broccoli florets
- 4 (6-ounce) skinless, boneless chicken breast halves
- 1 (12-ounce) can evaporated fat-free milk
- 1/4 cup all-purpose flour (about 1 ounce)
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Dash of nutmeg
- 1 cup fat-free mayonnaise
- 1/2 cup fat-free sour cream
- 1/4 cup dry sherry
- 1 teaspoon Worcestershire sauce
- 1 (10.75-ounce) can condensed 30% reduced-sodium 98% fat-free cream of mushroom soup, undiluted
- 1 cup (4 ounces) grated fresh Parmesan cheese, divided
- Cooking spray

PREPARATION

- 1** Preheat oven to 400°.
- 2** Bring water to a boil in a large Dutch oven over medium-high heat. Add broccoli, and cook 5 minutes or until crisp-tender. Transfer broccoli to a large bowl with a slotted spoon. Add chicken to boiling water; reduce heat, and simmer 15 minutes or until done. Transfer chicken to a cutting board; cool slightly. Cut chicken into bite-sized pieces, and add chicken to bowl with broccoli.
- 3** Combine evaporated milk, flour, salt, pepper, and nutmeg in a saucepan, stirring with a whisk until smooth. Bring to a boil over medium-high heat; cook 1 minute, stirring constantly. Remove from heat. Add mayonnaise, next 4 ingredients (through soup), and 1/2 cup cheese, stirring until well combined. Add mayonnaise mixture to broccoli mixture; stir gently until combined.
- 4** Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray. Sprinkle with remaining 1/2 cup cheese. Bake at 400° for 50 minutes or until mixture bubbles at the edges and cheese begins to brown. Remove from oven; let cool on a wire rack 5 minutes

NUTRITIONAL INFORMATION Calories (276); Fat (7.8g/sat 3.5g/mono 1.8g/poly 1.1g); Protein (31.1g); Carb (18.9g); Fiber (2.1g); Chol (66mg); Iron (1.6mg); Sodium (696mg); Calc (365mg)

Creamy Lemon Pasta with Chicken



from

all you

Yield: 4 servings

INGREDIENTS

- 1 pound penne or ziti
- 3 ounces goat cheese
- 1/4 cup heavy cream
- 1 small clove garlic, finely chopped
- 2 teaspoons grated lemon zest
- 1 tablespoon lemon juice
- 2 cups frozen peas, thawed
- 2 cups shredded, cooked, skinless chicken (from 1 small rotisserie chicken)
- Salt and pepper

PREPARATION

- 1 Bring a large pot of salted water to a boil over high heat. Add pasta and cook according to package directions. While pasta is cooking, place goat cheese, cream, garlic, lemon zest and lemon juice in a small bowl and mash with a fork to combine.
- 2 Set aside 1/2 cup cooking liquid and drain pasta. Return pasta to pot and stir in peas, goat cheese mixture and chicken. Stir in cooking liquid. Season with salt and pepper and serve immediately.

White Lightning Chicken Chili



from

Southern Living

Yield: Makes 11 1/2 cups

INGREDIENTS

- 1 large sweet onion, diced
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- 4 cups shredded cooked chicken
- 2 (14 1/2-oz.) cans chicken broth
- 2 (4.5-oz.) cans chopped green chiles
- 1 (1.25-oz.) package white chicken chili seasoning mix*
- 3 (16-oz.) cans navy beans

Toppings

- Sour cream, shredded Monterey Jack cheese, fresh cilantro leaves

PREPARATION

- 1 Sauté onion and garlic in hot oil in a large Dutch oven over medium-high heat 5 minutes or until onion is tender. Stir in chicken, next 3 ingredients, and 2 cans navy beans. Coarsely mash remaining can navy beans, and stir into chicken mixture. Bring to a boil, stirring often; cover, reduce heat to medium-low, and simmer, stirring occasionally, 10 minutes. Serve with desired toppings.

* Note: We tested with McCormick White Chicken Chili Seasoning Mix.

Lemon Grilled Chicken Breasts



from

CookingLight

Yield: 7 servings

INGREDIENTS

- 3 tablespoons fresh lemon juice
- 2 tablespoons extra virgin olive oil
- 2 garlic cloves, minced
- 7 (6-ounce) skinless, boneless chicken breast halves
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- Cooking spray

PREPARATION

- 1** Prepare grill to medium-high heat.
- 2** Combine first 4 ingredients in a large zip-top plastic bag; seal. Marinate in refrigerator 30 minutes, turning occasionally. Remove chicken from bag; discard marinade. Sprinkle chicken evenly with salt and pepper.
- 3** Place chicken on grill rack coated with cooking spray; grill 6 minutes on each side or until done.

NUTRITIONAL INFORMATION Calories (159); Fat (3.5g/sat 0.7g/mono 1.8g/poly 0.6g); Protein (29.5g); Carb (0.5g); Fiber (0.1g); Chol (74mg); Iron (1mg); Sodium (218mg); Calc (16mg)

Mama's Chicken Soup



from

myrecipes

Yield: Makes 6 servings

INGREDIENTS

- 1 tablespoon olive oil
- 1 parsnip, halved lengthwise and cut into 1/4-inch slices
- 2 carrots, halved lengthwise and cut into 1/4-inch slices
- 2 celery ribs and leaves, chopped
- 1 large onion, chopped (about 1 1/2 cups)
- 1 garlic clove, minced
- 1 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 8 cups low-sodium chicken broth
- 3 skinned bone-in chicken breast halves (about 2 1/2 to 3 pounds)
- 2 tablespoons fresh lemon juice

PREPARATION

- 1** Heat oil in a large pot. Add parsnip and next 6 ingredients, and sauté about 5 minutes. Add broth and chicken, and bring to a boil. Reduce heat, and simmer 35 minutes. Remove chicken from bone, and cut meat into bite-size pieces. Return chicken to pot, add lemon juice, and heat through.

Slow Cooker Barbeque Chicken



from

all*you

Yield: serves 8

INGREDIENTS

- 24 ounces boneless, skinless chicken breasts
- 3/4 cup barbecue sauce
- 1/4 cup reduced-fat Italian dressing
- 2 tablespoons packed brown sugar
- 1 tablespoon Worcestershire sauce
- 2 tablespoons cornstarch
- 2 tablespoons low-sodium chicken broth

- 1** Put chicken in slow cooker. In a bowl, combine barbecue sauce, dressing, brown sugar and Worcestershire sauce. Pour over chicken. Cover and cook on low for 5 hours.
- 2** Remove chicken to a cutting board and shred with 2 forks. In a small bowl, mix cornstarch and chicken broth. Stir into sauce in slow cooker, cover and cook until sauce is thickened and heated through, 5 to 10 minutes. Return chicken to cooker, stir, cover and continue cooking on low for 45 minutes. Serve chicken on whole-grain buns, over brown rice or with baked potatoes if you like.

Herbed Chicken Parmesean



from
CookingLight

Yield: 4 servings

INGREDIENTS

- 1/3 cup (1 1/2 ounces) grated fresh Parmesan cheese, divided
- 1/4 cup dry breadcrumbs
- 1 tablespoon minced fresh parsley
- 1/2 teaspoon dried basil
- 1/4 teaspoon salt, divided
- 1 large egg white, lightly beaten
- 1 pound chicken breast tenders
- 1 tablespoon butter
- 1 1/2 cups bottled fat-free tomato-basil pasta sauce
- 2 teaspoons balsamic vinegar
- 1/4 teaspoon black pepper
- 1/3 cup (1 1/2 ounces) shredded provolone cheese

PREPARATION

1 Preheat broiler.

2 Combine 2 tablespoons of Parmesan, breadcrumbs, parsley, basil, and 1/8 teaspoon salt in a shallow dish. Place egg white in a shallow dish. Dip each chicken tender in egg white; dredge in the breadcrumb mixture. Melt butter in a large nonstick skillet over medium-high heat. Add chicken; cook 3 minutes on each side or until done. Set aside.

3 Combine 1/8 teaspoon salt, pasta sauce, vinegar, and pepper in a microwave-safe bowl. Cover with plastic wrap; vent. Microwave sauce mixture at HIGH 2 minutes or until thoroughly heated. Pour the sauce over chicken in pan. Sprinkle evenly with the remaining Parmesan and provolone cheese. Wrap handle of pan with foil, and broil 2 minutes or until the cheese melts

NUTRITIONAL INFORMATION Calories (308); Fat (10.4g/sat 5.7g/mono 3g/poly 0.6g); Protein (35.9g); Carb (16.2g); Fiber (1.8g); Chol (88mg); Iron (2.3mg); Sodium (808mg); Calc (249mg)

Teriyaki Chicken Drumsticks



from
all you

Yield: 4 servings

INGREDIENTS

- 1/2 cup soy sauce
- 2 tablespoons packed dark brown sugar
- 1 clove garlic, chopped
- 1/2-inch piece fresh ginger, peeled and chopped
- 1 1/2 teaspoons cornstarch
- 8 chicken drumsticks (about 2 lb.)
- Salt and pepper

PREPARATION

- 1** Combine soy sauce, brown sugar, garlic, ginger and cornstarch in a small saucepan. Add 2 Tbsp. water and bring to a boil over high heat, stirring constantly until thickened, about 2 minutes. Cool slightly and strain, discarding solids. Preheat a broiler to high and place a broiling rack 6 to 8 inches from heat source. (Alternatively, light a charcoal fire and let coals burn to a gray ash.)
- 2** Arrange drumsticks snugly on a large foil-lined rimmed baking sheet and season with salt and pepper on all sides. Pour sauce over and turn drumsticks several times to coat thoroughly. Broil or grill until chicken is browned, about 25 to 30 minutes, or until juices run clear when chicken is pierced with a knife. While cooking, turn pan around from back to front every 2 to 3 minutes and use tongs to turn drumsticks over. If liquid in baking sheet starts to scorch, add water, 1/4 cup at a time.
- 3** Remove drumsticks from pan and cool slightly before serving.

Easy Chicken Cordon Bleu



from
Southern Living

Yield: 6 servings

INGREDIENTS

- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 6 skinned and boned chicken breast halves
- 1 (5.5-ounce) box seasoned croutons, crushed
- 1/3 cup shredded Parmesan cheese
- 2 egg whites
- 2 tablespoons water
- 12 thinly sliced smoked ham slices
- 6 Swiss cheese slices
- Honey mustard dressing (optional)

PREPARATION

- 1** Sprinkle salt and pepper evenly over chicken; set aside.
- 2** Combine seasoned crouton crumbs and Parmesan cheese in a large zip-top plastic bag. Whisk together egg whites and 2 tablespoons water in a shallow bowl.
- 3** Dip chicken in egg white mixture, and drain. Place 1 breast half in bag; seal and shake to coat. Remove to a lightly greased aluminum foil-lined baking sheet, and repeat with remaining chicken.
- 4** Bake at 450° for 20 minutes or until chicken is done. Top each breast half with 2 ham slices and 1 Swiss cheese slice. Bake 5 more minutes or until cheese melts. Serve with honey mustard dressing, if desired.

Chicken Fajitas



from
myrecipes

Yield: 4 servings

INGREDIENTS

- 2 tablespoons olive oil, divided
- 1 onion, sliced
- 2 red, yellow, or orange bell peppers, or a combination, cored and sliced
- Salt, to taste
- 2 garlic cloves, minced
- 1 1/4 teaspoons ground cumin, or to taste
- 1 teaspoon ground chili powder, or to taste
- 6 tablespoons fresh lime juice, divided
- 1/4 cup chopped fresh cilantro, divided
- 1 (3- to 4-pound) roasted whole chicken, chopped
- 8 (8-inch) flour tortillas

Toppings

- salsa, sliced avocado or prepared guacamole, sour cream, and sliced green onions

PREPARATION

- 1** Heat 1 tablespoon oil in a large skillet over medium-high heat; add onion, bell pepper, and salt, and cook 3 minutes. Add garlic, cumin, and chili powder, and cook 1 minute or until vegetables are crisp-tender. Remove from heat, and stir in 2 tablespoons lime juice and 2 tablespoons cilantro.
- 2** Heat tortillas according to package directions.
- 3** Whisk together remaining 1 tablespoon oil, 4 tablespoons lime juice, and 2 tablespoons cilantro in a small bowl; season with salt. Drizzle dressing over chicken; toss to coat. Arrange chicken, vegetables, and warm tortillas on platter. Serve with toppings.

Chicken Cacciatore



from

REAL SIMPLE

Yield: 4 servings

INGREDIENTS

- 1/4 cup all-purpose flour
- 1 1/4 teaspoons kosher salt
- 3/4 teaspoon black pepper
- 1 3 1/2- to 4-pound chicken, cut into pieces
- 1/4 cup olive oil
- 1 medium yellow onion, roughly chopped
- 1 carrot, diced
- 1 celery stalk, diced
- 4 cloves garlic, finely chopped
- 3 sprigs fresh thyme
- 1 bay leaf
- 1 28-ounce can plum tomatoes
- 1/3 cup dry red wine
- 1/4 cup fresh flat-leaf parsley, roughly chopped

PREPARATION

- 1** In a shallow bowl, combine the flour, 1 teaspoon of the salt, and 1/2 teaspoon of the pepper. Rinse the chicken and pat it dry with paper towels. Working in batches, lightly coat the chicken with the flour mixture, shaking off any excess.
- 2** Heat the oil in a Dutch oven or large saucepan over medium heat. Add some of the chicken to the pan and cook until browned, 4 to 5 minutes per side. Transfer to a plate; set aside. Repeat with the remaining chicken.
- 3** Add the onion to the pan and cook for 2 minutes. Add the carrot, celery, garlic, thyme, and bay leaf. Cook, stirring occasionally, for 10 minutes.
- 4** Crush the tomatoes in the can with a large spoon and stir them into the vegetables along with the wine and the remaining salt and pepper. Bring to a simmer. Add the chicken, reduce heat, and cover. Simmer for 45 minutes, turning the pieces occasionally. Remove and discard the bay leaf. Stir in the parsley.

Chicken Rice Casserole



from
CookingLight

Yield: 4 servings

INGREDIENTS

- Cooking spray
- 1 cup chopped onion
- 1 (8-ounce) bone-in chicken breast half, skinned
- 1/2 teaspoon black pepper, divided
- 1 (14-ounce) can fat-free, less-sodium chicken broth
- 1 tablespoon butter
- 1 (8-ounce) zucchini, halved lengthwise and thinly sliced
- 1 (8-ounce) yellow squash, halved lengthwise and thinly sliced
- 2 cups cooked long-grain white rice
- 1 teaspoon minced fresh rosemary
- 1 1/2 tablespoons all-purpose flour
- 1 1/2 cups 2% reduced-fat milk
- 1/2 cup (2 ounces) grated fresh pecorino Romano cheese, divided
- 1/4 teaspoon salt

PREPARATION

- 1** Preheat oven to 350°.
- 2** Heat a large saucepan over medium-high heat. Lightly coat pan with cooking spray. Add onion to pan; sauté 5 minutes, stirring occasionally. Sprinkle chicken with 1/4 teaspoon pepper; add chicken, meaty side down, to pan. Cook 6 minutes or until browned; turn chicken over. Add broth to pan. Reduce heat, cover, and simmer 15 minutes or until chicken is done. Remove chicken from pan, reserving broth in pan. Let chicken stand 10 minutes. Remove chicken from bones; shred. Discard bones. Place chicken in a large bowl.
- 3** Bring broth to a boil; cook, uncovered, until reduced to 1/2 cup (about 10 minutes). Add broth mixture to chicken. Melt butter in pan over medium-high heat. Add squash to pan; sauté 3 minutes or until lightly browned, stirring frequently. Add squash mixture, rice, and minced rosemary to the chicken mixture, and toss gently to combine.
- 4** Place flour in a medium saucepan over medium heat. Gradually add milk, stirring until smooth; bring to a boil. Cook 1 minute or until thick, stirring constantly with a whisk. Remove from heat; let stand 30 seconds. Add 1/4 cup cheese; stir with a whisk until smooth. Add remaining 1/4 teaspoon pepper, milk mixture, and salt to chicken mixture; stir to combine. Spoon chicken mixture into a broiler-safe 8-inch ceramic baking dish coated with cooking spray. Sprinkle remaining 1/4 cup cheese over rice mixture; bake at 350° for 20 minutes or until thoroughly heated. Remove casserole from oven.
- 5** Preheat broiler.
- 6** Broil casserole 5 minutes or until golden.

NUTRITIONAL INFORMATION Calories (337); Fat (9.7g/sat 5.7g/mono 2.7g/poly 0.6g); Protein (23.9g); Carb (38.2g); Fiber (2.8g); Chol (56mg); Iron (2.3mg); Sodium (592mg); Calc (331mg)

Baked Buffalo Chicken Strips with Blue Cheese Dip



from
alilyou

Yield: serves 8

INGREDIENTS

- 2 pounds boneless, skinless chicken breasts
- 1 1/2 cups plus 1/2 cup buttermilk
- 2/3 cup hot sauce
- 1 cup sour cream
- 5 ounces blue cheese, crumbled
- 1/2 tablespoon white wine vinegar
- 1 1/2 teaspoons Worcestershire sauce
- Salt and pepper
- 8 ounces Ritz crackers (2 sleeves)
- 3 tablespoons Buffalo wing seasoning mix
- 4 tablespoons canola oil
- 6 large celery ribs, cut in quarters lengthwise

PREPARATION

- 1** Cut each chicken breast into 4 strips, lengthwise, and place in a large bowl. In a separate bowl, whisk together 1 1/2 cups buttermilk and hot sauce until blended. Pour over chicken; mix until chicken is coated. Cover and refrigerate for 1 hour.
- 2** Make dip: In a medium bowl, combine sour cream, 1/2 cup buttermilk, blue cheese, vinegar and Worcestershire sauce. Whisk to mix well. Season to taste with salt and pepper. Cover and refrigerate.
- 3** Preheat oven to 350°F. Mist 2 large baking sheets with cooking spray. In a food processor, pulse crackers until crushed. Add seasoning mix and pulse to combine.
- 4** Spread cracker mixture on a large platter. Remove chicken from marinade and carefully dredge each strip in cracker mixture.
- 5** In a large skillet, warm 2 Tbsp. oil over medium-high heat until shimmering. Add half of chicken and cook, turning, until brown and crisp on all sides, 2 to 3 minutes. Place on baking sheet. Repeat with remaining oil and chicken.
- 6** Place baking sheets in oven and bake until chicken is cooked through, 8 to 10 minutes. Serve chicken hot with celery and blue cheese dip.

Cheesy Chicken Taco Casserole



from
allyou

Yield: 6 servings

INGREDIENTS

- 1 1/2 pounds skinless, boneless chicken breasts
- Salt and pepper
- 1 (24 oz.) jar pasta sauce
- 9 (5-inch) corn tortillas
- 1 cup chopped cilantro
- 2 cups shredded Monterey Jack (8 oz.)
- 1 small tomato, sliced

PREPARATION

- 1** Preheat oven to 400°F. Season chicken with salt and pepper. Place in a small skillet and add cold water to cover. Bring to a simmer over medium-high heat. Reduce heat to medium-low and cook, turning once or twice, until opaque and firm, about 10 minutes. Remove, let cool and cut into small pieces or shred. You should have about 3 cups cut-up chicken.
- 2** Spread one-third of sauce over bottom of a 7-by-11-inch baking dish. Arrange 3 tortillas, slightly overlapping, on top. Sprinkle one-third of chicken and cilantro over tortillas. Top with a third of cheese. Make two more layers of sauce, tortillas, chicken, cilantro and cheese. Arrange tomato on final layer of cheese. Cover with foil and bake until bubbly, about 20 minutes. Remove foil and cook until top is lightly browned, 10 minutes more.

Walnut Chicken Salad



from
Southern Living

Yield: 4 servings

INGREDIENTS

- 4 skinned and boned chicken breast halves
- 3 tablespoons buttermilk
- 1 cup finely ground walnuts
- 1/2 cup fine, dry breadcrumbs
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- 6 cups torn mixed salad greens
- 4 cups torn fresh spinach
- 1 cup (4 ounces) shredded colby-Monterey Jack cheese blend
- 16 cherry tomatoes, cut in half

PREPARATION

- 1** Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness using a meat mallet or rolling pin. Brush buttermilk evenly over chicken.
- 2** Combine walnuts, breadcrumbs, and salt in a shallow dish; dredge chicken in mixture.
- 3** Pour oil into a large skillet; place over medium-high heat until hot. Add chicken, and cook 3 minutes on each side or until golden. Remove from heat; cool slightly. Cut chicken crosswise into thin slices.
- 4** Combine salad greens and spinach, and arrange on each of 4 individual plates. Sprinkle with cheese, and top with tomato halves and chicken.