

One Chicken Five Ways

QUALITY KITCHEN TIME





ONE CHICKEN... FIVE WAYS

This recipe collection is designed to show you how a little quality kitchen time can result in quick, easy and delicious meals! I'll show you how to create variety so you can keep your meals interesting while ensuring your friendly bacteria are happy.

Did you know you can make the most delicious rotisserie chicken in a slow cooker with only 10 minutes of actual work? In several hours, you'll have perfectly seasoned, crispy skin and tender, juicy chicken. The best part is you can set the slow cooker on high heat and multitask a few hours before dinner, or set to low heat while you're at work and return home to be greeted by the aroma of a dinner ready and waiting for you! No more babysitting the oven. No more greasy store-bought versions. Plus, I'm showing you how to make a super nutritious bone broth with all the leftover bits and pieces. Oh man oh man.

Roast Chicken
mouth watering dinner

Bone Broth
Gut healing

Lunch & Dinners
*for maximum nutrition in
minimum time*



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HOW TO USE THIS BOOK

ROAST YOUR CHICKEN TO PERFECTION

Start at the beginning and follow the first recipe for the Slow Cooker Rotisserie Chicken and carry right on to making the Bone Broth. There is a trick to making crispy chicken in the slow cooker!

The trick to making crispy chicken in the slow cooker is keeping it elevated. Line the bottom of the slow cooker with aluminum tinfoil 'balls' so your chicken doesn't sit in its juices. At the end, pop your chicken into the oven on high heat or under the broiler for a few minutes to further crisp up. I love this whole rotisserie chicken with roasted brussels sprouts and tender chunks of sweet potato. Watch the video below and see just how quick and easy dinner can be. Enjoy your meal...the flavours are sure to delight!

[Watch the video here](#)

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RECIPE TIPS

INGREDIENTS AND SERVINGS

Use the roasted chicken leftovers to create your choice of the five recipes included here. On each recipe, you'll see total time, number of servings, ingredients and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance. It's helpful to read through the directions before you start cooking so you have an idea of what's coming up before you get started.

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COOK ONCE... EAT TWICE

SAVING TIME AND MONEY

STOP! Don't throw out the bones! Pack away your leftovers for lunch the next day and save the carcass for an incredibly nourishing bone broth. Toss your scraps right back into the slow cooker along with aromatic veggies and water, then let it work its magic. The result is a deep, rich and savoury brew that is SO good for you.

Bone broth helps heal your gut, boosts your immune system, reduces inflammation and is also amazing for your skin, hair and nails. You can drink it as a warm beverage on its own, or use it to cook soups, stews, quinoa or even ramen!



"People who love to eat are always the best people"

JULIA CHILD





Slow Cooker Rotisserie Chicken

4 servings

4 hours

Ingredients

- 1.8 kilograms Whole Roasting Chicken
- 1 tbsp Sea Salt
- 2 tsps Paprika
- 1 tsp Onion Powder
- 1 tsp Dried Thyme
- 1 tsp Italian Seasoning
- 1/2 tsp Cayenne Pepper
- 1 tsp Black Pepper
- 2 Sweet Potato (diced into 1 inch cubes)
- 4 cups Brussels Sprouts (halved and trimmed)
- 1 tbsp Extra Virgin Olive Oil

Directions

- 1 Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
- 2 Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
- 3 In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
- 4 Place chicken (breast side up) in the slow cooker on top of the foil. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). If you have a meat thermometer, the chicken will be perfect when it has an internal temperature of 165 degrees celsius. Otherwise, you can check that it is cooked through just by making a slit in it and make sure it is no longer pink at the bone.
- 5 One hour before you are ready to eat, preheat oven to 415. Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
- 6 Remove vegetables from oven and increase heat to 450. Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
- 7 Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

Notes

Save the Carcass: Make our Immunity Boosting Bone Broth.

AIP-Friendly: Omit the black pepper and cayenne.



Immunity Boosting Bone Broth

4 servings

12 hours

Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

Directions

- 1 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 2 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving is approximately 1 to 1 1/2 cups.

Low FODMAP: Omit garlic and onions.



Bruschetta Flatbread

4 servings
35 minutes

Ingredients

- 4 Tomato (finely diced)
- 3 Garlic (cloves, minced)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 cup Basil Leaves (chopped)
- 1 tbsp Balsamic Vinegar
- 1/2 cup Feta Cheese (crumbled)
- Sea Salt & Black Pepper (to taste)
- 4 Brown Rice Tortilla
- 113 grams Chicken Breast, Cooked (diced)

Directions

- 1 Preheat oven to 410°F (210°C). Add the tomatoes, garlic, basil, vinegar, olive oil, feta, salt and pepper to a mixing bowl. Toss well and let sit for 15 minutes to marinate.
- 2 Spread the mixture over the brown rice tortillas using a slotted spoon to drain the excess liquid (too much liquid will make the tortilla soggy). Top with cooked, diced chicken breast (optional). Place on a piece of foil and bake for 14 minutes.
- 3 Remove from oven. Run a lifter between the foil and tortilla to detach any parts that might have become stuck while baking. Slide onto a plate and slice with a pizza cutter. Enjoy!



Veggie Ramen

4 servings
30 minutes

Ingredients

- 4 Egg
- 2 tsps Sesame Oil
- 1 tbsp Ginger (grated)
- 2 Garlic (cloves, minced)
- 6 cups Organic Chicken Broth (or any type of broth will work)
- 2 cups Shiitake Mushrooms
- 1 tbsp Tamari
- 1 cup Brown Rice Spaghetti
- 2 cups Broccoli (chopped into small florets)
- 4 cups Baby Spinach
- 1 cup Frozen Corn (thawed)
- 3 stalks Green Onion (chopped)

Directions

- 1 Tap the bottom of each egg on a curved surface to make a small circular crack through the shell but do not rupture the inner membrane. Add cold tap water to a pot so it covers the eggs. Place the pot over high heat until it comes to a boil. Once boiling, set the timer for 4 minutes (or 6 to 8 if you like the yolk cooked through). Remove the eggs from the water when they are done and place them in a bowl of cold water to prevent them from overcooking.
- 2 Place a large soup pot over medium heat. Add the sesame oil, ginger and garlic. Saute for about 1 minute and then pour in the chicken broth. Add the mushrooms and tamari. Bring to a boil then reduce heat to a simmer.
- 3 Add the brown rice noodles and cook for about 7 minutes or until al dente.
- 4 Set the broccoli on top and steam until bright green (about 4 minutes).
- 5 Set the baby spinach on top and steam until wilted (about 1 to 2 minutes). Turn off the heat.
- 6 Take a spoon and tap the eggs all over to create tiny cracks. Run them under cold water for a few minutes and then peel. Slice each egg in half.
- 7 Ladle your soup into bowls. Top with with the thawed corn, green onion and egg. Sprinkle with sesame seeds and tabasco sauce if you desire.

Notes

Better Broth: Good ramen is all about the broth. Try making your own bone broth or veggie broth for some really awesome flavour.

Missing Veggies: Use up whatever veggies you have on hand. Cauliflower, cabbage, zucchini - anything goes really!

Top With: Your favourite ramen condiments like sesame seeds, hot sauce or nori.



Ginger Chicken Stir Fry

4 servings

30 minutes

Ingredients

- 1/3 cup Tamari
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Coconut Oil
- 567 grams Chicken Breast (sliced into cubes)
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (sliced)
- 1 Red Bell Pepper (diced)
- 2 cups Broccoli (chopped into florets)
- 4 cups Kale Leaves (chopped)

Directions

- 1 Mix together tamari, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
- 2 Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Saute for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in your kale. Continue to stir just until kale is wilted.
- 3 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

Notes

Alternative Veggies: Use mushrooms, snap peas, carrots or any other vegetables you have on hand.

Serve it With: Brown rice, pasta or quinoa.

Leftovers: Keeps well in the fridge up to 3 days.

Vegan and Vegetarian: Use chickpeas or tofu instead of chicken.

Make It Faster: Use pre-sliced veggies from the bag.



Curried Chicken Lettuce Wraps

2 servings

15 minutes

Ingredients

1 Green Apple (chopped)
1 Chicken Breast (cooked)
1/4 cup Organic Coconut Milk (full fat,
cream skimmed from top)
1 tsp Apple Cider Vinegar (Raw)
1 1/2 tsps Curry Powder
2 stalks Green Onion (chopped)
2 stalks Celery (chopped finely)
1 Carrot (small, julienned)
1/2 head Boston Lettuce (leaves
separated)

Directions

- 1 Chop the chicken breast coarsely and set aside.
- 2 In a large bowl combine chicken, apple, green onion, diced celery. Season with salt and pepper.
- 3 Wisk together the coconut cream, vinegar and curry powder. Add to the chicken, apple, green onion and celery. Combine till coated.
- 4 Serve a scoop or two in lettuce leaf. Top with carrots. Enjoy!

Notes

No Coconut Milk: Use half a ripe avocado instead.

Like it hot?: Add some cayenne powder or chopped jalepeno pepper.

Add more crunch: Top with your favourite sprouts.