

Layered Chicken and Black Bean Enchilada Casserole

~The Sisters Cafe.com

2 cups diced chicken breast meat
½ tsp ground cumin
½ tsp ground coriander
2 Tb chopped fresh cilantro
1 (15 oz) can black beans, rinsed and drained
1 (4.5 oz) can diced green chili peppers, drained
1 (10 oz) can red enchilada sauce – MILD
8 (6 inch) corn tortillas
2 cups shredded Mexican blend cheese
1 (8 oz) container low fat sour cream

Preheat the oven to 375°. Heat a large skillet over medium heat, and spray with vegetable cooking spray. Sauté chicken with cumin and coriander until chicken is cooked through. Transfer to a medium bowl. Stir in the cilantro, black beans, and green chili peppers. Spread half of the enchilada sauce over the bottom of an 11x7 inch baking dish. Place 4 tortillas over the sauce, overlapping if necessary. Spoon half of the chicken mixture over the tortillas, and sprinkle with half of the cheese and half of the sour cream. Spoon the remaining enchilada sauce over the cheese, and make another layer of tortillas. Layer the remaining chicken mixture over the tortillas.

Cover dish with a lid or aluminum foil. Bake for 30 minutes in the preheated oven.

Remove the cover, and sprinkle the remaining cheese over the top and dot with sour cream. Continue cooking, uncovered, for an additional 5 to 10 minutes, or until cheese melts. Let stand 10 min before serving.

Chicken and Dumplings ~The Sisters Cafe.com

3 c. cooked chicken, cut into large pieces
½ c. butter
1/3 c. flour
½ tsp salt
1/8 tsp pepper
3 c. chicken broth
1 can cream of chicken soup (98% fat free variety works great)

Dumplings:

2 c. flour
3 tsp baking powder
½ tsp salt
1 tsp poultry seasoning
1 tsp celery seed
¼ c. oil
1 c. milk

Blend butter, flour, salt and pepper in saucepan. Add chicken broth and cook until thick. Stir in cream of chicken soup and add cooked chicken. Put in a 9x13 pan. To prepare dumplings, mix all ingredients together and stir until moistened. Drop rounded spoonfuls onto chicken and gravy. Bake at 425° for 20-25 minutes.

Creamy Chicken Noodle Soup ~ The Sisters Cafe.com

2 cans chicken broth (14oz) I usually end up doubling this amount
1 T chicken bouillon (I just use a cube)
1 c. carrots, chopped
1 c. celery, chopped
1/2 med onion, chopped
16 oz. noodles, homestyle egg pasta (Country Pasta)
1 1/2 lbs cooked, cooled, chopped chicken breast
2 c. cream of chicken soup
1 12oz can evaporated milk

Boil the broth, bouillon, carrots, celery and onion for 20 minutes, or until tender. Add noodles and boil for another 10 minutes. (I actually cook the noodles first while the vegetables are boiling, so the noodles don't soak up all of the broth, but I do cook the noodles with a bouillon cube so they get some flavor. And then I add them.) Then add chicken, cream of chicken soup and canned milk. Heat thoroughly. Add pepper to taste.

BBQ Chicken Pizza ~The Sisters Cafe.com

1 prepared pizza crust
1/2 c Famous Daves bbq sauce, divided
1/2 red onion, thinly sliced
1 large chicken breast, cooked and shredded
1 1/2-2 c mozzarella cheese
1/4 c fresh cilantro, chopped

Preheat oven to 400. If you have a pizza stone (they make the best pizzas), put it in the oven to preheat as well. Toss shredded chicken with 1/4 c bbq sauce. Remove hot pizza stone from oven and sprinkle with corn meal. Roll or toss dough and place on stone. Spread remaining 1/4 c bbq sauce over dough. Arrange onion slices over sauce. Spread chicken over onions then top with cheese. Bake 20-25 minutes or until crust is golden brown. (That time is for a pizza stone – if you are using a cookie sheet, it may be a shorter time) Sprinkle with fresh cilantro and slice into 8 wedges.

In case you don't have a good pizza dough recipe, here is the one I like:

1 cup very warm water
1 tsp sugar
1 scant Tb yeast
3 Tb oil
2 1/2 c flour
1 tsp salt

Dissolve sugar in warm water then sprinkle yeast on top and float for 1 minute. Stir in yeast and proof (let it sit) for 10 minutes- yeast should foam. Stir in oil, salt and flour and knead for 10 minutes. Place dough in oiled bowl and let rise for 1 1/2 hours.