




Favorite Easy Chicken Dinners

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THE *cookie* ROOKIE

A close-up of a white marble surface with grey veining, serving as a background for the top section of the page.

Chicken Recipes are an absolute staple in our house. We are always looking for the next new EASY Chicken Recipe that anyone can make and everyone will love! From Appetizers to Dinner, our entire family craves chicken. These are some of our very favorite recipes that we make again and again.

Our Easy Oven Baked Chicken Tacos (**page 5**) have been pinned over 2 million times. Have you tried them? They're guaranteed to please even the pickiest eaters. If cheese is more your thing, be sure to check out our Queso Smothered Chicken Fajitas (**page 19**) or our Spinach Dip Stuffed Chicken (**page 25**). Comfort food at its finest (and easiest).

Chicken Recipes have always been some of the most popular options on The Cookie Rookie. From Tacos to Casseroles, we've got you covered! If it's SIMPLE Chicken Recipes you crave, we have something for everyone.

Winner winner, chicken dinner!

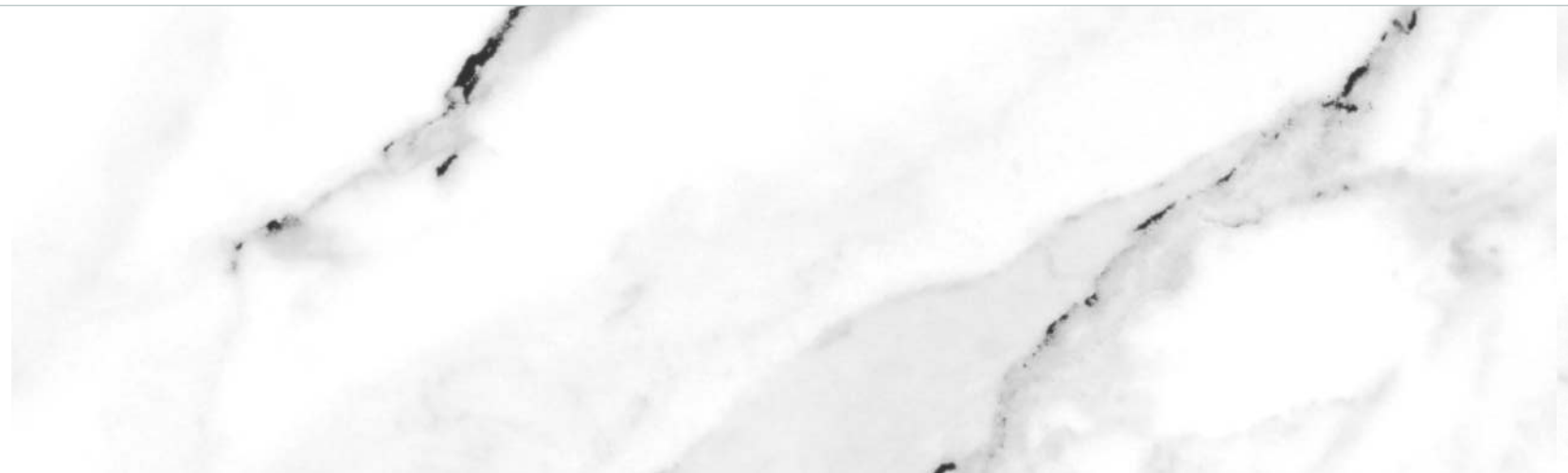
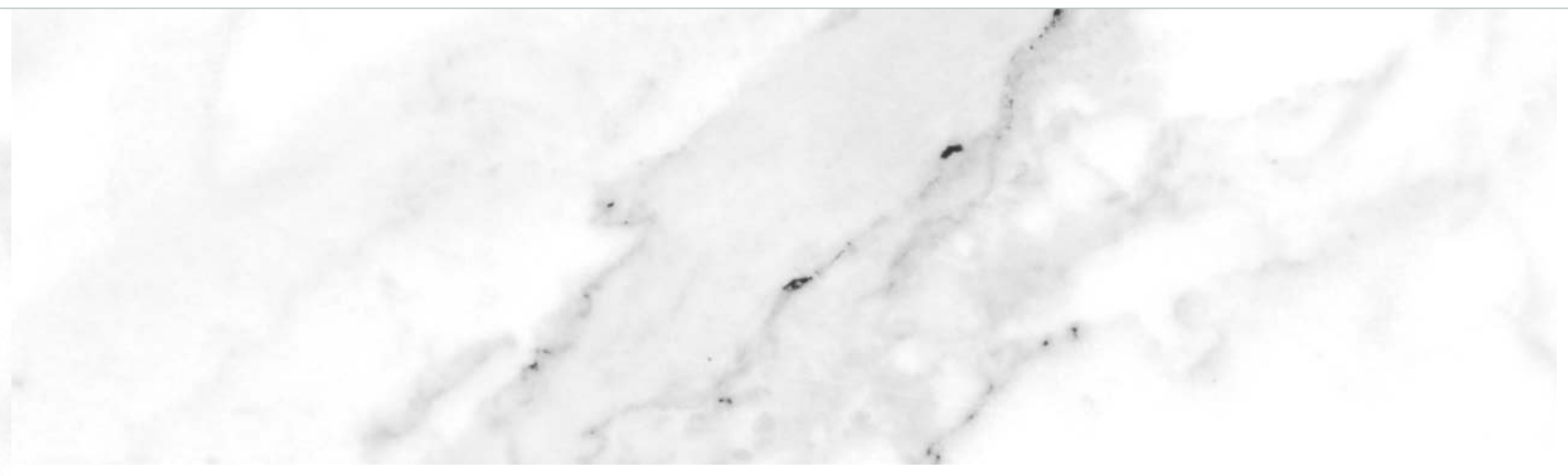




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Oven Baked Chicken Tacos

PREP TIME 15 MIN COOK TIME 10 MIN SERVINGS 10 CALORIES 233

INGREDIENTS

1 tablespoon olive oil
1/2 pound cooked chicken shredded
(I used cooked rotisserie chicken)
1 ounce spicy taco seasoning
1/2 cup onion diced
1 can diced tomato 14.5 ounce,
fully drained
1 can chopped green chiles 4.5 ounce,
fully drained
10 stand and stuff taco shells
I used Old El Paso
8 ounces refried beans 1/2 can
2 cups Mexican blend cheese shredded
toppings such as Old El Paso sliced jalapenos,
sour cream, salsa, chopped cilantro,
shredded lettuce, or any of your favorite
taco toppings!

INSTRUCTIONS

Preheat oven to 400F. Spray a 9x13 baking dish with nonstick spray.

Heat olive oil over medium heat in a medium skillet.

Add onion to skillet and cook for 2-3 minutes, or until the onion is translucent and fragrant.

Stir in the chicken, taco seasoning, tomatoes (FULLY DRAINED), and green chiles (FULLY DRAINED) *see note. Stir to combine fully. Reduce to simmer and allow to cook for 5-8 minutes.

Place the taco shells in the baking dish, standing up. I was able to fit 10 taco shells in the dish by adding 2 on each side.

Bake the taco shells for 5 minutes by themselves to allow them to crisp up. Remove from the oven.

Spoon 1 tablespoon of beans into the bottom of each taco shell. Top with the chicken mixture, almost to the top of each shell.

Sprinkle each shell generously with shredded cheese, the more the better!

Bake for 7-10 minutes or until cheese is fully melted and the edges of the shells are browned.

Remove from the oven and top with your favorite items such as jalapenos, sour cream, cilantro, and salsa.

Enjoy!



Baked Fried Chicken

PREP TIME 25 MIN COOK TIME 40 MIN SERVINGS 4 CALORIES 302

INGREDIENTS

2 large chicken breasts boneless, skinless
3 cups whole milk
1 cup all purpose flour
1 tablespoon paprika
1 tablespoon all-purpose seasoning
1 teaspoon salt
1 teaspoon black pepper
1/2 stick butter melted
1/4 cup fresh flat leaf parsley optional

INSTRUCTIONS

CUT chicken breasts in half, lengthwise, to create 4 even portions.

PLACE chicken in a large bowl and marinate in milk for about 20 minutes.

MIX together flour, paprika, all-purpose spice, salt, and pepper in a medium sized bowl. Set aside.

PREHEAT oven to 400°F.

MELT butter and pour into 9x13 Pan, coating the bottom of the pan.

Lightly pat each chicken breast with a paper towel to remove excess milk before dipping. DIP each chicken breast, one at a time, in the flour mixture. COAT both sides liberally. PLACE in pan.

REPEAT with all four chicken breasts, making sure there is a small amount of room between each breast in the pan. This will allow them to crisp while baking.

BAKE at 400°F for 35-40 minutes (or until the breading is golden brown and the juices run clear), flipping each breast after 20 minutes.

Remove from oven and transfer to a serving dish. Garnish with parsley if desired. Enjoy!



Skillet Basil Cream Chicken

PREP TIME 10 MIN COOK TIME 20 MIN SERVINGS 4 CALORIES 702

INGREDIENTS

¼ cup buttermilk
¼ cup breadcrumbs
4 chicken breasts boneless, skinless
4 tablespoons unsalted butter
2 tablespoons canola oil
¼ cup chicken broth
2 tablespoons dry sherry optional
1 cup heavy cream
1 can pimentos 4 ounces can, drained
1 can diced tomatoes 14.5 ounce can, drained
¼ cup fresh basil chopped
1 cup grated Parmesan cheese
2 tablespoons garlic & herb cheese
such as Boursin
½ teaspoon freshly ground black pepper

INSTRUCTIONS

Place chicken breasts in a shallow dish and cover with buttermilk.

Pour breadcrumbs in a different shallow dish.

Heat skillet over medium heat and add 2 tablespoons butter and 1 tablespoon canola oil.

Dip chicken in the breadcrumbs and place in the hot skillet. Cook 5 minutes or until bottom side is crispy and golden brown.

Add remaining butter and oil and flip the breasts over. Cook another 5-7 minutes or until chicken is cooked through. Transfer the chicken to a plate. Set aside.

Add chicken broth and sherry (if using) to the skillet to deglaze and bring to a boil over medium heat. Scrape the brown bits off the bottom of the skillet.

Add the cream, pimentos and tomatoes. Bring to a boil and cook 1 minute, stirring constantly.

Reduce heat to low and add Parmesan, garlic-herb cheese, basil and black pepper. Bring to a simmer and cook until sauce reduces by half.

Add the chicken back to the sauce and heat through. Serve as is with sauce or with a side of rice or pasta.

Enjoy!



Caesar Chicken

PREP TIME 5 MIN COOK TIME 30 MIN SERVINGS 4 CALORIES 649

INGREDIENTS

4 chicken breasts boneless, skinless
1 cup **Caesar salad dressing**
½ cup sour cream
1-1 ½ cup Parmesan cheese grated

INSTRUCTIONS

Heat oven to 375F and spray the inside of an 8" x 11" baking dish with cooking spray.

If the breasts are uneven thickness, pound them (placed in a Ziploc bag and on a flat surface) to an even ¾"-1" thickness using a meat pounder. Sprinkle the breasts (both sides) with grated Parmesan cheese & freshly ground black pepper, and place them in the prepared baking dish.

Whisk together Caesar dressing and sour cream in a small bowl. Pour the Caesar/sour cream mixture over each breasts then sprinkle grated Parmesan cheese on top.

Place the prepared chicken in the oven and bake at 375F for 30 minutes or until a meat thermometer inserted in the thickest part of one of the middle breasts reads 150°F.

Turn the oven to broil and broil the breasts an additional 2-4 minutes or until the chicken turns golden brown. It can burn quickly, so watch it closely. When done, a meat thermometer should register 160F when stuck into the thickest part of one of the middle breasts. Remove from the oven, cover loosely with foil and allow chicken to rest 5-10 minutes before serving.

If desired, garnish with chopped parsley.

NOTE: Do not salt chicken.



Chicken Burgers with Feta & Sun-Dried Tomato

PREP TIME 15 MIN COOK TIME 10 MIN SERVINGS 4 CALORIES 376

INGREDIENTS

FOR THE BURGERS:

1 pound ground chicken or turkey *See note
2 ounces crumbled feta cheese
1/3 cup chopped oil-packed sun-dried tomatoes
drained with oil reserved
1 tablespoon chopped fresh basil
¾ teaspoon kosher
½ teaspoon ground black pepper
1-2 tablespoons oil from the sun-dried tomatoes
4 pretzel buns insides lightly toasted

FOR THE BASIL MAYONNAISE:

¼ cup mayonnaise
3 tablespoons **basil pesto** homemade
or store-bought
2 tablespoons sour cream

BURGER TOPPINGS/GARNISHES:

Spinach or lettuce leaves
Sliced fresh tomatoes
Red onion slices
Avocado slices

INSTRUCTIONS

FOR THE BURGERS:

In a large mixing bowl, mix ground chicken, feta cheese, sun-dried tomatoes, basil, salt and pepper. Mix gently until ingredients are just combined. Divide into 4 equal portions and pat each portion into a 1-inch burger.

Heat skillet over medium heat and add 1-2 tablespoons reserved packing oil from the tomatoes. Heat the oil until it sheens and set the burgers in the skillet. Cook until lightly seared on first side, 4 minutes. Flip the burgers and continue cooking until opposite side has a nice light sear, an additional 3-4 minutes. Flip the burgers over (again) and partially cover the skillet. Reduce the heat to low and cook until the burgers are cooked through and register 160°F when tested with a meat thermometer.

While the burgers cook, mix the mayonnaise ingredients together, in a medium mixing bowl, and set aside.

To serve, spread a thin layer of the Basil Mayonnaise on the inside of both halves of the buns. Place the burger on the bottom bun and top with burger garnishes of your choice.

Enjoy!

NOTE: For this recipe it is important to use ground chicken and not ground chicken breasts (which can be labeled 99% fat-free). The burgers won't be as moist. Ground Turkey also works well.



Chicken Parmesan Pasta

PREP TIME 5 MIN COOK TIME 25 MIN SERVINGS 8 CALORIES 333

INGREDIENTS

2 tablespoons Italian dressing
not the creamy kind
3 chicken breasts boneless, skinless,
cut into cubes
16 ounces rigatoni pasta small/medium
1 24 ounce Marinara sauce, I love Delallo's
1/2 cup mozzarella cheese shredded
1/2 cup parmesan cheese grated
salt and pepper to taste
Chopped fresh basil for garnish optional

INSTRUCTIONS

Heat chicken and Italian dressing in a large 12 inch skillet over medium high heat (If you don't own a large skillet, you can use a stock pot). Season chicken with salt and pepper to taste.

Cook chicken until browned and just cooked through, about 5 minutes depending on thickness of chicken.

Add the box of pasta and the entire jar of marinara. Fill the empty marinara jar with water and add to the skillet. If using a stockpot, use 2 cups water. Lightly stir the mixture to combine.

Bring mixture to a boil and then reduce to a simmer. Cover and cook for 15 minutes or until pasta is tender to your liking. *See note

Cover with grated parmesan and then shredded mozzarella. No need to stir. Continue to cook for 2-3 more minutes or until cheese is fully melted. You can also broil the entire skillet for about 4 minutes to make the cheese extra melty!

Top with chopped basil (optional) and serve! Enjoy!

NOTE: The pasta in the middle of the skillet and underneath will be more tender than the outside pasta. It's okay if those pieces are a bit toastier and less soft. The inside will be plenty soft.



Chicken Pot Pie Casserole

PREP TIME 15 MIN COOK TIME 1 HOUR SERVINGS 6 CALORIES 600

INGREDIENTS

4 tablespoons unsalted butter
2 tablespoons olive oil
2 carrots peeled and diced
2 celery ribs diced
1 sweet yellow onion peeled and minced
2 cloves pressed or minced garlic
3 cups rotisserie chicken meat cubed
4 ounces button mushrooms cleaned & diced
1 cup frozen peas thawed
¼ cup all-purpose flour
2 cups chicken stock or broth
 low sodium or unsalted
¼ cup white wine semi-dry or Chardonnay
1 cup heavy cream or half 'n half
½ teaspoon kosher salt or to taste
1 teaspoon freshly ground black pepper
½ teaspoon dried thyme
¼ teaspoon ground sweet basil
1 pie crust store bought or homemade
1 egg beaten slightly with 1 teaspoon water

INSTRUCTIONS

Preheat oven to 375 degrees F. Allow pie crust to warm at room temperature, 15-20 minutes, before rolling out.

Spray a 2-quart casserole dish with non-stick cooking spray.

Heat butter and oil over medium-high heat until it shimmers. Add diced carrots and celery and cook for 3 minutes. Add minced onions and cook until onion is translucent. Add minced garlic and cook 30 seconds. Add cubed, cooked chicken and diced mushrooms and cook 1 minute.

Sprinkle vegetables and chicken with the flour and cook 3 minutes, stirring continuously.

Stir in chicken stock and scrape the bottom of the pan to deglaze the pan. Pour in the white wine and cream. Stir well.

Season-to-taste with salt and add the pepper, thyme and basil. Stir well and continue to cook until thickened to a thick-stew consistency.

Pour chicken stew mixture into the prepared casserole dish. Roll the piecrust to ¼ inch thickness and into 1-inch strips to create a lattice top. Or, drape it over the chicken stew mixture, and trim or crimp in the sides. Combine egg and water and brush the pastry with the egg mixture.

Bake, at 375 degrees F, on the center rack of the oven, 35-45 minutes, or until top is golden.

Enjoy!



Queso Smothered Chicken Fajitas

PREP TIME 15 MIN MARINATE 1 DAY COOK TIME 30 MIN SERVINGS 4 CALORIES 839

INGREDIENTS

FOR THE MARINADE:

3 tablespoons vegetable oil
2 tablespoons Worcestershire sauce
3 cloves garlic minced
2 tablespoons ground cumin
2 tablespoons chili powder
1 teaspoon smoky paprika
1 tablespoon cilantro chopped
½ teaspoon red pepper flakes
2 teaspoons brown sugar
1 teaspoon kosher salt
1 teaspoon ground black pepper
1 jalapeno pepper seeds and rib removed, diced
Juice from 2 limes

FOR THE CHICKEN & VEGETABLES:

4 chicken breasts boneless/skinless
4 bell peppers orange, red, yellow & green
2 sweet yellow onions peeled, halved & sliced stem-to-root end
4 tablespoons canola oil divided
2 tablespoons unsalted butter divided
8 Flour tortillas 6-8 inch, warmed slightly

FOR THE QUESO CHEESE DIP:

1 cup **Queso Cheese Dip** homemade
or store bought.

FOR SIDES & TOPPINGS (OPTIONAL):

| | |
|--------------------------|-----------------|
| Mexican Rice | Sliced Avocados |
| Refried Beans | or guacamole |
| Freshly chopped cilantro | Lime wedges |
| Sliced jalapenos | Tomato salsa |
| Pico de Gallo | Black beans |
| Sour Cream | Guacamole |
| Greek Yogurt | |

INSTRUCTIONS

FOR THE MARINADE:

Whisk all marinade ingredients in a medium bowl. Pour half of the marinade into a gallon sized zip lock plastic bag and add the chicken breasts. Be sure all the chicken is covered with marinade. Seal the bag.

Add the vegetables to another gallon sized zip lock plastic bag and pour the remaining half of the marinade over the vegetables. Seal the bag and squeeze the marinade around the vegetables to cover completely.

Place both bags in the fridge at least 30 minutes or up to 24 hours.

FOR THE QUESO CHEESE SAUCE:

While the chicken and vegetables marinate, prepare the cheese sauce. The cheese sauce can be made up to 3 days ahead and refrigerated in an airtight container until ready to use. When ready to use, reheat the cheese sauce in a small saucepan, over low heat. Add a little heavy cream or Half 'n Half if the sauce is too thick. Be very careful not to burn the sauce.

FOR COOKING THE CHICKEN AND VEGETABLES:

Heat the oven to 225°F and cover a baking sheet with foil.

Wrap the tortillas in foil and place them in the warm oven, on the side of the middle rack.

Heat a large skillet, set over medium-high heat. When the skillet is hot, add 2 tablespoons oil. When the oil shimmers, add 1-tablespoon butter and the marinated vegetables. Reduce the heat to medium and cook the vegetables until they are hot and have softened a little but still have a little bite (al dente). Transfer the vegetables to the prepared baking sheet and place in the oven (next to the tortillas) to keep warm.

In the same large skillet, still set over medium heat, add another 2 tablespoons oil. When the oil shimmers, add 1-tablespoon butter and the chicken. Do not turn the chicken for 3-4 minutes or until it is golden brown on the bottom. Flip the chicken and cook another 3 minutes.

Turn the chicken over to cook another minute, and flip the chicken again and cook until it is translucent and the internal temperature reads 160°F with a meat thermometer. Transfer the chicken to a cutting board and cut it diagonally, across the grain, into ½-inch slices.

FOR SERVING:

Place some slices of chicken on a plate. Spoon vegetables over the chicken and drizzle it with fresh lime juice. Smother the chicken & vegetables with hot cheese sauce and sprinkle with chopped fresh cilantro. Serve with flour tortillas, Mexican Rice, Refried Beans, Avocado slices, Tomato Salsa and other favorite Mexican side dishes.

Enjoy!



Sheet Pan Chicken Parmesan

PREP TIME 5 MIN COOK TIME 25 MIN SERVINGS 4 CALORIES 204

INGREDIENTS

4 large boneless skinless chicken breasts
1 egg
1/2 cup panko breadcrumbs
1/2 cup grated parmesan cheese
1 teaspoon salt
1 teaspoon pepper
1 teaspoon garlic powder
1 cup marinara sauce
1 cup shredded mozzarella cheese
1/4 cup fresh basil finely chopped
1 bag Green Giant Riced Cauliflower
1 bag Green Giant Roasted Broccoli

INSTRUCTIONS

Preheat oven to 400F and spray a baking sheet with nonstick spray. Set aside.

Whisk egg in a shallow bowl until well blended. In a separate shallow bowl, stir together the breadcrumbs, parmesan, salt, pepper, and garlic powder.

Start by dipping each chicken breast in the egg mixture, coating both sides. Shake to remove excess egg, then dip into the breadcrumb mixture. Press into the crumbs on both sides to coat as thickly as possible. Place chicken on the baking sheet. Repeat with all four chicken breasts. Spray the chicken breasts lightly with olive oil spray or baking spray. Place in the oven and cook for 15 minutes.

Remove from the oven and add the frozen broccoli to both sides of the pan. Be sure to break apart the pieces and lay them as flatly as possible on the baking sheet. It's okay if some overlap. Continue baking the chicken and broccoli for another 5 minutes.

Remove from the oven and spread the marinara over the chicken breasts, then top with the shredded cheese. Return to the oven for 3-4 minutes or until the cheese is fully melted. Switch the oven to broil (optional) to allow for the cheese to bubble a bit more and the veggies to crisp slightly (about 2 minutes). Watch closely, because you don't want to burn the veggies or the cheese.

While the chicken is in the final 5-6 minutes of cooking, prepare your Riced Cauliflower according to package instructions; 5-6 minutes in the microwave. Remove from the bag and plate the cauliflower evenly onto 4 plates.

Remove chicken and broccoli from the oven, top with chopped basil, and serve!

Enjoy!



Skinny Baked Sheet Pan Chicken Fajitas

PREP TIME 10 MIN COOK TIME 25 MIN SERVINGS 2-4 CALORIES 233

INGREDIENTS

2 skinless chicken breasts, cut into thin strips
3/4 cup diced roma tomatoes
(or 1/2 can drained diced tomatoes)
1/2 medium yellow onion, sliced
2 large bell peppers, you can use green, red,
or yellow or all 3!
1 tablespoon fresh cilantro, finely chopped
1/4 cup plain greek yogurt
1 (1 ounce) packet Fajita seasoning
4 medium tortillas (either whole wheat or flour)
1 large lime, cut in slices (for garnish)
Queso Fresco, cilantro, and greek yogurt
for garnish

INSTRUCTIONS

Grease a 9x13 baking dish. Preheat oven to 400F.
Mix together the tomatoes, onion, and peppers and place in
the baking dish.

In a small bowl, combine the yogurt, fajita seasoning, and
chopped cilantro. Toss in the chicken and stir until fully
coated.

Place the coated chicken into the baking dish with the
vegetables. Bake uncovered for 20-25 minutes until
chicken is cooked fully and vegetables are fork tender.

TIP: with about 8 minutes left, wrap the tortillas in foil and
place in the oven to warm them. Very tasty!

Serve with warmed tortillas, greek yogurt, cilantro, and
Queso Fresco (optional)



Spinach Dip Stuffed Chicken

PREP TIME 5 MIN COOK TIME 15 MIN SERVINGS 4 CALORIES 402

INGREDIENTS

4 chicken breasts
salt and pepper to taste
3 tablespoons canola peanut or olive oil
2 cups fresh baby spinach leaves
1 5.2 ounce package garlic-herb cheese,
such as Boursin cheese
½ cup dry white wine optional

INSTRUCTIONS

Cut about a 3-inch wide pocket into the thick side of each breast almost to the other side, but do not cut all the way through. Season both sides of each breast with kosher salt and freshly ground black pepper.

Heat oil & butter in a large skillet over medium-low heat. Turn the heat to medium.

Place the spinach in the skillet and sauté the spinach about 30 seconds, just long enough to wilt but not burn. Dab the spinach on a paper towel to remove excess oil.

In a medium bowl, mix the cheese and spinach until combined. Stuff the chicken breasts with the spinach/cheese mixture and secure the breasts with toothpicks.

Place the breasts in the hot skillet and leave for 4 minutes or until the chicken turns golden brown. Carefully turn the breasts over and cook another 3 minutes or until golden brown.

Reduce heat to low, add wine (if using), cover and cook another 3-5 minutes or until the meat is no longer pink in the middle. A meat thermometer should read 160°F when placed in the thickest part of the meat.

Enjoy!



Easy Chicken Cordon Bleu

PREP TIME 15 MIN COOK TIME 15 MIN SERVINGS 6 CALORIES 459

INGREDIENTS

FOR THE DIJON CREAM SAUCE:

2 tablespoons butter melted
2 tablespoons all-purpose flour
1 cup chicken broth
½ cup heavy cream
¼ cup semi-dry or dry white wine
2 teaspoons Dijon mustard
2 teaspoons fresh thyme sprigs or
½ teaspoon dried thyme
Salt & pepper to taste

FOR THE BREADCRUMB TOPPING:

1½ cups fresh breadcrumbs
panko can be used in a pinch
3 tablespoons unsalted butter melted
¼ teaspoon kosher salt

FOR THE CHICKEN:

6 boneless skinless chicken breasts
Kosher salt & freshly ground black pepper
8-12 very thin slices of Ham
8 ounces shredded Gruyere or Swiss cheese
¼ cup chicken stock or broth
¼ cup dry or semi-dry white wine
1 teaspoon fresh thyme leaves or
½ teaspoon dried thyme
2 tablespoons unsalted butter cut into 8 pieces

INSTRUCTIONS

Heat the oven to 350°F and spray a 9x13-inch baking dish with nonstick spray.

DIJON CREAM SAUCE:

Heat a medium saucepan over medium heat.
Add 2 tablespoons butter and cook until melted.
Add 2 tablespoons flour and whisk until smooth. Cook the butter/flour mixture until it becomes a little darker, 1-2 minutes.
While whisking, add 1-cup chicken broth and continue whisking until smooth.

Add ½ cup cream, ¼ cup wine, 2 teaspoons mustard and 2 teaspoons thyme. Whisk until smooth.

Season the sauce with kosher salt & pepper.

Bring the mixture to a boil, reduce the heat and cook just until sauce thickens to a gravy consistency. Remove from the heat.

Divide the sauce into two bowls. One bowl should have ¼ cup of sauce.

Pour the remainder into the other bowl and set aside for serving.

BREADCRUMB TOPPING:

In a medium bowl, toss 1½ cups fresh breadcrumbs with 3 tablespoons melted butter and ¼ teaspoon kosher salt. Set aside.

CHICKEN:

If the breasts are thicker than ¾-1 inch thick, use a meat mallet/pounder and pound the breasts to an even ¾-1-inch thickness.

Pat the breasts dry with a paper towel.

Salt and pepper both sides of the breasts and place them in the prepared baking dish.

Lightly brush the tops of the breasts with the Dijon Cream Sauce.

Cover each breast with 2 slices of ham and sprinkle the cheese on top.

In a small bowl, combine ¼ cup chicken broth, ¼ cup white wine and 1-teaspoon fresh thyme leaves. Pour the broth/wine mixture around the chicken and tuck the butter pieces between the chicken breasts and the inside edge of the dish.

Loosely cover the chicken with foil and bake it in a 350°F oven for 15 minutes.

Remove from the oven and sprinkle the chicken with the breadcrumb topping (You might not need all the breadcrumb topping.).

Place the chicken back in the oven (uncovered) to cook another 10-20 minutes or until a meat thermometer reads 160°F when stuck in the middle of one of the middle breasts.

Serve the chicken with a side of hot Dijon Cream Sauce for dipping.

Enjoy!



Cheesy Broccoli Rice Casserole

PREP TIME 20 MIN COOK TIME 20 MIN SERVINGS 8 CALORIES 659

INGREDIENTS

FOR THE TOPPING:

1 sleeve Ritz crackers crushed
¼ cup grated Parmesan cheese
2 tablespoons unsalted butter melted
¼ teaspoon smoky paprika

FOR THE CASSEROLE:

4 cups low-sodium chicken broth or stock
2 cups long-grain white rice
1 bag frozen broccoli
1 teaspoon kosher salt
¼ teaspoon freshly ground black pepper
½ teaspoon ground sweet curry or mild curry
Meat from 1 Rotisserie chicken or 3
 medium-sized boneless skinless
 chicken breasts
Kosher salt
Freshly ground black pepper
4 tablespoons canola or olive oil divided
2 tablespoons unsalted butter
½-1 medium sweet yellow onion
 diced & sautéed
2 cloves garlic minced
¼ cup half-and-half
2 cups shredded cheddar or Gruyere cheese
 or a blend of both

INSTRUCTIONS

FOR THE TOPPING:

In a small bowl, combine crushed crackers, butter, Parmesan and paprika. Set aside.

FOR THE CASSEROLE:

Adjust oven rack to middle position and preheat oven to 350°F. Spray a 13x9-inch baking dish with nonstick spray. Bring chicken stock to a boil and add the rice, broccoli, salt, black pepper and sweet curry. Stir once, cover, reduce heat to low and cook 18-20 minutes or until rice and broccoli are tender.

While rice and broccoli cook: If using rotisserie chicken, cut the chicken into ½-inch cubes or shred the chicken meat (your preference).

If using chicken breasts, sprinkle breasts with salt & pepper. Heat a large skillet over medium heat, and add 2 tablespoons oil to the pan and heat until the oil shimmers. Carefully place the breasts in skillet and cook 4-5 minutes per side (depending on the size of the breasts). Turn off heat and transfer breasts to a paper towel-lined plate to rest (the chicken will continue to cook a bit and will finish cooking while in the oven). Tent the chicken with foil and allow to rest a few minutes, then cut into cubes.

Scoop out the skillet drippings and use the same skillet for sautéing the onions & garlic. If necessary, add 1-2 tablespoons oil and 1-2 tablespoons butter.

In the skillet over medium heat, place the diced onions and cook until onions are translucent. Add minced garlic, stir and turn off the heat.

Add the cut-up chicken, sautéed onion/garlic mixture, half-and-half and cheese to the rice mixture. Mix well.

Pour the mixture into the prepared casserole dish. *See Note.

Sprinkle the cracker topping over the broccoli rice mixture. Bake 20-25 minutes or until top is golden brown and sauce is bubbly.

Enjoy!



Healthy Chicken Salad Sliders

PREP TIME 10 MIN COOK TIME 10 MIN SERVINGS 4 CALORIES 256

INGREDIENTS

6 whole wheat slider buns or pretzel buns
for some added flavor
1/2 lb shredded and chopped rotisserie chicken
1 cup granny smith apples cubed
1 cup grapes halved
1/4 cup slivered almonds
1/4 cup dried cranberries
1 teaspoon garlic salt
Salt and pepper to taste
3/4 cup plain greek yogurt

INSTRUCTIONS

In a large bowl, combine all of the ingredients (except the buns).

Scoop out a spoonful of the chicken salad, and place onto each bun. Secure with a toothpick, if desired.



Mexican Chicken Salad Sandwiches

PREP TIME 10 MIN TOTAL TIME 10 MIN SERVINGS 4 CALORIES 475

INGREDIENTS

1 ½ lb cooked shredded chicken breast
¾ cup low fat mayonnaise
¼ cup Old El Paso Enchilada Sauce
½ ounce ½ a packet Old El Paso
Taco Seasoning
1 3.5 ounce can Old El Paso Green Chiles
1 cup cooked corn
1 green pepper diced
½ red onion diced
¼ cup fresh cilantro chopped
1 tablespoon fresh lime juice

INSTRUCTIONS

Place cooked shredded chicken in a large bowl and add in all other ingredients. Stir to fully combine. Add a bit more mayo if needed for texture.

Eat in a wrap, on a croissant, on toasted bread, or by itself; the sky is the limit!

Enjoy



Chicken Cordon Bleu Meatballs

PREP TIME 20 MIN COOK TIME 25 MIN SERVINGS 4 CALORIES 716

INGREDIENTS

FOR THE DIJON CREAM SAUCE:

- 2 tablespoons butter unsalted
- 2 tablespoons flour
- 1- cup milk
- ¼ teaspoon ground white pepper
or black pepper
- ¼ cup heavy cream
- 1 teaspoon Dijon mustard
- ½ chicken bouillon granule cube crushed
- ½ teaspoon Worcestershire Sauce
- ¼ cup white wine
- ¼ cup grated Parmesan Cheese optional

FOR THE MEATBALLS:

- 1 lb. ground chicken or turkey
- ½ teaspoon ground black pepper
- 1 egg slightly beaten
- ½ cup regular breadcrumbs
- 5 slices ham ultra thin, cut into 4 pieces each
- 5 slices Swiss cheese ultra thin, cut into
4 pieces each
- Canola oil enough to cover 1/3 up the side
of the skillet
- ½ cup regular breadcrumbs
- ¼ cup Panko bread crumbs
- ¼ cup grated Parmesan cheese
- ½ teaspoon ground black pepper
- 2 eggs slightly beaten
- 1- tablespoon water or milk

INSTRUCTIONS

Melt the butter in a medium skillet over medium heat. Sprinkle the flour over the butter and whisk until smooth, 1-2 minutes. Continue whisking while slowly pouring in the milk, cream and pepper. Whisk until sauce is smooth. Add in the Dijon mustard, crushed bouillon cube and Worcestershire sauce. Continue cooking over medium-low heat, stirring constantly until the sauce thickens. Once the sauce has thickened, remove from heat and stir in wine and Parmesan (if using). Stir until cheese has melted. Pour the sauce into a heat proof lidded container, stretch a paper towel over the container then place the lid over the paper towel so that the paper towel stays in place and doesn't touch the sauce. (The paper towel will absorb excess moisture from steam.) Set sauce aside until ready to serve. Clean out the skillet to use for the meatballs.

FOR THE MEATBALLS:

Heat canola oil in the skillet until cooking thermometer reads 350F. While shaping the meatballs, be sure to check the oil temperature often. If the oil is heating too quickly, turn the heat down slightly. In a medium bowl, combine ground chicken, ½ teaspoon ground black pepper, 1 egg and ½ cup regular breadcrumbs. Mix gently until mixture is well incorporated. Using a 1½" scoop (or tablespoon), form meatballs into 1½" balls, flatten each meatball slightly and place slice of ham and a slice of cheese (stacked) in the middle of each ball. Bring the sides of each meatball up and over the ham and cheese, then "pinch" the meat back together. Slightly roll each meatball to reshape into meatballs.

*Be sure to keep checking the oil temperature.

In a small bowl, combine regular breadcrumbs, panko breadcrumbs, pepper and grated Parmesan. In a different small bowl, combine the beaten eggs and water and mix until combined.

Set the bread crumb bowl and the egg/water bowl on the counter next to the skillet with the hot oil. Place a paper towel-lined plate nearby.

Once the oil has reached the desired heat, dip a meatball in the egg mixture and then roll it in the breadcrumb mixture. Carefully, place the meatball in the hot oil and repeat until half the meatballs are in the oil. Cook, turning gently to cook all sides, until meatballs are cooked through. Be careful not to burn the meatballs. When cooked through, transfer meatballs to paper towel-lined plate. Repeat process with the other half of the meatballs.

After cooking the meatballs, pour the used oil (very carefully) into a heatproof container and set it aside until cool enough to discard. Place prepared sauce in the skillet over low heat. Once sauce has reheated, place meatballs over sauce and serve.

ENJOY!

**Make ahead. The sauce and meatballs can be prepared (separately) and kept refrigerated up to two days before serving. When ready to serve, place sauce in skillet and place meatballs over the sauce. Cook over low until heated through.



Cheddar Bacon Ranch Chicken Tenders

PREP TIME 10 MIN COOK TIME 20 MIN SERVINGS 4 CALORIES 259

INGREDIENTS

1/4 cup all purpose flour
11 ounce packet Hidden Valley® Ranch Dip Mix
1 egg
1/2 cup crispy panko bread crumbs
1/2 cup shredded cheddar cheese
1/2 cup cooked bacon chopped (or bacon bits)
14 ounces boneless skinless chicken tenders or
chicken breasts cut into strips. About 7-8
strips Ranch dressing for dipping

INSTRUCTIONS

Preheat oven to 400F. Spray a baking sheet with olive oil spray and set aside.

Fill one shallow bowl with the flour and ranch seasoning, stirring to combine. Fill another shallow bowl with the egg, whisking lightly. Combine the panko, cheese, and bacon in a large ziplock bag and stir/shake to combine. Set all in a line.

Start by dipping each chicken tender in the flour/ranch mixture, patting to make sure its covered. Dip in the egg, allowing excess to fall away, and then place in the bag with the panko mixture. Repeat with all the tenders.

Seal the bag and shake to coat all the chicken fully. You'll want to press and turn the bag until all the tenders are fully coated in the panko mixture.

Place the tenders on the prepared baking sheet and spray the strips lightly with more olive oil spray.

Bake for 15-20 minutes, turning once. When chicken is fully cooked through (white throughout), turn on your broiler and cook for 2-4 minutes more or until the coating is extra crispy. (optional)

Serve with ranch and enjoy!



Creamy Buffalo Chicken Enchiladas

PREP TIME 10 MIN COOK TIME 30 MIN SERVINGS 4 CALORIES 840

INGREDIENTS

3 cups cooked and shredded rotisserie chicken
1 can 10 ounces Old El Paso enchilada sauce
1/2 cup Buffalo sauce
8 ounces shredded cheddar cheese divided
1 can 10 ounces Rotel tomatoes
12 Old El Paso flour tortillas burrito size
1 can 10-3/4 ounces condensed cream of celery soup
1/2 cup blue cheese salad dressing
4 ounces low fat cream cheese
crumbled blue cheese
Optional Toppings: blue cheese chopped roma tomatoes, chopped celery, sliced green onions, freshly chopped cilantro, ranch, sour cream

INSTRUCTIONS

Preheat oven to 350F. Spray a 9x13 baking dish with nonstick spray. Set aside.

In a large bowl, combine cooked chicken, enchilada sauce, buffalo sauce, rotel tomatoes, and 1 1/2 cups cheddar cheese. Set aside.

In a medium saucepan, heat soup and dressing until just bubbly. Stir in the cream cheese until melted and then the remaining cheddar cheese (leave a bit for the top of the enchiladas as well) until melted. Take off heat and set aside.

Place chicken mixture in the center of each tortilla (about 1/4 cup) and roll the tortilla to create the enchilada. Place in the baking dish seam side down.

Pour the cream cheese mixture over the top of the enchiladas and use a spoon to smooth out if the mixture is a bit thick. Sprinkle with more cheddar cheese (optional) and sprinkle with a bit of blue cheese crumbles.

Bake at 350F for 30 minutes or until the cheese is melted and the tortillas cooked through, browned.

Top with extra toppings as desired.

Enjoy!

NOTE: If you prefer less spicy, you can use a can of regular tomatoes instead of the Rotel tomatoes. If you want them even spicier, add in some chopped jalapeños!



Chicken Enchilada Skillet Pie

PREP TIME 5 MIN COOK TIME 20 MIN

INGREDIENTS

1 lb cooked and shredded chicken I used
rotisserie chicken
1 10 ounce can Old El Paso Red
Enchilada Sauce
1 1 ounce packet Old El Paso Taco Seasoning
1/4 cup fresh cilantro chopped
3 burrito sized Old El Paso soft flour tortillas
3 cups Mexican blend cheese
1 cup diced tomatoes
1/4 cup crumbled cojita cheese or feta (optional)
Sour cream and avocado for garnish optional

INSTRUCTIONS

Preheat oven to 350F

In a large skillet, heat the oil over medium/high heat. Add the chicken, 3/4 can enchilada sauce, taco seasoning, and cilantro and stir to combine. Reduce to a simmer and cook until heated through. Since the chicken should already be cooked this shouldn't take more than 2-3 minutes.

In a separate large skillet (or you can drain the chicken skillet, putting the chicken aside, and use it), start assembling your pie. Start with one tortilla, topped with half of the chicken mixture, then one cup cheese. Repeat with one more tortilla, the rest of the chicken, and another cup cheese. Top with a third tortilla, the remaining enchilada sauce, and the remaining one cup cheese.

Sprinkle with more chopped cilantro.

Pop in the oven to cook for 20 minutes or until the sauce is fully bubbly and the cheese all melty and perfect.

Remove from the oven and top with the diced tomatoes, cojita (or feta), sliced avocado, and sour cream.

Enjoy!



Balsamic Glazed Mediterranean Chicken Bake

PREP TIME 10 MIN COOK TIME 20 MIN

INGREDIENTS

1/2 cup balsamic vinegar
1 tablespoon good quality olive oil I used
Star Roasted Garlic Olive Oil
6 boneless skinless chicken breasts or thighs
I used thighs
salt and pepper to taste
1 14 oz can or jar of marinated artichoke hearts
I used Star Grilled Artichokes
1/2 red onion thinly sliced
1 pint cherry tomatoes left whole
1 14 oz. can white beans drained & rinsed
3/4 cup whole salted cashews
1 1/2 cup chicken broth
1 cup mozzarella pearls whole milk mozzarella
4 fresh sprigs of fresh oregano chopped

INSTRUCTIONS

Marinate the chicken breast in balsamic vinegar for at least 30 minutes.

Preheat oven to 400 degrees F.

In a 9x13 casserole dish, add beans, cashews, tomatoes, artichoke hearts, and onion.

Season the chicken on both sides with salt and pepper to taste. Heat olive oil in large skillet and brown the chicken on both sides for about 2 minutes on each side. (The chicken will be browned, but not cooked through. it will finish cooking in the oven.)

Nestle the browned chicken into the casserole dish, allowing it to just sit on top of all the other ingredients. Brush with more balsamic vinegar.

Add the chicken broth to the dish and lay in the oregano.

Cook for 15-20 minutes or until the chicken is completely cooked through.

Remove from the oven and add in the mozzarella.

Serve over rice, pasta, or just by itself!!

Enjoy!

About the Author

Becky started The Cookie Rookie in 2013 when she realized she needed to learn how to cook, and fast! On The Cookie Rookie you'll find over 1000 SIMPLE recipes; everything from dinners to cocktails. Becky strives to keep cooking engaging and delicious, while fast and easy. If you're wanting to learn how to cook, or just want some quick meals to have in your back pocket, **thecookierookie.com** is the place for you.

