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Chicken and Sweet Potato Pie

Potato Topping

5 medium (3 lbs)
sweet potatoes, skins on

2 Tbsp unsalted butter

1 cup ricotta cheese

½ tsp salt

½ tsp black pepper

Filling

2 Tbsp canola oil

1 medium onion,
finely chopped

2 cloves garlic, minced

1 ½ lbs ground chicken

½ cup or chicken broth

½ cup crushed tomatoes

¼ cup, finely chopped
flat leaf parsley

1 Tbsp tomato paste

½ tsp ground cumin

½ tsp ground coriander

½ tsp ground cinnamon

¼ tsp cayenne pepper

1 cup frozen peas

SERVES 4 – 6

Preheat oven to 400F

Wash sweet potatoes and prick all over with a fork. Place on a baking sheet, bake in oven for 1 hour, or until potatoes are soft when pricked with a fork. Remove from oven and let cool.

Scoop cooked sweet potato flesh into a large bowl. Add butter, ricotta cheese and salt and pepper. Mix with a fork until potato mixture is light and fluffy. Set aside.

In a 10 -12 inch oven-proof skillet, heat oil over medium-high heat. Add onion and cook stirring occasionally until translucent. Add garlic and cook 30 seconds.

Add ground chicken, stirring to break-up meat until browned (about 7-10 minutes). Turn heat down to medium, add broth and cook until absorbed. Add tomatoes, parsley, tomato paste, cumin, coriander, cinnamon and cayenne pepper, stir to combine. Turn down heat to low, cook an additional 5 minutes to let flavours combine. Remove from heat and stir in frozen peas.

Dollop sweet potato mixture over cooked chicken mixture and use back of spoon to spread potato to edge of skillet.

Bake in a 400F oven for 20 minutes, until top is golden. For a deeper golden brown, broil for an additional 5 minutes.

NOTE

Sweet potato mixture can be made ahead and kept in fridge. Bring to room temperature and give it a light whip with a fork before using. Sweet potatoes can be substituted with russet baking potatoes.

Meat filling can be cooked ahead and frozen, thawed and reheated through before topping with sweet potato.





Chicken Lentil Salad

2 ½ cups dried green lentils

3 carrots, peeled and quartered

1 medium yellow onion

3 whole cloves garlic

6 cups chicken broth (or water)

1 bay leaf

Dressing

⅓ cup white wine or apple cider vinegar

3 garlic cloves, peeled

½ tsp. Dijon mustard

½ cup olive oil

½ tsp salt

½ tsp black pepper

1 Tbsp maple syrup

3 cups cooked chicken, cubed

1 cup thinly sliced green onions

1 cup shelled, walnut halves or walnut pieces

½ cup chopped Italian parsley

4 cups arugula, baby spinach or other greens (optional)

Rinse lentils and transfer to a large pot. Add carrots, yellow onion, 3 whole cloves garlic, chicken stock (or water) and bay leaf.

Bring to a boil over medium heat.

Reduce to a simmer, skim any foam, cover and cook for about 20 minutes or until lentils are tender but maintain their shape. (Cooking time may vary).

While lentils are cooking, combine dressing ingredients in a blender. Blend until creamy and set aside.

When lentils are cooked, drain and discard carrots, onion, garlic and bay leaf.

Place warm lentils into a large bowl, add dressing, gently toss to combine.

Add chicken to lentils, combine and refrigerate for 1 hour, or overnight.

Just before serving, add the green onions, walnuts and parsley.

Serve on top of a bed of greens, if desired.

NOTE

Chicken and lentil mixture will keep in fridge for up to three days.

SERVES 4 – 6





Herbed Buttermilk Chicken

5 (2 lbs) chicken breasts
(bone in, skin on)

Marinade

1 cup 3.25% MF buttermilk

1 Tbsp olive oil

1 Tbsp Dijon mustard

1 Tbsp honey

1 Tbsp chopped fresh
rosemary, or 1 tsp dried

1 tsp salt

1 tsp garlic powder

1 tsp paprika

½ dried thyme

½ tsp dried sage

½ tsp dried oregano

½ tsp black pepper

Fresh parsley for garnish

Preheat oven to 400F

Whisk together all marinade
ingredients.

Trim chicken breasts of any excess
skin or fat, place in a large resealable
bag and pour in marinade. Press
air out of bag and seal. Turn bag to
distribute marinade and refrigerate
for 6-8 hours, or overnight.

Remove chicken from the fridge
½ hour before cooking.

Transfer chicken pieces to a lightly
greased casserole dish (approx.
9" x 13"). Pour marinade around
and on top of chicken.

Roast for 60 - 90 minutes or until
thickest part of breast meat reads
165F on meat thermometer and
chicken is deep brown in places.
If needed, broil for about 5 minutes
to obtain more colour.

Garnish with parsley and serve
chicken with sauce.

SERVES 5



Chicken and Hummus Toasts



Chicken and Navy Bean soup



Rotini Chicken Tomatoes and Feta



Chicken Garam Masala



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