



# Healthy HARVEST

## Rotisserie to the rescue!

*3 quick, wholesome and delicious meals using rotisserie chicken!*

### Thai chicken salad

*recipe adapted from eatingwell*

- 1/3 cup olive oil based mayo
- 1/2 cup plain Greek yogurt
- 2 tablespoons minced onion
- 2-3 garlic cloves, minced
- 2 tablespoons sweet chili sauce
- 2 teaspoons lime juice
- Pepper to taste
- soy sauce to taste
- 2 cups shredded or chopped cooked chicken
- 2-3 cups thinly sliced napa cabbage
- 1/2 cup chopped red bell pepper
- 3 tablespoons chopped toasted cashews
- Cilantro to top, if desired

Combine mayo, yogurt, onion, garlic, chili sauce, lime juice, salt/soy, pepper in a bowl and stir to combine. Taste and adjust per preference. Set aside

In a large bowl, combine chicken, cabbage, bell pepper and cashews. 1 spoonful at a time, add the dressing until you have the right amount you like! Top with or stir in some cilantro if you like.

### Quick pesto chicken pizza

- Pre-made pizza crust of your choice! You can also use a flatbread as well.
- Jar of pre-made pesto sauce – or your own recipe if you have one 😊
- Shredded Italian blend cheese
- 1-2 cups of shredded rotisserie chicken
- Optional add-on's: sundried tomatoes, torn spinach, mushrooms, olives- whatever you like! This recipe is totally adaptable to your taste



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1. Preheat oven to 425 degrees F.
2. Grab the pizza crust and the pesto- using a spatula, smear the pesto over the pizza crust into a nice thin, even layer- remember: pesto is very flavorful! A little goes a long way here.
3. Next, sprinkle the shredded rotisserie chicken evenly over the pesto crust (\*\*if using any other add-on's like veggies, you can add them here!)
4. Finally, sprinkle on your shredded cheese.
5. Place the pizza in the preheated oven for about 12-15 minutes, until crust is crisped and cheese is melted and slightly browned.
6. Let rest/cool a bit before cutting into triangles or squares.
7. Enjoy!

## **Buffalo chicken wrap**

*Makes about 2-3 wraps- double recipe for more!*

- 2-3 flour tortillas
- 2-3 cups shredded rotisserie chicken
- Anywhere from 2 tablespoons to ¼ cup Frank's red hot sauce (or your favorite buffalo sauce) – add the sauce to your own preference!
- ½ a red onion
- 2 tablespoons apple cider vinegar
- 2 tsp sugar (if desired)
- Optional add ons: if you like blue cheese, add in some blue cheese crumbles! Shredded cheddar would be nice too, thinly sliced cucumber

For the slaw:

- 3-4 cups prepared slaw mix
- ¼-1/2 cup of olive oil based mayo
- 2 tbsp apple cider vinegar, more/less to taste
- 1 tbsp olive oil or canola oil
- 2 tsp to 1 tbsp honey, more/less to taste
- ½ tsp celery seed
- Salt and pepper to taste



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1. Preheat a skillet over medium-low heat.
2. Add the shredded rotisserie chicken to the pan, along with the hot sauce (adding more/less per your taste preference)
3. Let the chicken and sauce heat through gently on the stove for a few minutes.
4. While the chicken is heating, slice the onion into very thin slices.
5. After the onion is sliced, grab the onion slices with your hands and squееееееze them until you hear them crunch! This is going to break down the onions, make them nice and soft and tame their flavor a bit.
6. Transfer the onions to a bowl and add 2 tablespoons of apple cider vinegar and the 2 tsp of sugar if using. Set aside
7. Prepare the coleslaw by combining all the slaw ingredients into a large bowl and mixing well. Be sure to taste test as your cooking! Remember, you can always add more but you can't take it out! Set the slaw in the refrigerator until ready to eat. (tastes best when it sits for a bit!)
8. Assemble your wraps! Heat the tortillas in the microwave for just a few seconds. Add in the sauced chicken, some slaw and onions, wrap and enjoy!