

CHICKEN RECIPES

Greek Seasoning Mix

2 t oregano

1 1/2 t onion powder

1 1/2 t garlic powder

1 t salt

1 t black pepper

1 t parsley

1 t basil

1/2 t cinnamon

1/2 t nutmeg

1/2 t thyme

Grind spices in food processor or coffee grinder. Store in air-tight container.

Effortless Cream of Chicken Soup

100g cooked chicken

celery (allowed amount)

1-2 c chicken broth

3 cloves garlic

1 T dehydrated minced onion

1/2 t parsley

1/2 t basil

ground white pepper (to taste)

salt (optional)

1/2 t thyme

1. Preheat saucepan over MED-HI heat.
2. Store in air-tight container.
3. In food processor, combine all ingredients and pulse until reaches desired consistency.
4. Pour into saucepan and bring to boil.
5. Reduce heat to simmer, cover, and heat 20-30 mins.
6. Serve.

TIP: For the cooked chicken in this dish, I use the chicken I boiled to make the broth. I usually start out by adding 1 c broth to the food processor, and then gradually add more broth until it's the soup consistency I prefer.

Chile Chicken

100g chicken

1 T red chile paste/sambal oelek

1 T ACV

3 cloves minced garlic

1 t oregano

1/2 t granulated sugar substitute

salt

crushed red pepper (optional)

1. In ziplock bag, add all ingredients except chicken. Mix.
2. Sprinkle chicken with salt and add the chicken to bag. Seal & shake to coat.
3. Place in refrigerator to marinate at least 1 hr.
4. Cook chicken on George Foreman or under broiler until done.
5. Top with crushed red pepper (optional) and serve.

TIP: This tastes great served fresh from the grill with a veggie, or even shredded in tomato soup.

Cinnamon Curry Chicken Soup

100g chicken - cubed

diced onion (allowed amount)

2 c broth

3 cloves minced garlic

1/2 t curry powder

1/4 t cinnamon

1/4 t pumpkin pie spice

salt/black pepper to taste

1. In saucepan, combine all ingredients.
2. Bring to a boil.
3. Reduce heat, cover, and simmer 45 mins.

TIP: The chicken can go straight from the freezer to the saucepan or crockpot on this one. If frozen, I place the breast in whole, and then when the soup is finished, I cube or shred the chicken. Very flavorful!

Lemon Chicken Soup

100g cooked chicken breast (diced or shredded)

chopped spinach (allowed amount)

2-3 c broth

Juice of 1 lemon

1 t thyme

sea salt to taste

ground white pepper to taste

1. Preheat saucepan over MED heat.
2. Combine all ingredients.
3. Bring to a boil, then simmer 20 mins.
4. Serve.

TIP: This is an easy way to use up that boiled chicken you used to make your broth. You can even make this in the crockpot using uncooked or frozen chicken cut into cubes.

Orange Ginger Chicken

100g chicken - cut into chunks
black pepper
orange - cut in 1/4s
2-3 cloves minced garlic
1 T fresh ginger root (about 1/2"-1" long piece, peeled & minced)
1/2 t basil
juice of half lemon

1. Preheat pan over MED heat.
2. Sprinkle chicken with pepper.
3. Add chicken to pan and stir fry until brown on all sides, about 5-10 mins.
4. Add garlic and cook for 1 min.
5. Squeeze juice of orange quarters over chicken.
6. Peel & separate orange into sections. Add orange sections, ginger, lemon juice, and basil. Stir well.
7. Cover and simmer for about 20-30 mins.

TIP: This is an easy way to use up that boiled chicken you used to make your broth. You can even make this in the crockpot using uncooked or frozen chicken cut into cubes.

Kung Pao Chicken

100g chicken - cut into chunks
chopped onion (allowed amount)
1-2 t sambal oelek
red pepper flakes (optional)

Marinade

1 part liquid aminos
1 part rice vinegar

Seasoning

Mash together in small bowl:
3 cloves minced garlic
1-2 t fresh minced ginger root

Sauce

Stir together in small bowl:
1/2 c broth
1-2 t liquid aminos
1 t rice vinegar

1. In small dish, combine marinade & chicken.
2. Refrigerate 30 mins - 1 hour.
3. Preheat non-stick pan over MED-HI heat.
4. Cook chicken 5-7 mins, browning on all sides.

5. Add sambal oelek. Cook 1-3 additional mins.
6. Remove chicken from pan and set aside.
7. Add onion to pan and cook until tender.
8. Stir seasoning mixture in with onions. Cook 1-3 mins.
9. Add sauce mixture to pan. Cook 1-3 mins..
10. Re-add chicken to pan. Stir. Cook 1-3 mins.
11. Top with a few dashes of red pepper flakes (optional).
12. Serve.

TIP: This dish is also delicious with shrimp.

Lemon Mustard Broiled Chicken

100g chicken

juice of 1/2 lemon

1 T spicy mustard

1/2 t black pepper

1/2 t oregano

1/4 t cayenne pepper

1. Preheat broiler.
2. Broil 1 side of chicken 5-10 mins until slightly browned.
3. In small bowl, add the rest of the ingredients and mix well.
4. Spoon mixture onto chicken. Flip over and coat other side.
5. Broil uncooked side 5-10 mins or until no longer pink.

NOTE: This chicken stays really moist and juicy and full of flavor. Enjoy!

Spicy White Chili

100g cooked chicken breast, shredded

1-4 c broth (depending on how soupy you want it)

4 cloves minced garlic

1/2 t cumin

1/4 t oregano

1/4 t red pepper flakes

1/8 t ground cloves

tabasco or hot sauce to taste

1. Preheat pot over MED-HI heat.
2. Add all ingredients except for tabasco/hot sauce.
3. Bring to a boil then reduce heat to simmer, cover, & cook 30 mins.
4. Add tabasco or hot sauce right before serving.

TIP: This is also great fixed in a small crockpot. Toss everything in and put it on while you're out and come back to great tasting dinner! If using the crockpot, you can use cut up uncooked chicken (even frozen!). Feel free to add your allowed vegetable to this as well - I usually add chopped onion.

Baked Cajun Chicken

100g chicken

1/2 T milk

1/2 t cajun seasoning

1. Preheat oven to 350.
2. In small dish, coat both sides of chicken with milk.
3. Place chicken in glass baking dish.
4. Sprinkle top with cajun seasoning.
5. Bake uncovered 20-30 mins until chicken is no longer pink.

TIP: If you would like it even more spicy, add a bit of Tabasco or Frank's Red Hot before serving. This includes 1/2 of your milk portion for the day.

Mock Shake 'n Bake

1/2 c minced dehydrated onions

1/4 t coriander

1/4 t thyme

1/4 t red pepper flakes

1/8 t oregano

1/8 t paprika

1/8 t black pepper

1/8 t salt

1. Place all ingredients in food processor or coffee grinder.
2. Grind to a powder.
3. Store in air-tight container.

TIP: Use this as coating on your meat before you cook it. Dampen meat, then coat. This is great on chicken, fish, shrimp, even hamburgers. This yields several portions.

Breaded Chicken Cutlets

100g chicken

1 grissini (ground into powder)

1/2 c homemade chicken broth

1/4 t garlic powder

1/4 t paprika

1/4 t poultry seasoning (optional)

1/4 t cayenne (use less if you want them less spicy)

salt/pepper to taste

1. Preheat pan over MED heat.
2. In small dish, combine grissini powder, garlic powder, paprika, poultry seasoning, cayenne, and salt/pepper. (You could also use ziplock bag.)
3. Add chicken to seasonings and fully coat.
4. Add half of broth and chicken to pan.
5. Cook for approx. 3-4 mins each side depending on thickness of chicken. Keep adding more broth as it cooks off.

6. Serve immediately.

Fried Chicken Tenders

100g chicken

1 T milk

1 grissini

Seasonings (salt, pepper, paprika, ground red pepper, garlic powder)

1/8 t oregano

1/8 t paprika

1/8 t black pepper

1/8 t salt

1. Preheat oven to 350.
2. Slice chicken breast into 3 tenders.
3. In small bowl, mix milk and any seasonings you prefer.
4. Grind grissini in food processor until it is a powder. (I use my coffee grinder.)
5. Put grissini powder in a separate small bowl.
6. Add chicken to milk mixture and toss to coat well.
7. Then one at a time, place chicken in grissini powder and coat both sides of chicken.
8. Place chicken in glass baking dish and bake 30-40 mins, turning over halfway through.
9. In last 5 mins, turn on broiler and broil 2-3 mins each side.
10. Serve immediately.

NOTE: Remember that this recipe includes both your meat and grissini portion. As well as your daily allowance of milk. Chicken "Gravy"

Chicken "Gravy"

1/2 c homemade broth

1 grissini

1. Add 1/4 c broth to small saucepan and bring to boil.
2. While broth is heating, grind grissini in food processor until it is a powder. (I use my coffee grinder.)
3. Add the powdered grissini to the pan, whisking constantly until dissolved.
4. Still whisking, add remaining 1/4 c broth.
5. Reduce heat to MED and whisk for 3-4 mins, until thickened.
6. I usually add some salt, pepper, thyme, sage, or poultry seasoning, etc for more flavor. Feel free to add any spices you like.

TIP: I pour this over my boiled chicken that I use to make my broth. This gives it a lot more flavor as boiled chicken is usually pretty bland.

Mexican Chicken Soup

100g cooked chicken, shredded into bite-sized pieces

3-4 cloves minced garlic

1 t cumin

1/2 t onion powder
1/2 t chili powder
1/2 t cayenne (use less if you don't want it as spicy)
diced tomato
2-3 c homemade chicken broth
1/4 c fresh chopped cilantro (optional)

1. Preheat pot over medium-high heat.
2. Add garlic, and cook for 3-5 minutes. (Heat until you see little bubbles around the garlic.)
3. Use a bit of your broth to keep garlic from sticking to the pot, if necessary.
4. Add tomatoes, chicken broth, and onion powder, cumin, chili powder, cayenne.
5. Bring to a boil.
6. Reduce heat to a simmer, and add chicken.
7. Simmer for 20 minutes.
8. Stir in cilantro, and simmer for 5 minutes more.

NOTE: For easy chopping of cilantro and other herbs, use kitchen shears. When using a knife sometimes the leaves of the herbs are difficult to chop. The kitchen shears make this a simple task.

Easy Homemade Broth

100g chicken (you can add more chicken - you just need to track your portions)
parsley
onion powder
garlic
thyme
rosemary
oregano
basil
bay leaf
salt
black pepper

1. Fill saucepan 3/4 full with water.
2. Bring to boil.
3. Add chicken and seasonings.
4. Boil for 20 mins.
5. Remove boiled chicken & serve or refrigerate and save for later.
6. Strain out bay leaf & seasonings.
7. Let broth cool to room temperature.
8. Skim fat off surface (if any).
9. Refrigerate broth.
10. Once cold, skim the rest of the fat from the top (if any).
11. Store in refrigerator or freeze for later use.

TIP: You can add on-protocol veggies such as 3-4 stalks celery (I usually add the trimmings that I don't eat) and 1 onion for more flavor - just be sure to strain them at the end. You can also choose to omit the

chicken altogether and just use the celery and onion with the seasonings for a simple veggie broth. OR add your steak trimmings that you've inevitably had to trim from your steaks and add to the broth for a beef broth.

TIP2: I usually freeze the broth in ice cube trays after cooling and skimming all fat. Then after they freeze, I place the cubes of broth in a freezer bag. This makes for easy use when 'frying' up shrimp, chicken, etc. Just toss a broth cube into a pan and let it melt then add your meat, etc. It adds flavor and keeps food from sticking.

Steak (or Chicken) Pizzaiola

100g steak (or chicken)

tomato (diced)

2-3 cloves minced garlic

1 t oregano

1 t basil

1/4 t chili powder

black pepper

basil

bay leaf

salt

black pepper

1. Preheat oven to 350.
2. Place 1/2 of the diced tomato in casserole dish.
3. Add meat on top of tomato and top with minced garlic.
4. In small bowl, toss the rest of tomato with the oregano, basil, chili powder, and black pepper. Place on top of steak.
5. Cover tightly with aluminum foil or with lid.
6. Bake 45-60 mins.

TIP: If using chicken, sear each side for a minute or two in a frying pan with a dash of salt/pepper (until just browned). Then follow with same steps as above.

Garlic Chicken

100g chicken 400g chicken - 4 servings

diced onion

3-5 cloves garlic - unpeeled & left whole

juice of half lemon

black pepper to taste

1/4 t chili powder

black pepper

1. Preheat oven to 350.
2. Heat non-stick saucepan over MED.
3. Add the onion. Stir constantly until tender. 5-10 mins.
4. Transfer onions to glass baking dish.

5. Place chicken atop onions.
6. Place garlic around and on the chicken.
7. Squeeze on lemon juice & sprinkle with pepper.
8. Cover tightly either with lid or aluminum foil.
9. Cook for 30-45 mins or until chicken is no longer pink.

Note: You don't have to eat the onions as your veggie (it's primarily for flavor). Just eat the chicken and add veggie of your choice.

Blackened Chicken Salad

100g chicken tenders

1 t paprika

1/2 t onion powder

1/2 t garlic powder

1/4 t oregano

1/4 t thyme

1/4 t white pepper

1/4 t black pepper

1/4 t ground red pepper

spinach or salad greens (as allowed)

1. Combine all spices and rub on chicken.
2. Grill until no longer pink.
3. Serve over spinach or salad greens.

Boneless Hot Wings

100g chicken breast tenders

1/4 c vinegar

1/4 c water

1-2 T cayenne pepper

1-2 T chili powder (adjust as needed)

1. In small bowl, mix vinegar, water, and cayenne pepper.
2. Add chicken to marinade and refrigerate for 1-2 hrs.
3. Preheat oven to 350.
4. Add chili powder to a small dish and dip chicken in chili powder.
5. Place on rack in baking pan.
6. Bake 15-20 mins turning halfway through.
7. Serve immediately with some homemade buffalo sauce or Frank's Original Red Hot Sauce.