



Start with a Rotisserie Chicken...

end up with one of these quick and healthy meals.

1 Greek Chicken Salad

Pull the meat off one rotisserie chicken and shred into bite-size pieces. On 4 individual plates place 1 to 1-1/2 cups Dole salad greens. Top with shredded chicken. Arrange 4 tomato wedges on the edge of each plate. Add Greek olives, crumbled feta cheese and sliced green onions. Serve with reduced fat balsamic vinaigrette and an ACE baguette from the bakery.

2 Chicken and Artichoke Pizza

Drain and chop 1 (14 oz.) can of artichoke hearts and mix with 1/3 cup light mayonnaise, 1/4 tsp. hot pepper sauce and 1/4 cup shredded Parmesan cheese. Spread mixture onto a Boboli pizza crust. Top with 1-1/2 cups shredded rotisserie chicken; 1/3 cup chopped red bell pepper, 1/4 cup Parmesan cheese and 2 tbsp. pine nuts. Bake at 400°F for approximately 10-12 minutes or until heated through. Serve with a tossed green salad.

3 White Chicken Chili

Add 2 cups of shredded rotisserie chicken to a large pot with 1 tbsp. olive oil; sauté for 1-2 minutes. Add 1 (48 oz.) jar of cooked Great Northern Beans, 1-2 tbsp. cumin and 1-1/2 cup salsa (mild to hot, depending on taste). Heat until hot. Add 2 cups shredded Monterey Jack cheese and stir until cheese is melted. Serve with whole grain tortilla chips and fresh fruit.

4 FlatOut® Whole Grain Chicken Wrap

Spread 3 tbsp. prepared guacamole on each FlatOut® whole grain wrap. Top with shredded rotisserie chicken, 2% shredded cheddar cheese, tomato slices, and Romaine leaves. Wrap tightly, cut on a diagonal and serve with baked chips.

5 Black Bean and Chicken Quesadillas

For each serving combine shredded rotisserie chicken with a little cumin. Spoon on one half of a low fat flour tortilla; top with drained black beans and sprinkle with 2% shredded cheddar cheese; fold tortilla in half and cook in a nonstick skillet (coated with cooking spray) for 5 minutes, turning once. Cut into wedges and top with diced tomatoes, salsa and reduced fat sour cream.

6 Quick Chicken Pot Pie

Add chopped rotisserie chicken meat, sliced canned mushrooms and cooked mixed vegetables to Campbell's Healthy Request Cream of Chicken Soup. Pour into a casserole dish that has been coated with cooking spray. Top with prepared reduced fat biscuit topping and bake at 350°F approximately 15 min. or until filling is hot and topping is browned.



7 **Chicken Curry Salad in Wheat Pita**

Blend 1/3 cup plain non-fat yogurt, 1/4 cup low fat mayonnaise, and 2 tsp. curry powder. Set aside. In a large bowl, combine 2 cups chopped rotisserie chicken, 1/4 cup raisins, 1/4 cup sliced almonds, 1 chopped medium apple, and 2 stalks chopped celery. Add dressing and blend well. Serve on a bed of spinach leaves or use as a filling for whole wheat pita bread.

8 **Chicken and Vegetable Stir-Fry**

Stir fry 1 pkg. frozen oriental vegetables in bottled stir fry sauce until vegetables are crisp-tender. Add 2 cups chopped rotisserie chicken meat. Serve over instant brown rice and top with chopped peanuts if desired. Serve with pineapple chunks and store bought fortune cookies.

9 **Chicken Caesar Salad**

Divide Dole Romaine salad onto 4 individual dinner plates. Top salad with shredded rotisserie chicken meat. Add seasoned croutons, shredded Parmesan cheese and reduced fat Caesar dressing. Serve with whole grain dinner rolls.

10 **Chicken Burrito**

Spread vegetarian refried beans in the center of each flour tortilla. Top with shredded 2% colby jack cheese and shredded rotisserie chicken. Microwave until cheese melts. Top with shredded lettuce, diced tomatoes, salsa and reduced fat sour cream. Fold up and serve with a side of Mexi-corn.

Check out “Easy Meals for Healthy Kids” for tips and recipes at
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