**Batch Cooking Chicken Recipes: Southwest Chicken Casserole, Skillet Chicken with Vegetables, Chopped Salad with Chicken**

**Southwest Chicken Casserole** – serves 8

**Ingredients**

4 cups cooked brown rice

1½ cups canned pinto beans, rinsed and drained

1½ pounds cooked boneless, skinless chicken breast, cut into bite-sized pieces

2 teaspoons ground cumin

2 teaspoons garlic, minced

1 cup yellow or white onions, chopped

1 1/2 cups sharp cheddar cheese, grated

2 cups salsa

1 cup water

¼ cup cilantro, chopped

Fresh lime juice for garnish

**Directions**

Preheat oven to 350 degrees. Grease a 9x13 inch baking dish.

Assemble the casserole by layering the ingredients in order: cooked brown rice, beans, diced chicken, ground cumin, garlic, onions, water and cilantro.

To serve, garnish each portion with a squeeze of fresh lime juice.

**Skillet Chicken with Vegetables –** serves 4

**Ingredients**

2 tablespoons butter

1½ pounds cooked chicken, chopped

2 teaspoons garlic, minced

1/4 teaspoon paprika

3 cups zucchini, broccoli, or other vegetable of choice, fresh or frozen

1 14.5-ounce can low-sodium diced tomatoes

1/2 cup shredded Parmesan cheese

Cooked pasta or brown rice for serving (optional)

**Directions**

Preheat a large skillet on medium-high heat and add butter.

When butter is melted, add garlic, paprika and chicken.

Add the vegetables and tomatoes and mix well. Bring to a simmer and cook, uncovered, for 5-8 minutes until vegetables are tender-crisp. Do not overcook zucchini.

Add the cheese, mix well and remove from heat.

Serve alone or with cooked brown rice or pasta.

**Chopped Salad with Chicken** – serves 4

**Ingredients**

4 cups romaine lettuce, washed, dried and chopped

1 can garbanzo beans, rinsed and drained

1 large red bell pepper, chopped

½ cup mozzarella cheese, grated

1½ pounds cooked chicken, chopped

Lemon-Honey Vinaigrette (see Dip recipes)

**Directions**

Layer salad ingredients on individual plates; drizzle with lemon-honey vinaigrette.

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