

# YOUR GUIDE TO STRETCH YOUR FAMILY'S FOOD DOLLARS

Save money and time and avoid wasting food by using your leftovers to make new meals your family will love.

TURN ONE CHICKEN INTO THREE TASTY MEALS

## ROASTED CHICKEN

### INGREDIENTS

- 1 whole 4 to 5 pound chicken
- 2 tablespoons extra virgin olive oil
- Cajun seasoning
- 1 lemon cut in half
- 1 head of unpeeled garlic, cut crosswise

### PREPARATION

1. Preheat oven to 450°F.
2. Remove giblets from chicken. Rinse bird inside and out and pat dry with paper towels.
3. Rub bird with olive oil, including under the breast skin.
4. Season bird inside and out with Cajun seasoning.
5. Stuff lemon and garlic halves into cavity.
6. Tuck wings under and tie legs together with kitchen twine.
7. Place in baking dish breast side up.
8. Roast in center of oven for 1 hour and 15 minutes or until juices run clear. Actual time will vary depending on the size of the bird.
9. Remove from oven and cover loosely with foil for 10 to 15 minutes to allow juices to redistribute.
10. Remove lemon and garlic from inside the bird and squeeze the lemon on top of the bird.



**TIP:** Use the garlic removed from the bird to spread onto toasted whole-wheat French bread.

If desired, you can cut 4 cups of a variety of root vegetables (such as carrots, celery, sweet potato and/or butternut squash) into 2-inch cubes, toss with 1 tablespoon olive oil, season with 1 teaspoon each salt and pepper and place in the bottom of the roasting pan. Then place the chicken directly on top of the vegetables. Roast as directed, tossing vegetables every 20 minutes.

Before serving your roasted chicken, cut off the two breasts, discard the skin and place the breasts in a sealed container in the refrigerator to use to make two more meals.

## MAKEOVER MEAL 1 5-MINUTE CHICKEN TORTILLA SOUP

### INGREDIENTS

- 1 roasted chicken breast, shredded
- 2 cans black beans, undrained
- 1 can drained whole kernel corn
- 1/2 cup salsa
- 1 cup water
- Juice of 1 lime
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

### (Optional Ingredients)

- Whole grain tortilla chips
- Mexican-blend shredded cheese
- 1 cup fat-free Greek yogurt mixed with 1 tablespoon lime juice

### PREPARATION

1. Place all ingredients except chips, cheese and sour cream into a soup pot over high heat.
2. Bring to boil.
3. Serve garnished with a small handful of slightly crushed chips, a sprinkle of shredded cheese and a dollop of the yogurt/lime juice mixture.



## MAKEOVER MEAL 2 BUFFALO CHICKEN TORTILLA WRAPS

### INGREDIENTS

- 2 tablespoons hot sauce
- 3 tablespoons white vinegar, divided
- 2 teaspoons extra-virgin olive oil
- 1 skinless roasted chicken breast, diced
- 2 tablespoons fat-free mayonnaise
- 2 tablespoons plain nonfat yogurt
- Salt and pepper to taste
- 1/4 cup crumbled blue cheese
- 4 8-inch whole-wheat tortillas
- 1 cup shredded romaine lettuce
- 1 cup sliced celery
- 1 large tomato, diced

### PREPARATION

1. In a medium mixing bowl, combine the hot sauce and 2 tablespoons of the vinegar.
2. Toss the diced chicken with the hot sauce mixture to coat.
3. Stir together the mayo, yogurt, pepper and the remaining 1 tablespoon vinegar in a small bowl. Stir in blue cheese. Season with salt and pepper to taste.
4. Divide the chicken, blue cheese mixture and vegetables between the tortillas. Roll into a wrap, ensuring the ends are tucked in to prevent the filling from falling out.
5. Serve with fresh carrot and celery sticks.
6. Wrap individually in foil to pack for lunch or for a family picnic.

