

Table for One, Session #3. Chicken and Biscuits

This episode focuses on Rotisserie Chicken and Canned Biscuits. With the help of a veggie tray from the grocer and leftover rice, you can make several dishes that will certainly satisfy without heating up the kitchen or taking a lot of time.

Dish #1. Arroz con Pollo (chicken and rice) for 2

8oz chicken broth * see homemade broth recipe below

2 Tbsp tomato paste

½ small jar of green olives sliced

1 cup diced chicken

2 cups cooked rice

½ tsp Garlic powder

½ tsp smoked paprika (optional)

Salt and pepper to taste

Bring broth and tomato paste to a boil then reduce heat to a simmer. Stir to incorporate. Add olives, chicken and seasonings. Bring to just under a boil then add rice. Stir and set aside to rest for 5-7 minutes. It will be slightly soupy at first but rice will absorb moisture and flavor as it sits. Serve with a green salad on the side.

Dish #2. Easy Chicken and Dumplings.

1 cup diced rotisserie chicken

1 ½ cup broth

5-6 Diced carrots from veggie tray

½ cup frozen peas

1 large biscuit or 2 small biscuits cut into dime size pieces

1 Tbsp flour

2 Tbsp oil

Salt and pepper to taste

Bring broth and carrots to a boil then drop biscuits individually. Cook for 5 minutes or until dumplings float and puff up. Gently stir in chicken and peas. Mix flour and oil in a small bowl or plastic bag until

smooth then stir into boiling mix. It will thicken immediately. Add more broth if needed to get consistency you want. Season to taste then serve.

#3. Chinese Chicken with Stir fry veg and rice

1 Cup rotisserie chicken

2 Tbsp cornstarch

Vegi tray items, broccoli, celery, sweet peppers, carrots cut to bite size. (about 2 cups)

2 Tbsp Apricot preserves

½ tsp White vinegar or rice wine vinegar

1/2 tsp garlic

2-3 Tbsp Vegetable oil

Red Pepper flakes (optional)

Dice 1 cup chicken into bite size pieces then toss in 2 Tbsp cornstarch seasoned with salt and pepper. Fry over med-low heat in 2-3 Tbsp of oil. When crispy on both sides add veg and stir fry for 4-5 minutes on med-high heat. Mix remaining ingredients in a small bowl to make glaze. Stir into fry mixture, serve over rice.

#4. Coronation Chicken Salad and Ranch Chicken Salad

1 cup dice rotisserie chicken

4-5 celery pieces from veggie tray chopped

¼ cup raisins, grapes or cranberries

¼ cup walnuts, pecans or sliced almonds (optional)

Mix these together then divide in half.

Coronation: ½ tsp currie powder, 1 Tbsp apricot preserves, ½ ranch dressing cup from vegi tray or 1.5 oz. ranch or mayonnaise. Mix together until smooth then toss with ½ of chicken mix. Serve with biscuit as a sandwich or over bed of lettuce leaves as a salad.

Ranch Salad. Mix 1.5 oz Ranch dressing with ¼ tsp rice vinegar until smooth. Toss with ½ chicken mix. Serve as above.

This makes an inviting lunch for two when plated side by side on a bed of lettuce with crackers or biscuits. Garnish with fresh grapes for a refreshing light lunch.

Leftover Biscuit dough:

Biscuit Empanadas. Roll individual biscuit until very thin and about 6 inches across. Put about 2Tbsp of filling (leftover roast beef, sloppy joe mix, chicken salad, stir fry, anything!) Fold over crimping edges tightly to make a half moon shape. Fry in oil turning every minute or two checking for golden brown color or bake in oven for 6-7 minutes at 350 degrees. Serve with side salad.

Dessert Empanadas follow above instructions but fill with fruit preserves, pie filling, chocolate chips, pudding etc. Use your imagination to create fun desserts!

Cut a biscuit into fourths then roll into small balls. Fry on each side until golden brown and puffy. Toss in powdered sugar or cinnamon sugar. Quick sweet for coffee time or breakfast with little effort or expense.

Enjoy!