

CHICKEN TONIGHT

20 SIMPLE CHICKEN DISHES IN 20 MINUTES
FROM THE EDITORS AT DIVINEEATS.COM



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Baked "Fried" Chicken

CHICKEN TONIGHT

American



This crunchy version is even better than the real thing, so save your family some fat grams and bake up a hearty classic Southern dish.

Ingredients

8 skinless chicken cutlets or thin-sliced breasts
3 cups Italian-style breadcrumbs
2 tbsp. paprika
2 tbsp. garlic salt
1 tsp. ground red pepper
2 cups buttermilk
Butter-flavored cooking spray

Directions

Preheat oven to 400 degrees. In a shallow bowl, combine bread crumbs, paprika, garlic salt and pepper. Place buttermilk in a second shallow bowl. Dredge chicken in buttermilk, then in breadcrumb mixture. Place chicken pieces in a large baking pan and generously spray with butter spray. Bake 20 minutes or until done.

Makes 4 servings.

Chicken and Dumplings



Chicken and dumplings is the ultimate home-cooked cuisine. However, you don't have to slave over the hot stove to enjoy this family favorite. With this stripped-down version, you'll have a meal on your hands that's sure to bowl your family over.

Ingredients

2 cup cooked chicken, diced into cubes
4 cups water
1 chicken bouillon
1 small onion, sliced
2 celery stalks, diced
1 cup diced cooked ham
2 cans cream of chicken
1 can refrigerated biscuits, cut into thin strips
salt and pepper to taste

Directions

Combine water, chicken soup, chicken bouillon, onion, celery, ham and chicken in a large pot. Add salt and pepper to taste. Bring to a boil. Stir in biscuits one at a time. Cover pot. Reduce heat to low. Stir occasionally. Cook for 15 to 20 minutes or until dumplings are cooked through.

Makes 4 servings.

Chicken Fingers



No need to hit the drive-thru for greasy, fried chicken strips. Make your own healthier version at home, using homemade dips and seasonings the whole family will love. You can opt for chicken tenderloins to make the recipe even faster.

Ingredients

1 lb. boneless, skinless chicken breasts cut into strips or tenderloins
 1 cup low-fat buttermilk
 1 large egg
 2 cups panko breadcrumbs
 2 tbsp. garlic salt
 2 tbsp. poultry seasoning
 Garlic-flavored cooking spray

Directions

Preheat oven to 375 degrees. Combine dry ingredients in a shallow bowl. Beat egg and buttermilk together in another shallow bowl. Dredge chicken in buttermilk mixture, then breadcrumb mixture and repeat the process. Spray a baking dish with cooking spray and add strips in a single layer. Generously spray chicken with cooking spray and bake 15 minutes or until cooked through.

Dipping Sauces:

Homemade Honey Mustard

1/2 cup honey
 3 tbsp. Dijon or spicy brown mustard
 Mix ingredients and serve with chicken.

Barbecue Sauce

1 cup ketchup
 1/4 cup brown sugar
 1 tbsp. liquid smoke
 1/2 tbsp. garlic salt
 Mix all ingredients and chill.

Sour Cream Dipping Sauce

1 8-ounce container sour cream
 1 envelope Lipton or Knorr dry soup mix
 Mix ingredients and chill.

Makes 4 servings.

Chicken Kabobs

CHICKEN TONIGHT

American



There's plenty at stake here. When you're looking for a recipe that's a thrill to grill, this is it. This BBQ staple is a real people pleaser. Stick with it!

Ingredients

- 4 boneless, skinless chicken breasts, cut into cubes
- 1 onion, cut into pieces
- 1 green pepper, cut into pieces
- 1 red pepper, cut into pieces
- 4 ounces mushroom caps
- 1 cup container of lite sour cream
- 1/8 cup Dijon mustard
- 2 garlic cloves, pressed and finely chopped
- 1 tbsp. honey
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 4 metal skewers, or bamboo skewers soaked in water
- Hot jasmine rice

Directions

Combine sour cream, mustard, honey, garlic, salt and pepper. Place in gallon-sized Ziploc bag. Place chicken, onion, green pepper and mushrooms in bag to coat. Let sit in refrigerator for a few minutes. Thread chicken, peppers, onions and mushrooms on skewers, alternating between each one. Place on grill. Close lid. Cook over medium heat for 12 minutes or until juices run clear. Serve over hot jasmine rice.

Makes 4 servings.

Creamy Chicken and Mushrooms



This warm, hearty dish is perfect on a busy evening when you're craving a homemade meal. It can be served over rice or noodles with your favorite steamed veggie for a perfect family meal.

Ingredients

4 skinless, boneless chicken breasts
1 can cream of mushroom soup
½ cup milk
1 tsp. garlic powder
½ tsp. black pepper
1 cup fresh, sliced mushrooms
Cooking spray
Salt and pepper to taste

Directions

Preheat oven to 375 degrees and coat a glass baking dish with cooking spray. Add chicken and season with salt and pepper. Mix soup, milk, garlic powder, pepper and mushrooms together and pour over chicken. Bake for 20 minutes or until cooked through. Serve over rice or noodles with steamed vegetables.

Makes 4 servings.

Hawaiian Chicken

CHICKEN TONIGHT

American



Say aloha to your family's new favorite dish! This tropical chicken dish has an irresistible exotic flavor and is best served over jasmine rice.

Ingredients

4 boneless, skinless chicken breasts
1 tbsp. butter
¼ cup brown sugar
1 small can crushed pineapple, drained with juice reserved
Slivered almonds, sliced green scallions, diced red pepper

Marinade:

½ cup soy sauce
Pineapple juice reserved from can
½ tsp. sriracha hot chili sauce

Directions

Mix marinade ingredients together and pour over chicken. Chill for 10 minutes. Melt butter in a hot skillet and add chicken. Turn until cooked through. Mix brown sugar and pineapple in a small bowl and pour over chicken. Cook until heated through and serve over rice. Add slivered almonds, red pepper and scallions to garnish.

Makes 4 servings.

Lemon Chicken Salad

CHICKEN TONIGHT

American



Canned chicken makes this savory picnic classic a quick, tasty dish. Enjoy on your favorite bread or over a bed of fresh greens.

Ingredients

1 large can white-meat chicken, drained
1/3 cup mayonnaise or Miracle Whip
1/2 of a large lemon, juiced and zested
1/3 cup chopped celery
3 tbsp. chopped fresh dill
Salt and pepper to taste

Directions

Mix all ingredients and allow to chill for 15 minutes. Serve on sandwiches or over salad greens.

Makes 4 servings.

Chicken Curry

CHICKEN TONIGHT

Asian



Want curry in a hurry? This spicy Indian dish has a little bit of everything and a whole lot of delicious!

Ingredients

2 cups jasmine rice, prepared according to package directions, replacing water with chicken broth

1 lb. chicken, cubed into 1-inch pieces

3 tbsp. butter

1 cup matchstick-cut carrots

½ cup raisins

1 tsp. curry powder

2 tsp. jarred minced garlic or 3 cloves, minced

½ tsp. salt

1 8-ounce container plain yogurt

Optional toppings: Chopped peanuts, sliced scallions, toasted coconut, chopped cilantro

Directions

Melt butter in a hot skillet and coat chicken with salt. Brown chicken and cook through, then add carrots, curry and garlic. Sauté until carrots are soft, then add raisins and yogurt. Heat through and serve over jasmine rice. Serve with optional toppings.

Makes 4 servings.

Chicken Satay

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Asian



Peanut dipping sauce and a fabulous marinade kick up the flavor of this quick Thai dish that can be served over jasmine rice or simply as an appetizer. Bottled Thai peanut sauce makes a great substitute if you don't have time to prepare the dipping sauce.

Ingredients

1 lb. chicken tenderloins or breasts cut into 1-inch strips
Bamboo skewers - soak in water overnight for grilling

Marinade:

1 tsp. jarred minced garlic (or two cloves, minced)
1 tbsp. curry powder
1 cup coconut milk
½ tsp. salt

Homemade Dipping Sauce:

½ cup peanut butter
¼ cup coconut milk
½ tsp. curry powder
½ tsp. hot chili sauce (like sriracha)

Directions

Mix together ingredients and add chicken. Chill for 10 minutes. Thread chicken onto skewers and grill over medium coals for 5-6 minutes, turning halfway through. Serve with dipping sauce, either as an appetizer or over rice and stir-fry vegetables for a meal.

Makes 4 servings.

Chicken Stir Fry

Asian

Stir things up with simple chicken stir fry that's a medley of mouth-watering flavors. If you're looking for a way to get your 5-a-day veggie-wise, this is a nutritional solution that takes just minutes to make.

Ingredients

4 boneless, skinless chicken breasts, cut into strips
1 cup shredded carrots
1 cup broccoli, chopped
1 onion, sliced
1 stalk celery, cut into pieces
1 cup cabbage, shredded
4 cloves garlic, minced
1 cup chicken broth
2 tbsp. soy sauce
2 tbsp. cornstarch
2 tbsp. sesame oil
Hot jasmine rice or cooked spaghetti

Directions

Combine soy sauce, cornstarch and ½ cup chicken broth in bowl. Set aside. Heat skillet over medium heat. Add one tbsp. sesame oil. Sauté chicken for five minutes or until juices run clear. Remove from heat and set aside. Add a second tbsp. of sesame oil. Sauté garlic for one minute. Add carrots, broccoli, onion, celery and cabbage and ½ cup chicken broth. Cook until vegetables are soft. Return chicken to skillet. Add soy sauce mixture to skillet and stir for two minutes. Remove and serve over hot rice or noodles.

Makes 4 servings.

Chicken Alfredo

CHICKEN TONIGHT

Italian



Use your noodle and say bongiorno to this delish Italian dish! Lighten it up with low-fat dairy products and save a few fat grams.

Ingredients

- 1 lb. chicken breasts or strips
- 1 stick and 2 tbsp. butter or margarine, divided
- 1 cup heavy whipping cream or half and half
- 1 package cream cheese or light cream cheese, cubed at room temperature
- 1/2 cup freshly grated Parmesan cheese
- Garlic powder, salt and pepper to taste
- 1/2 box fettucine, cooked according to package directions

Directions

Melt 2 tbsp. of butter in a large saucepan. Season chicken with garlic, salt and pepper and add to pan, browning on both sides and cooking until chicken reaches 165 degrees. Set aside chicken and add the stick of butter to the pan. Once it melts, add cream cheese, stirring constantly. When mixed well, add cheese and whipping cream or half and half. Mix well and melt to a uniform consistency. Season with salt, pepper and garlic powder to taste. Add chicken to the pan and turn off the heat. Allow sauce to thicken and serve it and the chicken over fettucine.

Makes 4 servings.

Chicken Cacciatore

Italian

For a quick Italian dish, catch a little Cacciatore. Your family will love the homemade taste of the sauce and the savory spices in this feast!

Ingredients

- 1 pound boneless, skinless chicken thighs
- 1 small can tomato paste
- 1 28-ounce can diced tomatoes, Italian style
- 4 tbsp. olive oil
- 1 tsp. jarred minced garlic
- ½ cup sliced mushrooms
- ½ cup diced onions
- ½ cup sliced green peppers
- 2 packages refrigerated angel hair pasta, prepared according to package directions
- Chopped parsley to garnish
- Salt and pepper to taste

Directions

Season chicken with salt and pepper and add oil to large heated saucepan. Once hot, add chicken and garlic and sauté until browned and cooked through. Add vegetables and cook until soft. Mix tomato paste and tomatoes well in a separate bowl and add to chicken and vegetables; heat through. Prepare angel hair pasta and serve chicken mixture over pasta. Garnish with chopped parsley and parmesan cheese, if desired.

Makes 4 servings.

Chicken Francese

Italian



When life gives you lemons, make chicken Francese. It don't mean a thing if you ain't got that tang. Make this tasty chicken dish your main squeeze.

Ingredients

4 boneless, skinless, chicken breasts, sliced thin
 ¾ cup flour
 1 tsp. salt
 ½ tsp. pepper
 4 eggs
 3 tbsp. water
 1 tbsp. olive oil
 1 tbsp. butter
 1 lemon sliced
 1 cup white wine
 2 tbsp. lemon juice
 2 cups chicken broth
 2 tbsp. butter
 Chopped parsley, optional
 Pasta or rice

Directions

Preheat oven to 300 degrees. Cover a 9 by 13 pan with cooking spray. Heat olive oil and butter in skillet. In a bowl, combine water and eggs to make an egg wash. Combine flour, salt and pepper. Dredge chicken in flour mix and then place in skillet. Set flour mixture aside for later. Heat for two minutes on each side. Remove from skillet, place in 9 by 13 pan and cover to keep warm. Combine wine, lemon slices, chicken broth and lemon juice in skillet. Simmer sauce until reduced. Roll two tbsp. of butter in flour mixture. Place butter into skillet and stir until sauce thickens. If sauce remains thin, combine one tbsp. cornstarch with one teaspoon water in a bowl. Add to sauce and stir until thickened. Pour sauce over chicken in 9 by 13 pan and bake at 300 for 10 minutes or until juices run clear. Serve with a side of pasta or rice.

Makes 4 servings.

Chicken Marsala

Italian

You'll enjoy this shroom with a view. A medley of mouthwatering flavors, we guarantee this chicken marsala dish is every bit as good as the one at your favorite Italian restaurant. Use your noodles and prepare it tonight.

Ingredients

4 skinless, boneless chicken breasts, sliced thin
¼ cup flour
½ tsp. salt
¼ tsp. pepper
2 Tbsp. olive oil, divided
4 cloves garlic, finely chopped
8 ounces mushrooms, sliced
1 small red onion, sliced
1 cup marsala wine
1 cup chicken broth
1 tbsp. lemon juice
Parmesan cheese, optional
2 cups penne, cooked

Directions

Combine flour with salt and pepper in a bowl. Dip both sides of chicken into flour mixture. In a large frying pan or skillet, heat one tbsp. of oil over medium heat. Brown chicken on each side for two minutes. Remove chicken from pan. Cover to keep warm. Add remaining olive oil to skillet. Sauté garlic until brown. Add onions. Cook until translucent. Add mushrooms and cook for an additional three minutes. Add in marsala wine, chicken broth and lemon juice. Heat for another two minutes. Return chicken to pan. Heat for an additional few minutes or until juices run clear. To thicken sauce, combine one tbsp. of cornstarch with one tbsp. of water. Pour into sauce. Serve hot with penne. Top with Parmesan cheese.

Makes 4 servings.

Chicken Parmesan

Italian

One bite of this sensational Chicken Parmesan, and it's amore. Sink your teeth into this traditional favorite that's prepared with a healthy twist. Baked, not fried.

Ingredients

4 skinless, boneless chicken breasts, sliced thin
½ cup bread crumbs
½ cup parmesan cheese
2 egg whites
¼ cup skim milk
¼ teaspoon garlic powder
¼ teaspoon onion powder
1 cup part skim milk mozzarella
1 cup marinara sauce
2 cups angel hair pasta, cooked
parsley, optional

Directions

Preheat oven to 350 degrees. Combine milk and egg whites in a bowl. In a separate bowl, combine bread crumbs, Parmesan, garlic powder and onion powder together. Dip chicken breast into egg mixture. Then dip both sides of chicken into breadcrumb mixture. Coat a 9 by 13 pan with cooking spray. Place chicken in pan. Bake for 15 minutes or until juices run clear. Remove pan from oven. Top chicken with marinara sauce and mozzarella cheese. Return to oven and bake an additional 5 to 10 minutes. Serve with angel hair pasta. Garnish with parsley.

Makes 4 servings.

Italian Chicken Bake

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Italian



When you have mere minutes to get a home-cooked meal on the table, this is your go-to dish. Bursting with great flavor, it's hard to believe how simple this sensational meal is. Seeing - and eating - is believing.

Ingredients

1 tbsp. olive oil
4 boneless, skinless chicken breasts
4 slices prosciutto
4 slices Swiss cheese
4 sage leaves
3/4 cup flour
salt, pepper
2 cups marinara
4 servings penne

Directions

Preheat skillet to medium heat. Heat one tbsp. olive oil in skillet. In a bowl, combine flour with salt and pepper. Dip both sides of chicken breasts into flour mix. Place chicken in skillet. Brown chicken on each side for two minutes. Flip chicken over. Top each breast with one slice prosciutto and one sage leaf. Top with one slice Swiss cheese. Cover for another two to three minutes until juices run clear. Serve with one serving of penne topped with marinara sauce.

Makes 4 servings.

Arroz Con Pollo

CHICKEN TONIGHT

Mexican



Arroz con pollo means "chicken with rice" in Spanish, and that's just what this dish is. Infused with Latin flavors, it's the perfect way to put your leftover chicken and rice to good use. Don't go against the grain - go with it.

Ingredients

- 1 pound cooked chicken, cut into chunks
- 2 cups cooked white rice
- 2 cups chicken broth
- 3 cloves garlic
- 1 onion, finely chopped
- 1 red pepper, finely chopped
- 1 can diced tomatoes
- 1 tbsp. tomato paste
- 1 packet Goya Sazon seasoning

Directions

Heat olive oil in a large nonstick dutch oven. Sauté onions and garlic until onions are translucent. Add in chopped red peppers and sauté until soft. Add tomatoes, tomato paste and Goya Sazon seasoning, plus salt and pepper to taste. Bring to a simmer. Stir in rice and chicken. Cover and reduce heat. Cook for 15 to 20 minutes until heated through.

Makes 4 servings.

Chicken Chili

CHICKEN TONIGHT

Mexican



Run for the border and make this hot, hearty chili dish on a cool night, served with some warm cornbread and fixings your family will flip for.

Ingredients

- 1 lb. ground chicken
- 1 tbsp. chili powder
- 1 tsp. cumin
- ¼ tsp. red pepper flakes
- 2 tbsp. olive oil
- ½ c. chopped onion
- 2 tsp. jarred minced garlic or 2 cloves, finely chopped
- 1 can light red kidney beans, drained and rinsed
- 2 cans Ro-tel tomatoes
- 1 32-ounce carton chicken broth
- Salt and pepper to taste

Fixings: sour cream, shredded cheddar cheese, sliced fresh jalapenos, chopped cilantro

Directions

Add olive oil to large Dutch oven and heat; add chicken, chili powder, cumin, red pepper, onion and garlic to pan. Cook 10 minutes or until chicken is browned and onion is translucent. Drain off fat. Add beans and tomatoes and combine; heat through. Add chicken broth, one cup at a time, until desired consistency is reached. Simmer 5 minutes and serve with desired fixings.

Makes 4 servings.

Chicken Enchiladas



Everyone will say "ole!" when you make these creamy, dreamy enchiladas, kicked up with green chiles. Enjoy as a refreshing change of pace for Mexican night!

Ingredients

3 cups cooked chicken, shredded
 1 tsp. chili pepper
 1 tsp. cumin
 1 tsp. salt
 ½ tsp. freshly ground pepper
 1 tbsp. butter
 3 tbsp. chopped onion
 3 tbsp. chopped green chiles
 3 ounces diced cream cheese at room temperature
 1 cup whipping cream
 8 large corn or flour tortillas
 1 cup grated cheddar
 1 cup Monterey jack
 1 cup salsa
 Sliced jalapenos to taste

Directions

Melt butter in a large saucepan and add onion. Cook until translucent and add green chiles and cream cheese; stir constantly until blended. Remove from heat and stir in chicken.

Preheat oven to 350 degrees. Soften tortillas according to package directions and place 3 tbsp. of chicken mixture evenly on each. Blend cheeses together and top tortilla fillings evenly with cheese and salsa, reserving ½ cup of cheese. Roll tortillas and place seam-side down in a greased, 2-quart casserole dish. Pour whipping cream over enchiladas and top with remaining cheese. Bake at 350 degrees for 15 minutes or until hot and bubbly.

Makes 4 servings.

Chicken Kiev

CHICKEN TONIGHT

Russian



Say da to this traditional Russian chicken dish. Its mouthwatering mix of herbs and butter will have the whole family saying it's in-Kremlin-able!

Ingredients

4 thin-sliced chicken cutlets or breasts split in half
4 tbsp. stick butter, divided
2 tbsp. chopped fresh parsley, plus more for garnish
½ tsp. garlic salt
1 ½ cups Italian-style bread crumbs
2 large eggs
Toothpicks

Directions

Preheat oven to 375 degrees. Mix together parsley and bread crumbs in a shallow bowl and set aside. Beat eggs in a separate bowl. Sprinkle chicken with garlic salt and dredge in eggs, then breadcrumbs. Place one tbsp. of butter in the middle of each piece of chicken and roll up. Secure on both ends and in the middle with toothpicks and place on a greased baking dish. Bake for 20 minutes or until chicken reaches 165 degrees. Set aside for five minutes, then serve.

Makes 4 servings.