

## 10 WAYS TO USE CANNED CHICKEN

If you have a can of chicken in your pantry, you have the beginning of many tasty, quick meals! Here are 10 ideas to get you started.

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**1. Salad for sandwiches, lettuce wraps or crackers:** finely chop a rib of celery and half a red onion. Stir in chicken, a few tablespoons of mayo, a little lemon juice and black pepper.

**2. Easy chicken soup:** chop and sauté an onion, two carrots and two celery ribs in canola oil in a large pot until tender. Add 6-8 cups of broth, a 12.5 ounce can of chicken and a tablespoon of Italian seasoning. Bring to a boil. Reduce to low and stir in 1-1/2 cups of noodles and simmer until tender.



**3. Enchiladas:** add a drained can of diced tomatoes and 1/4 cup of salsa to canned chicken. Add a few ounces of shredded cheese and roll up into tortillas. Add your favorite sauce and bake, covered at 350 degrees 30-45 minutes or until heated through.

**4. Casserole:** combine one can of reduced fat/reduced sodium cream of chicken soup, a cup of steamed broccoli florets, 1/2 cup skim milk, 4 cups cooked noodles and a 12.5 ounce can of chicken in a small baking dish. Top with buttered breadcrumbs and bake at 400 degrees about 20 minutes.



**5. Rice bowl:** combine cooked frozen stir-fry vegetables with chicken and teriyaki sauce. Serve over cooked brown rice.

**6. Pasta or rice side dish packages:** add chicken to cooked pasta or rice packages for a super-fast entrée.

**7. Primavera:** sauté assorted veggies such as zucchini, bell pepper, snap peas or broccoli florets. Add chicken, 1/2 cup low-fat milk, 1 teaspoon Italian seasoning and bring to a simmer. Stir in 1/4 cup grated Parmesan cheese and 2-4 cups cooked pasta.



**8. Quesadillas:** combine chicken with shredded cheese and a few tablespoons of your favorite salsa. Spread onto one side of a tortilla and place in a skillet over medium-high heat until tortilla is lightly browned. Fold in half and serve.

**9. Southwest skillet:** chop an onion and bell pepper; sauté in one tablespoon canola oil. Add a few cloves of minced garlic and stir in a can of drained, rinsed black beans and a can of diced tomatoes. Stir in a tablespoon of taco seasoning and a 12.5-ounce can of chicken and bring to a simmer. Serve with a little shredded cheese, chopped chives or fresh chopped cilantro.

**10. Barbecue sandwich:** combine with your favorite barbecue sauce and heat in a saucepan or microwave oven. Serve on whole wheat buns.

