

7 FRESH Chicken recipes

Lemon-
Rosemary
Chicken with
Roasted
Vegetables
(Recipe on
next page.)

Midwest Living

Lemon-Rosemary Chicken with Roasted Vegetables

PREP: 30 minutes ROAST: 1¼ hours

- 1 pound small Yukon gold potatoes, peeled and quartered
- 1 pound sweet potatoes, peeled and cut into chunks
- 1 cup peeled fresh baby carrots
- ¾ cup halved shallots and/or onion chunks
- ¼ cup butter or margarine, melted
- ¼ teaspoon kosher salt or salt
- ½ teaspoon ground black pepper
- 1 3½- to 4-pound whole roasting chicken
- 1 teaspoon finely shredded lemon peel
- 1 lemon, halved
- 1 tablespoon snipped fresh parsley
- 1 tablespoon snipped fresh rosemary or 1 teaspoon dried rosemary, crushed
- 1 tablespoon snipped fresh thyme or 1 teaspoon dried thyme, crushed
- 2 cloves garlic, minced
- Fresh thyme sprigs; garlic bulbs, tops sliced off; and lemons (optional)

1. In a large bowl, combine potatoes, sweet potatoes, carrots and shallots. Drizzle with half of the butter. Sprinkle with half of the salt and pepper; toss gently.
2. Rinse chicken cavity; pat dry. Skewer neck skin to back. Place lemon halves in body cavity. Tie legs to tail. Twist wing tips under back. Place chicken, breast side up, on rack in shallow roasting pan; brush with remaining butter.
3. In bowl, stir together the lemon peel, parsley, rosemary, thyme, garlic, remaining salt and pepper; rub onto the chicken. Place the vegetables and remaining ingredients (if you like) around chicken.
4. Roast, uncovered, in 375° oven 1¼ to 1½ hours or until drumsticks move easily and are no longer pink (180°), stirring veggies once or twice. Remove from oven. Cover; let stand 10 minutes. **Makes 4 or 5 servings.**

Nutrition facts per serving: 901 cal, 53 g fat, 233 mg chol, 605 mg sodium, 52 g carbo, 9 g fiber, 55 g pro.

Ground chicken becomes a new burger choice with a mild flavor that invites a bold filling. We paired it with tangy cranberry and melty mozzarella. If the burger mixture is sticky, wet your hands with water for easier shaping.

Cranberry-Stuffed Chicken Burgers

PREP: 25 minutes GRILL: 17 minutes

- ¼ cup orange juice
- ⅓ cup dried cranberries
- 1½ pounds uncooked ground chicken
- ⅓ cup fine dry bread crumbs
- 1 tablespoon snipped fresh marjoram or 1 teaspoon dried marjoram, crushed
- ¼ teaspoon kosher salt or ⅛ teaspoon salt
- 1 to 2 ounces Parmesan cheese, shaved
- 4 thin slices fresh mozzarella cheese or 4 slices regular mozzarella cheese
- 4 kaiser rolls or sesame hamburger buns, split and toasted
- Lettuce leaves

1. In small saucepan, bring juice to boiling. Remove from heat; stir in cranberries. Let stand 5 minutes. Drain, discarding juice.
2. In a bowl, stir together the ground chicken, the bread crumbs, marjoram and salt. Shape the mixture into eight ½-inch-thick patties.
3. Place a quarter of the cranberries and a quarter of the Parmesan on center of each of four patties. Top with remaining patties; press edges to seal.
4. For a gas grill: Preheat grill. Reduce heat to medium. Place patties on greased grill rack over heat. Cover; grill for 14 to 18 minutes or until no longer pink (165°), turning once halfway through grilling. (For a charcoal grill: Grill patties on the greased rack of an uncovered grill directly over medium coals as above.) Top burgers with mozzarella. Grill, uncovered, about 3 minutes to just melt cheese. Serve the burgers on toasted rolls with lettuce. **Makes 4 servings.**

Nutrition facts per burger: 552 cal, 22 g fat, 161 mg chol, 762 mg sodium, 47 g carbo, 3 g fiber, 42 g pro.

Melty cheese center!



For more burger ideas, visit midwestliving.com/burger.



Chicken Chowder with Dilly Dumplings

START TO FINISH: 40 minutes

- 1 tablespoon vegetable oil
- 1 pound skinless, boneless chicken thighs, cut into 1-inch pieces
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon kosher salt or ¼ teaspoon salt
- 2 tablespoons shortening
- 1 tablespoon snipped fresh chives
- 2 teaspoons snipped fresh dill or ¾ teaspoon dried dillweed
- ¼ cup plain yogurt
- ¼ cup milk
- 3 cups reduced-sodium chicken broth
- 1 cup sliced leeks or chopped onion
- 1 cup chopped carrot
- 1 cup frozen whole kernel corn
- 1 teaspoon snipped fresh dill or ½ teaspoon dried dillweed
- 2 tablespoons all-purpose flour
- ½ cup half-and-half or light cream

1. In a large saucepan heat oil over medium heat. Add chicken; cook and stir until chicken is browned and no longer pink. With a slotted spoon, remove chicken from saucepan; set aside. Drain fat from saucepan.

2. For dumplings: In bowl, combine the 1 cup flour, baking powder and half of the salt. Cut in shortening until mixture resembles coarse crumbs. Stir in chives and 2 teaspoons dill. Add yogurt and milk, stirring just until moistened.

3. In the same saucepan, combine chicken broth, leeks, carrot, frozen corn, the 1 teaspoon dill and the remaining salt. Bring to boiling; reduce heat. Drop dumpling batter into simmering liquid, making eight mounds. Return to a gentle boil; reduce heat. Simmer, covered, for 12 to 15 minutes or until a wooden toothpick inserted into dumplings comes out clean. Do not lift lid while simmering. With a slotted spoon, transfer dumplings to a platter.

4. Stir chicken into mixture in saucepan. Stir the 2 tablespoons flour into half-and-half; stir into the mixture in saucepan. Cook and stir over medium heat until mixture is thickened and bubbly. Cook and stir for 1 minute more.

5. To serve, ladle chicken mixture into four soup bowls. Top each serving with two dumplings. **Makes 4 servings.**

Nutrition facts per serving: 479 cal, 19 g fat, 107 mg chol, 914 mg sodium, 46 g carbo, 3 g fiber, 32 g pro.

Chicken Enchiladas Adobo

PREP: 20 minutes COOK: 15 minutes COOL: 5 minutes BAKE: 25 minutes

- 1 14.5-ounce can diced fire-roasted tomatoes, undrained
- ¾ cup water
- 1 medium onion, chopped
- 1 chipotle chile pepper in adobo sauce
- 1 tablespoon adobo sauce (optional)
- 1 tablespoon snipped fresh cilantro
- 1 teaspoon ground cumin
- ½ teaspoon chili powder
- ½ teaspoon kosher salt or ¼ teaspoon salt
- 1 tablespoon vegetable oil
- 1 pound skinless, boneless chicken breast halves or skinless, boneless chicken thighs, cut into bite-size strips
- ½ cup corn and black bean salsa
- ½ cup sour cream
- ½ teaspoon finely shredded lime peel
- 8 7-inch multigrain or whole wheat flour tortillas
- ¾ cup shredded Chihuahua cheese or Monterey Jack cheese (3 ounces)
- 1 2¼-ounce can sliced pitted ripe olives, drained
- ½ cup sliced green onion

1. Lightly grease 13x9x2-inch baking dish; set aside.

2. For sauce: In medium saucepan, mix undrained tomatoes, water, onion, chipotle pepper, adobo sauce (if you like), cilantro, cumin, chili powder and half of the salt. Bring to boiling; reduce heat. Simmer, uncovered, for 15 minutes. Remove from heat; let cool for 5 minutes. Place in a blender or food processor. Cover and blend or process until smooth.

3. In large skillet, heat oil over medium heat. Add chicken; cook and stir until browned and no longer pink. Remove from heat; drain off fat. Stir in salsa, sour cream, lime and remaining salt.

4. To assemble enchiladas, spoon ½ cup sauce into bottom of prepared baking dish. Spoon 3 tablespoons of chicken mixture onto each tortilla near edge; roll up. Place tortillas, seam sides down, in prepared baking dish. Pour remaining sauce over all.

5. Cover and bake in 375° oven for 15 minutes. Uncover; sprinkle with cheese. Bake 10 to 15 minutes more or until heated through. Sprinkle with olives and green onion. **Serves 8.**

Nutrition facts per serving: 259 cal, 10 g fat, 50 mg chol, 702 mg sodium, 22 g carbo, 5 g fiber, 19 g pro.



For more comfort food ideas, visit midwestliving.com/comfort.





Habañero Hot Wings

PREP: 25 minutes **BAKE:** 45 minutes

Nonstick cooking spray

2 tablespoons onion powder

1 tablespoon garlic powder

2 teaspoons smoked paprika or sweet paprika

2 teaspoons dried cilantro, crushed

1 teaspoon dry mustard

½ teaspoon chili powder

¼ to ½ teaspoon ground habañero chile pepper

12 chicken wings (about 2 pounds)

½ cup bottled hickory barbecue sauce

2 tablespoons peach spreadable fruit or desired fruit preserves (such as peach, pineapple or orange)

1 tablespoon bottled steak sauce or ketchup

1 recipe Dill Dipping Sauce, Celery Dipping Sauce or Feta Dipping Sauce

1. Coat a 15x10x1-inch baking pan with cooking spray; set aside. In a resealable plastic bag, mix onion powder, garlic powder, paprika, cilantro, mustard, chili powder and the ¼ teaspoon habañero chile pepper.

2. Cut off and discard tips of chicken wings. Cut wings at joints to form 24 pieces. Place wing pieces in plastic bag with seasoning mixture. Seal bag; toss to coat wings with seasoning mixture. Remove wings from bag, arrange in prepared pan. Bake in a 375° oven for 25 minutes.

3. For sauce: In a small saucepan, combine barbecue sauce, spreadable fruit and steak sauce. Cook and stir until the ingredients are blended; set aside.

4. Carefully brush wings with half of the sauce. Turn wings and brush with the remaining sauce. Bake for 20 to 25 minutes more or until chicken is tender and no longer pink. Serve with your choice of Dipping Sauces and remaining barbecue sauce mixture. **Makes 12 appetizer servings.**

DILL DIPPING SAUCE: In a small bowl, combine ¾ cup mayonnaise, ¼ cup plain yogurt and 1 teaspoon snipped fresh dill or ¼ teaspoon dried dillweed.

CELERY DIPPING SAUCE: Prepare dill sauce as above, except substitute 1 teaspoon celery seed for the dill.

FETA DIPPING SAUCE: Prepare sauce as above, except substitute ½ cup crumbled feta or blue cheese for dill.

Nutrition facts per serving: 223 cal, 18 g fat, 37 mg chol, 274 mg sodium, 7 g carbo, 0 g fiber, 8 g pro.

Herbed Oven-Fried Chicken

PREP: 25 minutes **MARINATE:** 4 hours **BAKE:** 30 minutes

4 skinless, boneless chicken breast halves (1½ pounds)

1 cup buttermilk or sour milk*

½ teaspoon kosher salt or ¼ teaspoon salt

1 egg, lightly beaten

3 tablespoons water

1¼ cups panko (Japanese-style bread crumbs) or fine dry bread crumbs

¾ teaspoon ground sage

½ teaspoon dried thyme, crushed

¼ teaspoon dried savory, crushed

⅛ teaspoon ground black pepper

1. Place chicken in a resealable plastic bag set in a bowl. For marinade: In a small bowl, stir together buttermilk and half of the salt. Pour over chicken. Seal bag; turn to coat chicken. Marinate in the refrigerator for 4 to 24 hours, turning bag occasionally.

2. Grease a 15x10x1-inch baking pan. In a small bowl, stir together the egg and water. In shallow dish, mix panko, sage, thyme, savory, pepper and the remaining salt. Drain chicken, discarding marinade. Dip the chicken pieces, one at a time, into the egg mixture; coat with crumb mixture.

3. In the prepared baking pan, arrange the chicken so pieces are not touching. Sprinkle with any of the remaining crumb mixture.

4. Bake, uncovered, in a 375° oven about 30 minutes or until the chicken is no longer pink (170°). Do not turn pieces while cooking. **Makes 4 servings.**

CURRIED OVEN-FRIED CHICKEN: Prepare as directed, except substitute 1½ teaspoons curry powder for the sage, thyme and savory.

***NOTE:** To make 1 cup sour milk, place 1 tablespoon lemon juice or vinegar in a glass measuring cup. Add enough milk to make 1 cup liquid; stir. Let the mixture stand for 5 minutes before using it in a recipe.

Nutrition facts per serving: 262 cal, 4 g fat, 137 mg chol, 453 mg sodium, 15 g carbo, 1 g fiber, 38 g pro.



For more easy main-dish ideas, visit midwestliving.com/30minute.

The Ultimate Chicken and Noodle Casserole

PREP: 35 minutes **BAKE:** 30 minutes

- 6 ounces dried gemelli pasta ($1\frac{2}{3}$ cups) or dried medium noodles (3 cups)
- 2 tablespoons butter or margarine
- 1½ cups sliced fresh cremini mushrooms or button mushrooms
- 1 cup chopped onion
- 3 cups chopped cooked chicken
- 1 15-ounce jar mushroom Alfredo pasta sauce
- 1½ cups shredded Italian-blend cheeses (6 ounces)
- 1 9- or 10-ounce package frozen cut asparagus or frozen peas, thawed
- ½ cup sour cream
- ½ cup chopped roasted red sweet peppers
- 1 teaspoon dried fines herbes or Italian seasoning, crushed
- ½ cup panko (Japanese-style bread crumbs) or fine dry bread crumbs
- ¼ cup sliced almonds or chopped pecans, toasted
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons butter or margarine, melted

1. Cook pasta according to package directions; drain. Return to pan. In a large saucepan, heat 2 tablespoons butter over medium heat until melted. Add mushrooms and onion; cook and stir until tender; add to cooked pasta. Add chicken, pasta sauce, Italian-blend cheeses, asparagus, sour cream, sweet peppers and fines herbes; toss gently to combine. Transfer to ungreased 13x9x2-inch baking dish.

2. In a small bowl, mix panko, almonds, Parmesan and 2 tablespoons melted butter. Sprinkle over top. Bake, uncovered, in 350° oven 30 to 35 minutes or until heated through and topping is golden. **Serves 6.**

Nutrition facts per serving: 600 cal, 34 g fat, 141 mg chol, 797 mg sodium, 36 g carbo, 3 g fiber, 38 g pro. ■

Classic
hotdish update!

For more casserole ideas, visit midwestliving.com/hotdish.