



THE RECIPE DOCTOR

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Chicken Broccoli Rice Skillet Toss

Ingredients

2 cups diced cooked chicken
3 cups cooked rice
2 cups frozen chopped broccoli
1 can (8 ounces) Campbell's Healthy Request cream of mushroom soup
1 can (8 ounces) Campbell's Healthy Request cream of chicken soup
6 ounces skim milk
2 tablespoons dried onion powder
6 ounces shredded sharp cheddar cheese
Salt and pepper to taste

Directions

Microwave the broccoli for 2 minutes or until crisp tender.
In a very large nonstick skillet, whisk the condensed soups with the milk in the skillet. (I have a silicone whisk, which doesn't scratch the non-stick surface.) Stir in the onion powder and the broccoli. Heat until bubbly.
Then, stir in the rice, chicken and cheese. Heat until the cheese melts.

Kid-Friendly Chicken Enchilada Casserole

Ingredients

1 package corn tortillas (approximately a dozen)
1 can (10-12 ounces) enchilada sauce (divided)
1 jar (12 ounces) salsa
2 cups diced cooked chicken (thawed if frozen)
1½ cups shredded pepper jack cheese (divided)
1 can (4 ounces) green chilies (optional)
1 can black beans, drained and rinsed

Directions

Spread a bit of the enchilada sauce on the bottom of a 9-by-13-inch greased baking dish.
Spoon chicken, salsa, beans, chilies and cheese into each of the shells. Roll.
Place seam side down in the pan.
Pour the remainder of the sauce over the enchiladas.
Top with the remaining cheese.
Place in a preheated 350-degree oven for 25 to 30 minutes, or until the cheese is bubbly.

Quick and Easy Chicken Noodle Soup

Ingredients

6 cups reserved chicken stock (see article)
2 cups diced cooked chicken (thawed if frozen)
½ pound extra-wide egg noodles (I use no yolk or whole grain)
1 pound package frozen sliced carrots
1 bay leaf

Directions

Heat the stock and bay leaf to boiling.
Toss in the noodles and allow to boil.
In about 6 minutes, add the carrots and reduce heat to a simmer.
Season with salt and pepper and serve. Great tonight. Even better tomorrow!