Rotisserie Chicken: 5 Ways for 5 Days

Ingredients

• 1 rotisserie chicken
• Other ingredients based on your preferences (see below)

Making it

1. **Monday**: Buy a rotisserie chicken from your local grocery store. Carve off one breast. Pair with cooked vegetables of your choice and some brown rice.
2. **Tuesday**: Shred the legs, thigh, and wing meat. Add to a taco or quesadilla.
3. **Wednesday**: Slice the other chicken breast and add to a green leaf salad.
4. **Thursday**: Make chicken stock from the leftover bones to create a delicious homemade soup.
5. **Friday**: Use the rest of the stock as liquid to flavor a mushroom risotto.

NUTRITION FACTS (chicken only)
Servings: 6

PER SERVING
Calories (kcal): 156
Fat (g): 2
Carbohydrate (g): 0
Fibre: 0g
Protein (g): 32

TIPS & HINTS
If carving a chicken or making homemade stock is new to you, YouTube has many how-to videos.