



## Cooking for One

It's not fun to make a mess for one meal but you can one mess for several meals.  
Watch how we make multiple meals from with little cost and little clean up.

Rotisserie Chicken Salad - Asian Stir Fry - Mexican Fajitas - Pot Pie for One

Ingredient list to make the four dishes listed

Item	Cost
Rotisserie Chicken	\$4.99
Asian Stir Fry Sauce	\$0.99
Asian Medley - Shoprite frozen stem in bag	\$0.99
Rice - Shoprite frozen steam in bag - 2	\$1.98
Fajita Powder package	\$0.99
Peppers and Onions - Shoprite frozen steam in bag	\$0.99
Shredded Colby Jack mix - Shoprite pre-shred	\$1.99
Ken's Parmesan Peppercorn Dressing - 9oz	\$1.99
Celery	\$1.99
Mixed Vegetables - Shoprite 15oz can	\$0.50
Chicken Gravy - Shoprite jar	\$1.19
Buttermilk Biscuits - Pillsbury Juniors 6oz	\$1.29
<b>Four Meals</b>	<b>\$19.38</b>

### Money Saving tips

- You can buy some precut celery off the salad bar instead of buying the whole head in produce or use the extra celery stalks by filling them with the chicken salad for a low carb, healthier lunch.
- You can prepare the filling for the Pot Pie and freeze it to use later. Portion it out first and then you can defrost and bake when you are ready to serve it.
- Watch for sales - if the Rotisserie Chicken goes on sale, buy 2, you can take all the meat off the bones and freeze it for when you are ready to use it.

### **Where to Shop**

- Rotisserie Chickens - if you are a Costco Member, for the same cost of Shoprite's chicken you will get a larger, more meaty chicken
- Fresh Veggies - many of the little fruit and veggie markets are good but most of them you will need to go early, before all the top quality produce has been picked through. In Oakland NJ there is a phenomenal market called the Oakland Farmers Market, their quality and prices are better than any of the supermarkets and smaller markets around.

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Remove breast and thigh meat carefully so we can cut it into strips for later. Then remove all the "scraps" like the legs, wing meat and all the meat stuck near the bone and underneath. Set aside.

#### Asian Stir Fry

1 quarter of the breast meat sliced into strips  
1 bag of frozen Asian Medley Vegetables  
1 package of Stir Fry sauce  
1 bag of frozen steam in bag Rice  
1 teaspoon of olive oil

1. Microwave rice and vegetables, separately, according to package directions and set aside.
2. Add a teaspoon of olive oil to a large frying pan on medium heat and warm chicken.
3. Add stir fry sauce and vegetables to pan. Stir carefully, do not mash vegetables or chicken.
4. You can add the rice into pan or just serve the meat and veggies over a dish of rice.

#### Mexican Fajitas

1 quarter of the breast meat sliced into strips  
1 bag of frozen Peppers and Onions  
1 package of fajita powder  
Water as per fajita powder package instructions  
1 bag of steam in bag Rice  
 $\frac{1}{2}$  cup shredded Colby Jack cheese  
1 teaspoon olive oil

1. Microwave rice and vegetables, separately, according to package directions and set aside.
2. Add a teaspoon of olive oil to a large frying pan on medium heat and warm chicken.
3. Add fajita powder, water and vegetables to pan. Stir carefully, do no mash vegetable or chicken.
4. You can add the rice into pan or just serve the meat and veggies over a dish of rice.

#### Chicken Salad

Remaining breast meat, dice small  
1/4 cup salad dressing  
2 stalks of celery dice fine  
1/4 cup Colby Jack cheese

1. Add diced chicken, celery and dressing in a bowl. Stir carefully, do not mash the chicken, until well coated.
2. Add shredded cheese and mix.
3. Spoon onto celery stalks or serve as a sandwich, on crackers or stuffed inside a tomato.

#### Chicken Pot Pie

Remaining chicken (thigh, wing, leg meat and "scraps")  
1 can of mixed vegetables  
1 jar of chicken gravy  
1 6oz package of buttermilk biscuits

1. Dice all the remaining chicken and place in a bowl.
  2. Add vegetables and half the gravy. (Freeze other half for another time) Pour mix into oven safe casserole.
  3. Lay the biscuit dough over the top and bake at 350 degrees for 35-40 minutes or until biscuits are brown. Remember the chicken is already cooked so you are just heating it through and baking the biscuits.
- Note: You may want to put your casserole on a pan to catch spill over not to make a mess in the oven.