

3 ways with Rotisserie chicken

In a season filled with holiday cooking, it's nice just to grab one of these birds at the store for a simple, tasty meal

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Pappardelle with chicken and winter greens

This bright-tasting pasta makes good use of radicchio and chard, two sturdy greens that are packed with vitamins and flavor.

PREP AND COOK TIME 1 hour

MAKES 6 servings

NOTES If you like your chard tender rather than tender-crisp, cook it longer in step 2 (fish out a piece from the pan and taste it).

1 bunch (1 lb.) green Swiss chard

1/2 medium head radicchio

1 medium lemon

2 tbsp. olive oil

3 large garlic cloves, thinly sliced

1/2 cup reduced-sodium chicken broth

Pappardelle with chicken and winter greens

2. Heat olive oil in a 12-in. frying pan over medium heat. Add garlic and cook until just translucent, about 2 minutes. Increase heat to medium-high. Add chicken broth, sherry, chard, radicchio, and lemon zest. Turn to coat and cook until chard is just tender to the bite, 2 to 3 minutes. Add cream and half the cheese; stir to combine. Stir in chicken and cook until warmed through. Stir in lemon juice and season with salt and pepper.

3. Meanwhile, cook pappardelle in boiling water according to package directions. When pasta is cooked, drain and add to frying pan; use tongs to combine. Transfer pasta to a serving bowl, sprinkle with remaining cheese, and serve.

PER 1 1/2-CUP SERVING 448 CAL., 40% (180 CAL.) FROM FAT; 27 G PROTEIN; 20 G FAT (9.1 G SAT.); 35 G CARBO (2.4 G FIBER); 846 MG SODIUM; 94 MG CHOL.

Lemon cashew chicken salad

An unusual, fresh-tasting version that's lower in fat than the standard but not at all dry, thanks to the thick, creamy yogurt that replaces half the mayo.

PREP AND COOK TIME About 45 minutes

MAKES 6 servings

NOTES Serve on lettuce if you like, or use to fill a sandwich, maybe with sweet onion for crunch—or, in summer, a slice of ripe tomato.

1 tsp. each cumin seeds and coriander seeds

3 medium lemons

1 1/2 tbsp. butter

3 tbsp. minced fresh ginger

1 to 3 tbsp. finely chopped jalapeño chile

1/2 tsp. salt

1/2 cup each mayonnaise and low-fat or whole milk Greek strained yogurt

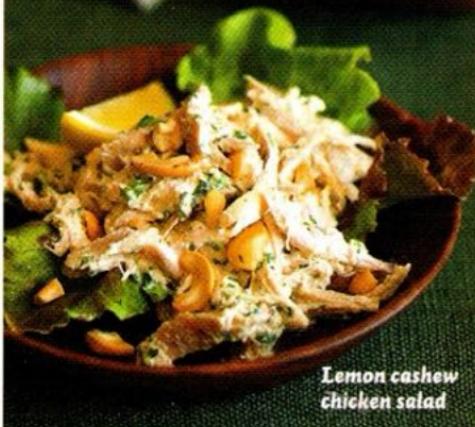
1/2 cup each chopped fresh cilantro and green onions

4 cups shredded white and dark chicken meat (from one 2 1/2- to 3-lb. rotisserie chicken)

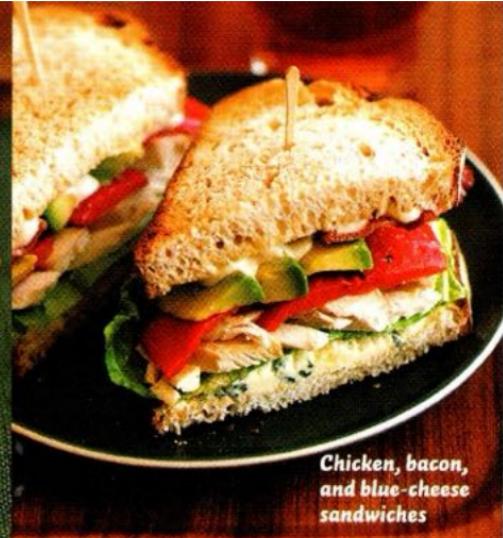
Chopped cashews

1. In a medium frying pan over low heat, toast cumin and coriander seeds until fragrant, 3 to 5 minutes. Transfer seeds to a spice grinder and process until finely ground. Zest lemons and set aside zest. Juice 1 lemon and set aside 3 tbsp. juice.

2. Melt butter in the frying pan over medium heat. Add ginger, jalapeño, and salt. Cook until jalapeño is soft, 3 to 5 minutes. Remove from heat and set aside. >100



Lemon cashew chicken salad



Chicken, bacon, and blue-cheese sandwiches

3. In a large bowl, stir together mayonnaise, yogurt, lemon zest, lemon juice, ginger-jalapeño mixture, and ground spices. Add cilantro, green onions, and chicken; stir to coat well with dressing. Taste and adjust seasonings as needed. Sprinkle with cashews and serve.

PER SERVING 273 CAL., 66% (180 CAL.) FROM FAT; 20 G PROTEIN; 20 G FAT (6 G SAT.); 4.2 G CARBO (0.6 G FIBER); 860 MG SODIUM; 101 MG CHOL.

Chicken, bacon, and blue-cheese sandwiches

A truly satisfying flavor trio.

PREP AND COOK TIME 30 minutes

MAKES 4 sandwiches

NOTES In summer, this sandwich is great with thick slices of fresh tomato instead of the roasted red peppers.

4 slices thick-cut bacon

1/4 cup mayonnaise

2 tsp. Worcestershire

1 tsp. Dijon mustard

1 small garlic clove, minced

8 slices crusty white bread, lightly toasted

1/4 cup roquefort or other soft blue cheese, at room temperature

4 leaves romaine lettuce (thick stem ends removed)

8 to 10 oz. meat from 1 whole rotisserie chicken, sliced

8 jarred roasted red peppers

1/2 avocado, cut into 12 thin slices

1. In a medium frying pan over medium-low heat, cook bacon, turning often, until just crisp, 12 to 15 minutes. Drain on paper towels and set aside.

2. Meanwhile, in a small bowl, stir together mayonnaise, Worcestershire, mustard,

and garlic. Spread this mixture on 4 toast pieces. On each of the remaining 4 toasts, spread about 1 tbsp. blue cheese.

3. Layer each blue cheese-topped toast with a piece of lettuce, 1/4 of the chicken slices, 2 red peppers, 3 slices avocado, and a slice of bacon. Top each with a mayonnaise-spread toast. Cut sandwiches in half and skewer each half with a toothpick to help hold it together.

PER SANDWICH 516 CAL., 47% (243 CAL.) FROM FAT; 30 G PROTEIN; 27 G FAT (6.6 G SAT.); 40 G CARBO (2.8 G FIBER); 997 MG SODIUM; 79 MG CHOL.

Easiest roast chicken

On that rare occasion when the store has run out of rotisserie chicken, you may find this method handy. It's our favorite easy way to roast a chicken.

Preheat oven to 425°. Remove giblets and lumps of fat from one **6- to 8-lb. chicken**. Rinse bird well inside and out; pat dry. Sprinkle chicken with **kosher salt and freshly ground black pepper**. Set bird, breast side up, on a V-shaped rack in an 11- by 17-in. pan. Roast until a thermometer inserted through thickest part of breast to bone reaches 170° (or 180° through thickest part of thigh at joint), 1 1/4 to 1 3/4 hours. If drippings start to smoke, tilt pan and skim fat (discard), then add about 1/4 cup water to pan. Insert a carving fork into body cavity, piercing carcass; lift bird and tilt to drain juices into pan (save for gravy if you like). Let chicken rest in a warm place for about 15 minutes, then serve. Makes 6 to 8 servings.

PER SERVING 392 CAL., 55% (216 CAL.) FROM FAT; 42 G PROTEIN; 24 G FAT (6.6 G SAT.); 0 G CARBO; 128 MG SODIUM; 134 MG CHOL. ■