

QUICK AND EASY DINNERS

using a store-bought rotisserie chicken

STUFFED SWEET POTATOES

shred chicken, mix with salsa (for Mexican night) or BBQ sauce (for Tex-Mex night), Stuff baked potatoes with meat mixture, top with your favorite toppings, such as green onion, salsa, & guacamole

CHICKEN NACHOS

heat oven to 350, line baking sheet with parchment paper, shred chicken, lay out grain free tortilla chips (Siete brand) on a baking sheet, top with shredded chicken, diced onions, bell peppers, mushrooms, cheese if you can, bake until everything is hot and cheese is melted, remove from oven and top with salsa and guacamole

CHICKEN SALAD

shred chicken (chop too if you like) and place in a bowl, add diced celery, onion, fennel, jicama (or other crispy veggies you like), mix with mayonnaise, salt, pepper and dill until you get it just the way you like it

ONE ROTISSERIE CHICKEN

CHICKEN AND VEGETABLE SOUP

Heat chicken bone broth to boiling, add in chopped carrots, celery, onion, hearty greens such as Swiss chard, boil until veggies are tender, add in shredded chicken, season with salt, pepper, turmeric, sage, thyme, or other herbs you like

BUFFALO CHICKEN DIP

shred chicken, mix with your favorite hot sauce (I like Frank's original), add garlic powder and onion powder to taste, stir in enough mayonnaise to achieve the creamy consistency you like, bake at 350 until bubbly, serve with carrot and celery sticks

STRAWBERRY POPPYSEED SALAD W/CHICKEN

shred chicken and set aside, wash and prepare mixed greens, wash fresh berries, toast pecans, walnuts or almonds, mix up a quick poppyseed dressing: 1/2 cup mayo, 1/4 tsp. mustard powder, 1-2 tsp. lemon juice, 1/4 tsp. sea salt, 1 Tbsp. apple cider vinegar, 1-2 Tbsp. honey or maple syrup, 1 tsp. poppyseeds build your salad