

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.



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.