



Healthy Ways to Eat Canned Chicken



1. Add chicken to pastas, casseroles, stir fries, soups and stews for extra protein.
2. Top mixed green salads with seasoned canned chicken.
3. Boost nutrition by adding canned chicken to prepared foods like Mac & Cheese or Riceroni.
4. Make Quick Chicken Salad

Ingredients:

2 (5-oz.) cans of chicken, drained
¼ cup light mayo or plain low fat yogurt (or a mix)
¼ cup onion, finely chopped
¼ cup celery, chopped
¼ teaspoon each of salt & pepper

Optional add-ins:

1 cup red grapes, halved
½ cup dried cranberries or raisins
1 medium apple, diced
½ cup chopped nuts

Directions:

1. In a bowl, combine the chicken, mayo/yogurt, onion, celery, salt, and pepper. Mix until evenly combined.
2. Add any of the optional ingredients. Serve on top of whole grain bread or a bed of fresh greens.

5. Make Chicken Chili

Ingredients:

1 Tablespoon oil
1 large onion, chopped
1 bell pepper, chopped
2 cloves garlic, minced (or 1 tsp garlic powder)
2 (10-oz.) cans chicken, drained

2 (16-oz.) cans chili beans, drained & rinsed
1 (14.5-oz.) cans diced tomatoes, with juices
1 Tablespoon chili powder
1 teaspoon ground cumin
2 cups water or stock

Directions:

1. Heat oil a large pot over medium-high heat. Add onions and peppers and cook until soft, about 5 minutes. Add garlic, chili powder and cumin. Cook for 1 minute longer, stirring constantly.
2. Add chicken, chili beans, tomatoes and broth. Bring to a boil.
3. Reduce to medium heat and simmer for 30 minutes. Add salt and pepper to taste. Serve warm.

5. Make Chicken A La King. Serve over brown rice, whole wheat pasta, or egg noodles!

Ingredients:

2 Tablespoons butter or oil
1 small onion, chopped (½ cup)
2 cloves garlic, minced (or 1 tsp garlic powder)
3 Tablespoons all-purpose flour
2 cups chicken broth
1 teaspoon dried parsley or thyme (optional)

2 (5-oz.) cans chicken, drained & flaked
1 (15-oz.) can carrots, drained & rinsed
1 (15-oz.) can peas, drained & rinsed
¼ teaspoon salt
¼ teaspoon pepper
½ teaspoon red pepper flakes (optional)

Directions:

1. Heat oil or butter in a skillet over medium heat. Add the onion and cook, stirring occasionally, until soft.
2. Add flour to skillet and mix to combine. Slowly whisk in the chicken stock. Add garlic, herbs and red pepper (if using). Bring to a boil. Reduce heat to low and add carrots, peas, chicken, salt and pepper.
3. Cook until heated through. Serve over brown rice, whole wheat pasta, egg noodles or potatoes.

7. Make Chicken & Vegetable Fried Rice

Ingredients:

1 tablespoon oil + 1 teaspoon oil
2 garlic cloves, minced (or 1 teaspoon garlic powder)
1 ½ cups cooked chicken
(or 2 (5-oz.) cans chicken, drained)
1 (15-oz.) can carrots, drained & rinsed
4 tablespoons low sodium soy sauce

1 onion, chopped (or 1 teaspoon onion powder)
1 teaspoon ginger, grated
(or ¼ teaspoon ginger powder) -optional
1 (15-oz.) can peas, drained & rinsed
4 cups cooked brown rice
2-4 eggs, beaten lightly (optional)

Directions:

1. Heat oil in a large pan over medium heat. Add onion and cook, stirring frequently, until soft, about 5 minutes.
2. Add garlic, ginger, chicken and carrots. Cook for 2-3 minutes, stirring constantly, until fragrant.
3. Stir in rice and canned peas and drizzle with the soy sauce. Stir to combine and heat through.
4. If adding egg, push rice to the side of the pan and add 1 teaspoon of oil. Use a spatula to slightly scramble the egg. Toss the egg and rice together. Serve warm.

8. Make Chicken Enchilada Casserole. Top with avocado or yogurt instead of sour cream!**Ingredients:**

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| 2 cups cooked rice (try brown rice!) | 1 teaspoon cumin |
| 1 (15-oz.) can beans, drained & rinsed | ½ teaspoon garlic powder |
| 1 (15-oz.) can whole kernel corn, drained & rinsed | ½ teaspoon onion powder |
| 1 (16-oz.) can diced tomatoes or tomato sauce | ½ teaspoon dried oregano (optional) |
| 1 (15-oz.) can spinach, drained & squeezed dry | ½ teaspoon salt |
| 1 (10-oz.) can of chicken, drained | ½ teaspoon pepper |
| 1 Tablespoon chili powder | 1 cup low-fat shredded cheese |

Directions:

1. Preheat oven 350°F.
2. Make sure to drain and thoroughly dry spinach by squeezing excess water out with your hands or a paper towel. Combine all ingredients except cheese in a greased casserole dish. Top with cheese.
3. Bake for 20-25 minutes or microwave at 50% power for 15-30 minutes, rotating as needed. Serve warm.

9. Make Chicken Patties. Serve on their own, on a whole wheat bun, or over a bed of greens!**Ingredients:**

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| 1-2 Tablespoons oil | 1 small onion, finely chopped |
| 2 (10-oz.) cans of chicken, drained | ½ teaspoon garlic powder |
| ½ cup bread crumbs, finely ground crackers
or cereal crushed cereal | ¼ teaspoon salt |
| 2 eggs | ¼ teaspoon pepper |

Directions:

1. If using crackers or cereal, place in a plastic bag and crush as finely as possible. Measure out ½ cup.
2. In a large bowl, stir together chicken and breadcrumbs/crushed crackers/cereal.
3. In a separate bowl, whisk together egg, milk, onion, garlic powder, salt and pepper.
4. Pour wet mixture into bowl with chicken and stir until well combined.
5. Form into 8 small patties, about ¼ cup each. You can freeze patties at this time to thaw and cook later.
6. To cook, coat a large skillet with oil over medium heat. Add patties; if you are using a smaller skillet, cook in batches. Cook until well browned on both sides, flipping once.

10. Make Dressed Up Mac & Cheese**Ingredients:**

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| 1 box Macaroni & Cheese | 1 (5-oz.) can chicken, drained |
| ¼ cup low-fat or fat free milk | 1 (15-oz.) can of peas, drained & rinsed |
| ¼ teaspoon black pepper | ½ teaspoon garlic powder (optional) |

Directions:

1. Cook macaroni noodles according to instructions on package. Drain and return to saucepan.
2. Add milk and sauce packet to pan. Mix well and add chicken, vegetable, and garlic powder.
3. Season with black pepper. Serve hot.

11. Make Creamy Chicken Pasta**Ingredients:**

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| 8 oz. whole wheat pasta | 1 (15-oz.) can spinach or peas, drained & rinsed |
| 2 (5-oz.) cans chicken, drained | 1 (10-oz.) can cream of chicken/mushroom soup |
| 1 (15-oz.) can spaghetti sauce or diced tomatoes | 1 Tablespoon Italian seasoning (or other herbs) |

Directions:

1. Cook and drain pasta according to package instructions.
2. In a pot, bring soup, spaghetti sauce, and herbs to a boil.
3. Reduce heat to low and simmer for 15 minutes.
4. Add chicken, canned vegetable, and cooked pasta. Cook to heat through and serve.

