

# 10 WAYS TO USE A ROTISSERIE CHICKEN

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- 1. Salads** – Add sliced leftover rotisserie chicken to a bag of salad greens, chopped tomatoes, shredded carrots and sliced red onions. Top with your favorite dressing.
- 2. Sandwiches & Wraps** – Mix chicken slices with chipotle mayo and whatever raw veggies you have on hand. Roll into a whole-wheat tortilla, or use whole-grain bread. Eat cold or grill for a warm and satisfying treat!
- 3. Soups** – Rotisserie chicken lends a slow-cooked flavor to soups. Add 2 cups chicken chunks to 3 cans chicken broth; add a bag of mixed or stew vegetables and either 1 cup uncooked rice or 2 cups uncooked noodles/pasta. Add ½ teaspoon poultry seasoning. Simmer until all are tender. Dinner in 15 minutes!
- 4. Pizza Topping** – Top a Boboli crust with ½ cup BBQ sauce or pizza sauce, 1 cup chopped chicken and 1 cup shredded cheese. Bake for 10 minutes at 450 degrees.
- 5. Quesadillas** – Combine shredded rotisserie chicken with a pinch of cumin. Spoon on one-half of a whole-wheat tortilla. Sprinkle with shredded Monterey Jack or other cheese. Fold in half and heat in a non-stick skillet on both sides until crispy and brown. No butter or oil needed! Serve with salsa on the side.
- 6. Go Mexican** – Mix shredded chicken with whatever ingredients you favor such as black beans, fat-free refried beans, green chilies, salsa, corn or sautéed peppers. Heat until bubbly in the microwave, then spoon mixture into tortillas or taco shells. Top with shredded cheese, more salsa and fat-free sour cream to taste.
- 7. Pasta Dishes** – Rotisserie chicken eliminates a long step in cooking! Replace beef in lasagna and other pasta casseroles with chicken. Try this: 2 cups chicken chunks, 1 jar Ragu Cheesy Light Parmesan and Mozzarella Sauce, 16-oz. bag of cooked California mix veggies and ½ pound cooked rotini. Mix together and add about ¼ cup grated/shredded Parmesan cheese. A really quick hot dish the kids love!
- 8. Barbeque Chicken Sandwiches** – Mix shredded rotisserie chicken with your favorite BBQ sauce and put on a whole-wheat roll. One whole chicken serves about six people. Yum!
- 9. Skillet Meals** – Better than those boxed helper meals! Add chicken chunks to frozen bagged skillet meals. No need to cook the chicken separately! Really tasty with that wonderful savory roasted taste!
- 10. Chicken-In-A-Bowl** – Start with warmed purchased mashed potatoes on the bottom, add a handful of chicken chunks, top with juices from the chicken container or warmed purchased gravy, and garnish with shredded cheddar cheese! A fun dish that kids can help make, and they love it!

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