

Chicken Jambalaya

INGREDIENTS

- 15 oz of low-sodium chicken breast in water, drained (1 10 oz can and 1 5 oz can)
- 2 cups of unsalted chicken broth
- 2 teaspoons olive oil
- ½ cup yellow onion, diced
- 1 clove garlic, minced
- ½ cup celery, diced
- 1 cup bell peppers, any color, diced
- 1 cup long grain brown rice
- ½ cup strained tomatoes
- 1 tablespoon tomato paste
- 1 tablespoon salt-free Creole seasoning

4 SERVINGS

45 MINUTES



Adapted from:
<https://www.jennycancook.com>



PROCEDURE

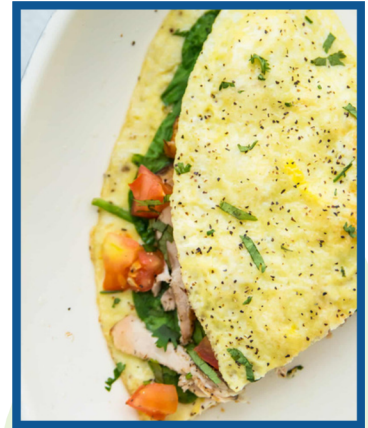
1. Heat oil in a large pan over medium-high heat. Add the onion, garlic, celery, and bell peppers. Cook until the vegetables are soft.
2. Add the drained chicken breast to the pan and cook until heated through.
3. Stir in the stock, strained tomato, tomato paste, and creole seasoning.
4. Add in the rice and bring to a boil.
5. Reduce heat, cover, and simmer for 20 minutes.
6. Let stand for 5 minutes and then serve!

Chicken Omelette

INGREDIENTS

- 1.5 oz of low-sodium chicken breast, in water, drained
- 4 eggs
- 2 oz of tomatoes, diced
- 2 tablespoons of fat-free Mozzarella cheese, shredded
- 2 tablespoons of spinach, chopped
- 1 teaspoon olive oil
- salt & pepper, to taste

2 SERVINGS
13 MINUTES



Adapted from:
<https://www.pureandsimplenourishment.com>



PROCEDURE

1. In a small bowl, whisk together the eggs until smooth.
2. Heat a small pan over low heat and add the oil. Ensure the oil coats the whole pan.
3. Pour in the eggs and let the eggs cook until the edges start to brown.
4. Add in the drained chicken breast, tomatoes, spinach, and cheese to one half of the eggs.
5. Fold over the omelet and cook for a few more minutes.
6. Season with salt and pepper.

Chicken Arugula Salad with Lemon Vinaigrette Dressing

INGREDIENTS

- 1 5 oz can of low-sodium chicken breast, in water, drained
- 3 oz of baby arugula
- 5 oz of tomatoes, quartered

Lemon Vinaigrette

- 3 tablespoons of olive oil
- ½ teaspoon Dijon mustard
- ½ lemon juiced, or 1 ½ tablespoons of lemon juice
- ½ teaspoon honey

4 SERVINGS

10 MINUTES



Photo sourced from:
everydaymaven.com

PROCEDURE

1. In a small bowl, whisk together the olive oil, lemon juice, honey, and Dijon mustard.
2. In a medium-sized bowl, combine the arugula, drained chicken breast, and quartered tomatoes.
3. Pour the lemon vinaigrette over the salad, toss, and serve!

Chicken Taco Soup

INGREDIENTS

- H-E-B's That Green Sauce 11 oz- mild or medium
- 15 oz no salt added black beans
- 15.5 oz no salt added pinto beans
- 8.5 oz no salt added sweet whole kernel corn
- 14.5 oz no salt added diced tomatoes
- 16 oz unsalted chicken broth
- 15 oz of low-sodium chicken breast in water, drained (1 10 oz can and 1 5 oz can)
- ½ teaspoon cumin
- ½ teaspoon chili powder
- ½ teaspoon garlic powder
- 2 teaspoons salt-free taco seasoning

6 SERVINGS

30 MINUTES



Adapted from:
<https://www.iamhomesteader.com>



PROCEDURE

1. Combine beans, corn, diced tomatoes, chicken broth, and drained chicken breast in a large pot over medium-high heat. Cook for 2-3 minutes.
2. Stir in H-E-B's That Green Sauce and your seasonings: cumin, chili powder, garlic powder, and taco seasoning.
3. Bring the soup to a boil, then reduce the heat and let it simmer for 20-25 minutes.
4. Divide soup into bowls and serve!

Chef Tip: Don't have H-E-B's That Green Sauce? You can substitute another creamy jalapeño-cilantro sauce or you can also make your own! Blend 2-3 jalapeños, ½ cup plain Greek yogurt, 1 cup fresh cilantro, 1-2 cloves garlic, the juice of 1 lime, and salt to taste until smooth.

Chicken Noodle Soup

INGREDIENTS

- 1 ¼ cup dry (56 grams) wide egg noodles
- 8 cups unsalted chicken broth
- 1 tablespoon olive oil
- 15 oz of low-sodium chicken breast in water, drained (1 10 oz can and 1 5 oz can)
- 1 medium yellow onion, diced
- 1 cup carrots, chopped
- 1 cup celery, chopped
- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- ½ teaspoon salt or salt substitute

6 SERVINGS

25 MINUTES



Adapted from:
<https://www.mymommystyle.com>



PROCEDURE

1. Heat olive oil in a large pot over medium-high heat. Add the diced onions, chopped carrots, and chopped celery. Cook for about 5-6 minutes or until the vegetables are soft.
2. Then add in the broth, the drained chicken, and the dried basil and oregano. Mix all together and bring to a boil.
3. Add the wide egg noodles and cook for about 7 minutes, or until the noodles are soft.
4. Reduce the heat and taste the broth; add in salt or salt substitute as needed.

Chicken Rice Soup

INGREDIENTS

- 1 10 oz can of low-sodium chicken breast in water, drained.
- ½ cup of long grain brown and wild rice blend, dry.
- 8 cups of unsalted chicken broth
- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 3 stalks of celery, diced
- 2 medium carrots, sliced
- 2 cloves garlic, minced
- 2 tablespoons all-purpose flour

4 SERVINGS
20 MINUTES



Adapted from:
<https://www.homecookingmemories.com>



PROCEDURE

1. Combine olive oil, onion, and garlic in a large pot over medium heat. Cook for 2-3 minutes. Add in celery, carrots, and flour. Cook for another 2 minutes.
2. Add in the chicken broth and chicken breast. Increase the heat to medium-high and allow it to simmer for 15 minutes.
3. Add in the rice and cook according to package instructions.
4. Stir everything together, and divide into 4 bowls!

Chicken Penne Pasta

INGREDIENTS

- 2 10 oz cans of low-sodium chicken breast in water, drained
- 12 oz whole grain penne pasta
- 1 teaspoon Italian seasoning
- ½ teaspoon onion powder
- ½ cup fat-free mozzarella cheese, shredded
- 2 15 oz cans of crushed tomatoes- no salt added
- 1 tablespoon (3 cloves) minced garlic
- ¼ teaspoon red pepper flakes
- 1 teaspoon dried basil
- 1 tablespoon olive oil

6 SERVINGS
30 MINUTES



Photo sourced from:
nkechiajaeroh.com



PROCEDURE

1. Bring a pot of water to a boil; cook pasta according to package instructions.
2. While pasta is cooking, heat oil in a saucepan over low heat. Add minced garlic and pepper flakes. Cook for about 2 minutes, stirring frequently.
3. Stir in crushed tomatoes and basil; increase heat to medium-high to bring to a boil. Reduce the heat back to medium-low and allow the sauce to simmer for 5 minutes.
4. Add the Italian seasoning and onion powder to the saucepan with your sauce. Mix until well combined
5. Drain chicken from cans and add to the saucepan. Cook until the chicken is thoroughly heated through.
6. Stir in cooked pasta, divide between 6 bowls, and top with mozzarella cheese!

Chicken and Onion Quesadillas

INGREDIENTS

- 12 corn tortillas, yellow or white
- 1 10 oz can of low-sodium chicken breast in water, drained
- 3 oz fat-free cheddar cheese, shredded
- ½ large yellow onion, diced
- 1 mild hatch chile pepper, diced
- 1 tablespoon olive oil
- ½ smoked paprika
- ½ onion powder
- ½ garlic powder
- ¼ chili powder
- ¼ ground cumin

6 SERVINGS
30 MINUTES



Photo sourced from:
talkingmeals.com



PROCEDURE

1. Heat oil in a pan over medium heat; add diced onions and Hatch chile pepper. Cook until onions are soft and transparent.
2. Drain the can of chicken breast and add it to the pan along with the following seasonings: smoked paprika, onion powder, garlic powder, chili powder, and ground cumin. Stir together and cook until the chicken is completely heated.
3. Reduce heat to medium-low and add in the cheese. Allow the cheese to start melting. Mix in the melted cheese until all the ingredients come together.
4. Evenly divide the mixture between six tortillas; top them with another tortilla.
5. In a lightly oiled pan, cook the quesadillas 1-2 minutes per side.