AMAZING SOUPS, SALADS, SKILLETS, SLOW COOKERS & MORE!

delish

CHICKEN DINNERS

101 INSANELY EASY RECIPES!

HEARST specials

delish

CHICKEN DINNERS

101 INSANELY EASY RECIPES!

I'm laughing at the microwave!

CHAPTER 1

SUPER SKILLETS

6 BALSAMIC GLAZED CHICKEN
8 ITALIAN SKILLET CHICKEN
8 CHICKEN PARM MEATBALL SKILLET
9 CAPRESE CHICKEN
10 SKILLET CHICKEN PICCATA
12 LEMON PEPPER CHICKEN
12 HONEY-GARLIC CHICKEN
14 CHICKEN MARGHERITA
16 CHICKEN PAPRIKASH
16 CAJUN-STUFFED CHICKEN
17 RANCH CHICKEN & RICE

I ONCE WAS A CHICKEN...

I'll admit it: I was the last one to agree to make Delish's first real magazine an issue about chicken. I was all like, "Guys, we're DELISH! We're creative! We're FUN! And chicken is SO LAME! Can't we think of something better?!" I was legit afraid people were going to think we were boring.

Well, was I wrong. Chicken is like the ultimate test of creativity. It's easy to turn heads with poke cakes, egg rolls, and Jell-O shots…but if you can blow people's minds with a chicken dinner, you've really done something amazing. As far as I'm concerned, you're holding 101 of the best chicken recipes the Delish.com food team has ever produced (I've noted some of our favorites throughout the issue). They're surprising, easy, and totally adaptable—and you'll put them on repeat in your house from now until forever. Even better: They'll shut down any crank in your life who thinks chicken is boring.

JOANNA SALTZ
@JOSALTZ

CHAPTER 2

TAKEOUT FAKEOUT

18 MANDARIN CHICKEN
20 GENERAL TSO'S CHICKEN
20 CHICKEN LO MEIN
21 PINEAPPLE CHICKEN
22 SZECHUAN CHICKEN
23 CHICKEN CHOW MEIN
23 CHICKEN TERIYAKI
24 INDIAN BUTTER CHICKEN
25 CASHEW CHICKEN STIR-FRY
26 CHICKEN TIKKA MASALA
27 CHICKEN CURRY
27 TANDOORI CHICKEN

CHAPTER 3

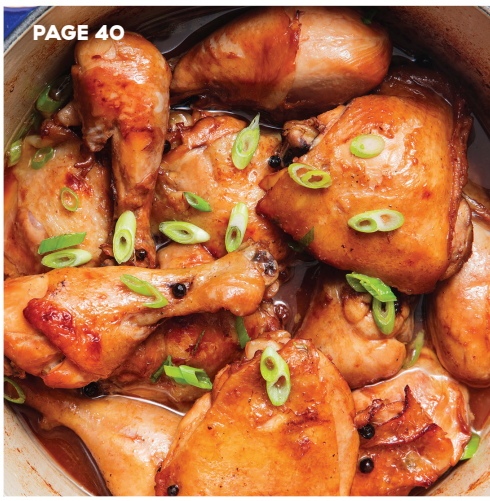
SIMPLE SLOW COOKERS

28 CHICKEN TORTELLINI SOUP
30 SHORTCUT ROTISSERIE CHICKEN
30 GARLIC-PARMESAN CHICKEN
31 CHICKEN ALFREDO
32 CHICKEN NOODLE SOUP
33 CHICKEN & DUMPLINGS
33 HONEY-SRIRACHA CHICKEN

CHAPTER 4

SOUPS & STEWS

34 CHICKEN TORTILLA SOUP
36 CREAMY CHICKEN & MUSHROOM SOUP
36 PERFECT JAMBALAYA
37 WHITE BEAN CHICKEN CHILI
38 CHICKEN ENCHILADA SOUP
40 CHICKEN ADOBO
41 CHICKEN VEGETABLE STEW
41 THAI COCONUT CHICKEN SOUP



CHAPTER 5

ALL THE CARBS

42 CHICKEN CAESAR ANGEL HAIR
44 FERRARA CHICKEN SPAGHETTI
44 ONE-PAN CAJUN PASTA
45 PERFECT CHICKEN ALFREDO
46 BBQ CHICKEN SKILLET PIZZA
47 CHICKEN ARTICHOKE RIGATONI
47 CHICKEN & RICE CASSEROLE
48 CHICKEN TETRAZZINI
48 BUFFALO CHICKEN BAKED ZITI
49 CAPRESE CHICKEN LASAGNA

OBSESSED!!!!

CHAPTER 6

BACKYARD FAVORITES

50 PINEAPPLE SALSA GRILLED CHICKEN
52 BBQ GRILLED CHICKEN
53 CALIFORNIA GRILLED CHICKEN
53 RAINBOW CHICKEN FOIL PACKS
54 ALOHA GRILLED CHICKEN
56 BUFFALO CHICKEN PASTA SALAD
56 CHICKEN BACON RANCH PASTA SALAD
57 CHICKEN CAESAR PASTA SALAD
58 JERK CHICKEN
59 SWEET CHILI-LIME GRILLED CHICKEN
59 STICKY GRILLED CHICKEN

CHAPTER 7

GOOD FOR YOU!

60 CURRIED CHICKEN SALAD
62 QUINOA FRIED RICE
62 HARVEST CHICKEN CASSEROLE
63 BROCCOLI PESTO CHICKEN & RICE
64 OVEN-FRIED CHICKEN
66 FAJITA CHICKEN SALAD
67 PIÑA COLADA CHICKEN SALAD
67 BREADED CHICKEN COBB SALAD
68 PERFECT CHICKEN SALAD
68 CASHEW CHICKEN WITH CAULIFLOWER RICE
69 BUFFALO CHICKEN ZUCCHINI BOATS

so good!

CHAPTER 8

TERRIFIC TEX MEX

70 CILANTRO-LIME CHICKEN BURRITOS
72 CHICKEN QUESADILLAS
72 SANTA FE CHICKEN
73 CHICKEN TACOS
74 CILANTRO-LIME CHICKEN
76 CRACK CHICKEN TACOS
76 CHICKEN TAMALE PIE
77 CHICKEN FAJITAS
78 CHICKEN BURRITO PIE
79 BAKED SALSA VERDE CHICKEN
79 CHICKEN BURRITO BOWLS

CHAPTER 9

SOUTHERN COMFORT

80 CHICKEN-FRIED CHICKEN
82 BBQ CHICKEN CORNBREAD SKILLET
83 SMOTHERED CHICKEN
83 CHICKEN & BISCUIT SLIDERS
84 BROCCOLI CHEDDAR CHICKEN CASSEROLE
86 KING RANCH CHICKEN
86 CHICKEN SPAGHETTI
87 NASHVILLE HOT CHICKEN

CHAPTER 10

GAME DAY CHAMPS

88 PICKLEBACK WINGS
90 CHICKEN PARM SLIDERS
90 BBQ CHICKEN SLIDERS
92 CHICKEN ENCHILADA DIP
93 BBQ CHICKEN NACHOS
94 BUFFALO CHICKEN DIP
95 LEMON PEPPER WINGS
95 GARLIC-PARM WINGS

CHAPTER 1

SUPER SKILLETS

BALSAMIC GLAZED CHICKEN

SERVES 4
TOTAL TIME: 55 MIN

- ½ c. **balsamic vinegar**
- 2 tbsp. **honey**
- 1½ tbsp. whole-grain **mustard**
- 3 cloves **garlic**, minced
- **Kosher salt**
- Freshly ground **black pepper**
- 4 bone-in, skin-on **chicken thighs**
- 2 c. **baby red potatoes**, halved (quartered if large)
- 4 sprigs **fresh rosemary**, plus 1 tbsp. chopped
- 2 tbsp. extra-virgin **olive oil**, divided

1. Preheat oven to 425°. In a large bowl, combine balsamic vinegar, honey, mustard, and garlic and season with salt and pepper. Whisk until combined. Add chicken thighs and toss until fully coated. Transfer to the fridge to marinate, at least 20 minutes and up to 1 hour.
2. Meanwhile, prep potatoes: In a medium bowl, add potatoes and chopped rosemary and season with salt and pepper. Add 1 tablespoon oil and toss until combined. Set aside.
3. In a large ovenproof skillet over medium-high heat, heat remaining tablespoon oil. Add chicken and marinade and sear, skin side down, 2 minutes, then flip and sear 2 minutes more. Add potatoes, nestling them between chicken, and top with rosemary sprigs.
4. Transfer to the oven and bake until potatoes are tender and chicken is cooked through, 20 minutes. (If potatoes need longer to cook, transfer chicken to a cutting board to rest and continue cooking potatoes until tender.)
5. Serve chicken and potatoes with pan drippings.

ITALIAN SKILLET CHICKEN

SERVES 4 | **TOTAL TIME: 40 MIN**

2 tbsp. extra-virgin **olive oil**

1 lb. boneless skinless **chicken breasts**

Kosher salt

Freshly ground **black pepper**

½ **onion**, thinly sliced

2 **bell peppers**, thinly sliced

2 medium **zucchini**, sliced into half moons

2 cloves **garlic**, minced

½ tsp. dried **oregano**

1 c. low-sodium **chicken broth**

1 (14-oz.) can crushed **tomatoes**

¼ c. freshly torn **basil**

1. In a large skillet over medium-high heat, heat oil. Season chicken with salt and pepper and cook until golden and cooked through, about 8 minutes per side. Transfer to a plate.
2. Add onion and peppers to skillet and cook until soft, 5 minutes. Add zucchini and cook until slightly charred, 3 minutes more, then add garlic and cook until fragrant, 1 minute more. Season with oregano.
3. Add broth and crushed tomatoes and simmer 10 minutes.Return chicken to skillet and top with sauce and vegetables.
4. Garnish with basil before serving.

CHICKEN PARM MEATBALL SKILLET

SERVES 4 | **TOTAL TIME: 30 MIN**

1 lb. **ground chicken**

½ c. **bread crumbs**

¼ c. freshly grated **Parmesan**

2 tbsp. freshly chopped **parsley,** plus more for garnish

4 cloves **garlic**, minced

1 large **egg**

Kosher salt

Freshly ground **black pepper**

3 tbsp. extra-virgin **olive oil**

1 (28-oz.) can crushed **tomatoes**

1 tsp. crushed **red pepper flakes**

1½ c. shredded **mozzarella**

1. Preheat oven to 400°. In a large bowl, combine ground chicken, bread crumbs, Parmesan, parsley, half the garlic, and egg and season with salt and pepper. Mix until fully combined, then form into meatballs.
2. In a large oven proof skillet, heat 1 tablespoon oil over medium heat. Add meatballs and brown each side, 5 minutes. Transfer to a plate.
3. Add remaining 2 tablespoons oil to skillet. Add remaining half garlic and cook until fragrant, 1 minute, then stir in crushed tomatoes and red pepper flakes.
4. Bring to a simmer, then return meatballs to skillet. Top with mozzarella and bake until cheese is melted and chicken no longer pink, 10 minutes more.
5. Garnish with parsley before serving.

CAPRESE CHICKEN

SERVES 4	TOTAL TIME: 30 MIN

1 tbsp. extra-virgin **olive oil**

1 lb. boneless skinless **chicken breasts**

Kosher salt

Freshly ground **black pepper**

¼ c. **balsamic vinegar**

2 cloves **garlic**, minced

1 pt. **grape tomatoes**, halved

2 tbsp. freshly torn **basil**

4 slices **mozzarella**

1. In a large skillet over medium-high heat, heat oil. Season chicken with salt and pepper and cook until golden and cooked through, 6 minutes per side. Transfer to a plate.

2. Add balsamic vinegar to skillet, then add garlic and cook until fragrant, 1 minute. Add tomatoes and season with salt. Let simmer until soft, 5 to 7 minutes. Stir in basil.

3. Return chicken to skillet and nestle in tomatoes. Top with mozzarella and cover with a lid to melt.

4. Spoon tomatoes over chicken and serve.

SKILLET CHICKEN PICCATA

SERVES 4 TOTAL TIME: 30 MIN

1 tbsp. extra-virgin **olive oil**
4 bone-in, skin-on **chicken thighs**
Kosher salt
Freshly ground **black pepper**
2 tbsp. **butter**
3 cloves **garlic**, minced
¼ c. dry **white wine**
Juice of 1 **lemon**
2 tbsp. **capers**
1 **lemon**, sliced
Freshly chopped **parsley**, for garnish

1. In a large ovenproof skillet over medium-high heat, heat oil. Season chicken with salt and pepper and cook until golden and no longer pink, 8 minutes per side. Transfer to a plate. Discard half the chicken juice from skillet and reduce heat to low.

2. To skillet, add butter, garlic, white wine, lemon juice, and capers and bring to a simmer. Add lemon slices and return chicken thighs to skillet. Let chicken simmer in sauce 5 minutes, then garnish with parsley before serving.

LEMON PEPPER CHICKEN

SERVES 4 | **TOTAL TIME 30 MIN**

½ c. all-purpose **flour**

1 tbsp. **lemon pepper**

1 tsp. **kosher salt**

2 **lemons**, divided

1 lb. boneless skinless **chicken breasts**, halved

2 tbsp. extra-virgin **olive oil**

½ c. low-sodium **chicken broth**

2 tbsp. **butter**

2 cloves **garlic**, minced

Freshly chopped **parsley**, for garnish

1. Preheat oven to 400°. In a medium bowl, whisk together flour, lemon pepper, salt, and zest of 1 lemon. Toss chicken breasts in flour mixture until fully coated. Slice remaining lemon into thin rounds.
2. In a large ovenproof skillet over medium-high heat, heat oil. Add chicken in a single layer and cook until golden on the bottom, about 5 minutes. Flip chicken breasts.
3. To skillet, add broth, butter, garlic, and lemon slices and bake until chicken is cooked through and sauce has reduced slightly, 15 minutes.
4. Spoon sauce on top of chicken and garnish with parsley.

HONEY-GARLIC CHICKEN

SERVES 4 | **TOTAL TIME: 30 MIN**

¼ c. low-sodium **soy sauce**

3 tbsp. **honey**

2 cloves **garlic**, minced

Juice of 1 **lime**

1 tsp. **Sriracha**

2 tbsp. **sesame oil**, divided

1 tbsp. **cornstarch**

1 lb. boneless skinless **chicken breasts**

Kosher salt

Freshly ground **black pepper**

Sesame seeds, for garnish

Sliced **green onions**, for garnish

1. Preheat oven to 350°. In a medium bowl, whisk together soy sauce, honey, garlic, lime juice, Sriracha, 1 tablespoon sesame oil, and cornstarch.
2. Season chicken with salt and pepper. In a large oven-safe skillet over medium-high heat, heat remaining tablespoon oil. Add chicken and cook until golden, 4 minutes per side. Pour over glaze and transfer to oven.
3. Bake until chicken is no longer pink, 25 minutes. Heat broiler.
4. Spoon glaze over chicken and broil 2 minutes. Garnish with green onions and sesame seeds.

FROZEN ASSETS

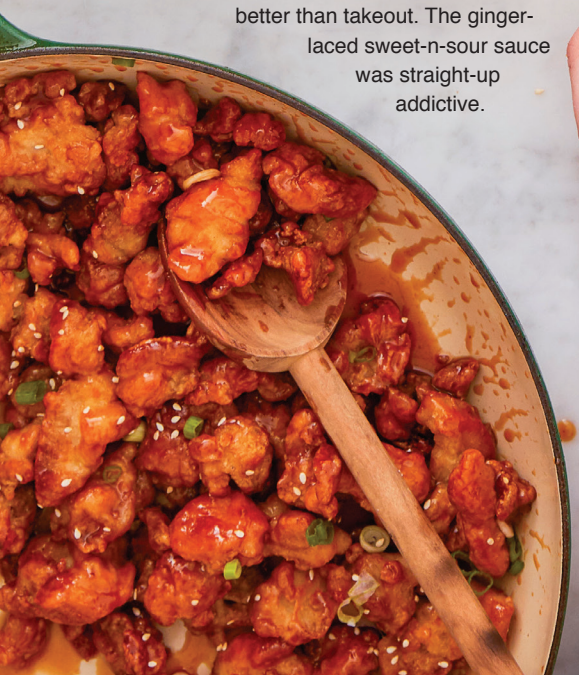
WE TRIED 41 CHICKEN DINNERS AND DETERMINED THESE ARE FOR NIGHTS WHEN YOU JUST CAN'T.

BANQUET ORIGINAL CRISPY FRIED CHICKEN
While the crunch doesn't quite rival KFC, Banquet's is pretty dang crispy. The paprika-spiced seasoning will have you reaching for more…and more.

LEAN CUISINE COMFORT CHICKEN PARMESAN
If you're counting cals, this pick will totally satisfy: The bread coating is surprisingly crispy—and the spaghetti sauce has a nice sweetness.

BOSTON MARKET CHICKEN POT PIE
No other variety could compare to this über-flaky, buttery crust. The filling also doesn't disappoint, with a creamy, not-too-gloppy texture and nice salty flavor.

TRADER JOE'S MANDARIN ORANGE CHICKEN
This cult favorite from the grocery chain wowed tasters, who all agreed it tasted even better than takeout. The ginger-laced sweet-n-sour sauce was straight-up addictive.



BERTOLLI CHICKEN ALFREDO & PENNE
If eating with your eyes is really a thing, that's exactly what we did with this veggie-loaded favorite. Multiple tasters said the garlicky white wine sauce reminded them of Olive Garden.

CHICKEN MARGHERITA

SERVES 4	TOTAL TIME: 30 MIN

1 tbsp. extra-virgin **olive oil**

1 lb. boneless skinless **chicken breasts**

1 tsp. dried **oregano**

Kosher salt

Freshly ground **black pepper**

¼ c. dry **white wine**

4 tbsp. **butter**

3 cloves **garlic**, minced

Juice of 1 **lemon**

1 c. shredded **mozzarella**

1 c. prepared **pesto**

2 c. quartered **cherry tomatoes**

¼ c. freshly grated **Parmesan** (optional)

1. In a large skillet over medium-high heat, heat oil. Season chicken all over with oregano, salt, and pepper. Add chicken to skillet and cook until golden and almost cooked through in the middle, 6 minutes per side. Transfer chicken to a plate.

2. Immediately pour in wine and scrape up the bottom of skillet with a wooden spoon. (There's a ton of flavor in those stuck chicken bits!) Add butter and stir until melted, then stir in garlic and lemon juice.

3. Return chicken to skillet and top each breast with mozzarella. Cover and cook until cheese is melty, about 1 minute. Top with pesto and tomatoes and sprinkle with Parmesan, if using.

CHICKEN PAPRIKASH

SERVES 6 | **TOTAL TIME: 45 MIN**

- 2 lb. bone-in, skin-on **chicken thighs** and **drumsticks**
- **Kosher salt**
- Freshly ground **black pepper**
- 2 tbsp. extra-virgin **olive oil**
- 1 large **onion**, chopped
- 3 cloves **garlic**, minced
- 3 tbsp. **paprika**
- 2 tbsp. all-purpose **flour**
- 1 (28-oz.) can crushed **tomatoes**
- 1 c. low-sodium **chicken broth**
- ½ c. **sour cream**
- 12 oz. **egg noodles**, cooked according to package directions
- Freshly chopped **parsley**, for garnish

1. Preheat oven to 400°. Season chicken with salt and pepper. In a large skillet over medium heat, heat oil. Add chicken and cook until skin is golden and almost cooked through, 8 minutes per side. Remove from skillet and reserve chicken fat in pan.
2. Add onion to skillet and cook until soft, 5 minutes, then add garlic and cook until fragrant, 1 minute more. Add paprika and flour and cook 1 minute. Add crushed tomatoes and broth and stir until combined.
3. Return chicken to skillet and bake until chicken is cooked through, 15 minutes.
4. Remove from oven and stir in sour cream (you can remove chicken from pan to make this easier). Serve over egg noodles and garnish with parsley.

CAJUN-STUFFED CHICKEN

SERVES 4 | **TOTAL TIME: 30 MIN**

- 2 tbsp. extra-virgin **olive oil**
- 1 medium **onion**, diced
- 1 c. red and green **bell pepper**, diced
- **Kosher salt**
- Freshly ground **black pepper**
- 4 boneless skinless **chicken breasts**
- 1 c. shredded **cheddar**
- 2 tbsp. **Cajun seasoning**

1. Preheat oven to 350°. In a large ovenproof skillet over medium heat, heat oil. Add onion and peppers and cook until soft, 5 minutes. Season with salt and pepper. Remove from heat and let cool slightly.
2. With a sharp paring knife, create a pocket in each chicken breast. Stuff each with vegetable mixture, then top with cheddar. Season chicken all over with Cajun seasoning, salt, and pepper.
3. Add chicken to skillet and bake until cooked through, about 25 minutes.

so easy!

RANCH CHICKEN & RICE

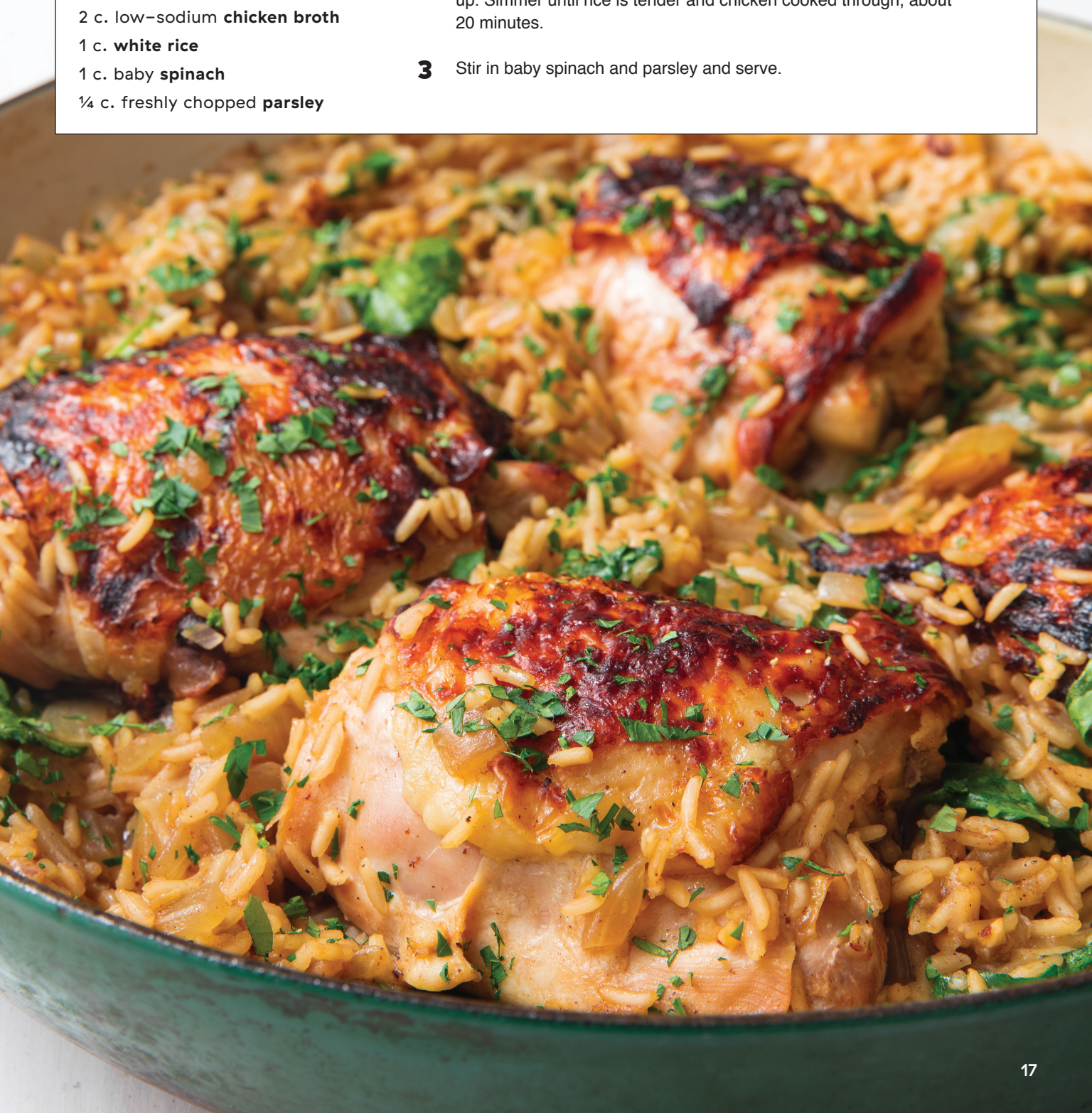
SERVES 4 | **TOTAL TIME: 40 MIN**

4 bone-in, skin-on **chicken thighs**
Kosher salt
Freshly ground **black pepper**
1 c. **ranch dressing**
2 tbsp. extra-virgin **olive oil**
3 cloves **garlic**, minced
1 **onion**, chopped
2 c. low-sodium **chicken broth**
1 c. **white rice**
1 c. baby **spinach**
¼ c. freshly chopped **parsley**

1. In a large mixing bowl, season chicken with salt and pepper. Add ranch dressing and marinate 5 minutes. Remove chicken from marinade and pat dry with paper towels.

2. In a large skillet over medium-high heat, heat oil. Sear chicken skin-side down until golden, about 3 minutes. Transfer to a plate. Reduce heat to medium and add garlic and onion, 2 minutes. Stir in broth and rice and season with salt and pepper. Return chicken to rice mixture, skin-side up. Simmer until rice is tender and chicken cooked through, about 20 minutes.

3. Stir in baby spinach and parsley and serve.



CHAPTER 2

TAKEOUT FAKEOUT

MANDARIN CHICKEN

SERVES 4
TOTAL TIME: 35 MIN

2 large **eggs**, beaten

½ c. plus 1 tbsp. **cornstarch**, divided

¼ c. all-purpose **flour**

Kosher salt

Freshly ground **black pepper**

2 lb. boneless skinless **chicken breasts**, cut into 1" pieces

Canola oil

2 cloves **garlic**, minced

1 tsp. freshly minced **ginger**

½ tsp. crushed **red pepper flakes**

⅔ c. freshly squeezed **orange juice**

2 tbsp. low-sodium **soy sauce**

1 tbsp. **apple cider vinegar**

2 tbsp. **sweet chili sauce**

2 tbsp. **hoisin sauce**

1 tbsp. **brown sugar**

Juice of ½ **lemon**

2 **green onions**, thinly sliced

Cooked **white rice**, for serving

1. Set up dredging station: In one bowl, add eggs, and in a second bowl, mix together ½ cup cornstarch and flour and season with salt and pepper. Coat chicken pieces in egg, then toss in cornstarch mixture, tapping off any excess.

2. In a large, deep skillet over medium-high heat, heat ¼" oil. Fry chicken in batches until golden and crispy, 4 to 5 minutes. Drain on a paper towel-lined plate.

3. In a saucepan over medium heat, heat 1 tablespoon oil. Add garlic, ginger, and red pepper flakes and cook 2 minutes. Whisk in orange juice, soy sauce, apple cider vinegar, chili sauce, hoisin sauce, brown sugar, and lemon juice and bring to a simmer.

4. Meanwhile, in a small bowl, whisk together remaining tablespoon cornstarch with 2 tablespoons water. Slowly whisk into sauce to thicken and simmer until sauce is syrupy, about 5 minutes.

5. Toss chicken with sauce and green onions. Serve over rice.

GENERAL TSO'S CHICKEN

SERVES 4 | **TOTAL TIME: 30 MIN**

FOR THE CHICKEN

1 lb. boneless skinless **chicken thighs**, cut into 1" pieces

¼ c. **cornstarch**

Kosher salt

Freshly ground **black pepper**

Vegetable oil, for frying

FOR THE SAUCE

¼ c. low-sodium **soy sauce**

¼ c. low-sodium **chicken broth**

2 tbsp. **hoisin sauce**

2 tbsp. **honey**

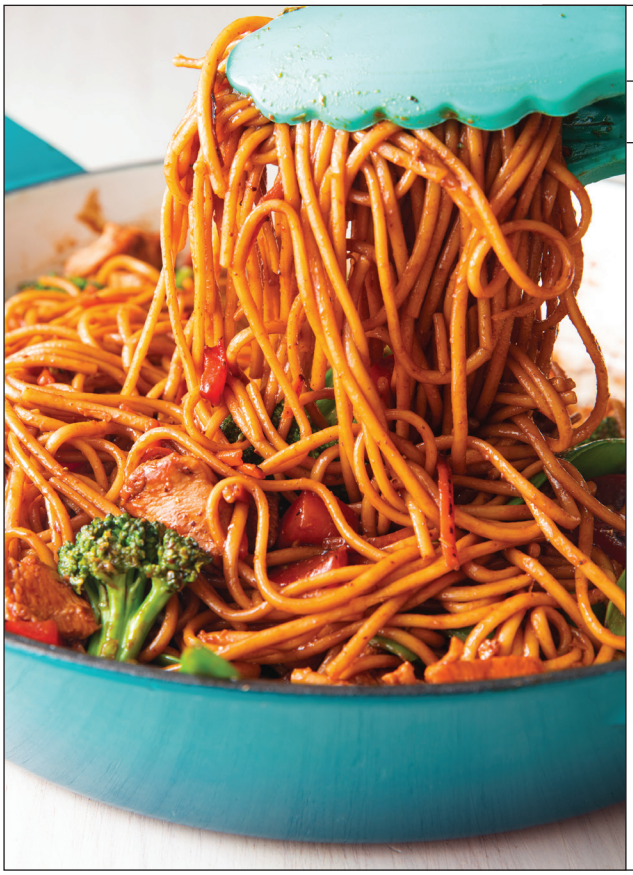
2 tbsp. **garlic chili sauce**

1 tbsp. **cornstarch**

Sesame seeds, for garnish

Cooked **rice**, for serving

1. In a large resealable plastic bag, add chicken and cornstarch. Season with salt and pepper and shake to coat.
2. In a large pot over medium-high heat, add enough oil to come up 2 inches. Shake off excess cornstarch and add chicken to oil. Fry, in batches, until golden and cooked through, 7 minutes. Drain on a paper towel—lined plate.
3. In a small pot over medium heat, combine soy sauce, broth, hoisin sauce, honey, and garlic chili sauce. Add cornstarch and simmer until thickened, 5 minutes.
4. Toss chicken and sauce until coated, then garnish with sesame seeds and serve over rice.



CHICKEN LO MEIN

SERVES 4 | **TOTAL TIME: 25 MIN**

8 oz. **lo mein noodles**

1 tbsp. **canola oil**

1 head **broccoli**, cut into small florets

1 red **bell pepper**, chopped

1 lb. boneless skinless **chicken breasts**, cut into 1" pieces

1 c. **snow peas**

1 **carrot**, peeled and grated

¼ c. **hoisin sauce**

¼ c. low-sodium **soy sauce**

1. Cook noodles according to package instructions. Drain.
2. In a large skillet over medium-high heat, heat oil. Add broccoli and bell pepper and cook until tender, 7 minutes. Stir in chicken and cook until golden and no longer pink, 8 minutes.
3. Add cooked noodles, snow peas, carrots, hoisin sauce, and soy sauce and toss to combine.

PINEAPPLE CHICKEN

SERVES 4	TOTAL TIME: 20 MIN

1 tbsp. **vegetable oil**
1 lb. boneless skinless **chicken thighs**, cut into 1" pieces
Kosher salt
Freshly ground **black pepper**
1 red **bell pepper**, chopped
¾ c. canned **pineapple juice**
¼ c. low-sodium **soy sauce**
¼ c. **brown sugar**
2 tbsp. **hoisin sauce**
2 cloves **garlic**, minced
½ **jalapeño**, minced (seeded if desired)
2 tsp. **cornstarch**
1 c. **pineapple** chunks
¼ c. **cashews**
Sliced **green onions**, for serving
Cooked **white rice**, for serving
Lime wedges, for serving

1. In a large skillet over medium-high heat, heat oil. Season chicken with salt and pepper and cook, turning occasionally, until golden, 5 minutes. Stir in bell pepper and cook until just tender, 3 minutes more.

2. Meanwhile, in a small saucepan, combine pineapple juice, soy sauce, brown sugar, hoisin sauce, garlic, and jalapeño and bring to a simmer. Make a slurry: In a small bowl whisk together 2 tsp. water and cornstarch until combined, then whisk into saucepan. Cook until thickened, about 5 minutes.

3. Pour sauce over chicken and let simmer 3 minutes. Stir in pineapple and cashews.

4. Garnish with green onions and serve with rice and lime.

SZECHUAN CHICKEN

SERVES 4 | **TOTAL TIME: 30 MIN**

1 lb. boneless skinless **chicken breasts**, cut into 1" pieces

¼ c. plus 1 tbsp. **cornstarch**

Freshly ground **pepper**, preferably Szechuan

Canola oil, for frying

1 tbsp. freshly minced **ginger**

3 cloves **garlic**, minced

2 **bell peppers** (red and green), chopped

6 dried **chile peppers**

½ c. low-sodium **soy sauce**

2 tbsp. **rice wine**

2 tbsp. **chili garlic sauce**

2 tsp. **sesame oil**

Sesame seeds

Cooked **white rice**

1. Place chicken and ¼ cup cornstarch into a large resealable plastic bag and season generously with pepper. Shake to coat.

2. In a large pot over medium-high heat, add enough oil to come up 2 inches. Shake off excess cornstarch from chicken and add chicken to hot oil.

3. Working in batches, fry chicken until golden and no longer pink, 7 minutes. Drain on a paper towel-lined plate.

4. In a large skillet over medium heat, heat 1 tablespoon canola oil. Add ginger and garlic and cook until fragrant, 1 minute. Add bell peppers and cook until soft, 5 minutes, then add dried chile peppers and toast, 1 minute. Remove from heat.

5. In a small saucepan over medium heat, whisk together soy sauce, rice wine, chili garlic sauce, and sesame oil. Whisk in remaining tablespoon cornstarch and let simmer until thickened, 5 minutes.

6. Add chicken and sauce to skillet and toss until coated. Garnish with sesame seeds and serve over rice.

CHICKEN CHOW MEIN

SERVES 4 | **TOTAL TIME: 25 MIN**

12 oz. refrigerated **chow mein noodles** or dry **spaghetti**

1 tbsp. **sesame oil**

1 lb. boneless skinless **chicken thighs**, cut into 1" pieces

Kosher salt

Freshly ground **black pepper**

1 clove **garlic**, minced

1 tsp. freshly grated **ginger**

1 **carrot**, peeled and grated

½ head small **cabbage**, shredded

¼ c. low-sodium **chicken broth**

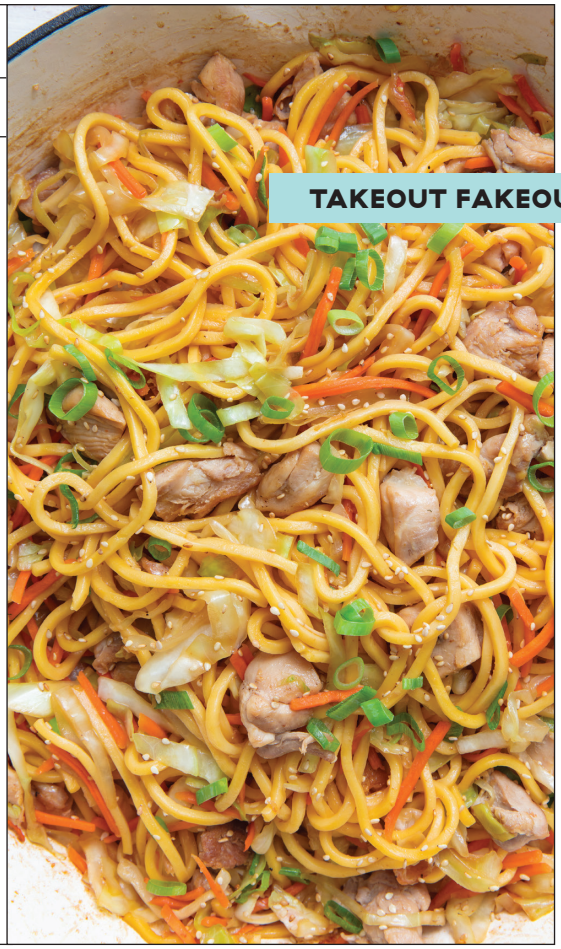
¼ c. low-sodium **soy sauce**

2 tbsp. **oyster sauce**

Thinly sliced **green onions**, for garnish

Toasted **sesame seeds**, for garnish

1. Cook chow mein noodles according to package instructions and drain.
2. In a large skillet over medium-high heat, heat oil. Season chicken with salt and pepper. Add chicken and cook until golden and crispy, 7 to 8 minutes. Move chicken to one side of skillet, and to other side, add garlic, ginger, carrot, and cabbage and cook until tender, 3 minutes.
3. Meanwhile, make sauce: In a medium bowl, whisk together broth, soy sauce, and oyster sauce.
4. Pour sauce over skillet and add cooked noodles, tossing to combine.
5. Garnish with green onions and sesame seeds before serving.



CHICKEN TERIYAKI

SERVES 4 | **TOTAL TIME: 30 MIN**

FOR THE SAUCE

⅓ c. low-sodium **soy sauce**

¼ c. **rice vinegar**

1 tsp. **sesame oil**

1½ tbsp. **honey**

2 cloves **garlic**, minced

2 tsp. freshly minced **ginger**

2 tsp. **cornstarch**

FOR THE CHICKEN

1 tbsp. **vegetable oil**

1 lb. boneless skinless **chicken breasts**, cut into 1" pieces

Kosher salt

Freshly ground **black pepper**

Sesame seeds, for garnish

Sliced **green onions**, for garnish

White rice, for serving

Steamed **broccoli**, for serving

1. Make sauce: In a medium bowl, whisk together soy sauce, rice vinegar, oil, honey, garlic, ginger, and cornstarch until smooth.
2. In a large skillet over medium heat, heat oil. Add chicken and season with salt and pepper. Cook until golden and almost cooked through, about 10 minutes.
3. Pour sauce over chicken and simmer until sauce has thickened slightly and chicken is cooked through, 5 minutes.
4. Garnish with sesame seeds and green onions. Serve over rice with steamed broccoli.

INDIAN BUTTER CHICKEN

SERVES 4 | **TOTAL TIME: 45 MIN**

1 c. **Greek yogurt**
Juice of ½ **lemon**
1 tsp. ground **turmeric**
2 tsp. **garam masala**, divided
1 tsp. ground **cumin**
1½ lb. boneless skinless **chicken breasts**, cut into 1" pieces
6 tbsp. **butter**, divided
1 large **onion**, sliced
2 **jalapeños**, minced
1 **cinnamon stick**
3 cloves **garlic**, minced
1 tbsp. freshly grated **ginger**
1 tsp. **paprika**
1 (28–oz.) can **diced tomatoes**
½ c. **heavy cream**
Freshly chopped **cilantro**, for garnish
Cooked **basmati rice**, for serving
Naan, for serving

1. In a large bowl, whisk together yogurt, lemon juice, turmeric, 1 teaspoon garam masala, and cumin. Add chicken and toss until fully coated. Let marinate for 15 minutes.
2. In a large pot or Dutch oven over medium-high heat, melt 2 tablespoons butter. Working in batches, add chicken and cook until golden, about 2 minutes per side. Transfer to a plate.
3. Reduce heat to medium and melt 2 tablespoons butter. Add onion, jalapeños, and cinnamon stick. Cook until soft, about 5 minutes. Stir in garlic, ginger, remaining teaspoon garam masala, and paprika and cook until fragrant, 1 minute more.
4. Add tomatoes and bring mixture to a simmer. Return chicken to pot and toss to coat. Let simmer until the chicken is cooked through, about 8 minutes.
5. Stir in heavy cream and remaining 2 tablespoons butter.
6. Garnish with cilantro and serve warm over rice with naan.

CASHEW CHICKEN STIR-FRY

SERVES 4	TOTAL TIME: 30 MIN

1 tbsp. **canola oil**

2 cloves **garlic**, minced

1 head **broccoli**, cut into small florets

1 **bell pepper**, chopped

1 lb. boneless skinless **chicken breasts**, cut into 1" pieces

⅓ c. **cashews**

Freshly ground **black pepper**

½ c. low-sodium **soy sauce**

2 tbsp. **honey**

2 tsp. **sesame oil**

1. In a large skillet over high heat, heat canola oil. Add garlic, broccoli, and bell pepper. Cook until soft, 5 minutes. Add chicken and cook until golden and cooked through, 8 minutes. Stir in cashews and season with pepper.

2. In a small bowl, whisk together soy sauce, honey, and sesame oil. Pour into skillet and let simmer until thickened, 5 minutes.

CHICKEN TIKKA MASALA

SERVES 4 | **TOTAL TIME: 45 MIN**

1 tbsp. extra-virgin **olive oil**

1 lb. boneless skinless **chicken breasts**, cut into 1" cubes

1 **onion**, chopped

5 cloves **garlic**, minced

1 tbsp. freshly minced **ginger**

½ tsp. ground **turmeric**

2 tsp. ground **cumin**

2 tsp. **paprika**

2 tsp. **garam masala**

1 tsp. **cayenne pepper**

1 (28-oz.) can crushed **tomatoes**

½ c. plus 2 tbsp. **heavy cream**

Kosher salt

Freshly chopped **cilantro**, for garnish

Rice or **naan**, for serving

1. In a large skillet over medium heat, heat oil. Add chicken and cook, flipping once, until golden and no longer pink, 8 minutes per side. Transfer to a plate.

2. Add onion to skillet and cook until soft, about 5 minutes. Add garlic, ginger, and spices and cook until fragrant,1 minute. Add tomatoes and simmer until thickened, about 15 minutes.

3. Add heavy cream and chicken and simmer until warmed through, 5 minutes more. Season with salt.

4. Garnish with cilantro and serve over rice or naan.

CHICKEN CURRY

SERVES 4 | **TOTAL TIME: 30 MIN**

2 tbsp. extra-virgin **olive oil**

1 medium yellow **onion**, chopped

2 lb. boneless skinless **chicken breasts**

3 cloves **garlic**, minced

1 tbsp. freshly grated **ginger**

1 tsp. **paprika**

1 tsp. ground **turmeric**

1 tsp. ground **coriander**

½ tsp. ground **cumin**

1 (15-oz.) can crushed **tomatoes**

1½ c. low-sodium **chicken broth**

½ c. **heavy cream**

Kosher salt

Freshly ground **black pepper**

Basmati rice or **naan**, for serving

Lemon wedges

1. In a large pot over medium-high heat, heat oil. Add onion and cook until soft, 5 minutes. Add chicken and sear until golden on all sides, 5 minutes. Stir in garlic and ginger and cook until fragrant, 1 minute.

2. Add spices and cook until very fragrant, 1 minute. Add tomatoes and broth and bring to a simmer. Stir in heavy cream, and season with salt and pepper. Simmer until chicken pieces are cooked through and tender, about 10 minutes.

3. Serve over rice or with naan, with lemon wedges.

better than takeout!

TANDOORI CHICKEN

SERVES 4 | **TOTAL TIME: 2 HR 40 MIN**

1 c. **Greek yogurt**

Juice of 1 **lime**

1 clove **garlic**, minced

1 tbsp. freshly grated **ginger**

1 tsp. **garam masala**

½ tsp. ground **turmeric**

Kosher salt

Pinch of **cayenne pepper**

2 lb. **chicken legs**

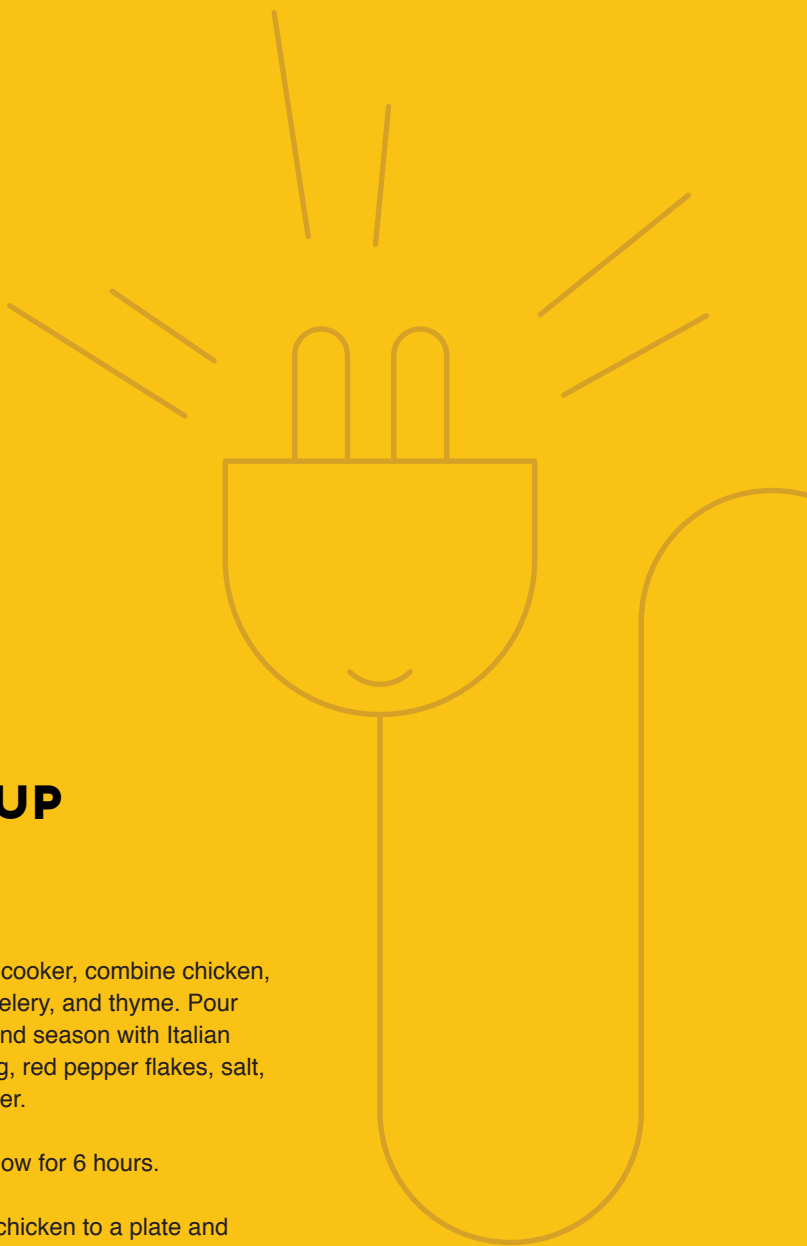
1. In a large bowl, whisk together yogurt, lime juice, garlic, ginger, garam masala, and turmeric and season with salt and cayenne.

2. Add chicken and toss until fully coated. Let marinate in the fridge at least 2 hours.

3. When ready to bake, preheat oven to 400° and line a baking sheet with a wire rack. Bake chicken 20 minutes, then flip and bake 20 minutes more. Heat broiler and broil until skin is crispy, 2 minutes.

CHAPTER 3

SIMPLE SLOW COOKERS



CHICKEN TORTELLINI SOUP

SERVES 6
TOTAL TIME: 6 HR 25 MIN

1 lb. boneless skinless **chicken breasts**
2 **carrots**, peeled and cut into coins
2 stalks **celery**, chopped
2 sprigs fresh **thyme**
6 c. low-sodium **chicken broth**
1 tsp. **Italian seasoning**
¼ tsp. crushed **red pepper flakes**
Kosher salt
Freshly ground **black pepper**
18 oz. refrigerated cheese **tortellini**

1. In a slow cooker, combine chicken, carrots, celery, and thyme. Pour in broth and season with Italian seasoning, red pepper flakes, salt, and pepper.
2. Cook on low for 6 hours.
3. Transfer chicken to a plate and shred with two forks. Return to slow cooker and add tortellini. Cook until tortellini is tender, 15 minutes more.

SHORTCUT ROTISSERIE CHICKEN

SERVES 4 | **TOTAL TIME: 4 HR**

Cooking spray

2 tbsp. **brown sugar**

1 tbsp. **chili powder**

1 tbsp. **smoked paprika**

1 tsp. fresh **thyme**

1 whole **chicken**, neck and giblets removed

Kosher salt

Freshly ground **black pepper**

1. Grease a large slow cooker with cooking spray. Roll a few small balls of aluminum foil and place in slow cooker, creating a rack for the chicken.
2. In a small bowl, whisk together brown sugar, chili powder, paprika, and thyme.
3. Pat chicken dry with paper towels and season generously with salt and pepper. Rub brown sugar mixture all over chicken, then place in slow cooker, breast side up.
4. Cook on high for 2½ to 3½ hours, until the juices between the leg and the thigh run clear or a thermometer inserted into the thigh reads 165°.
5. Remove chicken from slow cooker. To crisp up the skin, transfer chicken to a large baking sheet and broil until golden, 3 to 4 minutes. Let rest 10 minutes before slicing and serving.

GARLIC-PARMESAN CHICKEN

SERVES 4 | **TOTAL TIME: 4 HR 15 MIN**

3 tbsp. extra-virgin **olive oil**, divided

2 lb. bone-in, skin-on **chicken thighs**

Kosher salt

Freshly ground **black pepper**

1 lb. baby red **potatoes**, quartered

2 tbsp. **butter**, softened

5 cloves **garlic**, chopped

2 tbsp. fresh **thyme**

2 tbsp. freshly chopped **parsley**

2 tbsp. freshly grated **Parmesan**, plus more for serving

1. In a large skillet over medium-high heat, heat 1 tablespoon oil. Add chicken, season with salt and pepper, and sear until golden, 3 minutes per side.
2. Meanwhile, in a large slow cooker, toss potatoes with remaining 2 tablespoons oil, butter, garlic, thyme, parsley, and Parmesan and season generously with salt and pepper. Add chicken and cook on high for 4 hours or low for 8 hours, until potatoes are tender and chicken is fully cooked.
3. Garnish with Parmesan before serving.

CHICKEN ALFREDO

SERVES 4	TOTAL TIME: 2 HR 30 MIN

1 lb. boneless skinless **chicken breasts**

4 tbsp. **butter**, softened

2 c. **heavy cream**

1 c. low-sodium **chicken broth**

½ tsp. **garlic powder**

½ tsp. **Italian seasoning**

Kosher salt

Freshly ground **black pepper**

½ lb. **rigatoni**

⅓ c. freshly grated **Parmesan**

Freshly chopped **parsley**, for garnish

1. In a slow cooker, add chicken, butter, heavy cream, and broth. Season with garlic powder, Italian seasoning, salt, and pepper.

2. Cook on high for 2 hours, until chicken is cooked through. Transfer to a plate and shred with two forks, then set aside.

3. Add rigatoni and Parmesan to slow cooker, and cook until rigatoni is tender, 20 to 25 minutes more.

4. Return chicken to slow cooker and toss to combine. Garnish with parsley before serving.

CHICKEN NOODLE SOUP

SERVES 6–8 | **TOTAL TIME: 6 HR 40 MIN**

1½ lb. boneless skinless **chicken breasts**
1 large **onion**, chopped
3 **carrots**, peeled and sliced into coins
2 stalks **celery**, sliced
4 sprigs fresh **thyme**
4 sprigs fresh **rosemary**
3 cloves **garlic**, minced
1 **bay leaf**
Kosher salt
Freshly ground **black pepper**
10 c. low-sodium **chicken broth**
8 oz. **egg noodles**

1. In a slow cooker, combine chicken, onion, carrots, celery, thyme, rosemary, garlic, and bay leaf and season generously with salt and pepper. Pour in broth.
2. Cover and cook on low, 6 to 8 hours.
3. Remove chicken from slow cooker and shred with two forks. Discard herbs and bay leaf. Return chicken to slow cooker and add egg noodles.
4. Cook on low, covered, until al dente, 20 to 30 minutes.

CHICKEN & DUMPLINGS

SERVES 4 | **TOTAL TIME: 4 HR 10 MIN**

- 1 **onion**, chopped
- 1¼ lb. boneless skinless **chicken breasts**
- 1 tsp. dried **oregano**
- **Kosher salt**
- Freshly ground **black pepper**
- 2 cans **cream of chicken soup**
- 2 c. low-sodium **chicken broth**
- 4 sprigs fresh **thyme**
- 1 **bay leaf**
- 2 stalks **celery**, chopped
- 2 large **carrots**, chopped and peeled
- 1 c. frozen **peas**, thawed
- 3 cloves **garlic**, minced
- 1 can refrigerated **biscuits**

1. In a slow cooker, place onion in an even layer and top with chicken. Add oregano and season with salt and pepper.
2. Pour in soup and broth, then add thyme and bay leaf. Cover and cook on high until the chicken is cooked through, 3 hours.
3. Discard thyme and bay leaf, then shred chicken with two forks. Stir in celery, carrots, peas, and garlic.
4. Cut biscuits into small pieces and scatter over chicken mixture. Cook on high until vegetables are tender and biscuits are cooked through, 1 hour.

Worth the effort!

HONEY-SRIRACHA CHICKEN

SERVES 4 | **TOTAL TIME: 6 HR 15 MIN**

- 1 tbsp. extra-virgin **olive oil**
- 6 bone-in or boneless **chicken thighs**
- **Kosher salt**
- Freshly ground **black pepper**
- ½ c. low-sodium **soy sauce**
- ½ c. **ketchup**
- ¼ c. **honey**
- 3 cloves **garlic**, minced
- 1 tbsp. freshly minced **ginger**
- 2 tbsp. **Sriracha**
- Juice of 1 **lime**
- Cooked **rice**, for serving

1. In a large skillet over medium-high heat, heat oil. Season chicken thighs with salt and pepper and sear until golden, 3 minutes per side. Transfer to slow cooker.
2. In a small bowl, whisk together soy sauce, ketchup, honey, garlic, ginger, Sriracha, and lime juice. Pour sauce over chicken and toss until coated.
3. Cover and cook until no longer pink, on low for 6 hours or high for 2 hours.
4. Serve over rice.

CHAPTER 4

SOUPS & STEWS

CHICKEN TORTILLA SOUP

SERVES 6
TOTAL TIME: 35 MIN

3 tbsp. extra-virgin **olive oil**, divided
2 **bell peppers**, chopped
1 white **onion**, chopped
1 tsp. ground **cumin**
1 tsp. **chili powder**
½ tsp. **paprika**
Kosher salt
Freshly ground **black pepper**
1 (15-oz.) can **black beans**, rinsed
1 (15-oz.) can **fire-roasted tomatoes**
1 c. frozen **corn**
3 cloves **garlic**, minced
4 c. low-sodium **chicken broth**
2 boneless skinless **chicken breasts**
3 small **corn tortillas**, sliced into strips
¼ c. freshly chopped **cilantro**
Sliced **avocado**, for serving
Sour cream, for serving
Lime wedges, for serving

1. In a large pot over medium heat, heat 1 tablespoon oil. Add bell peppers and onion and season with cumin, chili powder, paprika, salt, and pepper. Cook until soft, about 5 minutes, then stir in black beans, fire-roasted tomatoes, corn, and garlic and cook until fragrant, 1 minute.

2. Add broth and 2 cups water and bring to a boil. Add chicken, reduce heat and simmer, covered, until chicken is cooked through, about 10 minutes.

3. Meanwhile, make tortilla crisps: In a large skillet over medium heat, heat remaining 2 tablespoons oil. Add tortilla strips and cook until crispy, 3 minutes. Transfer to a paper towel—lined plate and season with salt.

4. Transfer chicken to a plate and shred with two forks. Return to soup and simmer 5 to 10 minutes more. Stir in cilantro.

5. Ladle soup into bowls and serve with tortilla crisps, avocado, sour cream, and lime wedges.

CREAMY CHICKEN & MUSHROOM SOUP

SERVES 4 | **TOTAL TIME: 35 MIN**

- 2 tbsp. extra-virgin **olive oil**
- 1 lb. boneless skinless **chicken breasts**
- 1 large **onion**, chopped
- 2 cloves **garlic**, minced
- 1 lb. cremini **mushrooms**, sliced
- 2 large **carrots**, peeled and sliced into coins
- 2 stalks **celery**, sliced
- **Kosher salt**
- Freshly ground **black pepper**
- 2½ c. low-sodium **chicken broth**
- ¾ c. **heavy cream**

1. In a large pot over medium-high heat, heat 1 tablespoon oil. Add chicken and cook until golden, 4 minutes per side, then transfer to a cutting board and cut into small pieces.
2. Reduce heat to medium and add remaining tablespoon oil, onion, garlic, mushrooms, carrots, and celery. Season with salt and pepper. Cook, stirring occasionally, until tender and golden, 8 to 10 minutes.
3. Add broth and bring to a simmer.
4. Stir in heavy cream and chicken and continue cooking until thickened, 15 minutes.

PERFECT JAMBALAYA

SERVES 4 | **TOTAL TIME: 40 MIN**

- 1 tbsp. extra-virgin **olive oil**
- 1 **onion**, chopped
- 2 **bell peppers**, chopped
- **Kosher salt**
- Freshly ground **black pepper**
- 1 lb. boneless skinless **chicken breasts**, cut in 1" pieces
- 1 tsp. dried **oregano**
- 6 oz. **andouille sausage**, sliced
- 2 cloves **garlic**, minced
- 2 tbsp. **tomato paste**
- 2 c. low-sodium **chicken broth**
- 1 (15-oz.) can **crushed tomatoes**
- 1 c. **long grain rice**
- 2 tsp. **Old Bay seasoning**
- 1 lb. medium **shrimp**, peeled and deveined
- 2 **green onions**, thinly sliced

1. In a large pot over medium heat, heat oil. Add onion and bell peppers and season with salt and pepper. Cook until soft, 5 minutes, then stir in chicken and season with salt, pepper, and oregano. Cook until chicken is golden, about 5 minutes, then stir in andouille sausage, garlic, and tomato paste and cook until fragrant, 1 minute more.
2. Add broth, crushed tomatoes, rice, and Old Bay. Reduce heat to medium low, cover with a tight-fitting lid, and cook until the rice is tender and liquid is almost absorbed, about 20 minutes.
3. Add shrimp and cook until pink, 3 to 5 minutes.
4. Stir in green onions before serving.

WHITE BEAN CHICKEN CHILI

SERVES: 6–8	TOTAL TIME: 40 MIN

1 tbsp. extra-virgin **olive oil**
1 small **yellow onion**, diced
1 **jalapeño**, seeded and minced
2 cloves **garlic**, minced
½ tsp. **oregano**
½ tsp. ground **cumin**
2 (4.5 oz.) cans **green chilies**
3 boneless skinless **chicken breasts**, cut into thirds
5 c. low-sodium **chicken broth**
Kosher salt
Freshly ground **black pepper**
2 (15-oz.) cans **white beans**
1½ c. frozen **corn**
½ c. **sour cream**
Freshly chopped **cilantro**, for garnish
¼ c. shredded **Monterey jack**
¼ c. crushed **tortilla chips**

1. In a large pot over medium heat, heat oil. Add onion and jalapeño and cook until soft, 5 minutes. Add garlic, oregano, and cumin and cook until fragrant, 1 minute. Add green chilies, chicken, and broth and season with salt and pepper. Bring to a boil, then reduce heat and simmer, covered, 10 to 12 minutes, until chicken is tender and cooked through.

2. Transfer chicken to a plate and shred with two forks. Return to pot and add white beans and corn. Bring to a simmer and let cook, 10 minutes. Turn off heat and stir in sour cream.

3. Ladle chili into bowls and garnish with cilantro, cheese, and chips before serving.

CHICKEN ENCHILADA SOUP

SERVES 6	TOTAL TIME: 30 MIN

1 tbsp. extra-virgin **olive oil**
1 **onion**, chopped
2 cloves **garlic**, minced
5 c. low-sodium **chicken broth**
1 c. **masa harina**
1 c. **enchilada sauce**
16 oz. **Velveeta**, cut into cubes
2 c. **shredded chicken**
1 tsp. **chili powder**
½ tsp. ground **cumin**
Kosher salt
Freshly ground **black pepper**
1 c. shredded **Monterey jack**, for garnish
1 c. shredded **cheddar**, for garnish
Crushed **tortilla chips**, for garnish

1. In a large pot over medium heat, heat oil. Add onion and cook until soft, 5 minutes, then add garlic and cook until fragrant, 1 minute more. Add broth and bring to a boil.

2. Meanwhile, in medium bowl, whisk together 2 cups water and masa harina until smooth. Add to pot, whisking constantly until no lumps remain. Add enchilada sauce and Velveeta and cook, stirring often, until melted. Stir in chicken, chili powder, and cumin. Season with salt and pepper.

3. Garnish with cheeses and tortilla strips before serving.

CHICKEN ADOBO

SERVES 8 | **TOTAL TIME: 2 HR 15 MIN**

¾ c. **white vinegar**

½ c. low-sodium **soy sauce**

1 tbsp. **honey**

6 cloves **garlic**, peeled and smashed

3 **bay leaves**

1 tsp. whole **black peppercorns**

4 lb. skin-on, bone-in **chicken drumsticks** and **thighs**

2 **green onions**, thinly sliced

Cooked **white rice**, for serving

1. In a large bowl, whisk together white vinegar, soy sauce, and honey. Stir in garlic, bay leaves, and peppercorns, and pour into a large resealable plastic bag. Add chicken and let marinate in the fridge, at least 30 minutes and up to overnight.

2. Preheat oven to 300°. Pour chicken and marinade into a large, heavy bottomed pot and cover. Bake 40 minutes. Remove, stir chicken in pot, then return to oven and bake 40 minutes more.

3. Carefully remove chicken and place on a foil-lined baking sheet. (Keep sauce in the pot!) Turn oven to 450° and bake until chicken turns slightly golden and caramelizes, 5 to 8 minutes.

4. Meanwhile, heat pot with sauce over medium heat and let simmer until thickened slightly, 8 to 10 minutes. Return chicken to pot and toss with sauce.

5. Garnish with green onions and serve with rice.

CHICKEN VEGETABLE STEW

SERVES 4 | **TOTAL TIME: 30 MIN**

- 2 tbsp. **butter**
- 2 large **carrots**, peeled and sliced into coins
- 1 stalk **celery**, chopped
- **Kosher salt**
- Freshly ground **black pepper**
- 3 cloves **garlic**, minced
- 1 tbsp. all-purpose **flour**
- 1½ lb. boneless skinless **chicken breasts**
- 3 sprigs fresh **thyme**
- 1 **bay leaf**
- ¾ lb. **baby potatoes**, quartered
- 3 c. low-sodium **chicken broth**
- Freshly chopped **parsley**, for garnish

1. In a large pot over medium heat, melt butter. Add carrots and celery and season with salt and pepper. Cook, stirring often, until the vegetables are tender, about 5 minutes. Add garlic and cook until fragrant, about 30 seconds.
2. Add flour and stir until vegetables are coated, then add chicken, thyme, bay leaf, potatoes, and broth. Season with salt and pepper. Bring mixture to a simmer and cook until chicken is no longer pink and the potatoes are tender, 15 minutes.
3. Remove chicken from pot and transfer to a medium bowl. Using two forks, shred chicken into small pieces, return to pot.
4. Garnish with parsley before serving.

THAI COCONUT CHICKEN SOUP

SERVES 4 | **TOTAL TIME: 30 MIN**

- 1 tbsp. extra-virgin **olive oil**
- 1 tbsp. freshly minced **ginger**
- 4 oz. shiitake **mushrooms**, chopped
- 6 c. low-sodium **chicken broth**
- 1 (14-oz.) can **coconut milk**
- 1 tbsp. **fish sauce**
- 1 lb. boneless skinless **chicken thighs**, cut into 1" pieces
- Juice of 1 **lime**
- **Cilantro** leaves, for garnish
- **Chili oil**, for garnish (optional)

spicy!

1. In a large pot over medium heat, heat oil. Add ginger and cook until fragrant, 1 minute, then add mushrooms and cook until soft, about 6 minutes.
2. Add broth, coconut milk, and fish sauce and bring to a boil. Add chicken, reduce heat, and simmer until chicken is no longer pink, about 15 minutes. Turn off heat and stir in lime juice.
3. Garnish with cilantro and chili oil (if using) before serving.

CHAPTER 5

ALL THE CARBS

CHICKEN CAESAR ANGEL HAIR

SERVES 4
TOTAL TIME: 35 MIN

12 oz. **angel hair pasta**
1 tbsp. extra-virgin **olive oil**
1 lb. boneless skinless **chicken breasts**
Kosher salt
Freshly ground **black pepper**
6 slices **bacon**, chopped
2 cloves **garlic**, minced
½ c. low-sodium **chicken broth**
1 pint creamy **Caesar dressing**
½ c. freshly grated **Parmesan**
Juice of 1 **lemon**
¼ c. freshly chopped **parsley**

1. In a large pot of salted boiling water, cook angel hair until al dente. Drain and reserve 1 cup pasta water.

2. Meanwhile, in a large skillet over medium-high heat, heat oil. Season both sides of chicken with salt and pepper then add to skillet. Cook until chicken is golden and cooked through, 8 minutes per side. Let rest 10 minutes, then slice into strips. Wipe skillet clean.

3. Return skillet to medium heat. Add bacon and cook until crispy. Drain on a paper towel—lined plate. Reserve about two tablespoons of bacon fat in skillet.

4. Add garlic and cook until fragrant, 1 minute. Pour in broth to deglaze pan. Stir in Caesar dressing and bring mixture to a low simmer. Add angel hair, Parmesan, lemon juice, and parsley and toss until combined. (If sauce is too thick, gradually add pasta water, about ¼ cup at a time until you reach your desired consistency.)

FERRARA CHICKEN SPAGHETTI

SERVES 4 | **TOTAL TIME: 30 MIN**

12 oz. **spaghetti**

1 tbsp. extra-virgin **olive oil**

1 lb. boneless skinless **chicken breasts**

Kosher salt

Freshly ground **black pepper**

2 cloves **garlic**, minced

1 bunch **asparagus**, stalks trimmed and cut into 2" pieces

½ c. roughly chopped **sundried tomatoes**

¼ c. low-sodium **chicken broth**

½ c. **heavy cream**

1. In a large pot of salted boiling water, cook spaghetti until al dente. Drain.
2. Meanwhile, in a large skillet over medium-high heat, heat oil. Add chicken and season with salt and pepper. Cook until golden and no longer pink, 8 minutes per side. Transfer chicken to a plate and let rest 10 minutes, then slice.
3. Add garlic to skillet and cook until fragrant, 1 minute. Add asparagus and sundried tomatoes and cook until asparagus is tender, 8 minutes.
4. Pour in broth and heavy cream and bring to a simmer. Add spaghetti and toss until fully coated.

ONE-POT CAJUN PASTA

SERVES 4 | **TOTAL TIME: 40 MIN**

1 tbsp. extra-virgin **olive oil**

1 **onion**, chopped

2 **bell peppers**, chopped

2 links **andouille sausages**, cut crosswise into 1" thick pieces

2 cloves **garlic**, minced

2 boneless skinless **chicken breasts**, cut into 1" pieces

1 tsp. **Cajun seasoning**

Kosher salt

Freshly ground **black pepper**

10 oz. **penne**

1 (15-oz.) can diced **tomatoes**

4 c. low-sodium **chicken broth**

½ c. **heavy cream**

1 c. shredded **cheddar**

Freshly grated **Parmesan**, for serving

1. In a large skillet over medium heat, heat oil. Add onion and peppers and cook until soft, then add andouille sausages and cook until browned. Add garlic and cook until fragrant, 1 minute, then add chicken. Season with Cajun seasoning, salt, and pepper and cook, stirring often, until chicken is golden and cooked through.
2. Add penne and stir, then pour in diced tomatoes and chicken broth. Simmer until pasta is al dente and almost all liquid is absorbed, about 20 minutes.
3. Stir in heavy cream and cheddar until melty.
4. Serve with Parmesan.

gimme gimme!

PERFECT CHICKEN ALFREDO

SERVES 4	TOTAL TIME: 30 MIN

2 tbsp. extra-virgin **olive oil**

2 boneless skinless **chicken breasts**

Kosher salt

Freshly ground **black pepper**

1½ c. **whole milk**

1½ c. low-sodium **chicken broth**

2 cloves **garlic**, minced

8 oz. **fettuccine**

½ c. **heavy cream**

1 c. freshly grated **Parmesan**

Freshly chopped **parsley**, for garnish

1. In a large skillet over medium-high heat, heat oil. Add chicken and season with salt and pepper. Cook until golden and cooked through, 8 minutes per side. Let rest 10 minutes, then slice.

2. Add milk, broth, and garlic to skillet. Season with salt and pepper and bring to a simmer. Add fettuccine, stirring frequently for about 3 minutes. Let cook until al dente, 8 minutes more.

3. Stir in heavy cream and Parmesan until combined. Simmer until sauce thickens.

4. Remove from heat and stir in sliced chicken. Garnish with parsley.

BBQ CHICKEN SKILLET PIZZA

SERVES 2 | **TOTAL TIME: 45 MIN**

1 tbsp. extra-virgin **olive oil**, plus more for brushing

½ lb. boneless skinless **chicken breasts**, cut into 1" pieces

Kosher salt

Freshly ground **black pepper**

All-purpose **flour**, for dough

1 lb. **pizza dough**, at room temperature

2 tbsp. **barbecue sauce**, plus more for drizzling

½ c. shredded **cheddar**

½ c. shredded **fontina**

¼ small **red onion**, thinly sliced

Ranch dressing, for drizzling

Freshly chopped **chives**, for garnish

1. Preheat oven to 500°. In a large skillet over medium-high heat, heat oil. Add chicken and cook until golden and no longer pink, 6 minutes per side. Season generously with salt and pepper.
2. Meanwhile, brush an ovenproof skillet with oil.
3. On a floured work surface, roll out dough until circumference matches your skillet. Transfer to skillet.
4. Leaving a ½" border for crust, spread barbecue sauce onto dough. Top with cheddar, fontina, chicken, and red onion.
5. Brush crust with olive oil and sprinkle with salt.
6. Bake until crust is crispy and cheese is melty, 23 to 25 minutes.
7. Drizzle with barbecue sauce and ranch and garnish with chives.

CHICKEN ARTICHOKE RIGATONI

SERVES 4 | **TOTAL TIME: 25 MIN**

- 12 oz. **rigatoni**
- 2 tbsp. extra-virgin **olive oil**
- 2 cloves **garlic**, minced
- 3 c. **baby spinach**
- 1 (15-oz.) can **artichoke hearts**, quartered
- 1 lb. boneless skinless **chicken breasts**
- **Kosher salt**
- Freshly ground **black pepper**
- 3 tbsp. **butter**
- 2 tbsp. all-purpose **flour**
- ½ c. low-sodium **chicken broth**
- ½ c. **milk**
- 1 c. shredded **mozzarella**
- ¼ c. freshly grated **Parmesan**, plus more for serving

1. In a large pot of salted boiling water, cook rigatoni until al dente. Drain, reserving 1 cup pasta water.
2. Meanwhile, in a large skillet over medium heat, heat 1 tablespoon oil. Add garlic and spinach and cook until spinach is wilted, 3 minutes. Stir in artichokes, then transfer to a plate.
3. Add remaining tablespoon oil and chicken to skillet and season with salt and pepper. Cook until golden and cooked through, 8 minutes per side. Let rest for 10 minutes, then slice.
4. To skillet, add butter and let melt. Add flour and whisk until golden, 1 minute, then add broth, milk, mozzarella and Parmesan. Season with salt and pepper.
5. Add cooked pasta to skillet and toss with sauce until coated, then add spinach and artichokes and toss until combined.
6. Serve with Parmesan.

CHICKEN & RICE CASSEROLE

SERVES 4 | **TOTAL TIME: 1 HR 40 MIN**

- Extra-virgin **olive oil**, for baking dish
- 2 c. **white rice**
- 1 large **onion**, chopped
- 2 c. low-sodium **chicken broth**
- 2 (10.5-oz.) cans cream of **mushroom soup**
- **Kosher salt**
- Freshly ground **black pepper**
- 3 large bone-in, skin-on **chicken thighs**
- 2 tbsp. **butter**, melted
- 2 tsp. fresh **thyme**
- 1 clove **garlic**, finely minced
- Freshly chopped **parsley**, for garnish

1. Preheat oven to 350° and grease a 9"-x-13" baking dish with oil. Add rice, onion, broth, and soup and stir until combined. Season with salt and pepper.
2. Place chicken thighs in rice mixture and brush with melted butter. Sprinkle with thyme and garlic and season with salt and pepper.
3. Cover dish with foil and bake for 1 hour. Uncover and bake 30 minutes more, until rice is cooked and chicken is golden.
4. Garnish with parsley before serving.

CHICKEN TETRAZZINI

SERVES 6 | **TOTAL TIME: 40 MIN**

- 1 lb. **linguine**
- 3 tbsp. **butter**, divided
- 2 cloves **garlic**, minced
- 1 c. **mushrooms**, thinly sliced
- 1 lb. boneless skinless **chicken breasts**
- 2 tbsp. all-purpose **flour**
- 1½ c. low-sodium **chicken broth**
- 1 c. **heavy cream**
- **Kosher salt**
- Freshly ground **black pepper**
- ⅔ c. freshly grated **Parmesan**

1. Preheat oven to 350°. Prepare linguine according to package instructions. Drain and transfer to baking dish.
2. In a large skillet over medium heat, melt 1 tablespoon butter. Cook garlic until fragrant, 1 minute, then add mushrooms and cook until golden and moisture is released. Add chicken and cook, stirring, until lightly golden, 5 minutes. Transfer mushrooms and chicken to baking dish.
3. Return skillet to medium heat and melt remaining 2 tablespoons butter. Whisk in flour until completely combined, then slowly whisk in broth and bring to a simmer. Pour in heavy cream and bring to simmer over low heat, stirring occasionally and allowing sauce to thicken, about 10 minutes.
4. Pour sauce over mixture and season with salt and pepper. Toss to combine. Sprinkle with Parmesan and bake until sauce is bubbling and cheese is golden, 25 minutes.

BUFFALO CHICKEN BAKED ZITI

SERVES 4 | **TOTAL TIME: 30 MIN**

- 10 oz. **ziti**
- 2 tbsp. **butter**
- 3 cloves **garlic**, minced
- 2 tbsp. all-purpose **flour**
- 2 c. **milk**
- ¾ (8 oz.) block **cream cheese,** softened
- ¼ c. **hot sauce**, such as Frank's RedHot
- 1 tbsp. **ranch seasoning**
- 2 c. **shredded chicken**
- ¼ c. freshly chopped **chives**
- 1 c. shredded **white cheddar**

1. Preheat oven to 350°. In a large pot of salted boiling water, cook ziti until al dente. Drain.
2. Make sauce: In a large skillet over medium heat, melt butter. Add garlic and cook until fragrant, 1 minute, then add flour and whisk to combine. Add milk and whisk until combined and no clumps remain. Simmer until thickened, 2 minutes. Add cream cheese and break up with a wooden spoon until melted and combined. Add hot sauce and ranch seasoning and stir until combined.
3. Add chicken, chives, and cooked ziti to skillet and stir until completely coated. Transfer to a baking dish and top with cheddar. Bake until golden and melty, 15 minutes.

CAPRESE CHICKEN LASAGNA

SERVES 6	TOTAL TIME: 50 MIN

1 box **lasagna noodles**

1 tbsp. extra-virgin **olive oil**

1 lb. boneless skinless **chicken breasts**, cut into pieces

2 tsp. dried **oregano**

Kosher salt

Freshly ground **black pepper**

2 tbsp. **balsamic vinegar**

3 cloves **garlic**, minced, divided

3 tbsp. **butter**

3 tbsp. all-purpose **flour**

2½ c. **milk**

5 c. shredded **mozzarella**, divided

¾ c. freshly grated **Parmesan**

1 (16-oz.) container **ricotta**

1 large **egg**

4 roma **tomatoes**, thinly sliced

½ c. thinly sliced **basil** leaves, plus more for garnish

Balsamic glaze, for drizzling

1. Preheat oven to 375°. In a large pot of salted boiling water, cook lasagna noodles until very al dente. Drain.

2. Meanwhile, in a large skillet over medium heat, heat oil. Season chicken with oregano, salt, and pepper. Cook until golden and cooked through, 8 minutes. Add balsamic vinegar and half the garlic to pan and stir until combined. Transfer to a plate.

3. Make sauce: Return skillet to medium heat and melt butter. Add remaining half garlic and cook until fragrant, 1 minute. Add flour and cook until golden, 1 minute more. Add milk and simmer until thick and creamy, 3 minutes, then add 1 cup mozzarella and Parmesan. Season with salt and pepper.

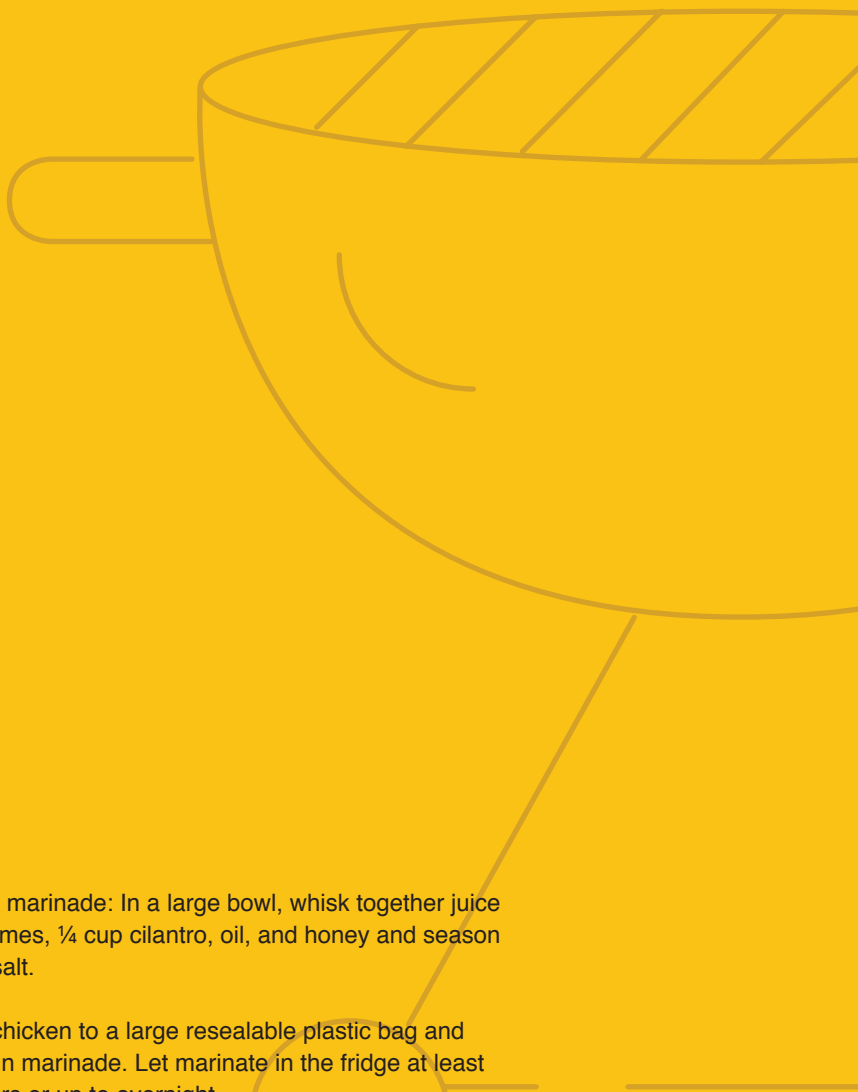
4. In a small bowl, stir together ricotta and egg and season with salt and pepper.

5. In a large baking dish, spread a thin layer of sauce. Add a layer of lasagna noodles, slightly overlapping, and top with about a third of ricotta mixture, a third of tomatoes, a third of the basil, a third of the cooked chicken, another layer of sauce, and a third of mozzarella. Repeat with three layers, ending with mozzarella.

6. Bake until bubbly and golden, 35 minutes. Garnish with basil and drizzle with balsamic glaze before serving.

CHAPTER 6

BACKYARD FAVORITES



PINEAPPLE SALSA GRILLED CHICKEN

SERVES 4
TOTAL TIME: 2 HR 25 MIN

Juice of 4 **limes**, divided

¼ c. plus 1 tbsp. freshly chopped **cilantro**

¼ c. extra-virgin **olive oil**, plus more for grill

2 tsp. **honey**

Kosher salt

1 lb. boneless skinless **chicken breasts**

2 c. chopped **pineapple**

1 **avocado**, diced

¼ **red onion**, diced

Freshly ground **black pepper**

1. Make marinade: In a large bowl, whisk together juice of 3 limes, ¼ cup cilantro, oil, and honey and season with salt.
2. Add chicken to a large resealable plastic bag and pour in marinade. Let marinate in the fridge at least 3 hours or up to overnight.
3. When ready to grill, heat grill to high. Oil grates and grill chicken until charred and cooked through, 8 minutes per side.
4. Meanwhile, in a medium bowl, stir together pineapple, avocado, red onion, remaining lime juice, and remaining tablespoon cilantro. Season with salt and pepper.
5. Spoon salsa over chicken before serving.

BBQ GRILLED CHICKEN

SERVES 4	TOTAL TIME: 30 MIN

2 c. **barbecue sauce**

Juice of 1 **lime**

2 tbsp. **honey**

1 tbsp. **hot sauce**

Kosher salt

Freshly ground **black pepper**

1 lb. boneless skinless **chicken breasts** and **drumsticks**

Vegetable oil, for grill

1. In a large bowl, whisk together barbecue sauce, lime juice, honey, and hot sauce and season with salt and pepper. Set aside ½ cup for basting.

2. Add chicken to bowl and toss until coated.

3. Heat grill to high. Oil grates and grill chicken, basting with reserved marinade, until charred, 8 minutes per side for breasts, and 10 to 12 minutes per side for legs.

CALIFORNIA GRILLED CHICKEN

SERVES 4 | **TOTAL TIME: 40 MIN**

¾ c. **balsamic vinegar**

1 tsp. **garlic powder**

2 tbsp. **honey**

2 tbsp. extra-virgin **olive oil**

2 tsp. **Italian seasoning**

Kosher salt

Freshly ground **black pepper**

4 boneless skinless **chicken breasts**

4 slices **mozzarella**

4 slices **avocado**

4 slices **tomato**

Freshly sliced **basil**, for garnish

Balsamic glaze, for drizzling

1. In a small bowl, whisk together balsamic vinegar, garlic powder, honey, oil, and Italian seasoning and season with salt and pepper. Pour over chicken and marinate 20 minutes.
2. When ready to grill, heat grill to medium-high. Oil grates and grill chicken until charred and cooked through, 8 minutes per side.
3. Top chicken with mozzarella, avocado, and tomato and cover grill to melt, 2 minutes.
4. Garnish with basil and drizzle with balsamic glaze.

RAINBOW CHICKEN FOIL PACKS

SERVES 4 | **TOTAL TIME: 30 MIN**

4 boneless skinless **chicken breasts**

2 c. grape **tomatoes**, halved

2 ears **corn**, kernels stripped

2 cloves **garlic**, thinly sliced

¼ c. extra-virgin **olive oil**

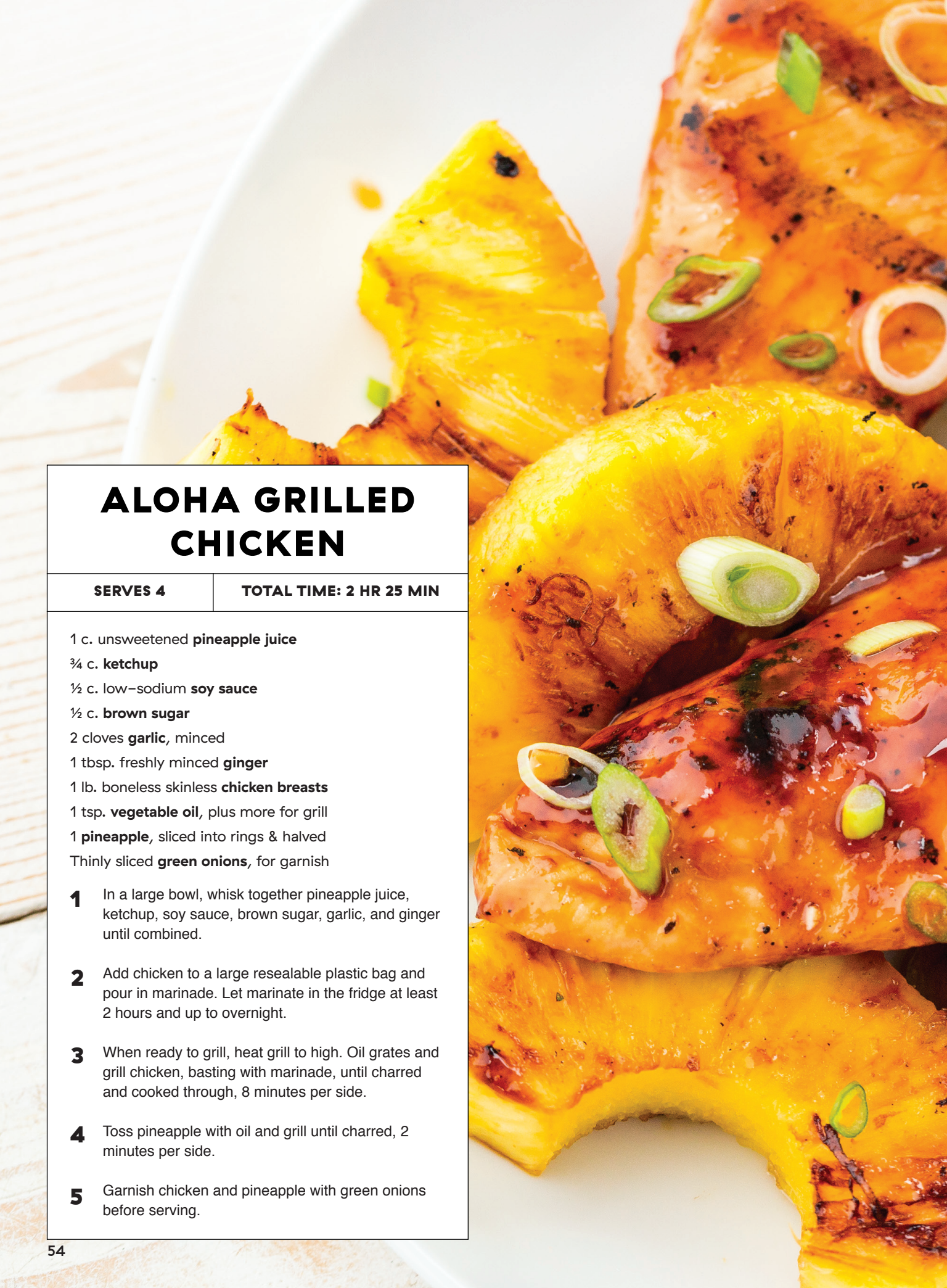
2 tbsp. **butter**

Kosher salt

Freshly ground **black pepper**

Fresh **basil**, for garnish

1. Heat grill to high. Cut 4 sheets of foil about 12" long. Top each piece of foil with a chicken breast, tomatoes, corn, and garlic. Drizzle each with oil and top with a pat of butter. Season with salt and pepper.
2. Fold foil packets crosswise over chicken and roll top and bottom edges to seal.
3. Grill until chicken is cooked through and vegetables are tender, 15 to 20 minutes.
4. Serve topped with basil.



ALOHA GRILLED CHICKEN

SERVES 4	TOTAL TIME: 2 HR 25 MIN

1 c. unsweetened **pineapple juice**
¾ c. **ketchup**
½ c. low-sodium **soy sauce**
½ c. **brown sugar**
2 cloves **garlic**, minced
1 tbsp. freshly minced **ginger**
1 lb. boneless skinless **chicken breasts**
1 tsp. **vegetable oil**, plus more for grill
1 **pineapple**, sliced into rings & halved
Thinly sliced **green onions**, for garnish

1. In a large bowl, whisk together pineapple juice, ketchup, soy sauce, brown sugar, garlic, and ginger until combined.
2. Add chicken to a large resealable plastic bag and pour in marinade. Let marinate in the fridge at least 2 hours and up to overnight.
3. When ready to grill, heat grill to high. Oil grates and grill chicken, basting with marinade, until charred and cooked through, 8 minutes per side.
4. Toss pineapple with oil and grill until charred, 2 minutes per side.
5. Garnish chicken and pineapple with green onions before serving.

BUFFALO CHICKEN PASTA SALAD

SERVES 8 | **TOTAL TIME: 20 MIN**

- 1 lb. **rigatoni**
- 2 c. **shredded chicken**
- ¾ c. **buffalo sauce**
- ¼ c. **ranch dressing**, plus more for drizzling
- 5 stalks **celery**, thinly sliced
- ½ c. freshly chopped **chives**
- **Kosher salt**
- Freshly ground **black pepper**

1. In a large pot of salted boiling water, cook rigatoni according to package directions until al dente. Drain and transfer to a large bowl.
2. Add chicken, buffalo sauce, ranch, celery, and chives to bowl and toss until combined. Season with salt and pepper.
3. Drizzle with ranch before serving.

so easy!

CHICKEN BACON RANCH PASTA SALAD

SERVES 8 | **TOTAL TIME: 25 MIN**

- 1 lb. **gemelli or penne**
- 1 tbsp. extra-virgin **olive oil**
- 2 boneless skinless **chicken breasts**
- **Kosher salt**
- Freshly ground **black pepper**
- 4 slices cooked **bacon**, crumbled
- ½ c. **ranch dressing**
- 2 tbsp. freshly chopped **chives**

1. In a large pot of salted boiling water, cook gemelli according to package directions until al dente. Drain and transfer to large bowl.
2. Meanwhile, in a large skillet over medium-high heat, heat oil. Season chicken with salt and pepper and cook until golden and cooked through, 8 minutes per side. Let rest 10 minutes, then cut into 1" pieces.
3. To bowl, add gemelli, chicken, bacon, and ranch and toss until combined. Season with salt and pepper.
4. Garnish with chives before serving.

CHICKEN CAESAR PASTA SALAD

SERVES 8	TOTAL TIME: 30 MIN

1 lb. **penne**
1 tbsp. extra-virgin **olive oil**
2 boneless skinless **chicken breasts**
1 tsp. **Italian seasoning**
1 tsp. **garlic powder**
Kosher salt
2 c. chopped **romaine lettuce**
1 c. halved **grape tomatoes**
½ c. freshly grated **Parmesan**
½ c. **croutons**
⅔ c. **Caesar dressing**
Juice of ½ **lemon**
1 tbsp. freshly chopped **parsley**
Kosher salt
Freshly ground **black pepper**

1. In a large pot of salted boiling water, cook penne according to package directions until al dente. Drain and transfer to large bowl.
2. Meanwhile, in a large skillet over medium heat, heat oil. Season chicken with Italian seasoning, garlic powder, and salt. Cook until golden and cooked through, 8 minutes per side. Let rest 10 minutes, then cut into 1" pieces.
3. Add romaine, tomatoes, Parmesan, croutons, and chicken to pasta bowl.
4. In a medium bowl, whisk together Caesar dressing, lemon juice, and parsley and season with salt and pepper. Pour over penne mixture and toss to combine.

JERK CHICKEN

SERVES 4	TOTAL TIME: 2 HR 40 MIN

1 bunch **green onions** plus more thinly sliced for garnish

2 cloves **garlic**

1 **jalapeño**, roughly chopped

Juice of 1 **lime**

2 tbsp. extra-virgin **olive oil**

1 tbsp. light **brown sugar**

1½ tsp. ground **allspice**

1 tsp. dried **thyme**

½ tsp. ground **cinnamon**

Kosher salt

8 pieces bone-in **chicken drumsticks** and **thighs**

Vegetable oil, for grill

1. In a blender, combine green onions, garlic, jalapeño, lime juice, oil, brown sugar, allspice, thyme, cinnamon, 1 teaspoon salt, and 2 tablespoons water and blend until smooth. Set aside ¼ cup.

2. Place chicken in a shallow dish and season with salt. Pour remaining marinade over chicken; toss to coat. Let marinate in fridge, turning once or twice, at least 2 hours or up to overnight.

3. When ready to grill, heat grill to medium-high and oil grates. Grill chicken, turning occasionally, until chicken is charred in spots, about 10 minutes.

4. Move chicken to a cooler part of the grill and brush with reserved marinade. Grill, covered, until chicken is cooked through, 10 to 15 minutes more.

LIQUID GOLD

THESE AMAZING MARINADES TURN CHICKEN INTO A FLAVOR BOMB.

KING'S HAWAIIAN SWEET ISLAND GINGER SAUCE

With subtle sweetness from pineapple juice and molasses, this super-tangy tomato-based marinade has tropical vibes.

SOY VAY VERI VERI TERIYAKI MARINADE & SAUCE

This classic is always our No. 1: It packs a punch with ginger and garlic and elevates anything from chicken stir-fries to vegetables.

LAWRY'S HERB & GARLIC

Italian dressing fans, this marinade is for you. Vinegar, lemon juice, and a ton of spices make it versatile enough for grilled chicken—and even summer sides like coleslaw and pasta salad.

SWEET CHILI-LIME GRILLED CHICKEN

SERVES 4 | **TOTAL TIME: 2 HR 25 MIN**

1 c. **sweet chili sauce**

Juice of 2 **limes**

¼ c. low-sodium **soy sauce**

1 lb. boneless skinless **chicken breasts**

Vegetable oil, for grill

Thinly sliced **green onions**, for garnish

Lime wedges, for serving

even better the next day!

1. In a large bowl, whisk together chili sauce, lime juice, and soy sauce. Set aside ¼ cup marinade.
2. Add chicken to a large resealable plastic bag and pour in marinade. Let marinate in the fridge at least 2 hours or up to overnight.
3. When ready to grill, heat grill to high. Oil grates and grill chicken, basting with marinade, until charred and cooked through, 8 minutes per side.
4. Baste with reserved marinade and garnish with green onions. Serve with lime wedges.

STICKY GRILLED CHICKEN

SERVES 4 | **TOTAL TIME: 2 HR 35 MIN**

½ c. low-sodium **soy sauce**

½ c. **balsamic vinegar**

3 tbsp. **honey**

2 cloves **garlic**, minced

2 **green onions**, thinly sliced

1 lb. **chicken drumsticks**

Vegetable oil, for grill

2 tbsp. **sesame seeds**, for garnish

1. In a large bowl, whisk together soy sauce, balsamic vinegar, honey, garlic, and green onions. Set aside ½ cup marinade.
2. Add chicken to a large resealable plastic bag and pour in remaining marinade. Let marinate in the fridge at least 2 hours or up to overnight.
3. When ready to grill, heat grill to high. Oil grates and grill chicken, basting with reserved marinade, until charred and cooked through, 10 to 12 minutes per side.
4. Garnish with sesame seeds before serving.

CHAPTER 7

GOOD FOR YOU!

CURRIED CHICKEN SALAD

SERVES 4
TOTAL TIME: 20 MIN

1 lb. boneless skinless **chicken breasts**, cooked and cut into cubes

2 tsp. **carrots**, shredded

2 stalks **celery**, thinly sliced

½ c. toasted **cashews**

¼ c. freshly chopped **cilantro**

¼ c. **raisins**

FOR THE DRESSING

½ c. **mayonnaise**

¼ c. **Greek yogurt**

Juice of ½ **lemon**

2 tsp. **curry powder**

½ tsp. **honey**

Kosher salt

Freshly ground **black pepper**

1. In a large salad bowl, combine all ingredients.
2. Make dressing: In a small bowl, whisk together mayonnaise, yogurt, lemon juice, curry powder, and honey and season with salt and pepper.
3. Pour over salad ingredients and toss until combined.

QUINOA FRIED RICE

SERVES 4 | **TOTAL TIME: 30 MIN**

1 c. **quinoa**, rinsed

Kosher salt

1 tbsp. **sesame oil**, plus more for serving

1 large **onion**, diced

1 large **carrot**, peeled and diced

1½ c. frozen **peas**

2 cloves **garlic**, minced

2 tbsp. low-sodium **soy sauce**

3 large **eggs**, whisked

Thinly sliced **green onions**, for garnish

1. In a medium saucepan, bring quinoa and 2 cups water to a boil. Reduce heat and simmer until water is absorbed, 20 minutes. Season with salt and fluff with a fork.
2. In a large skillet over medium heat, heat oil. Add onion, carrot, and peas and cook until tender, 8 to 10 minutes. Add garlic and soy sauce and cook until fragrant, 1 minute more. Crack in eggs and scramble, 1 to 2 minutes.
3. Stir in cooked quinoa and let heat through, 3 minutes.
4. Drizzle with sesame oil and top with green onions.

HARVEST CHICKEN CASSEROLE

SERVES 6–8 | **TOTAL TIME: 1 HR**

2 tbsp. extra-virgin **olive oil**, plus more for baking dish

2 lb. boneless skinless **chicken breasts**

Kosher salt

Freshly ground **black pepper**

½ **onion**, chopped

2 medium **sweet potatoes**, peeled and cut into small cubes

1 lb. **Brussels sprouts**, trimmed and quartered

1 tsp. dried **thyme**

½ tsp. **paprika**

¼ c. low-sodium **chicken broth**

6 c. cooked **wild rice**

½ c. **dried cranberries**

½ c. sliced **almonds**

1. Preheat oven to 350° and grease a 9"-x-13" baking dish with oil. In a large, deep skillet over medium-high heat, heat 1 tablespoon oil. Season chicken with salt and pepper. Add chicken to skillet and cook until golden and cooked through, 8 minutes per side. Let rest 10 minutes, then cut into 1" pieces.
2. Heat remaining tablespoon oil over medium heat. Add onion, sweet potatoes, and Brussels sprouts and season with thyme, paprika, salt, and pepper. Cook until softened, 5 minutes. Add broth, bring to a simmer, and cook, covered, 5 minutes.
3. Stir in cooked rice, chicken, and cranberries. Transfer mixture to baking dish, top with almonds, and bake 20 minutes.
4. Let cool 5 minutes before serving.

BROCCOLI PESTO CHICKEN & RICE

SERVES 4	TOTAL TIME: 40 MIN

1 c. **jasmine rice**

2 small heads **broccoli**, florets removed and blanched, divided

1 c. fresh **basil**

½ c. plus 1 tablespoon extra-virgin **olive oil**, divided

¼ c. freshly grated **Parmesan**

¼ c. raw **almonds**

1 clove **garlic**

Kosher salt

8 bone-in, skin-on **chicken thighs**

Freshly ground **black pepper**

Crushed **red pepper flakes**, for garnish

1. Cook rice according to package directions.
2. Meanwhile, make pesto: In a food processor, blend half the broccoli, basil, and ½ cup oil until combined. Add Parmesan, almonds, and garlic and season with salt; blend until combined.
3. In a large skillet over medium heat, heat remaining tablespoon oil. Season chicken thighs with salt and pepper. Add chicken and cook until skin is crispy and chicken no longer pink, 10 to 12 minutes per side. Transfer to a plate.
4. Add cooked rice to skillet and stir until coated in chicken juices. Return chicken to skillet and add remaining broccoli.
5. Dollop with broccoli pesto and sprinkle with red pepper flakes.

OVEN-FRIED CHICKEN

SERVES 4	TOTAL TIME: 1 HR 15 MIN

FOR THE CHICKEN

2 c. **panko bread crumbs**

½ tsp. **garlic powder**

Kosher salt

Freshly ground **black pepper**

3 large **eggs**

¼ c. **buttermilk**

6 bone-in, skin-on **chicken thighs**

FOR THE DIPPING SAUCE

3 tbsp. **Dijon mustard**

2 tbsp. **barbecue sauce**

1 tbsp. **mayonnaise**

2 tsp. **honey**

1. Preheat oven to 425°. Line a baking sheet with foil. In a medium bowl, mix together panko bread crumbs and garlic powder and season with salt and pepper.
2. In another bowl, whisk together eggs and buttermilk.
3. Pat thighs dry, then dip in egg mixture, then dredge in panko, making sure all sides are completely coated. Place on prepared baking sheet and bake until golden and crispy, and a thermometer inserted in the center reads 180°, about 1 hour.
4. Make dipping sauce: In a large bowl, whisk together Dijon, barbecue sauce, mayonnaise, and honey.
5. Serve chicken with dipping sauce.

FAJITA CHICKEN SALAD

SERVES 4 | **TOTAL TIME: 1 HR**

Juice of 2 **limes**
¼ c. plus 2 tbsp. extra-virgin **olive oil**
1 tbsp. **honey**
½ tsp. ground **cumin**
¼ tsp. **crushed red pepper flakes**
Kosher salt
Freshly ground **black pepper**
2 boneless skinless **chicken breasts**
2 **bell peppers**, thinly sliced
½ medium white **onion**, thinly sliced
1 large head **romaine**, chopped
1 **avocado**, thinly sliced

1. In a small bowl, whisk together lime juice, ¼ cup oil, honey, cumin, and red pepper flakes. Season with salt and pepper.
2. In a large resealable plastic bag, combine chicken and half the dressing. Let marinate at least 30 minutes and up to 6 hours.
3. When ready to cook, heat 2 tablespoons oil in a grill pan over medium-high heat. Add chicken and grill until charred and fully cooked through, 8 minutes per side. Let rest 10 minutes, then slice into strips.
4. Add peppers and onion to pan over medium-high heat and grill until charred and soft, 10 minutes.
5. In a large bowl, combine romaine, chicken, peppers and onion, and avocado. Toss with remaining dressing.

PIÑA COLADA CHICKEN SALAD

SERVES 4 | **TOTAL TIME: 40 MIN**

1 c. all-purpose **flour**

Kosher salt

Freshly ground **black pepper**

2 large **eggs**

1 c. shredded **coconut**

1 lb. boneless skinless **chicken breasts**, cut into tenders

1 large head **romaine**, chopped

1 red **bell pepper**, thinly sliced

2 c. **pineapple**, chopped

½ c. **coconut milk**

Juice of 2 **limes**, plus zest of 1

Pinch crushed **red pepper flakes**

1. Preheat oven to 400°. In a shallow bowl, season flour with salt and pepper. In another shallow bowl, beat eggs. In a third shallow bowl, add coconut. Dredge chicken in flour, then egg, then coconut and transfer to a baking sheet.
2. Bake until chicken is cooked through and coconut is golden, 12 minutes.
3. In a large bowl, combine romaine, red pepper, pineapple, and chicken.
4. In a small bowl, whisk together coconut milk, lime juice and zest, and red pepper flakes and season with salt.
5. Drizzle with dressing and serve.

BREADED CHICKEN COBB SALAD

SERVES 4 | **TOTAL TIME: 35 MIN**

1 lb. boneless skinless **chicken breasts**

Kosher salt

Freshly ground **black pepper**

1 c. **bread crumbs**

2 large **eggs**

2 tbsp. extra-virgin **olive oil**

1 large head **romaine**

2 c. **cherry tomatoes**, halved

1 c. **corn** kernels (canned or frozen)

½ c. crumbled **blue cheese**

1 **avocado**, diced

8 slices **bacon**, cooked and crumbled

Ranch dressing, for drizzling

1. Preheat oven to 400° and line a large baking sheet with parchment. Season chicken with salt and pepper. In a shallow bowl, season bread crumbs with salt and pepper. In another shallow bowl, beat eggs. Dip chicken in eggs, then dredge in bread crumb mixture until coated. Place on prepared baking sheet.
2. In a large ovenproof skillet over medium-high heat, heat oil. Working in batches, cook chicken until golden, 3 to 4 minutes per side. Transfer to oven and cook until chicken is cooked through, about 10 minutes. Let rest 10 minutes, then slice into strips.
3. Assemble salad: Arrange romaine on a serving platter and top with tomatoes, corn, blue cheese, avocado, bacon, and chicken.
4. Season with salt and pepper and drizzle with ranch.

PERFECT CHICKEN SALAD

SERVES 4 | **TOTAL TIME: 25 MIN**

- 3 boneless skinless **chicken breasts**
- 6 slices **lemon**
- 6 sprigs fresh **dill,** plus 1 tbsp. chopped
- 1 **green apple**, chopped
- ½ **red onion**, finely chopped
- 2 **celery stalks**, finely chopped
- ⅔ c. **mayonnaise**
- ¼ c. **Dijon mustard**
- 2 tbsp. **red wine vinegar**
- **Kosher salt**
- Freshly ground **black pepper**
- **Baguette**, for serving
- **Butter lettuce**, for serving

1. In a large pot, arrange chicken in a single layer. Place lemon and dill sprigs on chicken and pour water over it, covering by at least an inch. Bring water to a boil, then reduce heat and simmer until cooked through, 10 minutes. Let rest 10 minutes, then slice into 1" pieces.
2. In a large bowl, combine chicken, apple, onion, and celery.
3. In a medium bowl, whisk together mayonnaise, Dijon, and vinegar and season with salt and pepper.
4. Pour dressing over chicken mixture and toss.
5. Garnish with chopped dill and serve on a baguette with lettuce.

CASHEW CHICKEN WITH CAULIFLOWER RICE

SERVES 4 | **TOTAL TIME: 30 MIN**

- 1 head **cauliflower**, cut into florets
- 2 tbsp. **sesame oil**
- **Kosher salt**
- ¼ c. **sweet chili sauce**
- 3 tbsp. low-sodium **soy sauce**
- 1 tbsp. **Sriracha**
- 1 clove **garlic**, minced
- Juice of 1 **lime**
- 2 red **bell peppers**, sliced
- 1 large **zucchini**, sliced into half moons
- 1 lb. boneless skinless **chicken breasts**, cut into cubes
- ½ c. raw **cashews**
- Thinly sliced **green onions**, for garnish

1. In a food processor, pulse cauliflower until florets resemble rice.
2. In a large skillet over medium heat, heat 1 tablespoon oil. Add cauliflower rice and season with salt. Cook until soft, 5 minutes. Set aside.
3. Meanwhile, make sauce: In a medium bowl, whisk together chili sauce, soy sauce, Sriracha, garlic, and lime juice.
4. Add remaining tablespoon oil to skillet and heat over medium-high heat. Add peppers and zucchini and cook 3 minutes, then add chicken and sauce and cook until golden and cooked through, 10 minutes more. Stir in cashews until coated in sauce.
5. Garnish with green onions and serve over cauliflower rice.

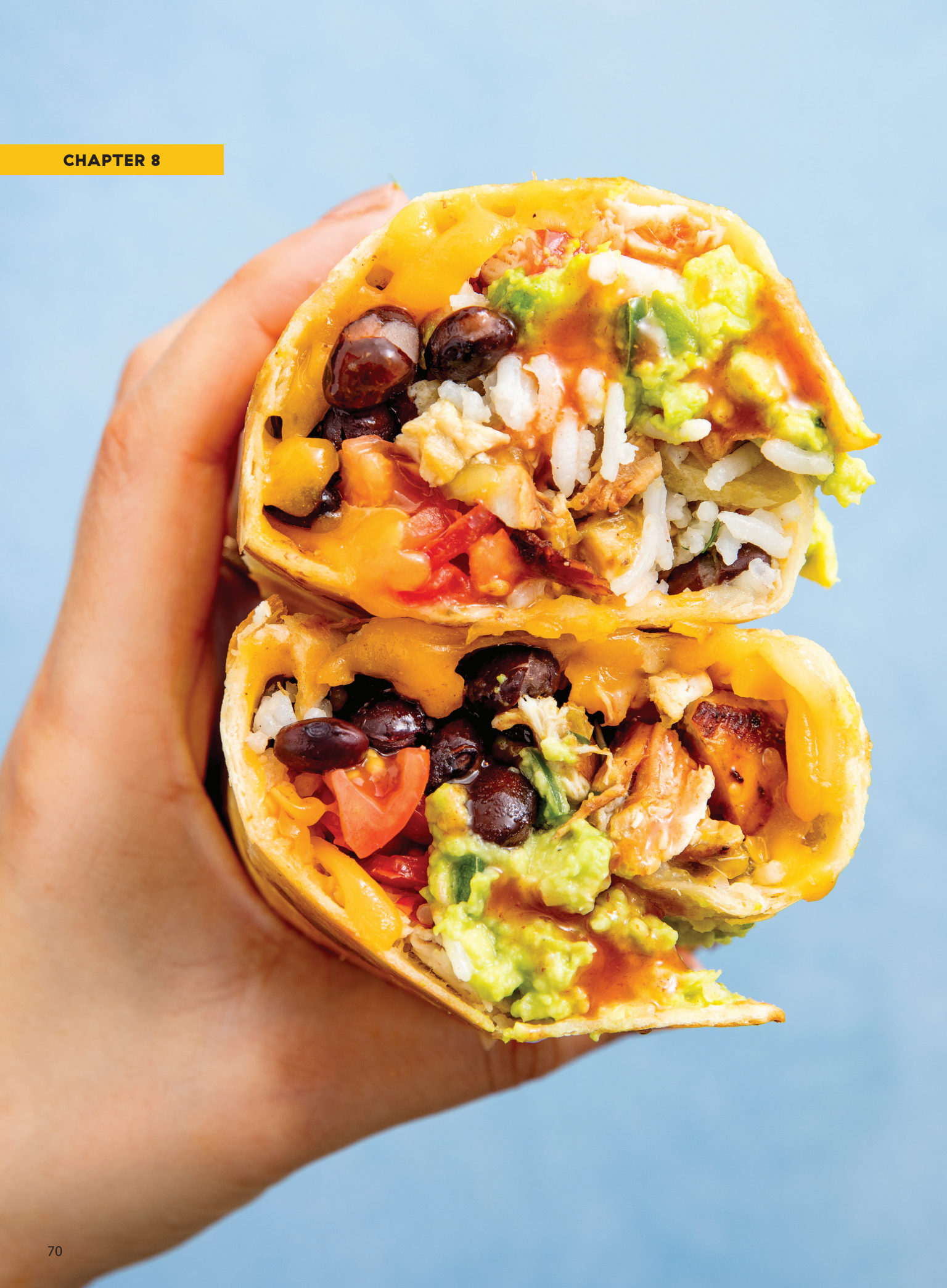
BUFFALO CHICKEN ZUCCHINI BOATS

SERVES 4	TOTAL TIME: 25 MIN

4 large **zucchini**, halved lengthwise
2 c. **shredded chicken**
½ (8–oz.) block **cream cheese**, softened
1 c. shredded **cheddar**, divided
¼ c. **buffalo sauce**
¼ c. sliced **green onions**
Kosher salt
Freshly ground **black pepper**

1. Preheat oven to 350°. Score zucchini (like you're dicing an avocado) and scoop out insides. (Save for later use, if desired.)
2. In a large bowl, combine chicken, cream cheese, ¾ cup cheddar, buffalo sauce, and green onions and season with salt and pepper.
3. Spoon chicken mixture into zucchini boats and sprinkle with remaining ¼ cup cheddar.
4. Bake until zucchini is tender and cheese is melty, about 15 minutes.

CHAPTER 8



TERRIFIC TEX MEX

CILANTRO-LIME CHICKEN BURRITOS

SERVES 4
TOTAL TIME: 45 MIN

FOR THE CHICKEN

1½ c. **salsa verde**, divided

3 tbsp. extra-virgin **olive oil**, divided

Juice of ½ **lime**

1 tsp. **garlic powder**

½ tsp. **chili powder**

½ tsp. ground **cumin**

1 lb. boneless skinless **chicken breasts**, cut into ½" pieces

Kosher salt

Freshly ground **black pepper**

FOR THE RICE

1 tbsp. **butter**

Juice of 2 **limes**, divided

½ tsp. **kosher salt**

1 c. **basmati rice**

1 tbsp. freshly chopped **cilantro**

FOR THE BURRITOS

2 c. **black beans**

1 c. **guacamole**

1 c. **cherry tomatoes**, quartered

2 c. shredded **Monterey jack**

4 large **flour tortillas**

1. In a large bowl, whisk together 1 cup salsa verde, 2 tablespoons oil, lime juice, and spices and season with salt and pepper. Add chicken and toss until fully coated. Let marinate 20 minutes.

2. In a skillet over medium-high heat, heat remaining tablespoon oil. Add chicken and cook until golden, about 4 minutes. Flip and pour in remaining ½ cup salsa verde. Simmer 3 to 4 minutes more.

3. Meanwhile, make rice: In a large saucepan over low heat, melt butter. Add juice of 1 lime, salt, and rice. Add 2 cups water and bring to a boil, then reduce to a simmer and cook, covered, until tender, 22 to 25 minutes. Stir in cilantro and remaining lime juice.

4. Add a large spoonful each of rice, beans, guacamole, tomatoes, chicken, and Monterey jack to center of each tortilla. Roll up tightly.

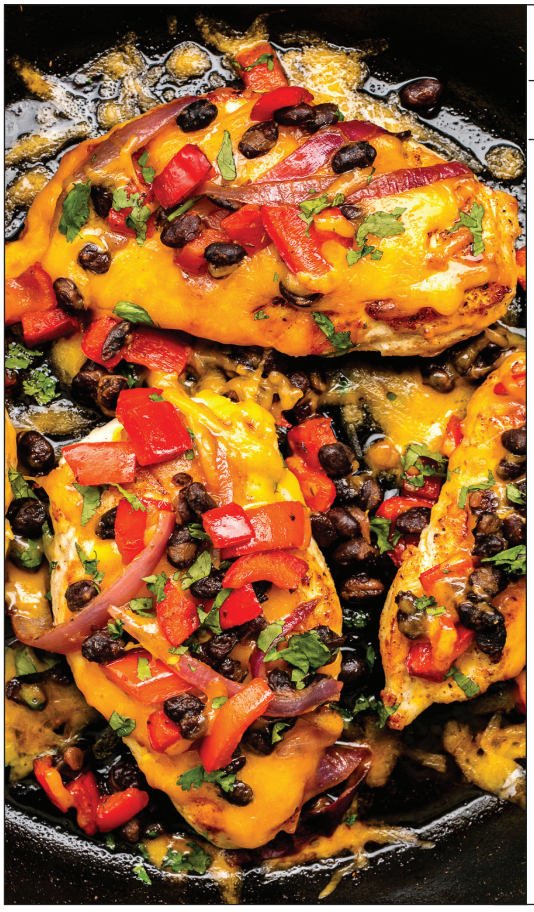
5. Heat a large nonstick skillet over medium-high heat. Cook burritos, in batches, until tortillas are golden, about 2 minutes per side.

CHICKEN QUESADILLAS

SERVES 4 | **TOTAL TIME: 40 MIN**

- 2 tbsp. extra-virgin **olive oil**, divided
- 2 **bell peppers**, thinly sliced
- ½ **onion**, thinly sliced
- **Kosher salt**
- Freshly ground **black pepper**
- 1 lb. boneless skinless **chicken breasts**, sliced into strips
- ½ tsp. **chili powder**
- ½ tsp. ground **cumin**
- ½ tsp. **dried oregano**
- 4 medium **flour tortillas**
- 2 c. shredded **Monterey jack**
- 2 c. shredded **cheddar**
- 1 **avocado**, sliced
- 2 **green onions**, thinly sliced
- **Sour cream**, for serving

1. In a large skillet over medium-high heat, heat 1 tablespoon oil. Add peppers and onion and season with salt and pepper. Cook until soft, 5 minutes. Transfer to a plate.
2. Heat remaining tablespoon oil over medium-high heat. Season chicken with spices, salt, and pepper and cook, stirring occasionally, until golden and cooked through, 8 minutes. Transfer to a plate.
3. Add 1 flour tortilla to skillet and top with both cheeses, cooked chicken mixture, avocado, and green onions. Place another tortilla on top and cook, flipping once, until golden, 3 minutes per side. Repeat to make four quesadillas.
4. Slice into wedges and serve with sour cream.



SANTA FE CHICKEN

SERVES 4 | **TOTAL TIME: 30 MIN**

- 1 tbsp. extra-virgin **olive oil**
- 1 lb. boneless skinless **chicken breasts**
- 2 tbsp. **taco seasoning**
- 1 tsp. **cayenne pepper**
- **Kosher salt**
- 2 cloves **garlic**, minced
- 1 small **red onion**, chopped
- 2 red **bell peppers**, chopped
- 1 (15-oz.) can **black beans**, rinsed and drained
- 2 c. shredded **cheddar**
- Freshly chopped **cilantro**, for serving

1. In a large skillet over medium-high heat, heat oil. Season chicken with taco seasoning, cayenne pepper, and salt. Add chicken and cook until golden and cooked through, 8 minutes per side. Transfer to a plate.
2. Add garlic, onion, and peppers to skillet and cook until soft, 5 minutes. Stir in black beans until warmed through, then transfer mixture to a plate.
3. Reduce heat to low and return chicken to skillet. Top with cheddar and black bean mixture, then cover and let cheese melt.
4. Garnish with cilantro before serving.

CHICKEN TACOS

SERVES 4 **TOTAL TIME: 30 MIN**

1 tsp. extra-virgin **olive oil**

4 boneless skinless **chicken breasts**, cut into 1" strips

Kosher salt

Freshly ground **black pepper**

2 tsp. **chili powder**

2 tsp. **cumin**

½ tsp. **garlic powder**

¼ tsp. **paprika**

¼ tsp. **cayenne**

8 **corn tortillas**, warmed

TOPPINGS

Thinly sliced **red onion**

Diced **tomato**

Shredded **Monterey jack**

Diced **avocado**

Fresh cilantro

Lime wedges

1. In a large skillet over medium heat, heat oil. Season chicken with salt and pepper and add to skillet. Cook until golden, 6 minutes. Add spices and stir until coated, 3 minutes more.

2. Build tacos: In tortillas, layer chicken and desired toppings. Serve with lime wedges.

CILANTRO-LIME CHICKEN

SERVES 4	TOTAL TIME: 55 MIN

4 tbsp. extra-virgin **olive oil**, divided

Juice of 2 **limes**

¼ c. freshly chopped **cilantro**

2 cloves **garlic**, minced

½ tsp. ground **cumin**

Pinch **crushed red pepper flakes**

4 bone-in, skin-on **chicken thighs**

Kosher salt

Freshly ground **black pepper**

Cooked **white rice**, for serving

1. Whisk together 2 tablespoons oil, lime juice, cilantro, garlic, cumin, and red pepper flakes. Add chicken and toss to coat. Let marinate in fridge 30 minutes and up to 2 hours.

2. When ready to cook, preheat oven to 425°. In a large ovenproof skillet over medium-high heat, heat remaining 2 tablespoons oil. Season chicken with salt and pepper, then add to skillet skin-side down and pour in remaining marinade. Sear until skin is golden and crispy, about 6 minutes. Flip and cook 2 minutes more.

3. Transfer skillet to oven and bake until chicken is cooked through, 10 to 12 minutes more.

4. Serve over rice drizzled with pan drippings.

CRACK CHICKEN TACOS

SERVES 4 | **TOTAL TIME: 50 MIN**

- 2 lb. boneless skinless **chicken breasts**, cut into 2" pieces
- 1 c. all-purpose **flour**
- 2 c. **panko bread crumbs**
- 3 large **eggs**
- **Kosher salt**
- Freshly ground **black pepper**
- 1 c. **barbecue sauce**
- ½ c. **brown sugar**
- Juice of 2 **limes**
- 1 tsp. **garlic powder**
- 8 small **flour tortillas**
- ½ head **green cabbage**
- **Ranch dressing**, for drizzling
- Freshly chopped **cilantro**, for garnish

1. Preheat oven to 425° and line a large baking sheet with parchment. In a large resealable plastic bag, combine chicken and flour and shake until fully coated.
2. In one bowl, add bread crumbs. In another bowl, beat eggs. Dip chicken in eggs, then in panko until fully coated. Transfer to prepared baking sheet and season with salt and pepper.
3. Bake until golden and crispy, 23 to 25 minutes.
4. Meanwhile, in a small saucepan over low heat, warm barbecue sauce, brown sugar, lime juice, and garlic powder.
5. Coat baked chicken in sauce.
6. Serve chicken in tortillas with cabbage and drizzled with ranch. Garnish with cilantro.

CHICKEN TAMALE PIE

SERVES 4 | **TOTAL TIME: 30 MIN**

- **Cooking spray**
- 1 box Jiffy **corn muffin mix**
- ½ c. **sour cream**
- 1 large **egg**
- ½ c. **corn** kernels (canned, fresh, or frozen)
- 2 tbsp. melted **butter**
- 1 tbsp. extra-virgin **olive oil**
- 1 large **onion**, chopped
- 2 cloves **garlic**, minced
- 1 tbsp. **taco seasoning**
- **Kosher salt**
- 2 c. **shredded chicken**
- ¾ c. **enchilada sauce**, divided
- 1 c. shredded **cheddar**
- 1 c. shredded **Monterey jack**
- Freshly chopped **cilantro**, for garnish

1. Preheat oven to 400° and grease a large ovenproof skillet with cooking spray. In a medium bowl, whisk together corn muffin mix, sour cream, egg, corn, and melted butter. Pour into prepared skillet and bake until golden, 15 minutes.
2. Meanwhile, in a large skillet over medium heat, heat oil. Add onion and cook until soft, 5 minutes, then add garlic and cook until fragrant, 1 minute more. Add taco seasoning and season with salt. Add chicken and ½ cup enchilada sauce and stir until combined.
3. Poke holes all over cornbread with the bottom of a wooden spoon. Pour remaining ¼ cup enchilada sauce over poked holes and top with chicken mixture.
4. Top with both cheeses and bake 20 minutes more.
5. Garnish with cilantro before serving.

CHICKEN FAJITAS

SERVES 6 | **TOTAL TIME: 50 MIN**

½ c. plus 1 tbsp. extra-virgin **olive oil**
Juice of 3 **limes**
2 tsp. ground **cumin**
½ tsp. crushed **red pepper flakes**
1 lb. boneless skinless **chicken breasts**
Kosher salt
Freshly ground **black pepper**
3 **bell peppers**, thinly sliced
1 large **onion**, thinly sliced
Tortillas, for serving

1. In a large bowl, whisk together ½ cup oil, lime juice, cumin, and red pepper flakes. Season chicken with salt and pepper, then add to bowl and toss to coat. Let marinate in the fridge at least 30 minutes and up to 2 hours.

2. When ready to cook, heat remaining tablespoon oil in a large skillet over medium heat. Add chicken and cook until golden and cooked through, 8 minutes per side. Let rest 10 minutes, then slice into strips.

3. Add bell peppers and onion to skillet and cook until soft, 5 minutes. Add chicken and toss until combined. Serve with tortillas.

CHICKEN BURRITO PIE

SERVES 6 | **TOTAL TIME: 50 MIN**

Cooking spray
5 medium **flour tortillas**
1 tbsp. extra-virgin **olive oil**
½ medium **onion**, chopped
2 cloves **garlic**, minced
1 (19-oz.) can **enchilada sauce**
3 c. **shredded chicken**
1 (15-oz.) can **corn**, drained
1 (15-oz.) can **black beans**, drained and rinsed
3 c. shredded **cheddar**
3 c. shredded **Monterey jack**
Pico de gallo, for serving
Freshly chopped **cilantro**, for garnish
Sour cream, for drizzling

1. Preheat oven to 350°. Grease a 9" springform pan with cooking spray. Arrange 4 tortillas in bottom of pan, pressing up sides. Bake until lightly golden, 15 minutes.

2. In a large skillet over medium heat, heat oil. Add onion and cook until soft, 5 minutes. Stir in garlic and cook until fragrant, 1 minute more. Add enchilada sauce and chicken and bring to a simmer. Remove from heat.

3. Assemble pie: Spoon an even layer of chicken on top of baked tortilla crust, then top with half the corn, black beans, and cheeses. Top with remaining chicken, corn, and black beans; then place remaining tortilla on top and sprinkle with remaining cheese.

4. Bake until tortillas are deeply golden and cheese is melty, 40 minutes.

5. Let cool in pan 10 minutes, then top with pico de gallo, cilantro, and sour cream.

BAKED SALSA VERDE CHICKEN

SERVES 4 | **TOTAL TIME: 45 MIN**

1 (16–oz.) jar **salsa verde**

1 lb. boneless skinless **chicken breasts**

1 tbsp. extra–virgin **olive oil**

Kosher salt

Freshly ground **black pepper**

1 tsp. **garlic powder**

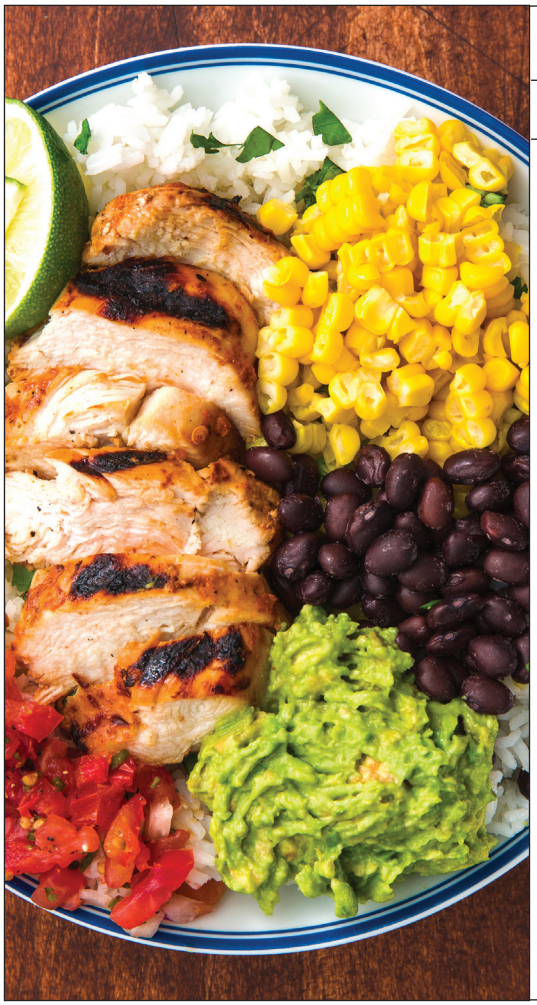
1½ c. shredded **Monterey jack**

Lime wedges

Fresh **cilantro**, for garnish

Cooked **white rice**, for serving

1. Preheat oven to 400°. Pour salsa verde into a large baking dish. Brush chicken all over with oil and season with salt, pepper, and garlic powder.
2. Nestle chicken into salsa verde and bake until cooked through, 35 minutes.
3. Remove chicken from oven and heat broiler. Top with cheese and broil until melty, 2 minutes.
4. Squeeze lime over chicken and garnish with cilantro. Serve over rice.



CHICKEN BURRITO BOWLS

SERVES 4 | **TOTAL TIME: 2 HR 20 MIN**

FOR THE CHICKEN

½ **red onion**, roughly chopped

2 **garlic** cloves

1 **chipotle pepper in adobo** sauce, plus 2 tbsp. sauce

3 tbsp. **vegetable oil**

1 tsp. dried **oregano**

½ tsp. ground **cumin**

Kosher salt

Freshly ground **black pepper**

1 lb. boneless skinless **chicken breasts**

FOR THE BOWLS

Cooked **rice**

Corn

Black beans

Guacamole

Salsa

Lime wedges

1. In a food processor, blend onion, garlic, chipotle pepper and adobo sauce, oil, oregano, and cumin until smooth. Season with salt and pepper.
2. Add marinade and chicken to a large resealable plastic bag and rub all over to coat chicken. Let marinate in the fridge at least 2 hours.
3. Bring chicken to room temperature and preheat grill to high. Grill until cooked through, 8 minutes per side.
4. Serve chicken over rice with desired toppings.

better than chipotle!

CHAPTER 9

SOUTHERN COMFORT

CHICKEN-FRIED CHICKEN

SERVES 4
TOTAL TIME: 1 HR

FOR THE CHICKEN

4 boneless skinless **chicken breasts**
1 c. **whole milk** or **buttermilk**
1 large **egg**
¾ c. all-purpose **flour**
¼ c. **cornstarch**
1 tsp. **kosher salt**
1 tsp. **garlic powder**
½ tsp. **dried oregano**
½ tsp. freshly ground **black pepper**
½ tsp. **cayenne pepper**
Vegetable oil, for frying

FOR THE GRAVY

¼ c. **butter**
¼ c. all-purpose **flour**
2½ c. **whole milk**
Kosher salt
Freshly ground **black pepper**
Pinch **paprika**

1. Place chicken breasts between 2 pieces of plastic wrap and pound with a meat mallet or rolling pin until ¼" thick.
2. Set up dredging station: In one shallow bowl, whisk together milk and egg. In another shallow bowl, whisk together flour, cornstarch, salt, and spices.
3. Dredge each piece of chicken in milk, then in flour mixture. Repeat until all chicken is coated. Place in fridge while you make gravy.
4. In a large skillet over medium heat, melt butter. Add flour and cook until golden and bubbly, 2 to 3 minutes. Whisk in milk and season with salt, pepper, and paprika. Bring mixture to a simmer and cook until slightly thickened, 3 to 4 minutes. (It will thicken more as it cools!) Remove from heat.
5. Cook chicken: In a large skillet over medium heat, heat ½" to 1" oil until hot but not smoking. Fry chicken until golden, about 8 minutes. Drain on a paper towel—lined plate.
6. Serve chicken hot with gravy.

BBQ CHICKEN CORNBREAD SKILLET

SERVES 6	TOTAL TIME: 50 MIN

Cooking spray
1 box Jiffy **corn muffin mix**
½ c. **sour cream**
2 tbsp. **butter**, melted
1 large **egg**
½ c. **corn** kernels (frozen, canned, or fresh)
1 red **onion**, chopped
2 c. **shredded chicken**
1⅓ c. **barbecue sauce**, divided
Juice of 1 **lime**
Kosher salt
Freshly ground **black pepper**
1 c. shredded **cheddar**
1 c. shredded **gouda**
Thinly sliced **green onions**, for garnish

1. Preheat oven to 400° and grease a large ovenproof skillet with cooking spray. In a medium bowl, whisk together corn muffin mix, sour cream, melted butter, egg, and corn. Pour into prepared skillet and bake until golden, 20 minutes.
2. Meanwhile, in another large skillet over medium heat, cook onion until soft, 5 minutes. Add chicken, 1 cup barbecue sauce, and lime juice and season with salt and pepper. Cook until warmed through.
3. Poke holes all over cornbread with the bottom of a wooden spoon, then pour over remaining ⅓ cup barbecue sauce. Add chicken mixture and top with both cheeses. Cover with foil and bake until cheese is melty, about 20 minutes.
4. Garnish with green onions before serving.

SMOTHERED CHICKEN

SERVES 6 | **TOTAL TIME: 40 MIN**

½ c. all-purpose **flour**

1 tsp. **paprika**

Pinch **cayenne pepper**

Kosher salt

Freshly ground **black pepper**

2 lb. **chicken thighs** and **legs**

1 tbsp. **vegetable oil**

2 **onions**, thinly sliced

4 sprigs fresh **thyme**

3 cloves **garlic**, minced

1 c. low-sodium **chicken broth**

1. Preheat oven to 350°. In a medium bowl, whisk together flour, paprika, and cayenne and season with salt and pepper. Set aside 2 tablespoons of mixture.
2. Season chicken all over with salt and pepper, then dredge each piece in flour mixture until lightly coated. Shake off excess.
3. In a large ovenproof skillet over medium heat, heat oil. Working in batches, add chicken and sear until golden on both sides, about 2 minutes per side. Transfer to a plate.
4. Add onions and thyme to skillet and reduce heat to medium. Cook until soft, 5 minutes. Stir in garlic and cook until fragrant, 1 minute more.
5. Scatter reserved flour mixture over onions and stir until onions are completely coated. Gradually stir in broth and increase heat to medium-high. Return chicken to skillet and once mixture comes to a boil, transfer skillet to oven and bake until cooked through, 18 minutes more.

CHICKEN & BISCUIT SLIDERS

SERVES 6 – 8 | **TOTAL TIME: 40 MIN**

1 can refrigerated **biscuits**

1 c. all-purpose **flour**

½ c. **panko bread crumbs**

1 tbsp. **paprika**

1 tbsp. **garlic powder**

1 tbsp. **onion powder**

Kosher salt

Freshly ground **black pepper**

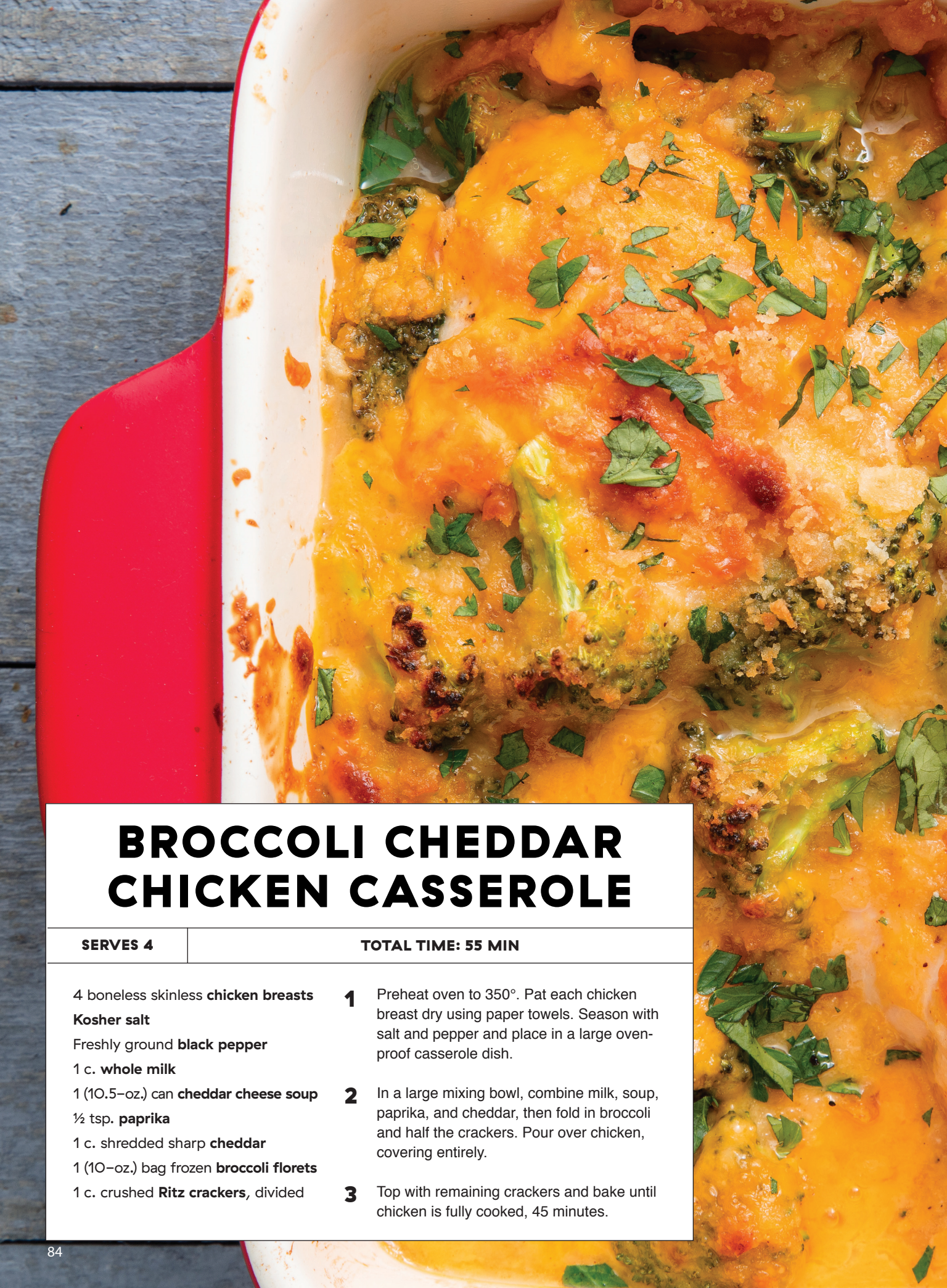
1 lb. boneless skinless **chicken breasts**, cut into 1" pieces

¼ c. **butter**, softened, plus 2 tbsp. melted

1 tbsp. **honey**

Pickles, for serving

1. Preheat oven to 350°. Halve biscuits and form into slider rolls. Bake according to package directions.
2. Increase oven temperature to 400°. In a large resealable plastic bag, combine flour, bread crumbs, and spices. Season with salt and pepper. Add chicken and shake until fully coated.
3. Place chicken on sheet pan and pour melted butter over it. Toss until fully coated.
4. Bake, flipping halfway through, until chicken is golden and cooked through, 20 to 22 minutes.
5. In a small bowl, stir together softened butter and honey.
6. Slather honey butter biscuits and top with chicken and a pickle.



BROCCOLI CHEDDAR CHICKEN CASSEROLE

SERVES 4	TOTAL TIME: 55 MIN

- 4 boneless skinless **chicken breasts**
- **Kosher salt**
- Freshly ground **black pepper**
- 1 c. **whole milk**
- 1 (10.5–oz.) can **cheddar cheese soup**
- ½ tsp. **paprika**
- 1 c. shredded sharp **cheddar**
- 1 (10–oz.) bag frozen **broccoli florets**
- 1 c. crushed **Ritz crackers**, divided

1. Preheat oven to 350°. Pat each chicken breast dry using paper towels. Season with salt and pepper and place in a large oven-proof casserole dish.
2. In a large mixing bowl, combine milk, soup, paprika, and cheddar, then fold in broccoli and half the crackers. Pour over chicken, covering entirely.
3. Top with remaining crackers and bake until chicken is fully cooked, 45 minutes.

KING RANCH CHICKEN

SERVES 6 | **TOTAL TIME: 45 MIN**

Cooking spray

1 tbsp. extra-virgin **olive oil**

1 **onion**, chopped

1 green **bell pepper**, chopped

2 cloves **garlic**, minced

1 (10.5-oz.) can **cream of chicken soup**

1 (10.5-oz.) can **cream of mushroom soup**

1 (10-oz.) can **Ro-Tel**

3 c. cooked **shredded chicken**

1 tsp. **chili powder**

½ tsp. ground **cumin**

Kosher salt

Freshly ground **black pepper**

18 **corn tortillas**

1½ c. shredded **cheddar**

1½ c. shredded **Monterey jack**

Freshly chopped **cilantro**, for garnish

1. Preheat oven to 350°. Grease a large baking dish with cooking spray. In a large skillet over medium heat, heat oil. Add onion and bell pepper and cook until soft, 5 minutes. Add garlic and cook until fragrant, 1 minute. Add soups and Ro-Tel and stir to combine. Season with chili powder, cumin, salt, and pepper. Remove from heat.

2. Layer 6 tortillas in prepared baking dish, overlapping as necessary. Spread a third of sauce over tortillas, then top with half the chicken and a third of cheese. Repeat layers, ending with 6 tortillas, sauce, and cheese.

3. Bake until chicken and tortillas are warmed through and cheese is melty, 30 minutes.

4. Garnish with cilantro before serving.

CHICKEN SPAGHETTI

SERVES 4 | **TOTAL TIME: 1 HR**

1 lb. **spaghetti**

1 tbsp. extra-virgin **olive oil**

1 **onion**, chopped

1 red **bell pepper**, chopped

1 lb. boneless skinless **chicken breasts**, cut into 1" pieces

Kosher salt

Freshly ground **black pepper**

½ tsp. **chili powder**

3 tbsp. **butter**

3 tbsp. all-purpose **flour**

2 c. **whole milk**

1 c. low-sodium **chicken broth**

2½ c. shredded **cheddar**, divided

1. Preheat oven to 350°. In a large pot of salted boiling water, cook spaghetti according to package directions until al dente, about 7 minutes.

2. In a large skillet over medium heat, heat oil. Add onion and bell pepper and cook until soft, 5 minutes.

3. Add chicken and season with salt, pepper, and chili powder. Cook until chicken is golden, about 5 minutes. Transfer to a plate.

4. Melt butter in skillet over medium heat. Whisk in flour and cook 1 minute. Add milk and broth and cook until thick, about 3 minutes.

5. Stir in spaghetti, 1½ cups cheddar, and chicken. Transfer to a baking dish and top with remaining cup cheese. Bake until bubbly, about 45 minutes.

NASHVILLE HOT CHICKEN

SERVES 12 | **TOTAL TIME: 45 MIN**

3 to 4 lb. bone-in, skin-on **chicken breasts, wings,** and **thighs**

Kosher salt

Freshly ground **black pepper**

2 c. **whole milk** or **buttermilk**

3 large **eggs**

1 tbsp. **hot sauce**

2 c. all-purpose **flour**

2 tsp. **paprika**

1 tsp. **cayenne pepper**

4 c. **vegetable oil,** for frying

FOR SPICY OIL

4 tbsp. **cayenne pepper**

2 tbsp. **brown sugar**

1 tbsp. **paprika**

1 tsp. **garlic powder**

1 tsp. **chili powder**

1 tsp. **kosher salt**

1. In a large bowl, season chicken generously with salt and pepper. Cover with plastic wrap and let chill in fridge 3 hours or up to overnight.

2. Line a large rimmed baking sheet with a metal rack. In a shallow bowl, whisk together milk, eggs, and hot sauce. In another shallow bowl, whisk together flour, paprika, and cayenne pepper. Pat chicken dry, then dredge in flour mixture, then milk mixture, then flour mixture again, and place on wire rack. Repeat until all chicken is breaded.

3. In a large pot, heat oil until a candy thermometer inserted into pot reads 350°. Working in batches, fry chicken until golden, 6 to 8 minutes. Scoop out ½ cup hot oil and let remaining oil cool in pot before discarding.

4. Make spicy oil: In a large heatproof bowl, whisk together cayenne pepper, brown sugar, paprika, garlic powder, chili powder, and salt. Pour in reserved hot frying oil and whisk to combine. Brush over chicken before serving.

HOLY SMOKES!

THESE BARBECUE SAUCES ARE SERIOUSLY NEXT LEVEL.

SWEET BABY RAY'S
In Ray we trust—this classic has everything you want: balanced flavor, smooth texture, and a smokiness that won't overpower your food.

STUBB'S ORIGINAL
For anyone who loves Carolina-style barbecue, this vinegary sauce is the end-all. It's super peppery and sharp—perfect for fatty cuts of smoked meat.

BULLS-EYE ORIGINAL
Sweet, acidic, salty, and smoky, this addictive sauce hits all the notes.

CHAPTER 10

GAME DAY CHAMPS

PICKLEBACK WINGS

SERVES 6–8
TOTAL TIME: 2 HR 15 MIN

3 lb. **chicken wings**
1 c. **pickle juice**
2 tbsp. **bourbon**
2 tbsp. **honey**
1 tbsp. **brown sugar**
½ tsp. **onion powder**
½ tsp. **paprika**
¼ tsp. **cayenne pepper**
Kosher salt
Freshly ground **black pepper**
2 tbsp. freshly chopped **dill**
1 c. sliced **pickles**
1 c. **ranch dressing**

1. In a large bowl, combine wings and pickle juice. Let marinate in fridge at least 1 hour and up to 4 hours. Drain wings and pat dry.

2. Preheat oven to 425° and line a large rimmed baking sheet with a metal rack. In a small bowl, whisk together bourbon, honey, brown sugar, and spices and season with salt and pepper.

3. Toss wings in bourbon-honey, then transfer to prepared baking sheet. Season wings with salt and pepper. Bake until crispy, about 50 minutes.

4. Transfer baked wings to a serving plate and sprinkle with dill. Serve with pickles and ranch for dipping.

CHICKEN PARM SLIDERS

SERVES 6 | **TOTAL TIME: 45 MIN**

1½ lb. fresh or frozen **breaded chicken**

12 **slider buns**

2 c. **marinara**

2 c. shredded **mozzarella**

½ c. freshly grated **Parmesan**

¼ c. melted **butter**

½ tsp. **garlic powder**

1 tbsp. freshly chopped **parsley**

1. Prepare chicken according to package instructions.
2. Transfer chicken to a cutting board and cut into slider-size pieces.
3. On a large baking sheet, lay bottom halves of slider buns. Top with a thin layer of marinara, cooked chicken, mozzarella, and Parmesan. Top with remaining slider bun halves.
4. In a small bowl, stir together melted butter, garlic powder, and parsley. Brush bun tops with butter mixture and bake until cheese is melty and sliders warmed through, 15 minutes.

♥these!

BBQ CHICKEN SLIDERS

SERVES 6–8 | **TOTAL TIME: 30 MIN**

3 c. **shredded chicken**

1 c. **barbecue sauce**

2 tbsp. **butter**

1 **red onion**, thinly sliced

12 **slider buns**

2 c. shredded **Monterey jack**

1 c. sliced **pickles**

1 tbsp. melted **butter**

2 tsp. **garlic powder**

Freshly chopped **parsley**, for buns

1. Preheat oven to 350°. In a large bowl, toss shredded chicken with barbecue sauce until coated.
2. In a large skillet over medium heat, melt butter. Add onion and cook, stirring occasionally, until caramelized, about 15 minutes.
3. On a large baking sheet, lay bottom halves of slider buns. Top with chicken, Monterey jack, caramelized onions, and pickles. Top with remaining slider bun halves and brush with melted butter. Sprinkle with garlic powder and parsley.
4. Bake until cheese is melty and buns are toasted, 10 minutes.

GOLDEN NUGGETS

AFTER BAKING 18 VARIETIES, WE'RE CALLING IT: THESE FROZEN CHICKEN NUGGETS ARE BETTER THAN THE DRIVE-THRU.

TYSON

Ahhh, childhood: These picture-perfect nuggets brought us right back to school lunches. They're salty and super crispy.

APPLEGATE FARMS

You'd never guess these nuggets are gluten-free. Breaded in rice flour, the crispy, satisfying texture could fool anyone.

WEAVER

The peppery spice, ridged texture, and crunch of these nuggets won over testers instantly.

BELL & EVANS

Adults and kids alike will dig into this favorite: The company uses only whole breast pieces, which means they taste homemade.

CHICKEN ENCHILADA DIP

SERVES 6–8 | **TOTAL TIME: 30 MIN**

1½ (8–oz.) blocks **cream cheese**, softened

1½ c. **shredded chicken**

1 (15–oz.) can **black beans**, rinsed and drained

1½ c. shredded **pepper jack**

1½ c. shredded **cheddar**

1 c. **enchilada sauce**

2 (4–oz.) cans **green chilies**, chopped

2 tsp. **taco seasoning**

Fresh cilantro leaves, for garnish

Tortilla chips, for serving

1. Preheat oven to 350°. In a large bowl, stir together cream cheese, shredded chicken, black beans, 1 cup pepper jack, 1 cup cheddar, enchilada sauce, green chilies, and taco seasoning.

2. Transfer dip to an ovenproof skillet and top with remaining ½ cup cheeses. Bake until warmed through and bubbly, 20 to 25 minutes.

3. Garnish with cilantro and serve with tortilla chips.

BBQ CHICKEN NACHOS

SERVES 4	TOTAL TIME: 25 MIN

2 c. **shredded chicken**
¾ c. **barbecue sauce**
1 (18–oz.) bag **tortilla chips**
3 c. shredded **cheddar**
1 c. crumbled **Cotija**
1 c. **pickled jalapeños**
½ small **red onion**, thinly sliced
1 **avocado**, thinly sliced
Freshly chopped **cilantro**, for garnish

1. Preheat oven to 400° and line a large baking sheet with foil. In a large bowl, toss chicken with barbecue sauce.
2. Layer half the chips, cheddar, Cotija, chicken, pickled jalapeños, and onion. Repeat.
3. Bake until cheese is melty and nachos warmed through, 15 minutes.
4. Top with avocado and cilantro before serving.

BUFFALO CHICKEN DIP

SERVES 6 | **TOTAL TIME: 30 MIN**

2 c. **shredded chicken**

1 (8–oz.) block **cream cheese**, softened

1 c. shredded **cheddar**, divided

¼ c. **buffalo sauce**

1 tbsp. **ranch dressing**

Few dashes **hot sauce**

¼ c. crumbled **blue cheese**

Freshly chopped **chives**, for garnish

Sliced **baguette**, for serving

1. Preheat oven to 350°. In a large bowl, combine chicken, cream cheese, ¾ cup cheddar, buffalo sauce, ranch, and hot sauce.
2. Transfer mixture to an ovenproof skillet and top with remaining ¼ cup cheddar. Bake until warm and bubbly, 20 minutes.
3. Top with blue cheese and chives and serve with bread.

LEMON PEPPER WINGS

SERVES 6 | **TOTAL TIME: 1 HR 5 MIN**

- 2 lb. **chicken wings**
- ¼ c. extra-virgin **olive oil**
- Juice of 2 **lemons**, plus zest of 1
- 2 cloves **garlic**, minced
- **Kosher salt**
- Freshly ground **black pepper**
- **Lemon wedges**, for serving

1. Preheat oven to 400° and line a large rimmed baking sheet with a metal rack. In a large bowl, toss wings, oil, lemon juice and zest, and garlic. Season with salt and pepper.
2. Transfer wings to prepared baking sheet and bake until golden and crispy, about 50 minutes.
3. Serve with lemon wedges.

GARLIC-PARM WINGS

SERVES 6 | **TOTAL TIME: 1 HR 10 MIN**

- 2 lb. **chicken wings**
- ¼ c. **vegetable oil**
- **Kosher salt**
- Freshly ground **black pepper**
- 1 stick melted **butter**
- 4 cloves **garlic**, minced
- 2 tbsp. freshly chopped **parsley**
- ¾ c. freshly grated **Parmesan**, plus more for serving
- 1 tsp. **crushed red pepper flakes**
- **Caesar dressing**, for dipping

1. Preheat oven to 400° and line a large rimmed baking sheet with a metal rack. Toss wings with oil and season with salt and pepper.
2. Transfer wings to prepared baking sheet and bake until golden and crispy, about 50 minutes.
3. Make sauce: In a large bowl, stir together melted butter, garlic, parsley, Parmesan, and red pepper flakes. Add wings and toss until completely coated.
4. Sprinkle with Parmesan and serve with Caesar dressing for dipping.

delish

EDITORIAL DIRECTOR Joanna Saltz
DEPUTY EDITOR Lindsay Funston
MANAGING EDITOR Lindsey Ramsey

CREATIVE DIRECTOR Nicolas Neubeck
ART DIRECTOR Katja Cho
DESIGN DIRECTOR Alexandra Folino

SENIOR FOOD EDITOR Lauren Miyashiro
ASSISTANT FOOD EDITOR Lena Abraham
FOOD ASSISTANT Makinze Gore
KITCHEN ASSISTANT June (Jiuxing) Xie
COPY EDITOR Estee Brooke Friedman

SENIOR VICE PRESIDENT & EDITORIAL DIRECTOR, HEARST DIGITAL MEDIA
Kate Lewis

SVP, CHIEF REVENUE OFFICER, HEARST DIGITAL MEDIA Todd Haskell
VP, EXECUTIVE DIRECTOR, SALES Sue Katzen
SENIOR DIRECTOR, MARKETING Samantha Gladis
SALES DIRECTORS Corianne Carroll, Tracy Leiken Chafetz, Kimberly Parrilla
MARKETING DIRECTOR Dina Gallo
SENIOR MARKETING MANAGER Amanda Duff
MARKETING MANAGER Nicole Guba

HEARST
specials

HEARST SPECIALS VP, PUBLISHER
Jacqueline Deval

PUBLISHED BY HEARST COMMUNICATIONS, INC.
PRESIDENT & CHIEF EXECUTIVE OFFICER Steven R. Swartz
CHAIRMAN William R. Hearst III
EXECUTIVE VICE CHAIRMAN Frank A. Bennack, Jr.
SECRETARY Catherine A. Bostron
TREASURER Carlton Charles

HEARST MAGAZINES DIVISION
PRESIDENT David Carey
PRESIDENT, MARKETING AND PUBLISHING DIRECTOR Michael Clinton
PRESIDENT, DIGITAL MEDIA Troy Young
CHIEF CONTENT OFFICER Joanna Coles
SENIOR VICE PRESIDENT, CHIEF FINANCIAL OFFICER Debi Chirichella
PUBLISHING CONSULTANTS Gilbert C. Maurer, Mark F. Miller

PHOTO CREDITS

Ethan Calabrese: Cover, back cover, and p. 6, 8–12, 16, 18, 20, 23–24, 27, 30, 32–33, 36–37, 41–42, 44–48, 50, 52–59, 62, 64–68, 70, 72–73, 76, 82, 86, 90, 93, 95

Parker Feierbach: p. 14–17, 20–23, 25–28, 30–31, 34, 38–41, 49, 53, 60, 74–75, 77–80, 83–88, 92, 94

Kathryn Wirsing: p. 13, 69, 90–91

Erika LaPresto: p. 63, 67, 76

Jessica Marx: p. 56

Courtesy of Bull's-Eye: p. 87
Courtesy of King's Hawaiian: p. 58
Courtesy of Lawry's: p. 58
Courtesy of Soy Vay: p. 58
Courtesy of Stubb's: p. 87
Courtesy of Sweet Baby Ray's: p. 87

BBQ chicken skillet!
PG.82
FUN NEW RECIPES EVERY WEEK!
no, seriously!
delish
delish.com