



Raising the Roost:

A Chicken Lover's Cookbook

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Pomegranate Chicken

1

Ingredients

2 tbl extra virgin olive oil
1/2 each, red, green, yellow peppers,
cut into 1" cubes
2 boneless skinless chicken breasts,
cut into 1" cubes
1 tbl Penzeys Berbere Seasoning
Blend (you may want to start smaller
and add more as needed)
1/4 cup pomegranate molasses
1 package Halloumi cheese, cut into
1" cubes
1/2 pint grape tomatoes, halved
1-2 tbl lemon juice, to taste
1 pomegranate, seeded, for garnish
Pita bread
Cooked Israeli (AKA pearl) couscous
or rice

a minute or two. Then place the cubed chicken in the pan. Stir to mix.

Add Berbere seasoning and mix thoroughly.

Cook the chicken for two minutes then add the pomegranate molasses.

After another couple of minutes mix in the Halloumi cheese and cook until hot.

Add the grape tomatoes and cook until just warm.

Squeeze the lemon juice over the dish, and remove from the heat.

Instructions

Add the olive oil to a large frying pan and saute the peppers for

Garnish with pomegranate seeds and serve in a pita with Israeli couscous. Also goes well with rice.



Copycat Chick-fil-A Market Salad

Ingredients

1 sm cooked chicken breast,
cubed
1 pkg spring mix
1/2 cup shredded red cabbage
1/2 cup shredded carrots
1/8 cup crumbled blue cheese
1 red apple, cut into chunks
1 green apple, cut into chunks
1 pint strawberries, quartered
1/4 C blueberries

Instructions

Mix ingredients together. Top with homemade Balsamic Vinaigrette.

Balsamic Vinaigrette

Ingredients

1/2 cup extra virgin olive oil
1/4 cup good quality balsamic
vinegar
1 - 2 teaspoons honey
1 teaspoon Dijon mustard
1 clove garlic, minced
Salt and freshly ground black
pepper to taste

Instructions

Place all the ingredients in a jar and shake to combine.

If not using dressing right away, cover and refrigerate, whisking or shaking again before use. Your homemade balsamic vinaigrette will last for 2 weeks in the refrigerator.



Chicken & Chorizo Chili

3

Ingredients

3 large frozen boneless, skinless, chicken breasts
9 oz tube of pork chorizo
28 oz can crushed tomatoes, (preferably no salt added) either regular or fire-roasted
14.5 oz can diced fire-roasted tomatoes or 10 oz can ROTEL (your preferred spice level)
Two 15 oz cans black beans, drained (rinsing not necessary), separated
16 oz can red kidney beans, light or dark, drained (rinsing not necessary)
3 heaping tbl diced chipotle peppers in adobe sauce (more or less depending on your taste.)

1 tbl Penzeys salsa & pico spice mix
3/4 tsp minced dehydrated onions or 1/2 small onion, chopped
2 tsp McCormick roasted garlic and bell pepper seasoning
1 tsp celery flakes

Instructions

If using fresh onions saute over medium heat until translucent.

Add everything into the crock-pot (start with only 1 can of the black beans), stir, and cook on low for about 3 to 4 hours or for 1 1/2 to 2 hours on high (if using thawed chicken, it will take about 1 1/2 to 2 hours on low) until the chicken is cooked through.

Remove chicken and shred or chop into small chunks and add back into the crockpot.

The chili may be a little thin. If so, add 2nd can of beans (drained), a handful of tortilla chips, or a couple of roughly-cut up or torn corn tortillas, and leave the lid off the crockpot so it thickens up.

Serve with your favorite toppings: avocado, shredded cheese, Queso Fresco crumbling cheese or Cotija, jalapeños, tortilla strips, etc.



20-Minute Instant Pot Chicken Tortilla Soup

Ingredients

1/2 to 1 tbl canola oil (just enough to cover the bottom of your pressure cooker)
 1 tbl Penzeys roasted garlic powder
 2 tbl Penzeys salsa & pico seasoning
 1/3 cup minced fresh onion or 1 tbl dehydrated onions
 2 tbl Tajin Clasico Seasoning, w/Lime
 2 tbl salt-free Mrs Dash Southwest Chipotle seasoning blend
 1 tbl ground cumin
 1 tsp smoked hot paprika
 1 tbl chicken granulated Bouillon
 1/2 tsp peppeb
 1 tsp salt
 1 pound boneless, skinless chicken breasts, cut into bite-sized piece
 One 32-oz carton of unsalted or reduced-sodium chicken broth
 One 15-oz can black beans, drained and rinsed
 One 14-oz can fire roasted diced

tomatoes & green chilies, undrained
 1 cup frozen corn
 1 cup mixed peppers
 6 corn tortillas roughly chopped into strips
 Optional: 1/4 cup minced fresh cilantro, lime, avocado, shredded cheese, Cotija, jalapeños, tortilla strips

Instructions

Select the saute setting on your IP.

Add oil to the bottom of pan and swirl around to cover completely. Saute onions in the canola oil for about 7 minutes, until tender.

Add all the spices into the pot except the fresh cilantro (if using) and stir. Then add a small amount of the chicken broth (1/4-1/2 cup), mix well, then add in the chicken. Stir to coat thoroughly.

When the chicken begins to brown add the remaining ingredients, except optional toppings. Stir.

Lock lid and make sure the pressure release valve is set to closed. Set to high pressure and cook for 4 minutes. Allow pressure to naturally release for 4 minutes, then quick-release any remaining pressure. (You can let it naturally release all the way if you aren't in a hurry.)

If desired, stir in chopped cilantro and optional toppings.



Lower Carb Chicken Enchiladas

Ingredients

2 medium zucchini, thinly sliced lengthwise
 2 medium to large yellow squash, thinly sliced lengthwise
 1 medium avocado, thinly sliced
 1 large tomato, thinly sliced
 1 pound boneless skinless chicken breast
 1 tsp McCormick salt-free garlic and herb seasoning
 1 tbl avocado oil
 1 1/2 cups enchilada sauce
 1 1/2 cups four cheese Mexican shredded cheese, Reduced Fat

Instructions

Preheat oven to 375 degrees F. Prepare the vegetables. On a cutting board, using a mandolin cut thin slices of the zucchini and yellow squash lengthwise. They should be thin enough to roll up easily, but should be able to hold the mixture together. I had my mandolin set at the 2nd thinnest setting.

Thinly slice the tomato and avocado.

Lightly brown chicken breast in the avocado oil and season with McCormick salt-free garlic and herb seasoning. It does not have to be cooked through, because it will finish cooking in the oven.

Once lightly browned, remove from pan and roughly chop the chicken into small chunks (about 1/2 in or smaller).

Lay out three slices of zucchini, slightly overlapping. Then cover with 2-3 slices of squash.

Add a couple of slices of avocado and tomato.

Spoon in a small amount of chicken in the middle of the veggies.

Roll up the enchilada and place into a greased 9X13 Pyrex or metal pan.

Repeat with remaining ingredients. (I had some chicken left over so I added it in between each enchilada.)

Pour enchilada sauce over the top and sprinkle with the cheese.

Bake for 30-40 minutes, until internal temperature reads 165 degrees.



Embark on a culinary journey through the delightful world of poultry perfection with 'Raising the Roost: A Chicken Lover's Cookbook.' From a succulent salad to a comforting chili plus something with a more exotic global flavor, this collection of chicken recipes will tantalize your taste buds.

Discover the secrets to perfectly seasoned and expertly cooked chicken dishes, all crafted with love and flavor in mind. Whether you're a seasoned home chef or a kitchen novice, 'Raising the Roost' promises to elevate your cooking game. Get ready to spread your wings and savor the incredible flavors of the coop!



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