



Quick Cooking on a Budget

How to Boil Chicken:

1. After your water comes to a full boil, turn it down to a simmer.
2. Set a timer for about 30 minutes.

Pro Tip: While it is boiling, you might notice some foam that comes to the top. You can remove this with a spoon and discard it.

Pro Tip: While the chicken is boiling, you can prepare all the other ingredients in the recipe you are making.

Check the temperature of the chicken to make sure it is fully cooked before you use it in your dish. Pull one piece of meat out of the water and use a meat thermometer. The temperature of the chicken breast should be at least 165° F.

Once the chicken has reached temperature, remove from water and let cool enough to handle to finish preparing your recipe.

Cube chicken when cool. If you have a stand mixer, using the normal beater attachment, you can shred chicken while still hot.

How Much Chicken Do You Really Need?



A recipe calls for some cooked, deboned chicken. How much chicken do you need to cook or buy?

Split chicken breasts

The average split chicken breast half weighs **5.25 ounces**

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1 cup shredded chicken

Boiled chicken breasts

1 boiled chicken breast

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1 cup cubed chicken

Rotisserie chickens

The average rotisserie chicken weighs about **2 pounds**

1 whole chicken = **3 cups deboned chicken**

white meat only = **2 cups deboned chicken**

dark meat only = **1 cup deboned chicken**

Fryer chickens

A 2 ½ - 3 pound fryer chicken

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2 -3 cups cubed chicken



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Chicken Fruit Salad

Makes 8 servings (serving size: 2/3 cup)

Ingredients:

- 3 cups cooked chicken, chopped
- 1 (20-ounce) can pineapple chunks in juice, well drained
- 1 (11-ounce) can mandarin oranges, drained
- ¾ cup chopped celery
- 1 cup halved seedless grapes
- ¼ cup pecans (optional), divided
- ¼ cup low-fat mayonnaise
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 8 cups of lettuce leaves or 8 large lettuce leaves

Directions:

In a large bowl (or large zippered bag), toss chicken, pineapple chunks, oranges, celery, grapes, and half of the pecans (optional). In a separate small bowl, mix mayonnaise, salt, and pepper. Gently stir mayonnaise mixture into chicken mixture. Cover and chill in refrigerator. To serve, scoop 2/3 cup of chicken salad into 1 cup of lettuce leaves (or 1 large leaf). Optional: Sprinkle remaining pecans on top of chicken salad.

Nutrition Information per serving: 200 calories, total fat 5 g, saturated fat 1g, protein 17g, total carbohydrate 21g, dietary fiber 1g, sodium 200mg, excellent source of vitamin C. From: Cooking with Extension

Other Ideas to use cooked chicken:

- Easy Chicken Pot Pie
- Chicken & Cheese Enchiladas
- Chicken & Broccoli Quiche
- Chicken Stuffed Zucchini
- No Bake Quick Chicken Tetrazzini
- Chicken Quesadillas
- And more!