

WINNER WINNER

CHICKEN DINNER



BY BOWL ME OVER

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FREE CHEATSHEET!

- ☒ **HOW TO STRETCH A
BUCK WITH A
ROTISSERIE CHICKEN**
- ☒ **HOW TO SHOP AND STORE**
- ☒ **HOW TO CARVE**
- ☒ **FREE RECIPES**
- ☒ **MEAL PARINGS**
- ☒ **CALORIE COUNT**
- ☒ **GROCERY LIST PRINTABLE**

BOWL me OVER



When it comes to dinnertime, what's the best way to stretch a buck? Eating leftovers of course! But do you get tired of eating the same meal several days in a row? I do too. Let me show you how using just one rotisserie chicken you can transform it and make three completely different meals!

You will enjoy soup, sandwiches and a big family pasta meal! All starting with just one rotisserie chicken!

How to shop and store a rotisserie chicken

- When you're at the market to purchase a rotisserie chicken, it should be one of the last items placed in your cart, just like when shopping for other perishable items.
- If you're choosing a cooked chicken from the refrigerated section, it should be completely cold - keep it that way!
- If you're choosing a cooked chicken from under the heat lamp, it should be hot (not luke warm). A hot rotisserie chicken can be kept outside of the refrigerator for up to two hours. Once cooled, it should be immediately refrigerated.

Looking for more meals to stretch buck using rotisserie chicken? Visit these links at Bowl Me Over

30 MINUTE CHICKEN TORTELLINI SOUP

[*https://bowl-me-over.com/30-minute-chicken-tortellini-soup/*](https://bowl-me-over.com/30-minute-chicken-tortellini-soup/)

CHICKEN CAESAR PASTA SALAD

[*https://bowl-me-over.com/chicken-caesar-pasta-salad/*](https://bowl-me-over.com/chicken-caesar-pasta-salad/)

EASY CHICKEN AND DUMPLING SOUP

[*https://bowl-me-over.com/easy-chicken-dumpling-soup/*](https://bowl-me-over.com/easy-chicken-dumpling-soup/)

CHICKEN NOODLE SOUP #20MINUTEMEAL

[*https://bowl-me-over.com/chicken-noodle-soup-20minutemeal/*](https://bowl-me-over.com/chicken-noodle-soup-20minutemeal/)

QUESO CHICKEN ENCHILADAS

[*https://bowl-me-over.com/queso-chicken-enchiladas/*](https://bowl-me-over.com/queso-chicken-enchiladas/)

30 MINUTE CHICKEN TETRAZZINI STEW

[*https://bowl-me-over.com/30-minute-chicken-tetrazzini-stew/*](https://bowl-me-over.com/30-minute-chicken-tetrazzini-stew/)

TURKEY CORN CHOWDER - (substitute rotisserie chicken)

[*https://bowl-me-over.com/turkey-corn-chowder/*](https://bowl-me-over.com/turkey-corn-chowder/)

Before you can transform a rotisserie chicken you'll need to remove the meat. Carving a rotisserie chicken is just like carving your holiday turkey - it's just a lot smaller! In my experience harvesting the meat from a cooked chicken is easiest when the bird is slightly cooled. It will be easy to remove the skin and the meat comes off the bone easily. After the chicken has been refrigerated the fat solidifies making the meat adhere to the bones.

Step-by-step instructions to remove the meat

Place the rotisserie chicken on a cutting board, breast side up, cut and remove the twine.

Remove the wings first. Grasp the wing and pull it away from the body. Using a knife, slice at the joint to separate it from the body.



Remove the legs next.

Using your hands work the joint between the leg and thigh. It will easily separate, if not slice between the two joints and remove the legs.



Remove the thighs next using the same procedure.



To remove the breast meat, start by running your knife right along the breast bone, making a long even slice.

Now slice horizontally along the ribs. The breast meat will easily remove.

You can pick off any additional meat on the bird. Be sure to save the bones to make chicken broth.

For the recipe for chicken broth click on the following link -

<https://bowl-me-over.com/chicken-stock/>

Remove the skin if desired.

For the breast you can slice or dice the meat.

Shred the meat from the legs, thighs and remaining meat.



Also carefully pick off the meat from the bones.

Take your time for this part being careful to remove any excess fat, skin and small bones. Finding a bone in your meal can be an off-putting experience for you and your guests!

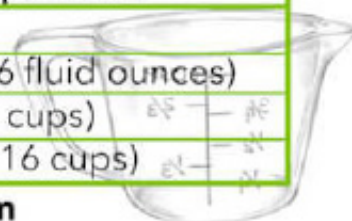





How does a great meal begin?

Some of my best recipes start with an empty bowl and whatever odds and ends I have in the kitchen at that moment. Don't have an avocado for the recipe you just found and no time to run to the store? Try using up those artichoke hearts that are sitting in your refrigerator! Leftover cilantro from taco night? Throw it, guess where? In a bowl, of course, tossed in with tonight's dinner salad! I'll bet you'll have people asking why your salad tastes so amazing and fresh.

Not enough leftover meat and potatoes for another meal? Add that with a few veggies to some stock or broth from your pantry and you've just made a delicious soup for dinner tomorrow night by cleaning up the kitchen!



US Dry Measurements	Equivalent
1/16 teaspoon	dash
1/8 teaspoon	a pinch
3 teaspoons	1 tablespoon
1/8 cup	2 tablespoons
1/4 cup	4 tablespoons
1/3 cup	5 tablespoons + 1 teaspoon
1/2 cup	8 tablespoons
3/4 cup	12 tablespoons
1 cup	16 tablespoons
1 pound	16 ounces
US Liquid Measurements	Equivalent
8 fluid ounces	1 cup
1 pint	2 cups (= 16 fluid ounces)
1 quart	2 pints (= 4 cups)
1 gallon	4 quarts (= 16 cups)

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Lemon Orzo Chicken Soup



Lemon Orzo Chicken Soup

This creamy lemon chicken soup is a great variation from your ordinary chicken soup.

It's savory and so delicious!

Suggested Meal Pairings

- Bright crisp green salad
- Rosemary Focaccia Bread

*Serve with a crisp Pinot Noir
or a light Chardonnay*

Prep Time 10 min. Cook Time 15 min.
4 Servings • 363 calories/serving

INGREDIENTS

- | | |
|-------------------------------|----------------------------------|
| 1 cup shredded cooked chicken | 1 1/3 to 1/2 orzo pasta |
| 1 small onion, diced | 1 clove garlic |
| 4 cups chicken stock | 1 stalk celery, diced |
| 1 carrot, diced | 1 cup half & half or heavy cream |
| 1/4 cup Parmesan cheese | 1/2 tsp salt |
| 1/4 tsp pepper | 1/4 tsp red pepper flakes |
| 1 bay leaf | 1 tbsp olive oil |
| 1 lemon | |

DIRECTIONS

In a large stockpot heat the olive oil over medium heat. Add the onion, carrots, celery - season with salt, pepper (red & black) and add the bay leaf.

Sauté until just tender, about 5 minutes. Add the garlic & sauté until fragrant, about another 30 seconds. Add the lemon juice, zest, chicken stock. Bring to a boil & add the orzo, stirring occasionally.

Cook uncovered, stirring constantly - this will release the starch in the soup and help thicken it. Cook until the orzo is just al dente - depending on the brand 6-9 minutes.

Remove from heat and add the chicken and cream & heat thru. Remove the bay leaf & adjust seasonings if necessary (may need a bit more salt & pepper). It's ready to serve!

* If you like a really thick stew rather than soup, increase the amount of pasta to 1/2 cup.

Curried Chicken Salad



Dressing

1 8 oz. container Greek yogurt
2 tbsp mayonnaise
1 tsp salt

DIRECTIONS

Begin by removing the skin from the chicken breast and dice into a small dice

Dice the onions and celery

Dice the apple and toss with the lemon juice

Add all of the ingredients from the dressing into a medium sized bowl and mix together well.

Add all of the ingredients together and toss to combine.

Serve on crescent rolls, everything bagels, sliced avocado or lettuce leaves.

*Calorie count does not include the bread, lettuce or avocado it's served in - add in/adjust accordingly.



Curried Chicken Salad

Spicy, creamy and satisfying chicken salad is a hearty filling meal no matter how you serve it!

Meal Pairings

*Caesar Salad or
Minestrone Soup*

*Serve with medium bodied red wine
like a young Syrah or Sangiovese*

Prep Time 15 min. • Cook Time 0 min.
6 Servings • 100 calories/serving*

INGREDIENTS

1 large cooked chicken breast, diced
1 crunchy red apple, diced
1/2 cup cashews
1/2 cup celery, diced
1/4 cup diced red onion
1 tbsp fresh lemon juice

1 to 2 tbsp yellow curry powder
1 tbsp honey
1/2 tsp pepper

Chicken Tetrazzini



Chicken Tetrazzini

Chicken Tetrazzini is creamy, rich and delicious. It serves a crowd and it's a great way to repurpose leftovers - enjoy!

Suggested Meal Pairings

*Caesar Salad • Garlic Bread
Serve with a bright Chardonnay
or Sauvignon Blanc*

Prep Time 15 min. • Cook Time 55 min.
8 Servings • 579 calories/serving

INGREDIENTS

1 cooked chicken breast diced
6 tablespoons butter
¼ cup flour
1 cup Monterey Jack cheese, shredded
¼ cup sweet sherry*
¾ teaspoon salt

1 lb thin spaghetti cooked
8 oz sliced mushrooms
1 cup milk
2 cups chicken broth
1/3 cup grated parmesan cheese
1/2 teaspoon pepper

DIRECTIONS

Preheat the oven to 350

Break the spaghetti into 3-4 pieces before cooking. Cook the spaghetti according to package directions, drain well. Put the cooked spaghetti in a buttered baking dish, set aside.

Saute' mushrooms in butter and remove to a dish. Add flour to the butter in the pan and cook this mixture (called a roux) for a couple of minutes until it becomes a golden amber color.

Next add milk, chicken broth and jack cheese and whisk well. Stir until sauce has thickened. Add the chicken, sherry and cooked mushrooms. Heat through.

Top the spaghetti with the sauce, stir to combine and sprinkle with parmesan cheese. Bake at 350 for 45 minutes, covered. Remove cover the last 10 minutes of baking, the top will be golden brown and bubbly.

*Sherry is the key ingredient..regular wine won't make it as good, in addition do not substitute cooking sherry.

Bowl Me Over Rotisserie Chicken

Printable Grocery List

Poultry

- ☐ rotisserie chicken (1)

Produce

- ☐ yellow onion (1)
- ☐ red onion (1)
- ☐ red apple (1)
- ☐ carrot (1)
- ☐ celery
- ☐ garlic (1 head)
- ☐ lemon
- ☐ mushrooms (presliced 8 oz.)

Dairy, Eggs & Cheese

- ☐ Parmesan cheese (1 cup)
- ☐ Monterey Jack cheese (1 cup)
- ☐ plain Greek yogurt (8 oz.)
- ☐ half & half or heavy cream
- ☐ milk
- ☐ butter (6 tbsp)

Pantry & Canned Items

- ☐ 32 oz. chicken broth(2)
- ☐ mayonaise
- ☐ 14 oz. canned pumpkin (1)
- ☐ olive oil (1 tbsp)
- ☐ canola oil (1 tbsp)
- ☐ thin spaghetti pasta
- ☐ orzo pasta

Spices & Seasonings

- ☐ salt
- ☐ pepper
- ☐ yellow curry powder (1 tbsp)
- ☐ honey (2 tbsp)
- ☐ bay leaf (1)
- ☐ red pepper flakes (1/4 tsp)
- ☐ olive oil

NOTES - the rotisserie chicken used in these three recipe, is one large rotisserie chicken from Costco. If you purchase one at the grocery store, I've found they are much smaller. If this is the case, it may require purchasing two.