

Easy Canned Chicken Recipes

Southwestern Stuffed Potatoes

Ingredients:

- 2 medium potatoes (each about 5 inches x 2½ inches)
- 1 can (5 oz.) canned chicken
- 1 cup black beans, rinsed and drained
- ¾ cup salsa
- 1 cup corn canned and drained, frozen, or fresh cooked
- ½ cup shredded cheese (try cheddar, pepper jack, or Mexican blend)

Directions:

Wash hands with soap and water. Scrub potatoes well. Poke each potato with a fork 2 or 3 times. Microwave on high for 5 minutes, turn potatoes over, and microwave another 3 to 5 minutes, or until easily pierced with a fork. Set aside. In a microwave safe bowl, combine chicken, beans, salsa and corn. Microwave for 2 to 3 minutes, stirring occasionally, until heated through. Cut potatoes in half length-wise and flatten with a fork. Divide bean mixture between the four halves. Sprinkle with cheese and serve warm. Refrigerate leftovers within 2 hours.

Notes:

Try kidney or pinto beans instead of black beans.
Topping ideas: hot sauce, avocado, black olives, green onion, cooked meat or tofu, plain low-fat yogurt or sour cream.



Adapted from Food Hero



Chicken and Broccoli Casserole

Ingredients:

- 6 oz whole wheat pasta
- 12 oz. canned chicken, drained
- 1 cup of shredded cheese
- 10 oz. condensed cream of chicken or cream of mushroom soup
- ½ cup of water (if using fresh broccoli)
- 1 small head fresh broccoli, chopped or 2 cups of frozen broccoli
- Dash of pepper
- ¼ cup grated Parmesan cheese

Directions:

Preheat oven to 350°. In a large pot, cook ziti as directed on package and drain well. Combine all ingredients except parmesan cheese. Spoon it into a greased 2-quart casserole dish. Top with parmesan cheese. Bake for 30-35 mins or until hot and bubbly.

Ingredients:

- 1 (15oz) can chicken
- 1 (15oz) can tomatoes, diced (use the variety with chilies for an extra spicy kick)
- 1 (15oz) can black beans, rinsed and drained

Quesadillas/Tacos

- 2 cups rice, cooked
- 1 cup cheese, shredded
- 1 package 4" tortillas

Directions:

In a sauté pan, add the chicken, tomatoes, and beans. Mix well and heat until warm throughout. Season with salt, pepper, and any seasoning desired. Stir the rice into the chicken mixture.

For quesadillas: Over medium heat, place a tortilla onto a hot, flat pan. Add about 3 tablespoons of the chicken mixture and spread evenly over the tortilla. Sprinkle cheese on top and lay another tortilla on top. Heat on that side for 3 minutes, then flip and cook for another 3 minutes. Let cool for about one minute, then cut into quarters and serve with your favorite toppings.

For tacos: Serve wrapped in the tortillas with a sprinkle of cheese on top, along with any other toppings that you like.

