

Can-Do CHICKEN

Chicken Taco Salad

Servings: 8

Ingredients

- One 12.5-ounce can chunk chicken in water, drained
- 1 cup lemonade
- 1 tablespoon lime juice
- 1½ teaspoons Worcestershire sauce
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 head lettuce, shredded
- One 14.5-ounce can diced tomatoes, drained
- One 8-ounce package shredded sharp cheddar cheese
- One 8-ounce container sour cream (optional)

Directions

1. In a large skillet over medium heat, combine chicken, lemonade, lime juice and Worcestershire sauce. Season with garlic powder and onion powder. Simmer 10 minutes.
2. In a large bowl, combine lettuce, tomatoes, cheese, sour cream and chicken mixture. Serve immediately and refrigerate leftovers.





White Chicken Chili

Servings: 6

Ingredients

- 3 tablespoons olive oil
- 1 medium onion, finely chopped
- 3 tablespoons all-purpose flour
- 2 teaspoons ground cumin
- Two 15-ounce cans Great Northern beans, drained and rinsed
- One 14.5-ounce can low-sodium chicken broth
- Two 10-ounce cans chunk chicken breast in water, drained

Directions

1. In a large skillet over medium-high, heat oil. Add the onion and sauté until tender.
2. Add the flour and cumin; cook and stir for 2 minutes. Add the beans and chicken broth, and bring to a boil. Reduce heat and simmer for 10 minutes or until lightly thickened. Add the chicken and heat through.

Substitute fresh or frozen chicken for canned chicken by using these preparation instructions:

- Wash hands before and after handling poultry.
- Completely thaw poultry before cooking so that it cooks more evenly. Defrost in the refrigerator, in cold water or in the microwave. Never defrost food at room temperature. Food thawed in cold water or in the microwave should be cooked immediately.
- Cook poultry until it reaches a safe internal temperature of 165 F. Use a food thermometer. You can't tell it is cooked by looking!
- Never place cooked food on a plate that previously held raw poultry or meat.
- Rinsing poultry under water is not a safety step. Cooking to an internal temperature of 165 F is what will make it safe to eat.
- Let the chicken cool, and shred before adding to recipes.

Grandma's Chicken Potpie

Servings: 8

Ingredients

- Two 15-ounce cans mixed vegetables, drained
- One 10-ounce can chicken, drained and flaked
- One 6.5-ounce can sliced mushrooms, drained (optional)
- One 10.75-ounce can reduced-sodium cream of chicken soup
- Salt and pepper to taste.
- One 10-ounce can refrigerated layered biscuits

Directions

1. Heat the oven to 425 F.
2. In a large bowl, place vegetables, chicken, mushrooms and soup; fold together until blended. Add salt and pepper to taste.
3. Pour the potpie mixture into baking dish. Separate biscuits into layers and place gently on top of mixture. Lightly spray top of biscuits with cooking spray (optional).
4. Bake in preheated oven for 15 minutes or until golden brown. Let stand for 15 minutes before serving.



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Hearty Chicken and Veggie Soup

Servings: 4

Ingredients

- ¼ cup onion, chopped
- One 14.5-ounce can diced tomatoes
- One 14.5-ounce can chicken broth, low salt
(Can substitute chicken bouillon and water
for canned broth.)
- One 10-ounce can chunk chicken, drained
- One 15-ounce can mixed vegetables,
drained
- ¼ teaspoon oregano
- ⅛ teaspoon pepper
- ⅛ teaspoon salt

Directions

1. Peel and chop the onion.
2. In a pan over medium heat, cook tomatoes
and broth until they boil.
3. Add the onion. Turn the heat to low and
simmer for 5 minutes.
4. Add the remaining ingredients.
5. Cover the pan.
6. Cook for 5 minutes over low heat or until
vegetables are tender and heated through.

