

Rotisserie Chicken – Tips, Tricks, and Recipes

Don't fall into the fast food / takeout trap! Expand your cooking repertoire with a variety of fun recipes that are delicious and nutritious! Cooking at least 3 meals a week can take your new year's goals from resolution to reality!

Learn shortcuts and simple swaps for more balanced meals in the recipes below.

Rotisserie Chicken

Start with a rotisserie chicken from your favorite grocery store! Rotisserie chicken is a convenient and healthy choice, especially if you remove the skin before shredding or chopping the meat.

Here are a few quick ideas using the chicken:

- Stir the chicken into chilis, stews and soups
- Use the chicken as your protein in a variety of main dish salads
- Add the chicken to casseroles
- Make a simple chicken salad by adding yogurt, mayonnaise, pre-chopped celery and apples, chopped pecans, and red grapes halves
- Toss the chicken with your favorite salsa and pre-shredded Mexican-cheese blend as a quick and easy filling for enchiladas and quesadillas
- Tuck the chicken (as a lower-sodium alternative to cold cuts) into sandwiches using whole wheat pitas
- Add chicken to fried rice to turn it into a full meal
- Use the chicken whenever a recipe calls for cooked chicken

Butternut Squash Ravioli with Kale, Rotisserie Chicken and Pumpkin Seeds

Ingredients:

1 (10-ounce) package Giovanni Rana Butternut Squash Ravioli
4 tsp extra-virgin olive oil
4 ounces kale
6 sage leaves, torn, optional
8 ounces rotisserie chicken
2 Tbsp roasted pumpkin seeds

Sauce:

1 package frozen diced butternut squash
4 tsp extra-virgin olive oil
1 cup vegetable or chicken broth
Salt and freshly ground black pepper, to taste or use a prepared butternut squash pasta sauce

Instructions:

1. To make butternut squash sauce, cook diced squash as directed on package until tender. Blend together with oil, broth, salt, and pepper.
2. Cook butternut squash ravioli in 6 quarts of salted boiling water for 4 minutes. Drain reserving ¼ cup of the cooking liquid.
3. Sauté chicken, sage, and kale in olive oil in a heated skillet. At the end of cooking, add some cooking liquid.
4. Mix the ravioli with the butternut squash sauce and garnish with roasted pumpkin seeds.

Yield: 4 servings

Source: Giovanni Rana

Cindy Kleckner, RDN, LD, FAND is a registered dietitian, nutritionist, culinary expert, a Fellow of the Academy of Nutrition and Dietetics, and author of Hypertension Cookbook for Dummies, 2011 and the DASH Diet For Dummies, 2014.

Contact Cindy for a personalized nutrition or culinary consultation at fitness@mckinneytexas.org.