

How to Stretch 1 Chicken into 3 Meals

Budgets are tight, but that doesn't mean you have to forgo your beloved organic meats. You just have to get a little creative sometimes. This week I got 3 meals from one 5lb chicken:

<h2>Mini Chicken Egg Rolls</h2>	<h2>Fried Chicken Wraps</h2>	<h2>Baked BBQ Chicken</h2>
<p>Ingredients:</p> <ul style="list-style-type: none">• 1 pkg Mini Egg Roll Wraps• 1 chicken breast sliced/diced• 1 grated carrot• 3/4 cup bean sprouts• 1/2 onion diced• 1 clove minced garlic• 1/4 tsp Five Spice Powder <p>Method:</p> <ul style="list-style-type: none">• Mix 1Tbsp flour and 2 tsp water to make a paste.• Combine all ingredients (except the wrappers) together.• Place a tablespoon of mixture onto wrapper.• Tuck ends and roll up.• Use dime sized dollop of paste to seal.• Place on greased baking tray and spray with olive oil cooking spray.• Cook for 15mins on 375° until golden brown. <p><i>Serve with your favourite Chinese sauce and fried rice.</i></p> <div data-bbox="154 1585 560 1921"><p>Don't be afraid to add any veggies you like—just make sure they're small and will cook quickly—like finely sliced cabbage, grated zucchini or tiny broccoli sprigs.</p></div>	<p>Ingredients:</p> <ul style="list-style-type: none">• 1 chicken breast• 1 egg• 1 Tbsp Milk• 1 cup breadcrumbs• 1 tsp Italian herbs• 1 Tbsp Olive Oil• Grated cheese (your choice)• 1 pkg Tortillas• Shredded lettuce• 1000 Island Dressing <p>Method:</p> <ul style="list-style-type: none">• Trim fat from chicken and slice into 1/2 inch strips.• Mix breadcrumbs and herbs in small shallow bowl.• In another shallow bowl beat egg and milk together.• Dip chicken in egg mixture and then breadcrumb mixture.• Moderately heat oil in fry pan and add chicken. Flip chicken when golden brown (about 5 mins) .• Remove from pan when cooked thru—no pink inside.• Place one tortilla on baking sheet with a handful of cheese. Put in 350° oven until cheese melts.• Assemble wrap—placing chicken on cheesy tortilla then lettuce and 1000 Island dressing. <p><i>Roll up and serve with potato chips and coleslaw.</i></p>	<p>Ingredients:</p> <ul style="list-style-type: none">• Chicken Drumsticks/Thighs• Water• Salt and pepper• BBQ Sauce <p>Method:</p> <ul style="list-style-type: none">• Using a 9x13 baking dish and wire rack—spray olive oil onto rack (for easy clean up)• Place chicken on rack.• Sprinkle chicken with salt and pepper and add an inch of water in baking pan.• Cook in 300° oven for 1.5 –2 hrs. (Add water if it evaporates)• Remove remaining water/liquid.• Pour on favourite BBQ sauce and cook at 350° for 15-30 mins until BBQ sauce is bubbly. <p><i>Serve with potato salad and roasted broccoli.</i></p> <div data-bbox="1063 1354 1453 1522"><p>You won't believe how tender this chicken will be!</p></div>
		<p>Don't Forget!</p> <p>You can boil the chicken back/neck and other unused parts to make broth. After boiling in a big pot of water, cool and then pour 2 cup servings into freezer bags and freeze. This is so simple and think how much money you'll save not buying cans of chicken broth! Most importantly though, you know exactly where that broth came from.</p>