

POULTRY

*AREPAS FILLED WITH CHICKEN

2 ½ cups lukewarm water

1 tsp salt

2 ¼ cups corn flour for arepas, such as P.A.N.

1. Mix together all ingredients, with your hands, to form a cohesive dough.
2. Heat a griddle over medium heat. Divide the dough into 10 equal portions, and then pat into thick, round cakes. Place the cakes on the griddle, and cook on each side for about 7 minutes, until they are crisp on the outer surface. Removed from the griddle and store in a clean towel to keep warm.

OR

1. Preheat oven to 350 F. Pour warm water into a large bowl. Stir in salt to dissolve. Pour in the corn flour and immediately start kneading the mixture with your hands, being sure to squeeze out any lumps. Allow the dough to sit for 3-5 minutes. Divide dough into 10 pieces, shape into arepa by rolling the dough into a ball and then patting it into a disc. Discs should be 3 ½ - 4" in diameter and 1/3 to 1/2 " thick. Set discs on a large platter or baking sheet.
 2. Lightly oil a large skillet (cast iron or non stick). Turn the heat to medium and get the skillet nice and hot. Brown the arepas in batches, about 4 minutes per side, until they are seared on both sides. Set them back on the platter or baking sheet.
 3. Set them directly on the wire rack in the center of the oven. Cook for 15-20 minutes, until they are puffed up a bit. Cool, cut them open and fill with your favorite ingredients. (recipe below)
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*CHICKEN AND AVOCADO SALAD

1 lb shredded, cooked chicken

2 avocados, mashed

2-3 tbsp mayo

1 tbsp+1 tsp fresh lime juice

½ red bell pepper, diced

3 tbsp finely chopped white onion

3 tbsp finely chopped cilantro

½ jalapeno pepper, finely chopped

2 cloves garlic, minced

½ tsp salt

Fresh ground black pepper

8-10 arepas

1. In a medium bowl, mix the mashed avocado, mayo and lime juice.
2. Add the rest of the ingredients. Season with S&P.
3. Cover and store in the fridge. Can be made a day ahead.

***CHICKEN CROCK POT**

Rachelle Bien-Barnard

7 to 11 chicken breasts	2 cups sour cream
1 tsp each of salt, pepper, paprika	1 tbsp lemon juice
2 cans of mushroom soup	2 tsp dill
1 ½ oz dry onion soup mix	

1. Combine all ingredients (not chicken) in bowl and stir thoroughly.
 2. Pour over chicken.
 3. Cook at 350 degrees for 1-½ hours.
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***CHICKEN SALAD SANDWICHES**

1 c. finely chopped cooked chicken	Dash of black pepper
1/4 c. finely chopped celery	1/3 c. mayonnaise
2 hard cooked eggs, chopped	3 tbsp. softened butter
2 tbsp. sweet pickle relish	Sandwich bread
1/4 tsp. salt	

Combine first 6 ingredients. Spread softened butter on bread, then spread salad mixture on bread and cut into desired shapes. Chill in covered container until ready to serve.

***CREAMY TURKEY SOUP**

1 large onion - chopped	½ tsp each dried thyme, savory and parsley
3 ribs celery with leaves - cut into ¼"	1 ½ cups milk
6 tbsp butter	4 cups cooked turkey cubed
6 tbsp flour	5 medium carrots cut into ¼" slices
1 tsp salt	1 cup turkey or chicken broth
¼ tsp each pepper and garlic powder	10 oz frozen peas

In a large kettle, sauté onion and celery in butter until tender, about 10 minutes. Stir in the flour and seasonings; gradually add milk, stirring constantly until thickened. Add turkey and carrots. Add enough broth until soup is desired consistency. Cover and simmer for 15 minutes. Add peas, cover and simmer for 15 minutes or until vegetables are tender. Serves 6-8.

***DILLED CHICKEN FRICASEE**

1/3 cup all-purpose flour
1 tsp salt
1/2 tsp paprika
1 tbsp vegetable oil
4 bone-in chicken breast halves

2 cups chicken broth
1/4 cup chopped fresh dill
8 small new potatoes
12 oz fresh asparagus
1 tbsp lemon juice

1. In a medium-size bowl, mix the flour, salt and paprika. Coat the chicken with the flour, shaking off the excess. Reserve the flour mixture.
 2. In a large, deep nonstick skillet, heat the oil over medium-high heat. Add the chicken, meaty side down, and cook for 1 1/2 minutes on each side, or until well browned. Remove to a plate with a slotted spoon.
 3. Pour the broth into the flour mixture remaining in the bowl and whisk until smooth.
 4. Drain the fat from the skillet and wipe it clean with paper towels. Add the chicken broth mixture and 2 tbsp of the dill. Stir to mix. Add the chicken, meaty side up, and the potatoes that have already been boiled half-way. Bring the mixture to a boil over high heat. Reduce the heat to low. Cover and simmer for 10 minutes.
 5. Lay the asparagus over the top. Cover and simmer for 15-20 minutes more, or until the chicken and vegetables are tender.
 6. Remove the pan from the heat. Stir in the lemon juice and the remaining 2 tbsps. of dill.
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***DORITO CHICKEN BAKE**

2 cups shredded cooked chicken
2 cups shredded Mexican cheese blend
(divided)
1 (10 oz) can cream of chicken soup
1/2 cup milk
1/2 cup sour cream

1 can Ro-tel tomatoes (drained)
1/2 packet taco seasoning
1 large bag Doritos
Shredded lettuce (optional)
diced tomato (optional)

1. Pre-heat the oven to 350 degrees. In a large bowl mix together shredded chicken, 1 cup of cheese, cream of chicken soup, milk, sour cream, Ro-tel tomatoes, and taco seasoning. Mix well.
 2. Grease a 2-quart casserole dish, and add a layer of crushed Doritos across the bottom. Top with a layer of the chicken mixture. Add another layer of crushed Doritos, and then add another layer of the chicken mixture. Top with remaining cheese. You can add more crushed Doritos on top as well if you wish.
 3. Cover and place into the oven and bake at 350 degrees for 30-25 minutes until bubbling hot. Remove from the oven and top with lettuce and tomato if you choose.
(Makes 4 Servings)
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***MANDARIN MUSHROOM CHICKEN**

1 large roasting chicken
salt
2 cans of mushroom soup

1 can mandarin orange
1 can sliced mushrooms, drained
1 can water chestnuts, drained

1. Boil chicken in salted water until tender
 2. Cut in pieces
 3. Heat 2 cans of soup, diluted with mandarin orange juice
 4. Add 1 can of oranges the sliced mushrooms and chestnuts.
 5. Add chicken
 6. Warm for 30 minutes at 350
 7. Serve with rice
- Serves 6.
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***OLD FASHIONED CHICKEN POT PIE**

Veronica Marhsall

3 cups chicken, chopped
1 med onion, chopped
1/3 cup butter
1/4 cup flour
2 cups chicken broth

1/4 tsp salary salt (or thyme and
rosemary)
1/8 tsp pepper
1 cup cooked peas
1 cup cooked carrots, chopped
2 cups mashed potatoes

1. Saute onion in butter in a medium saucepan until tender. Add flour and blend well. Cook for 1 minute.
 2. Gradually add broth, stirring until smooth. Cook over low heat, stirring constantly until thickened and bubbly. Add 1 tsp salt, celery salt and pepper.
 3. Remove from heat.
 4. Arrange chicken, peas and carrots in a 2 1/2 quart casserole dish. Spoon sauce over and top with mashed potatoes.
 5. Bake at 425 for 20 minutes.
 6. Serves 4
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***RITZY CHICKEN CASSEROLE**

Robin Carter

Cooked Chicken
2 cans Cream of chicken soup

500 ml of sour cream
Noodles
Ritz Crackers

Noodles on the bottom, chicken in the middle, top with soup and crackers.
Add tsp butter
Bake at 350 F for 20-30 minutes.

***SALSA CHICKEN QUINOA**

2 cups quinoa, uncooked
24 ounces cooked chicken
2 cups salsa

1 cup chopped raw onion
Diced jalapeno to taste (optional)

1. Boil quinoa in with 4 cups water.
 2. After reaching a raging boil, turn the heat down to medium-low.
 3. Allow quinoa to cook until only a slight amount of water is left.
 4. Pull quinoa from heat, and let stand covered for 10 minutes. Extra water will soak into the quinoa.
 5. Mix chicken, salsa and onion in with the quinoa.
 6. Divide evenly into 5 Tupperware containers.
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***STOVE TOP STUFFING CHICKEN CASSEROLE**

Kim Pawlak

1-2/3 cups hot water
1 pkg. (6 oz.) STOVE TOP Stuffing Mix for Chicken
1-1/2 lb. boneless skinless chicken breasts, cut into bite-size pieces
1 can (10-3/4 oz.) condensed cream of mushroom soup
1/3 cup BREAKSTONE'S or KNUDSEN Sour Cream

1. Heat oven to 400°F.
 2. Add hot water to stuffing mix; stir just until moistened.
 3. Place chicken in 13x9-inch baking dish. Mix soup and sour cream until blended; pour over chicken. Top with stuffing.
 4. Bake 30 min. or until chicken is done.
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***SWEET HAWAIIAN CROCKPOT CHICKEN**

1 cup pineapple juice
1/2 cup packed brown sugar
1/3 cup light soy sauce
Two lbs of chicken breast

1. Cut chicken into small pieces.
 2. Add all ingredients to the crockpot and cook on low 6-8 hours and they should just fall apart.
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***TURKEY**

Lynne McKnight

Can keep in fridge for one week, or thaw in cold water in sink for 20 hours.
Remove plastic, take out insides. Rub mayonnaise or butter all over it. Bake uncovered at 325 for 18-20 minutes per pound, breast down.
20 lb turkey = 6 hours

*TURKEY GRAVY

Drain drippings and strain, bring to a boil in a saucepan, add water
Mix water and flour $\frac{1}{4}$ - $\frac{1}{2}$ cup flour to 1 cup water
Add gradually, bring back to a boil
Add salt and pepper

CHICKEN FETTUCCINI

8 oz uncooked fettuccini	1 can mushroom soup
2 cups frozen broccoli	$\frac{1}{2}$ cup milk
1 tbsp vegetable oil	$\frac{1}{2}$ cup grated parmesan cheese
1 lb boneless skinless uncooked chicken cubes	$\frac{1}{4}$ tsp freshly ground pepper

1. Cook fettuccini and add broccoli 4 minutes before draining
 2. Heat oil in frying pan and cook chicken
 3. Add soup, milk, cheese and pepper
 4. Heat to boil
 5. Mix the two together
 6. Top with bread crumbs and cheese
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CHICKEN FLORENTINE

Company's Coming

10 oz. Frozen Chopped Spinach, thawed, squeeze drained
2 boneless chicken breast halves, cut bite size
10 oz. Frozen Chopped Spinach, thawed, squeeze drained
2 boneless chicken breast halves, cut bite size

10 oz Condensed cream of mushroom soup
10 oz Condensed cream of chicken soup
 $\frac{1}{2}$ cup Salad dressing (or mayo)
1 tbsp curry powder
 $\frac{1}{4}$ tsp onion powder
 $\frac{1}{8}$ tsp garlic powder

1 tbsp. butter or hard margarine
 $\frac{1}{4}$ cup dry bread crumbs
2 tbsp. grated parmesan cheese

Layer first 4 ingredients in order given in 2 quart (2 L) casserole.
Combine next 6 ingredients in saucepan. Heat and stir until blended and pourable. Pour over chicken.
Melt butter in small saucepan. Stir in breadcrumbs and cheese. Spread over all. Bake, uncovered, in 350 F oven for 1 - 1 $\frac{1}{2}$ hours until chicken is tender. Serves 6.

CHICKEN WITH RICE

Tawna Reed

1 cup raw rice
1 can cream of chicken soup
1 can cream of celery soup

1 envelope onion soup mix
2 cups milk
fried chicken
1 can sliced mushrooms

1. Butter a 9x13 pan. Sprinkle rice on the bottom of the pan.
 2. Mix soups. Combine with milk and mushrooms. Pour over rice.
 3. Layer chicken on top (Don't overlap). Sprinkle with onion soup.
 4. Seal with foil. Bake 350 for 2 hours. No peeking!
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CROCKPOT ORANGE CHICKEN

Two large carrots, peeled and sliced
about ½ inch thick
two large red or green bell peppers, cut
into ½ inch chunks
three cloves garlic, finely minced
boneless, skinless chicken breasts
three tsp ground ginger

one tsp salt
½ tsp pepper
Eight ounces orange juice concentrate
Two cups mandarin orange segments or
fresh orange segments
Two green onions, chopped
Hot cooked rice

1. Put carrots, peppers, garlic, then the chicken, ginger, salt, pepper and frozen OJ in crockpot.
2. Cover and cook on low for 4-6 hours.
3. Serve chicken on hot rice on platter.
4. Top with orange segments and green onions.
5. Serve chicken liquid in gravy boat, if desired.

FETTUCINI WITH PARMESAN, CHICKEN AND PEAS

1 ¼ lbs boneless chicken breasts	1/3 cup parmesan cheese
1 ½ cups chicken broth	garlic powder to taste
3 tbsp butter	1 dash salt
3 tbsp flour	freshly ground pepper
1 cup low fat milk, cream or half and half	15 oz can peas
	½ cup fresh basil leaves, chopped
	1 lb fettuccini noodles

Place chicken in an ovenproof dish and add ½ cup chicken broth.

Bake at 350 F for about 10 minutes on each side, or until chicken is slightly pink.

Reserve chicken broth and cut breasts across grain into medium size slices. Let cool.

In a saucepan, melt butter, add flour and stir. With a whisk, add milk, cream or half and half. Stir in one cup of chicken broth and then add reserved broth from cooked chicken.

Add Parmesan cheese, garlic powder, pepper, peas, basil and chicken. Simmer until chicken is cooked through.

Pour sauce over fettuccini. Serve immediately.

ITALIAN BAKE

3 lbs chicken breasts (cooked and cut into bite size pieces)	1 lg pack of pizza cheese
6 Italian sausage links	1 onion
2 jars of spaghetti sauce	2 lg bell peppers, red/green, cut into chunks
1 lb of pasta, penne, macaroni, shells, etc.	

1. Cut up chicken, onion, peppers and sausage
 2. Boil pasta and drain (don't over cook)
 3. Mix pasta, sausage, onion, peppers, chicken and sauce.
 4. Put in a large deep dish. If it won't all fit, make a little side dish to freeze for lunch later.
 5. Top heavily with cheese.
 6. Bake at 325F for about 45 minutes or until golden and bubbly.
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PASTA SHELLS WITH PEAS AND CHICKEN

4 cups small pasta shells	2 tbsp chopped fresh basil
2 cups slivered cooked chicken - skinned	2 tbsp chopped fresh thyme
2 tsp olive oil	3 tbsp chopped parsley
½ cup shelled peas	¼ cup minced red bell pepper
1 tbsp minced garlic	¼ cup grated Parmesan cheese

1. In a large pot over high heat, bring 2 quarts of water to a boil and cook pasta shells until just underdone (about 5 minutes). Drain and rinse under cold water, then set aside. Preheat oven to 400 F.
 2. In a large skillet over medium-high heat, sauté chicken in olive oil for 2 minutes, then add peas, garlic, basil, thyme, parsley, and bell pepper. Cook 2 minutes more, then pour mixture into large baking dish. Add pasta shells and toss well. Add Parmesan
 3. Bake for 20 minutes. Serve hot. NOTES: Try this colourful recipe in the summertime, when fresh peas are ripe off the vine and bursting with flavour. Small pasta shells are cooked until just slightly underdone and baked with a sauté of red bell peppers, fresh peas and slivers of skinned chicken breasts.
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SWEET GARLIC CHICKEN

Four boneless, skinless chicken breasts	One tbsp. olive oil
Four garlic cloves, minced	Additional herbs and spices as desired
Four tbsp. brown sugar	

1. Preheat oven to 450F. Line a baking dish or cookie sheet with aluminum foil and lightly coat with cooking spray or lightly brush with oil.
2. In small sauté pan, sauté garlic with the oil until tender.
3. Remove from heat and stir in brown sugar. Add additional herbs and spices as desired
4. Place chicken breasts in a prepared baking dish and cover with the garlic and brown sugar mixture
5. Add salt and pepper to taste.
6. Bake uncovered for 15-30 minutes, or until juices run clear. Cooking time will depend on the size and thickness of your chicken.

Serves 4
