

## **Chicken Any Way, Any day!**

by Chef Jen RDN/LDN, RYT-200

This week we are focusing on our purpose and creativity. Working with the creative side, I've developed a meal plan that uses the same ingredients for you to make multiple meals over 3 days. Below you will find 3 different menus for uses of a whole chicken. I have also included some pantry staples of mine that I always try to make sure that I have on hand. With that pantry list I have also included, for each type of chicken, a shopping list and pantry list that's needed for these meals. I am including the roasted chicken recipe, but for the sake of not bombarding you with recipes, I'm leaving some of these recipes for you to find on your own. Depending on those, your shopping list may vary somewhat. (Don't worry- I have faith in you!!) Also, depending on the size of your family, you may want to increase the size of the chicken. If you need a 6 lb chicken, increase ingredients by half. If you need, 8 lb then, double the ingredients.

Let me know which one is your favorite!

Be well and Bon Appetit!

~~ Chef Jen



Here are my pantry staples that I like to have on hand at all times:

<b>Pantry Stock:</b>	<b>Herbs and Spices (dried)</b>
Chicken Broth (stock) - Pref Low Sodium	Basil
Vegetable Broth (stock)- Pref Low Sodium	Oregano
Salt	Parsley
Pepper	Cumin
Flour of choice (white and whole wheat)	Coriander
Corn meal and corn starch	Rosemary
Mustard (yellow, Dijon, whole grain, spicy brown)	Garlic powder
Mayo	Onion powder
Oils (olive, canola, etc)	Paprika
Vinegars (balsamic, red/white wine, apple cider, distilled white)	Thyme
Beans (canned or dried) Black, Cannellini, Red Kidney, Chickpeas (garbanzo)	Bay leaves
Rice (white, brown or jasmine) Prefer instant	Chili powder
Whole Grains (old fashioned oats and either: quinoa, farro, barely)	Crushed red pepper
Grated parmesan (or Romano combo) cheese	Gr ginger
Pasta (any type)	Nutmeg
Canned tomatoes, tomato paste and pasta sauce	Cinnamon
Salsa	Cloves (whole and ground)
Active Dry Yeast packets (usually comes in 3)	Marjoram
Pure maple syrup	
Sugar (white, light brown, dark brown, powdered)	<b>Refrigerator/ Freezer:</b>
Honey (local preferred)	Nonfat plain Greek yogurt (NFPGY)
Iodized salt	Milk or non-dairy milk of choice
Baking soda and powder	Unsalted Butter (or plant-based margarine)
Cocoa powder	Store bought pie crusts (freeze until use)
Chocolate chips (dark, semi-sweet and white)	
Nuts (almonds, pecans, walnuts)	
Nut butters (almond, cashew or peanut, etc)	
Seeds (chia, hemp hearts, flax)	
Dried fruits (cranberries, raisins)	

## **Roasted Chicken**

### **Ingredients:**

- 4 lb whole chicken
- 1 Tbsp olive oil
- 1 Tbsp Canola oil.

### **Traditional Dry rub:**

- 1 Tbsp all-purpose flour
- 1 tsp paprika
- ½ tsp garlic powder
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp dried thyme

### **Southwest Dry rub:**

- 1 Tbsp all-purpose flour
- 1 tsp oregano
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp salt
- ½ tsp cumin
- ½ tsp paprika
- ¼ tsp black pepper
- ¼ tsp coriander

### **Italian Dry rub:**

- 1 Tbsp all-purpose flour
- 1 tsp basil
- 1 tsp oregano
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp dried marjoram

### **Instructions:**

1. Preheat oven to 350°F. In a small bowl, mix dry rub ingredients.
2. Remove giblets and neck from chicken cavity. Using a paper towel, pat dry the chicken. Rub the chicken with olive oil and then sprinkle with dry rub and massage into chicken. Can pull up skin and add oil and herbs underneath on the breast. Tie legs together with

butchers' twine, tuck wing tips behind wings or tie close to chicken with twine. See [this site](#) for step by step instructions.

3. Place the chicken on a small rack in roasting pan and cook until temperature inserted into the thickest part of the breast registers 165°F.

Perdue has a great link for cooking your whole chicken [here](#).

<b>Traditional Roasted Chicken</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Monday</b>
Breakfast	-	Asparagus and parmesan omlette	Hard boiled egg with whole wheat toast topped with preferred option (butter, avocado, jam, nut butter)
Lunch	Prep vegetables for dinner and Monday meals	Loaded sweet potato (toppings of choice)	Chicken Salad (with hard boiled egg) on whole wheat bread
Dinner	Roast Chicken with Baked Sweet Potatoes and Asparagus	Chicken and whole wheat dumplings  Prep: Hard boil 6 eggs	Any leftovers? Try Chicken, celery, onion, carrot, sweet potato, stock for chicken soup

**Shopping list:**

Whole Roaster Chicken 5lbs+ (depending on family size)

Eggs (18 count + depending on family size)

Celery

Carrots

Onion

Sweet potatoes (5lb bag)

Asparagus (may need 2-3 bunches for larger families)

Bread (preferable whole wheat)

Lettuce

Tomatoes

Grated Parmesan cheese

Parsley (fresh or dried)

**Pantry List:**

Flour (whole wheat, white whole wheat or AP)

Stock

Herbs for chicken dry rub (paprika, oregano, garlic powder, thyme)

Toast spread of choice

Oil for cooking

Mayo and mustard for salad

Salt and pepper

<b>Southwest Chicken</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Monday</b>
Breakfast	-	Heuvos Rancheros- 1 egg+1 extra egg white (over easy) served with 1/3 cup beans and rice. Garnish with Salsa and lime.	Breakfast Burrito: scrambled egg, cheese, salsa, guac or avocado & tortilla
Lunch	Prep chicken, vegetables and rice for dinner and next day	Nachos with cheese, beans, salsa, chopped bell pepper and onions and other toppings as desired.	Rice and beans with tomato and nonfat Greek yogurt
Dinner	Roasted Chicken with black beans, rice and roasted asparagus	Chicken fajitas, salsa, avocado, sautéed bell peppers and onions with whole wheat tortillas	Any left overs? Shredded chicken on top of lettuce, tomato, asparagus with squeeze of lime, olive oil and dried oregano.

**Shopping List:**

Whole Roaster Chicken 5lbs+ (depending on family size)

Eggs (12 count + depending on family size)

Whole Wheat Tortillas

Tortilla Chips

Asparagus

1-2 cans black beans (or more, depending on family size)

Rice

2 Avocados (or prepared guacamole)

3 bell peppers

2 onions

Lettuce (iceberg or romaine)

Tomatoes

Cheese (Mexican blend or Monterrey jack and cheddar blend)

Limes

**Pantry List:**

Salsa

Rice

Beans

Nonfat plain Greek yogurt (use in place of sour cream)

Herbs for chicken dry rub (Oregano, Cumin, Garlic powder, Onion powder, Paprika, Coriander)

Olive oil

Flour

<b>Italian Chicken</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Monday</b>
Breakfast	-	Asparagus quiche with store bought pie crust	Left over quiche
Lunch	Prep chicken, vegetable for dinner and next day	Chop chicken, onion, mayo, herbs for chicken salad Pasta salad prep: Zucchini, onion and tomato salad- toss vegetables in extra virgin olive oil and balsamic vinegar	Open face grilled pizza 1 slice bread, sliced tomato, sprinkle with dried oregano and basil, shredded mozzarella. Toast in toaster oven until cheese is melted.
Dinner	Roast Chicken, Asparagus with fresh lemon, sautéed zucchini and tomato.	Chicken Parmesan-sliced chicken with (or without) sautéed zucchini and tomato sauce, topped with Part Skim Mozzarella cheese over whole wheat noodles. Prep: Make extra noodles for pasta salad and toss with lunch prep, chill salad.	Add shredded chicken: zucchini and tomato pasta salad- toss vegetables in extra virgin olive oil and balsamic vinegar with oregano and basil.

**Shopping list:**

Whole Roaster Chicken 5lbs+ (depending on family size)

Eggs (12 count + depending on family size)

Bread crumbs

Asparagus

Zucchini

Tomatoes

Lemon

Onion

Shredded part skim mozzarella cheese

Bread

**Pantry List:**

(1) Pie crust

Olive oil

Balsamic vinegar

Milk

Pasta sauce

Pasta (pref. whole wheat; rotini, penne, elbow, or ziti)

Herbs (oregano, garlic powder, onion powder, basil, marjoram), flour

Mayo



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