

RECIPES FOR ENJOYING LEFTOVER ROAST CHICKEN

Chicken and Barley Soup With Asian Spices • Serves 4

- ½ of a 2-pound roast chicken
- 2 celery ribs
- 1 small onion
- 1-2 inch piece fresh ginger, sliced
- 5 to 6 cups low sodium chicken broth
- 2 medium carrots, cut into ¼-inch thick slices
- 1 small head bok choy, cut into ¼-inch slices
- ½ cup quick cooking pearled barley, rinsed
- 1 to 2 tablespoons lemon juice, to taste
- ½ to 1 teaspoon low sodium soy sauce, to taste

Remove the meat from the chicken and cut into ¼-inch pieces and set aside. Put the chicken bones into a medium-large soup pot.

Coarsely chop 1 celery rib, onion and ginger and add to the pot along with the chicken broth. Simmer the broth for about 10 minutes, then strain off the bones, celery, onion and ginger.

Dice the remaining celery and add to the pot along with the carrot and barley. Cook until the barley is tender, about 10 to 15 minutes. Add the chicken and bok choy and season to taste with the lemon juice and soy sauce.

Beth Dooley (bethdooley.org) is a local cooking expert and contributor to Park Nicollet Be Well Magazine.

Nutrition analysis per serving

Calories	339 calories
Fat	10 grams (27% of kcals)
Saturated fat	3 grams
Carbohydrate	22 grams
Protein	39 grams
Fiber	6 grams
Sodium	301 milligrams

 **Park Nicollet[®]
Heart and Vascular Center**

parknicollet.com/heart • 952-993-3246

RECIPES FOR ENJOYING LEFTOVER ROAST CHICKEN

Chicken Curry • Serves 4

- ½ of a 2-pound roast chicken
- 2 teaspoons canola or sunflower oil
- 1 small onion, cut into ¼-inch dice
- 1 teaspoon good quality curry powder
- ½ cup low sodium chicken broth
- ½ cup low-fat canned coconut milk
- 1 Yellow Finn potato, cut into ¼-inch dice
- 2 carrots, cut into ¼-inch dice
- ½ cup broccoli florets
- 1 cup cooked red lentils*
- 2 cups cooked brown rice**
- ¼ cup chopped cilantro leaves, for garnish
- 4 to 6 lime wedges for garnish

Remove the meat from the chicken and cut into ¼-inch pieces and set aside.

Film a large skillet with the oil and set over medium heat. Saute the onion until translucent, about 3 minutes. Stir in the curry powder and cook for about 15 seconds, then stir in the chicken broth and coconut milk. Add the potato, carrot and broccoli, cover and cook until the vegetables are just tender. Stir in the chicken and heat through. Serve over cooked brown rice with red lentils and garnish with the chopped fresh cilantro. Pass the lime wedges along side.

(continued on back)

Beth Dooley (bethdooley.org) is a local cooking expert and contributor to Park Nicollet Be Well Magazine.

Nutrition analysis per serving

Calories	526 calories
Fat	14 grams (24% of kcals)
Saturated fat	4 grams
Carbohydrate	57 grams
Protein	43 grams
Fiber	9 grams
Sodium	150 milligrams

 **Park Nicollet[®]
Heart and Vascular Center**

parknicollet.com/heart • 952-993-3246

Recipe Continued

*To cook brown rice: Put 1 cup of rice and 2½ cups water into a heavy saucepan. Bring to a boil over high heat. Reduce the heat to low so that the liquid simmers. Cover and cook until the rice is tender and most of the liquid has been absorbed, 40 to 50 minutes. Let stand 2 to 3 minutes then fluff with a fork before serving.

**To cook red lentils: Rinse ½ cup lentils under cold running water and pick through them to remove any black bits. Put the lentils into a small to medium pot with 1 cup of water. Set the pot over high heat, bring to a boil, reduce the heat to low so that the liquid simmers. Cover and cook until the lentils are tender, about 15 minutes.

RECIPES FOR ENJOYING LEFTOVER ROAST CHICKEN

Chicken Pot Pie With Olives and Lemon • Serves 4

- ½ of a 2 pound roast chicken
- 1 small onion, diced
- 1 carrot, diced
- 1 celery stick, with leaves, diced
- 2 teaspoons fresh oregano or ½ teaspoon dried
- Pinch nutmeg
- ½ cup low sodium chicken broth
- 1 teaspoon cornstarch dissolved
- 1 tablespoon fresh lemon juice, or more to taste
- 1 tablespoon chopped fresh parsley
- 12 sheets thawed phyllo dough
- 2 teaspoons to 1 tablespoon extra-virgin olive oil, as needed

Preheat the oven to 350F. Remove the meat from the chicken, cut into ¼-inch pieces and set aside.

Put the onion, carrot, celery, oregano, nutmeg and chicken broth into a medium saucepan, set over high heat and bring to a boil. Reduce the heat to a simmer. In a small dish or cup, mix together the cornstarch and lemon juice cornstarch then whisk this into the broth and continue simmering until the mixture begins to thicken. Stir in the chicken and parsley and season to taste with more lemon juice. Turn the mixture into a 1-quart baking dish.

(continued on back)

Beth Dooley (bethdooley.org) is a local cooking expert and contributor to Park Nicollet Be Well Magazine.

Nutrition analysis per serving

Calories	447 calories
Fat	16 grams
Saturated fat	5 grams
Carbohydrate	35 grams
Protein	38 grams
Fiber	2 grams
Sodium	465 milligrams

 **Park Nicollet[®]
Heart and Vascular Center**

parknicollet.com/heart • 952-993-3246

Recipe Continued

Lay the phyllo sheets out on the counter and cover with a piece of plastic wrap and a slightly damp clean kitchen towel. Pour the oil into a small cup.

Working quickly, lay one sheet of the phyllo over the chicken mixture. Using a pastry brush, very lightly coat another phyllo sheet with oil and lay, oil side down, over the first phyllo sheet. Repeat with the remaining sheets.

Bake the potpie until the phyllo is nicely browned and crispy, about 15 to 20 minutes.

RECIPES FOR ENJOYING LEFTOVER ROAST CHICKEN

Chicken and Farro Salad • Serves 4-6

- ½ of a 2-pound roast chicken
- 1 carrot, diced
- 1 celery stalk, diced
- 1 small tart apple, cored and diced
- 1 cup cooked farro*
- 2 tablespoons to ¼-cup maple-mustard vinaigrette** (or vinaigrette), as needed
- 6 to 8 cups fresh baby lettuces for serving
- ¼ cup chopped fresh parsley, for garnish

Remove the meat from the chicken, cut into ¼-inch pieces. Put the chicken, carrot, celery, apple and farro into a large bowl. Toss in just enough vinaigrette to lightly coat. Arrange the lettuces on a large serving platter or individual serving plates. Mound the salad on top of the lettuces. Sprinkle with the almonds then garnish with the parsley.

*To cook the farro: Put ½ cup farro into a medium pot with enough water to cover by about 2 inches. Set over high heat, bring to a boil, reduce the heat to simmer, cover and cook until the farro is tender, about 20 to 30 minutes.

(continued on back)

Beth Dooley (bethdooley.org) is a local cooking expert and contributor to Park Nicollet Be Well Magazine.

Nutrition analysis per serving

Calories	460 calories
Fat	18 grams
Saturated fat	4 grams
Carbohydrate	38 grams
Protein	40 grams
Fiber	7 grams
Sodium	160 milligrams

 **Park Nicollet[®]
Heart and Vascular Center**

parknicollet.com/heart • 952-993-3246

Recipe Continued

Remove and drain off any excess water.

**To prepare the vinaigrette: In a small bowl, whisk together 2 tablespoons cider vinegar, 2 tablespoons cider or apple juice, 1 teaspoon Dijon mustard, 2 tablespoons maple syrup, 1 tablespoon sunflower or vegetable oil.