

10 Things to Do with Cooked Chicken

Whole chicken is less expensive than chicken pieces. A whole chicken can be cooked in a crockpot, then shredded for the meals below. Save the broth!

Add cooked (baked, stewed, or braised), shredded chicken to:

1. Mixed green salad
2. Quesadilla
3. Multigrain wrap with lettuce, tomato, grated carrots, and a healthy dressing
4. Vegetable stir fry with spinach (or other hardy greens), onions, carrots, mushrooms, ginger and garlic; season with lite soy sauce and sesame oil
5. Lentil soup or chili
6. Beans in a whole grain wrap to make a burrito
7. Grain bowl (brown rice, quinoa, barley) with vegetables
8. Taco seasoning in lettuce wraps
9. Pasta with vegetables and béchamel or tomato sauce
10. Cut grapes and celery for chicken salad

Notes

- When cooking chicken, season with neutral flavors for versatile leftover cooking. For example, adding barbecue sauce to chicken is only good for barbecue meals such as BBQ chicken pizza and BBQ salad.
- Chicken is easier to shred while it is still warm.
- Chicken is completely cooked when the internal temperature on a thermometer reads 165°.

