



Chicken, Chicken and More Chicken!

Favorite Recipes from AP Reps and Customers

Webinar 5, 2018

Creamy Swiss Chicken Bake

From Lisa Bruegger

Ingredients

4-6 boneless skinless chicken breasts #6519
6-8 slices Swiss cheese or Mozzarella
½ cup mayonnaise
½ cup sour cream
¾ cup grated parmesan cheese, divided #1683
½ tsp salt #1146
½ tsp pepper #1029
1 tsp garlic powder #1021
Cooked rice to serve over (optional)

Directions

Preheat Oven to 375°. Pat chicken dry and place in a greased 9x13 pan. Add sliced cheese on top of chicken breasts. In a bowl mix mayo, sour cream, ½ cup parmesan cheese, salt, pepper and garlic powder. Spread this over chicken and sprinkle with remaining parmesan cheese. Bake for 1 hour. Serve over rice if desired or serve alone.



Chicken Nancy

From Gina Bridgewater

Ingredients

4 chicken breasts #6519
4 slices Swiss cheese
1 can cream of chicken soup
½ c sherry or water or chicken broth
2 c dry herb stuffing mix
1 stick of butter, melted

Directions

Place chicken in dish and cover with Swiss cheese. Mix soup and sherry and pour over chicken. Top with stuffing mix and drizzle melted butter over the top. Bake 350° for 1-1.5 hrs.



Italian Crock Pot Chicken

From Frankie Fisher

Ingredients

4-6 chicken breasts cut into strips #6519
1 pkg of cream cheese
1 can cream of chicken soup
5 tbsp Italian seasoning #1698
1 cup milk

Directions

Add everything to crock pot, cook on low heat about 4 hours. Serve over rice. I always add a frozen AP veggie. My kids love the corn.



Crockpot Pineapple Chicken

Ingredients

3-4 Chicken Breasts (about 2 lbs) #6519
1 can of pineapple in juice (tidbits, chunks, rings, it doesn't matter)
1 cup chopped onion #5772
2 tbsp soy sauce
1/2 cup chicken broth
1/4 tsp ground ginger #1420

Directions

Chop onion and place in crock pot.

Place Chicken Breast on top of onion.

Dump the can of pineapple (juice and all) over the chicken. Dump the soy sauce, ginger, and the

chicken broth on top of everything. Cover and cook on HIGH in the crock pot for 4-5 hours or on low for 6-8 hours. Serve over rice and with a steamed veggie & some duck sauce. YUM!

Gluten Free Use gluten free soy sauce: <http://afewshortcuts.com/weekly-meal-deal-crockpot-pineapple-chicken/>



Crock Pot Chicken Crack

From Glenda Burton

Ingredients

2-3 lb boneless chicken breasts #6519
2 (8oz) blocks cream cheese
2 -3 tbsp AP Rosie's Buttermilk Ranch Dressing Mix #1032
8 oz bacon, cooked crisply and crumbled #2899, #3297, #4835, #5642
Shredded cheese #1860
Rolls (Parker House #5965)
1 PanSaver Slow Cooker Liner #1089

Directions

Place liner in Crock Pot/Slow Cooker. In Slow Cooker combine chicken, cream cheese, & Ranch Seasoning. Cook on low for 6-8 hours or on high for 4 hours, until chicken shreds easily. Once chicken shreds, stir with a large fork or spoon, so the chicken shreds and all ingredients combine. Add in crumbled bacon & stir to incorporate. Serve warm on rolls with shredded cheese.

Parmesan Chicken

From Allisha Hughes

Ingredients

8 Boneless Skinless chicken breasts #6519
16 oz plain yogurt
2 cups smashed Ritz crackers
1 tsp garlic salt #1019
1 tsp seasoning salt #1033
1 tsp parmesan cheese #1683

Directions

Put 16 oz plain yogurt in a bowl
In another small bowl combine remaining ingredients with cracker crumbs.
Dip each chicken breast in the yogurt and then the cracker mixture.
Spray 9X13 pan with Vegalene #1212 and place chicken in pan. Once all chicken is in pan, drizzle 4 tbsp. melted butter over chicken and in bottom of pan. Sprinkle any remaining cracker mixture on top.
Bake at 350° for 45 minutes or until chicken is baked and breading is browned.
Serve it with any green veggie--asparagus is a favorite-- and Herb and Butter flavored Rice-a-Roni.



Chicken Cordon Bleu Casserole

From Angie Mackey

Ingredients

For the casserole:

7 chicken breasts, #6519 cubed, seasoned with salt and pepper, and cooked through
1/2 pound very thinly sliced deli-style honey ham, rough chopped or ham steak #5659
3 1/2 cups shredded Swiss cheese

For the sauce:

4 tbsp butter
4 tbsp flour #2285
2 cups milk
2 tbsp Dijon mustard
1/2 tsp smoked paprika #1697
1/4 tsp cayenne pepper #1418
¼ tsp lemon juice
salt, to taste

For the topping:

6 tbsp unsalted butter
1 1/2 cups bread crumbs
1 1/2 tps crushed dried parsley #1426
Salt and pepper to taste



Directions

Preheat oven to 350° F. Butter a 9- x 13-inch baking dish. Set aside.

Put 1/3 of the cooked shredded or diced chicken on the bottom of the baking dish. Rough chop the ham and scatter 1/3 over the top of the chicken. Sprinkle the Swiss cheese on top, and repeat the layers until all chicken and ham are used.

To make the sauce: Melt the butter in a large sauce pot over medium heat. When butter is melted, quickly stir in the flour to form a smooth roux. Do not brown! Once the roux is smooth and bubbly, slowly pour in the cold milk while stirring briskly to make a smooth sauce. Cook over medium heat, stirring constantly until the sauce thickens.

Stir in the lemon juice, Dijon mustard, salt, smoked paprika, and white pepper. Bring sauce just back to a low boil and turn off heat. Pour sauce evenly over the casserole, being certain to get some of the sauce around the edges of the pan.

To make the topping: Melt the butter in the microwave in a medium sized microwaveable bowl. Heat it for 30 seconds at a time and stop once it's melted. Take the bowl out of the microwave and stir in the bread crumbs, seasoning salt and crushed dried parsley. Sprinkle over the top of the casserole.

Bake casserole uncovered for 45 minutes until hot and bubbly throughout and topping has turned a light golden brown. Remove from oven and allow to cool for 5-10 minutes prior to serving.

I served it with the mini baby bakers #2423.

Slow Cooker Chicken Burritos

From Glenda Burton

Ingredients

1 lb boneless chicken breasts -#6519 (approx 4 breasts)
1 can black beans
1 cup frozen corn #5349
1 can diced tomatoes
1 cup brown rice or 3/4 cup Quinoa #8940
1 can chicken broth
2 tsps Chili Powder #1014
2 tsps salt (optional) #1146
1 tsp Cumin - #1442
10" Flour tortillas #1296

Choice of toppings : Shredded cheese #1880, Sour cream, Diced green onions , Lettuce, Guacamole #9247, Salsa.



Directions

Line crock pot with Pan-saver Liner - #1089.

Add chicken breasts, rice, tomatoes plus liquid, broth and spices. Cover and cook on low 3-4 hours - checking rice periodically. Add liquid as needed. Shred chicken breasts and add corn and beans; cook 1-2 hours longer or until rice is done. Serve on tortillas with favorite toppings and your favorite fruits from AP (we had Mango #2655)

3 Ingredient Crock Pot Chicken Tacos

From Glenda Burton

Ingredients

2-3 tbsp AP Ole' Taco Seasoning - #1037/#1846
1 cup of your favorite salsa
3-5 Chicken Breasts #6519
1 PanSaver Slow Cooker Liner #1089
Favorite Taco Shell #4970
Shredded Cheese #1860

Optional Toppings : Shredded Lettuce, Diced Tomato, Sour Cream, Salsa, Guacamole #9247.

Directions

Line Slow Cooker with Pansaver Liner, Place Chicken in the bottom, pour salsa on top, add taco seasoning, cover and cook on high for 4-6 hours or low 6-8 hours. Shred chicken and stir with fork. Cover and set up your taco bar. Serve - if any leftovers can add to nachos, tostadas, or quesadillas.

Good Chicken

From Terrisa Berg

Ingredients

4 chicken breasts #6519, thawed
½ cube of butter, melted
Approx. 1 cup corn flakes, crushed

Directions

Dip chicken breasts in butter and then roll in crushed corn flakes. Sprinkle with seasoning salt. Put in cake pan and bake at 350° for 1 to 1 1/2 hours. Do not cover while baking.



Orange Chicken Veggie Stir Fry

From Glenda Burton

Ingredients

1-2 chicken breasts thinly sliced #6519
2 cups Pacific Blend Veggies #8640
2-3 tbsp Garlic Supreme #2592/6112
Cooking Oil
1/2- 1 cup Zesty Orange Sauce #2989
2 cups cooked rice - cooked according to directions

Directions

Start rice cooking according to directions. On medium high heat sauté veggies in oil and 1 1/2 tbsp garlic Supreme, set aside. Slice chicken while veggies are sautéing. Sauté chicken in oil and 1 1/2 tbsp of garlic Supreme. Add veggies and Zesty Orange sauce -heat through, serve over rice.

Buffalo Chicken Tortilla Pinwheels

From Melanie Bourne

Ingredients

1 lb. chicken breasts, cooked & shredded #6519
¼ c green onions
½ c wing sauce or cayenne pepper sauce (hot)
¼ c blue cheese
1 c shredded cheddar cheese #1866
8 oz. cream cheese
5 Flour tortillas #4970

Directions

Mix all together, and spread over tortillas, roll up and cut into pinwheels. I normally double this recipe, these go so fast!

Jalapeno Popper Chicken

From Melanie Bourne

Ingredients

6 chicken breasts #6519
1 lb. bacon #3297
¼ c. jalapeno slices
¼ c. chopped onion #5772
8 oz. cream cheese
½ c. mayo
1 c. shredded cheddar cheese #1866
½ c. parmesan cheese #1683

Topping

1 bag crushed pork rinds
½ c. parmesan cheese
4 tbsp melted butter



Directions

Bake chicken in 9x13 for 30-40 minutes or until juice runs clear at 400°.

Fry bacon, remove bacon from pan, leaving grease, and add onions, sauté until tender. Remove pan from heat and add bacon, jalapenos, cream cheese, mayo, cheddar cheese and mix well.

Remove chicken from oven, reduce heat to 350°, spread popper mixture all over chicken, and add the topping mix. Bake until tops are browned, about 15 minutes.

Chicken Tater Tot Casserole

From Gina Bridgewater

Ingredients

1 lb ground chicken, browned with diced onion and seasoning salt or seasoning of choice
1 can cream of cheese or chicken soup
1/2 c water or chicken broth or sour cream
1 c frozen veggie of choice
Tater Tots #2425

Directions

Mix everything together and top with tater tots. Bake at 375° for 45 min.

Creamy Chicken and Asparagus Pasta

From Danielle Sayler

Ingredients

1 lb boneless skinless chicken breasts
#6519

1 tbsp olive oil

1 tsp dried basil #1443

1/2 tsp dried oregano #1445

1/4 tsp dried thyme #1444

1/4 tsp each salt and freshly ground
black pepper #1146 & #1029

12 oz penne pasta

1 lb asparagus cut up #3127

1 1/2 tbsp butter

2 tbsp all-purpose flour

2 cloves garlic, minced #1289

1 3/4 cup milk

1/4 cup cream or half and half

3 oz cream cheese diced into pieces

1/3 cup parmesan cheese 1683

4 - 5 slices bacon, cooked and crumbled into small pieces. *If in a hurry I use the Precooked bacon #4835 but if I have time to cook my own bacon I prefer to use the raw bacon #3297*



Directions

In a small bowl, stir together basil, oregano, thyme and 1/4 salt and pepper. Sprinkle half of the herb mixture evenly over tops of chicken. Heat olive oil in a non-stick skillet over medium-high heat. Once hot, add chicken to skillet, herbed side down, then add remaining herb mixture to tops of chicken. Cook chicken until fully cooked through, about 8 - 12 minutes, occasionally rotating chicken (time will vary based on thickness of chicken breasts. If chicken is browning too quickly reduce heat to medium low as needed). Transfer cooked chicken to a plate, let rest 5 minutes then dice into pieces.

Meanwhile cook pasta according to directions on package, reserving 1/2 cup pasta water before draining.

In a clean skillet (large and deep), melt butter over medium heat. Whisk in flour and cook 1 minute, stirring constantly, add garlic and cook 30 seconds longer, stirring constantly. While whisking, slowly pour in milk, then cream (whisk vigorously to break up clumps). Season with salt and pepper to taste (a fair amount of each) and bring mixture to a boil, stirring constantly. Once it reaches a boil and thickens, reduce heat to medium-low and add cream cheese and parmesan cheese. Cook, stirring frequently, until cheeses have melted.

Toss in cooked pasta, then add cooked chicken, asparagus and bacon and toss to evenly coat. Add in reserved pasta water as desired (it will thicken as it rests and the pasta will absorb the liquids, so add up to 1/2 cup as needed). Serve immediately.

I'd love to take full credit for the invention of this recipe but sadly I found this recipe on Pinterest and fell in love with it. So to give credit where credit is due-Recipe Source: inspired by Scattered Thoughts of a Crafty Mom

Tips for Cooking Yummy Chicken

- To make the cutting of chicken into thin strips easier, place chicken in the freezer for about $\frac{3}{4}$ to 1 hour to firm it up. If the chicken was frozen, cut it into the thin strips before it is completely thawed.
- Keep chicken from drying out in the refrigerator by keeping it tightly wrapped. If the chicken dries out, it will become tough.
- Leaving the skin on the chicken, when cooking, helps to hold in juices and increase tenderness.
- To keep breast area of chicken from drying out during roasting, place a piece of foil over this area. Remove during last 30 minutes of roasting time to allow the skin to brown properly.
- Cook chicken to the proper temperature, because undercooking the chicken will cause it to be tough and overcooking the chicken causes loss of moisture, making the chicken drier.
- Let roasted chicken rest for 10 to 15 minutes before carving to allow juices to be distributed throughout the meat. Standing the chicken up with bottom end up allows more juices to run into the drier breast area.
- Cutting meat across the grain will produce slices with shorter fibers, resulting in more tender pieces.
- Roasting chicken on a rack, broiling and grilling are cooking methods that allow fat to drip away from the meat. Poaching, steaming and microwaving are methods of cooking where no additional fat is used. All provide for less fat content in the meat when it is done.
- When frying or browning chicken in a pan, use a nonstick skillet, which requires less added fat, or use a nonstick skillet with a fat free nonstick cooking spray to reduce the amount of fat used.
- Reduce added fat by seasoning chicken in marinades that are low-fat or fat-free. Use ingredients such as low-fat yogurt, juices, wine, herbs, and spices.
- Removing the skin before eating chicken eliminates about two thirds of the fat content.
- When stewing chicken for soup, let broth cool and then discard fat that forms on top before reheating to serve.
- One pound of boneless chicken equals approximately 3 cups of cubed chicken.
- Covered chicken takes longer to cook in the oven than uncovered chicken.
- Do not overcrowd chicken pieces when cooking. Leaving space between them will allow them to brown and cook more evenly.
- If using a marinade for basting, set some marinade aside before placing raw chicken in it to marinate. Never reuse marinade that the chicken was marinated in for basting.
- <http://www.recipetips.com/kitchen-tips/t--155/chicken-tips-and-techniques.asp>