

ROTISSERIE CHICKEN

THREE WAYS

Chicken Cauliflower Fried Rice

INGREDIENTS

Canola oil 1 package/can peas & carrots
2 eggs 4 Tbsp low sodium soy sauce
2 garlic cloves 2 Tbsp sesame oil
Cauliflower rice Shredded rotisserie chicken

Seasoning: red pepper flakes, paprika, salt & pepper



DIRECTIONS

- Heat oil in a skillet. Add eggs & scramble; transfer to plate and set aside.
- Pour additional canola oil into skillet and saute garlic until golden. Add peas, carrots and cauliflower. Stir-fry until the vegetables are tender, about 5 min.
- Stir in soy sauce, sesame and chicken. Mix in the eggs and serve!

Chicken & Broccoli Pesto Pasta

INGREDIENTS

1 box whole wheat pasta
2 cups broccoli florets (*fresh or frozen*)
Shredded rotisserie chicken
Buitoni's reduced fat pesto



DIRECTIONS

- Cook pasta according to package. Place a steamer basket on top of pot and cook broccoli during the last 5 minutes of cooking.
- Add pasta, broccoli, chicken and pesto to a large bowl; mix well.

BBQ Naan Pizza

INGREDIENTS

1 package Toufayan's Whole Wheat Mini Pitas
1/4 cup True Made BBQ sauce
Shredded mozzarella
Shredded rotisserie chicken
1/4 red onion, thinly sliced



DIRECTIONS

- Preheat oven to 425. Place pita on a baking pan; spread with BBQ sauce. Sprinkle with cheese; top with chicken & onion.
- Bake for 15 minutes or until cheese melts.