

Dish on Delish



Whole Poached Chicken with White Wine and Fresh Herbs

1 4-5 lb roasting chicken

2 qts low sodium chicken broth

1 medium onion, cut into quarters

3 medium carrots, washed, cut into chunks

3 celery stalks, cut into 1" pieces

1 small bunch fresh thyme

1 bunch parsley

2 tsp black peppercorns

2 cups dry white wine- no: rose's, wine coolers (really beer) or reds

- Pull gizzard and liver package out of chicken. Discard liver. Rinse neck and chicken and place into crock pot. Add remaining ingredients and slow cook for 6-8 hours on medium heat. Keep dish covered.
- Remove ceramic crock pot out of appliance. Let cool to room temp. Refrigerate overnight. Scrape congealed fat off top of liquid and discard in regular trash. Do not rinse down the drain. Remove chicken from stock. Chicken will be well cooked and will easily fall apart. Strain stock and reserve for later use. A good stock will be gelatinous.
- Pull chicken meat from bones. Reserve bones. Tear chicken meat into thin pieces for later use. Roast chicken bones in 400 degree oven 45-60 min/until browned. Add bones to reserved stock and simmer for 1 ½ hr. Strain then cool.

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One Pot Chicken Minestrone

1 qt fortified chicken stock
1 cup shredded chicken meat
1 cup Penne pasta
1 cup frozen mixed vegetables
1 cup fresh spinach, or cup frozen, chopped
2 T grated parmesan cheese
Salt and pepper to taste

Directions: Bring chicken stock to a boil. Add frozen vegetables and Penne pasta. Cook for 12 minutes. Add shredded chicken. Add spinach and cook for 1 minute. Serve immediately. Sprinkle with parmesan cheese and season with salt and pepper. Serve 1 ½ cups per person.

Calories: 258 Fat: 6g Carbs: 28g Protein: 27g

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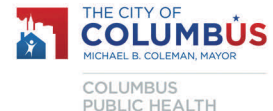
Chicken Quesadilla

- 2, 8-inch flour tortillas
- 2 cups sautéed peppers, onions, garlic
- 1 cup shredded chicken meat
- 1 cup low fat Mexican cheese blend

Directions: Heat pan large enough to hold tortillas. Add a touch of oil to the pan when hot add tortilla and grill on one side. Remove from pan. Prepare second tortilla in the same method, but top with sautéed vegetables, shredded chicken meat, and Mexican cheese blend. Top with first tortilla. Turn heat down to low or place in 350 degree oven for 3 minutes. Remove from the pan. Let quesadilla sit for 1-2 min. Slice into 8 wedges. Serve with lime and salsa, fat free Greek yogurt (in place of sour cream). For a twist add drained black beans and chopped cilantro to the second tortilla then top with the first tortilla.

Calories: 220 Fat: 8.8g Carbs: 14.3g Protein: 21.2g

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Chopped Chicken Salad

2 cups chopped chicken

½ cup light mayonnaise

Lemon juice from ½ lemon

1 tsp Dijon mustard

½ stalk chopped celery

1 tsp chopped fresh dill

Boston bibb or radicchio leaves

Directions: Mix all ingredients together except lettuces. Fill four lettuce cups with chicken salad. Garnish with chopped scallions.

Calories: 198 Fat: 9.6g Carbs: 4.6g Protein: 22.6g

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