

*The Best*

# ROTISSERIE CHICKEN COOKBOOK



**100 TASTY RECIPES USING  
A STORE-BOUGHT BIRD**



**TOBY AMIDOR**



MAKES 4 SERVINGS



## THAI CHICKEN TACOS WITH CARROT CABBAGE SLAW

Get creative on Taco Tuesday with these Thai-inspired tacos. The slaw can be made the night before, which shaves off about 10 minutes of prep time. Serve with tortilla chips or raw veggies (like carrots or peppers) to dip in guac.

|  |   |
|--|---|
| 2 cloves garlic, minced                | ½ cup (125 mL) packed fresh cilantro, chopped             |
| 1 tsp (5 mL) packed brown sugar        | Nonstick cooking spray                                    |
| ⅓ tsp (0.5 mL) hot pepper flakes       | Eight 6-inch (15 cm) tortillas (preferably whole wheat)   |
| 1 tbsp (15 mL) water                   | 1 tbsp (15 mL) olive or canola oil                        |
| 4 tsp (20 mL) fish sauce               | 2 cups (500 mL) shredded rotisserie chicken, skin removed |
| 4 tsp (20 mL) reduced-sodium soy sauce | 1 lime, cut into quarters                                 |
| Juice of 1 lime                        |   |
| 2 medium carrots, shredded             |   |
| 4 cups (1 L) shredded napa cabbage     |   |

1. In a small bowl, whisk together garlic, brown sugar, hot pepper flakes, water, fish sauce, soy sauce and lime juice.
2. In a large bowl, toss together carrots, cabbage and cilantro. Add 3 tbsp (45 mL) dressing and toss to combine.
3. Coat a large skillet with cooking spray and place over medium-low heat. Add 1 tortilla and cook until warm, about 1 minute. Flip tortilla over and heat for 30 seconds. Transfer tortilla to a plate and cover with foil. Repeat with the remaining tortillas.
4. In the same skillet, heat oil over medium heat until shimmering. Add chicken and the remaining dressing, tossing to coat, and cook, stirring, for about 3 minutes or until heated through.
5. Place ¼ cup (60 mL) slaw on each tortilla and top with chicken, dividing evenly. Serve 2 tacos per person, with extra slaw on the side. Garnish each plate with a wedge of lime to squeeze over top.

**SERVING SIZE:** 2 tacos and ½ cup (125 mL) slaw

**MAKE AHEAD:** Make the slaw the night before, cover and refrigerate to let the flavors marinate.

MAKES 4 SERVINGS



## CASHEW CHICKEN

There's no need to order in Chinese food when you can make your own cashew chicken in less than 30 minutes. You won't be hungry an hour after eating this Chinese-inspired dish: cashews are filled with heart-healthy unsaturated fat, which digest slowly and keep you feeling satisfied.

|   |  |
|---|--|
| ¼ cup (60 mL) ready-to-use reduced-sodium chicken broth | 4 oz (125 g) unsalted raw cashews                      |
| 2 tbsp (30 mL) reduced-sodium soy sauce                 | 1 tbsp (15 mL) olive or canola oil                     |
| 1½ tbsp (22 mL) oyster sauce                            | 1 red bell pepper, cut into 1-inch (2.5 cm) strips     |
| 1 tbsp (15 mL) unseasoned rice vinegar                  | 1 clove garlic, minced                                 |
| 2 tsp (10 mL) pure maple syrup                          | 4 cups (1 L) shredded rotisserie chicken, skin removed |
| 1 tsp (5 mL) toasted sesame oil                         | 2 cups (500 mL) broccoli florets                       |
| 1 tbsp (15 mL) cornstarch                               |  |

1. In a small bowl, whisk together broth, soy sauce, oyster sauce, vinegar, maple syrup and sesame oil. Whisk in cornstarch. Set aside.
2. In a small skillet over low heat, toast cashews, stirring constantly, for 2 to 3 minutes or until fragrant. Spread cashews out on a plate and let cool slightly.
3. In a large wok or skillet, heat olive oil over medium-high heat until shimmering. Add red pepper, garlic, chicken and broccoli; stir-fry for about 3 minutes or until vegetables are slightly softened. Add cashews and stir-fry for about 2 minutes or until heated through. Add sauce and cook, stirring, for about 2 minutes or until sauce is thickened.

SERVING SIZE: 1½ cups (375 mL)

**TOBY'S TIP:** Serve the stir-fry over brown rice, quinoa, farro or whole wheat pasta.



## ROTISSERIE 101

Introduction

Advantages

How Is Rotisserie Chicken Cooked?

Where Do Markets Source The Chickens and How Are They Raised?

Nutritional Breakdown

To Eat the Skin or Not?

10 Ways To Lighten Recipes

## COOKING MADE EASY

Why You Should Purchase Rotisserie?

When Should You Buy Rotisserie?

Selecting Your Chicken

Cooking for One

Cooking for Couples

Cooking for Families

Meals in 15 Minutes or Less

5 Ingredients or Less

Meal Prepping

## BREAKFAST

Crustless Spinach, Cheese, and Chicken Quiche

Not Your Mama's Chicken and Waffles

Chicken and Vegetable Breakfast Frittata

Rotisserie Chicken Breakfast Burrito

Chicken and Egg Hash

Huevos Rancheros with Chicken

## APPETIZERS AND SNACKS

Game Day Dip

Chicken Stuffed Baked Potato Skins

Chicken and Tomato Bruschetta

Mandarin Chicken Lettuce Cups

Easy Chicken Zucchini Boats

Chicken-Avocado Toast

Chicken Croquettes

Tortilla 3-Cheese Pizzas

## SOUPS AND SANDWICHES

Chicken Noodle Soup

Simple Cassoulet Soup

Mulligatawny Soup

Hearty Root Vegetable Soup

Lightened Chicken Corn Chowder

Chicken-Almond Soup

Chicken Quinoa Soup

Mexican Chicken Soup

California Chicken Wrap

Grilled Apple, Gouda, and Chicken Panini

BBQ Chicken Sliders

Chicken Shawarma Stuffed Pita

Curried Chicken and Pear Salad Wrap

Chicken Club Wrap

Chicken Ranch Wrap

Basic Chicken Melt

Chipotle Chicken Grilled Cheese

## SALADS

Soba Noodle Salad with Ginger Dressing

Chicken Caesar Salad

Chicken Caprese Salad

Loaded Chicken Pasta Salad

Brussels Sprouts Salad with Chicken, Cranberries, and Pecans

Cobb Salad

Asian Cabbage Slaw with Chicken

Chicken, Peach, and Goat Cheese Salad

Buffalo Chicken Salad

Chicken, Kale, and White Bean Salad

## MAINS IN 30 MINUTES OR LESS

Pesto Pasta with Chicken

Mediterranean Orzo and Chicken

Chicken Curry Skillet

White Bean and Chicken Chili

Peanut Chicken and Quinoa Bowl with Broccoli

Cashew Chicken

Weeknight Chicken Soft Tacos

Artichoke, Chicken, and Spinach Pasta in Lighter Cream Sauce

Herbed Chicken Meatballs

Thai Chicken Tacos with Carrot-Cabbage Slaw

Chicken and Vegetable Stir Fry

Chicken, Spinach, and Tomato Quesadilla

Hawaiian Chicken Pizza

Chicken, Avocado, Strawberry Naan Bread Pizza

Spicy Peach and Chicken Quesadillas

Lemon and Garlic Skillet Chicken

Chicken and Couscous

Stovetop Chicken and Cauliflower Rice

Dried Fruit and Chicken Skillet

Creole Chicken Over Grits

Chicken with Caramelized Onions

Spanish Style Chicken with Peppers and Olives

Pomegranate Chicken

Chicken in Orange Sauce

Chicken Stew

Skillet Balsamic Chicken

Chicken Tacos with Pineapple Salsa

## MAINS IN OVER 30 MINUTES

Chicken Noodle Casserole

Chicken Pot Pie

Chicken and Cheese Lasagna

Chicken, Sausage, and Brown Rice Paella

Southwest Chicken and Rice Stuffed Peppers

Greek Chicken and Rice Bowl

Chicken Fajita Bowl

Chicken and Shrimp Carbonara

Sweet Potato Chicken Chili

Chicken Mac and Cheese

Chicken Parmesan Casserole

Lighter Chicken Burritos

Chicken and Spinach Stuffed Shells Chicken Loaf

Moroccan Chicken Burgers

Chicken and Mushroom Risotto

North African Chicken and Quinoa Garlic Smothered Chicken

Loaded Potato and Chicken Casserole

Spaghetti Squash Chicken Parm Bake

## EVERYDAY SIDES

Sheet Pan Vegetables

Honey Roasted Carrots

Sautéed Zucchini with Lemon and Pine Nuts

Garlic Sautéed Spinach

Israeli Couscous and Mushrooms

Brown Rice with Carrots and Onions

Garlic-Parmesan Quinoa

Cranberry-Almond Farro

## DRESSINGS, SAUCES & CONDIMENTS

Blue Cheese Dressing

Simple Balsamic Vinaigrette

Lemon-Herb Vinaigrette

Easy Ranch Dressing

Easy Pesto Sauce

Homemade Barbecue Sauce

Tzatziki Sauce

Spicy Peanut Sauce

Spicy Mustard Sauce Hummus

Chunky Salsa

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## ABOUT THE AUTHORS

**Toby Amidor**, MS, RD, CDN, is a *Wall Street Journal* bestselling cookbook author, leading dietitian and recipe developer who believes that healthy and wholesome can also be appetizing and delicious. She is the author of four cookbooks, including *Smart Meal Prep For Beginners*, *The Healthy Meal Prep Cookbook*, and *The Easy 5-Ingredient Healthy Cookbook*. She is the founder of Toby Amidor Nutrition and the nutrition expert for FoodNetwork.com. She lives in New York.

# THE BEST ROTISSERIE CHICKEN COOKBOOK

Over 100 Delicious Recipes Using a Store-Bought Bird

*Level up your rotisserie chicken game with more than 100 recipes that will save dinner on even the busiest of weeknights*

If you're in the market for easy, cheap and downright delicious dinner options, then you're in luck. *The Best Rotisserie Chicken Cookbook* showcases the versatility of store-bought and ready-to-eat rotisserie chicken and the multitude of easy ways you can prepare and enjoy it.

Bestselling cookbook author Toby Amidor includes sections on rotisserie 101, cooking made easy, cooking for one, for two and for families, meals in 15 minutes or less, meals in 5 ingredients or less, one pot/pan meals, freezer friendly meals and meal prepping (with helpful icons throughout). You'll find recipes for breakfast, appetizers and snacks, soups and sandwiches, salads, mains, sides, dressings, sauces and condiments. Each recipe includes a Toby's Tip with helpful advice, serving suggestions, or modifications.

Some of the tasty recipes options include *Not Your Mama's Chicken and Waffles*, *Mandarin Chicken Lettuce Cups*, *Mexican Chicken Soup*, *California Chicken Wrap*, *Chicken Shawarma Stuffed Pita*, *Buffalo Chicken Salad*, *Peanut Chicken and Quinoa Bowl with Broccoli*, *Lemon and Garlic Skillet Chicken*, *Chicken Pot Pie*, *Southwest Chicken and Rice Stuffed Peppers* and *Sweet Potato Chicken Chili*.

- Whole rotisserie chickens are available for \$5–10 in most grocery stores and warehouse clubs across the North America
- In 2017, an estimated 625 million rotisserie chickens were purchased in the U.S. with Costco selling approximately 14% of that total
- Rotisserie chicken has incredible meal time potential and makes a great dinner solution for singles, couples and families
- Opportunity to lead the market with a book that has the right look and price point for the audience

## MARKETING & PUBLICITY

**Robert Rose will launch a highly targeted marketing and publicity campaign across North American platforms.**

- National and regional print and online marketing & publicity campaign;
- Blogger and reviewer campaign targeting all food, parenting and lifestyle sites;
- Pitching for print & online roundups and catalogues;
- Social media outreach including all publisher platforms and channels (Facebook, Pinterest, Twitter, Instagram);
- Digital sample, shareable graphics, and recipe feature campaign.