



## **Our Roasted Chicken Dinner for Four can be turned into 6 different meals for four**

(or awesome freezable leftovers for 1 or 2 people), by using the components of our dinner special, some ingredients from your pantry and freezer, and a few bits of fresh produce that are very easy to get (or you most likely already have on hand).

Our Winner Chicken Dinner includes: 1 whole free range roasted chicken, plus large sides of mashed potatoes, linguine with roasted garlic tomatoes & parmesan, organic arugula salad with feta & Tahini Goddess dressing and roasted vegetables.

You can sit down and eat all of that food for one meal –OR- You can easily make all of these menu items (prepare them all in one day so you have meals ready for the week- do a little prep and gathering, pour yourself a giant glass of wine or big cup of tea):

- Mexican Style Chicken Soup
  - Thai Chicken Pizza
  - Chicken Sheppard's Pie
  - Tuscan Pasta Faggioli
- Open Faced Mediterranean Chicken & Arugula Sandwiches
  - Veggie and Cheese Frittata

### **Do a little prep in advance to make things more convenient:**

- Remove chicken from the bones (save the carcass for the soup recipe), chop the chicken and separate into four bowls.
- Medium dice 2 carrots, 2 onions and 4 stalks of celery so you can use them in a few of the recipes (the soup, the Sheppard's pie and the pasta Faggioli).
- Shred one carrot for the pizza
- Chop 1 bunch kale (for the pasta and frittata)
- Small dice 4 tomatoes (separate these in bowls or piles to be used in the soup, the frittata, the sandwiches and pasta Faggioli)
- Mince 6-8 cloves of garlic (to be used in everything)
- Cut up all of the fresh herbs and measure the spices and lay them out according to the recipes.

### **Check out your pantry and freezer/fridge supplies and gather them- lay them out on the counter or a big table grouped according to the recipes:**

- Broth
- Eggs
- Fresh things- Cilantro, a lime, a lemon, green onions, a couple of potatoes, ginger, 1 bunch kale, carrot, onion, celery, garlic, thyme or rosemary (or dry if you don't have fresh)
- Can of white beans, black beans and garbanzo beans
- Your favorite salsa (I like herdez salsa verde or ranchero, cheap but yummy)
- peanut butter (or substitute your favorite nut/seed butter)
- Soy sauce, honey, olive oil, vinegar and a little wine (for cooking and drinking)
- Dry spices: cumin, chili powder, salt, Thai curry paste or any curry powder, dried oregano or Italian herb mix
- Organic frozen mixed vegetables

## Mexican Style Chicken Soup

1. Heat a soup pot with 2 Tablespoons each oil, then add:
  - 1 cup each small diced celery, carrot and onion
  - 2 cloves minced garlic and 1 Tablespoon kosher salt
2. Cook over medium to high heat for 5 minutes then add:
  - 2 quarts water
  - 1 quart chicken broth
  - 1 Tablespoon each cumin and chili powder
  - 8-12 ounces of your favorite salsa (I like herdez salsa verde or ranchero)
3. Bring to a boil, then turn down to a medium simmer and add the chicken carcass. Simmer uncovered for 30-40 minutes. DO NOT STIR, as you don't want all the bones to fall apart in the soup.
4. Using two large serving spoons or some tongs, gently remove the carcass and transfer to a large plate so you can pick off any remaining meat, put the meat in the pot and then discard the bones and such. Stir in:
  - 1 large potato cut in ½ inch cubes (about 2 cups)
  - 1 can black beans, drained
  - Juice from 1 lime (grate the zest in the Thai peanut sauce before juicing)
  - 2 Tablespoons soy sauce (or tamari or Braggs amino acids)
  - Chopped roasted chicken
5. Turn the heat up to a low boil and cook, uncovered, until potatoes are fork tender (about 8 minutes). Taste for seasoning, serve garnished with fresh cilantro, diced tomato, green onions and optional more lime or avocado.

## Thai Chicken Pizza

\*You can either use a pre-baked crust, like Boboli or gluten free version or I usually just make my own.

Preheat the oven to 425 degrees (you will use the same temp for everything)

1. Make a peanut sauce by whisking together and gently heating the following, until smooth and warm:
  - 4 heaping Tablespoons of peanut butter (or almond butter)
  - 1 Tablespoon each: minced garlic, minced fresh ginger, Thai curry paste and rice vinegar
  - ½ cup coconut milk (or almond milk)
  - 2 Tablespoons each: soy sauce and honey
  - 1 teaspoon each lime zest and red pepper flakes
2. Place crust on a sheet pan, spread half of the sauce thinly over crust to the edges. Then, in this order, top with:
  - Chopped roasted chicken, sprinkled with a little soy sauce
  - 2 cups shredded cheese (mozzarella, jack or white cheddar)
  - 1 cup shredded carrot (thinly sliced bell pepper would be great, too!)
  - Handful of sliced green onions
3. Bake until golden, melted and bubbly. Remove from oven, drizzle with more peanut sauce and top with fresh chopped cilantro (basil would be an awesome addition) and maybe optional sracha.

### **Chicken Kinda Sheppard's Pie**

1. In a large sauté pan, heat a heavy drizzle of oil and stir in:
  - 1 cup each small diced carrot, onion and celery
  - 1 Tablespoon each: minced garlic, minced fresh thyme and/or rosemary
  - 2 teaspoons kosher salt
2. Stir over high heat until caramelized then stir in:
  - 2 Tablespoons flour (for gluten free folks dissolve 2 Tablespoons cornstarch in cold chicken broth and add in next step instead)
  - ½ cup white wine
3. When wine has almost all evaporated stir in:
  - Chopped roasted chicken
  - 2 cups chicken broth
  - 2 cups mixed frozen vegetables
4. Bring to a boil, then simmer just until it thickens to a gravy consistency, taste for seasoning adjustments. Transfer to a greased casserole dish and top with:
  - The mashed potatoes, mixed with 1 egg yolk, dollop or spread them on top.
  - Sprinkle the top with ½ cup, or more, of your favorite grated cheese (I'm using parmesan)
  - Drizzle with olive oil
5. Bake for 15-20 minutes, until golden brown, let sit at least 10 minutes before serving topped with fresh chopped parsley

### **Tuscan Pasta Fagioli**

1. Heat a large deep sauté pan with some olive oil and stir in:
  - 1 cup each small diced onion and carrot
  - 1 teaspoon kosher salt and a pinch o pepper
2. Cook until lightly caramelized, then stir in:
  - ½ of a large bunch of finely chopped kale
  - ½ cup red wine
  - Handful of fresh chopped tomato
  - 1 Tablespoon dried Italian herb mix, herbs de Provence or dried oregano and basil
3. When wine has almost evaporated, stir in and bring to a boil:
  - 1 quart chicken broth
  - 1 Tablespoon balsamic vinegar
  - 1 can drained white beans
4. Simmer uncovered for about 10 minutes, then add Spoon's Linguini with Roasted Garlic Tomatoes. Serve in bowls, topped with more parmesan, a squeeze of lemon and some great bread for mopping up juices.

## **Open Faced Mediterranean Chicken and Arugula Sandwiches**

1. In a mixing bowl combine:
  - Chopped roasted chicken
  - Juice from 1 lemon
  - 4 Tablespoons or more extra virgin olive oil
  - 1 or 2 roma tomatoes, small diced
  - 1 cup canned/drained garbanzo beans
  - 2 green onions, sliced thin
  - 1 teaspoon dry oregano or Italian herb mix
  - 1 teaspoon minced garlic
  - 2 oz. Zhee Zhee's Tahini Goddess Dressing
2. Toast your favorite bun or sliced artisan bread (we use the par-baked La Brea ciabatta because when it comes out of the oven it smells and taste like freshly baked bread) and then top with:
  - The roasted chicken/tomato mixture
  - Spoon's Arugula Feta Salad
  - Drizzle of olive oil, salt and pepper (or red pepper flakes)

## **Roasted Veggie Frittata**

1. Heat some oil in a large non-stick (oven proof) sauté pan and stir in:
  - Finely chopped Spoon's Roasted Veggies
  - 2-3 large leaves of kale, finely chopped
2. In a blender, puree:
  - 8 eggs
  - 4 oz. cream cheese
  - 1 teaspoon kosher salt, fresh thyme leaves and pinch o pepper
3. Add the egg mixture to the hot pan of vegetables, stir for a few minutes, then top with 1 cup of your favorite grated cheese and a handful of diced tomato. Transfer to the oven. Bake for 10 or so minutes, til cooked through, golden and melted. Serve in slices.