



GOURMET SMOKED CHICKEN MEALS

SMOKED CHICKEN SUMMER SALAD

Thinly sliced smoked chicken thighs, organic greens, sliced red onion, sliced fresh strawberries, raisins, candied pecans and crumbled blue cheese. Top with poppy seed dressing.

SMOKED CHICKEN SOUTHWEST SALAD

Thinly sliced smoked chicken thighs, organic greens, rinsed and drained black beans, chopped tomatoes, onions, chopped red pepper and green bell peppers, avocados, sliced black olives. Top with **Creamy Cilantro Chipotle Salad Dressing** and then sprinkle with French Fried Onion Rings and shredded cheddar cheese or Mexican three cheese blend.

Creamy Cilantro Chipotle Salad Dressing: In a blender, place: 1 bunch of fresh cilantro, rinsed and stems cut off, 1 cup sour cream, 1 teaspoon lime juice, 1 tablespoon minced garlic, 1 teaspoon powdered buttermilk, 1-2 chipotle peppers in adobo sauce-from a can, salt and pepper to taste. Blend until smooth and adjust the heat as desired.

SMOKED CHICKEN GREEK SALAD

Thinly sliced, smoked chicken thighs, organic greens, sliced red onions, sun dried tomatoes, sliced red bell peppers, marinated artichoke hearts with the tough leaves removed, kalamata olives, capers, crumbled feta cheese. Top with a flavored gourmet balsamic vinegar such as Raspberry or Mission Fig balsamic vinegar or Greek Salad Dressing.

Greek Salad Dressing: Combine these oils to make 1 cup: Olive oil, grapeseed oil, sunflower oil, and/or the oils of your choice
Combine these vinegars to make 1 cup: red wine vinegar, flavored balsamic vinegars, Bragg's apple cider vinegar to the mix of oils and vinegars then add: ¼ cup honey or sugar, ½ teaspoon granulated garlic 1 Tablespoon dried basil. Optional: Crumbled feta-I recommend not adding salt if you are going to add feta cheese. Blend well and adjust the flavors to your taste.



SMOKED CHICKEN ORZO PASTA SALAD

Thinly sliced smoked chicken thighs, cooked orzo pasta, cucumbers, red onion, cherry tomatoes, feta cheese, Italian salad dressing.

SMOKED CHICKEN ENTRÉE WITH GARDEN VEGETABLES

In a baking dish, toss sliced onions, zucchini, crookneck squash, red peppers and garlic drizzled with olive oil and the seasoning of your choice. Bake at 350 degrees until tender-about 35-55 minutes depending on your oven. *If you place the onions on the bottom, they will not burn.

Or In a baking dish: thinly sliced red potatoes, onions, carrots, whole garlic cloves and quartered bell peppers drizzled with olive oil and the seasoning of your choice. Bake at 350 degrees for 55-60 minutes or until tender and browned. *If you place the onions on the bottom, they will not burn. Serve with warmed whole smoked chicken thighs.

SMOKED CHICKEN PASTA

Thinly sliced smoked chicken thighs, roasted red peppers, drained, marinated artichoke hearts drained, with the tough leaves removed, sun dried tomatoes, sliced black olives served over fettuccini or angel hair noodles and covered with a choice of marinara, cream sauce or pesto sauce. Top with grated parmesan or romano cheese and fresh ground black pepper.

SMOKED CHICKEN RICE OR QUINOA BOWL

Thinly sliced smoked chicken thighs, wild rice or quinoa, sliced mushrooms, red bell peppers, green onions, slivered carrots covered with spicy peanut sauce.

SMOKED CHICKEN BURRITOS

Chopped smoked chicken thighs, black beans, rinsed and drained or canned refried beans, shredded cheddar cheese; chopped pickled jalapenos; chopped white onion. Wrap in a warmed, large tortilla and serve with salsa. Optional: add sour cream to the inside.

SMOKED CHICKEN WRAP OR SANDWICH

Thinly sliced Smoked chicken thighs with tomato, cheese and onion on bread, bun or inside a low calorie tortilla.



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SMOKED CHICKEN TACOS

Smoked chicken thighs, chopped or shredded
Tortillas, flour, corn or low carb
Finely chopped lettuce
Cheese: Cheddar, Jack or Pepper Jack cheese, or a blend
Finely chopped onions
Chopped black olives
Chopped tomatoes
Chopped pickled jalapenos
Sour cream (optional)
Salsa and your favorite taco/hot sauce

SMOKED CHICKEN QUESADILLA

2 Large Flour Tortillas
Thinly sliced, smoked chicken thighs
Jack cheese
Cheddar cheese
Onions
Pickled jalapenos
Top with sour cream, guacamole, and salsa

SMOKED CHICKEN CHILI

In a large pot, heat until the onions are tender:

4-6 chopped or shredded smoked chicken thighs
4 cups chicken stock
1 medium onion chopped
1 can white beans with the liquid
1 4oz can diced green chilies with the liquid
1 t dried oregano
1 t cumin
½ t chili powder
1 t oregano
1 t salt
Pepper to taste



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SMOKED CHICKEN VERDE SOUP

In a large pot place:

- 6-8 cups chicken broth/stock
- 6 chopped or shredded smoked chicken thighs

In a blender:

- 1 cup of water,
- 6 fresh tomatillo peppers, outer skin removed and quartered
- 1 large onion, quartered
- 3 Fresh poblano chilies, seeded and tops removed
- 2 Fresh jalapeno chilies, seeded and tops removed
- 1 bunch cilantro, stems cut off
- 2-4 teaspoons of minced garlic

Blend and pour into stock pot with the chicken and broth and add:

- ½ teaspoon Salt
 - 2 t coriander
 - 2 t cumin
 - 1 T olive oil
 - 4 (15 oz.) cans of rinsed and drained hominy
- Heat and simmer for 8-10 minutes. Serve with sliced avocados, chopped radishes or fresh cilantro sprigs.

SMOKED CHICKEN ENCHILADA SOUP

- 2-3 cups chicken broth/stock
- 4-6 chopped or shredded smoked chicken thighs
- 4 cloves chopped garlic
- 1 large onion, chopped
- 1 bell pepper, chopped
- 1 fresh jalapeno pepper chopped and seeded
- 2 cans whole corn, drained
- 2 cans black beans, drained and rinsed
- 1 can Mild Rotel
- 1 large or 2 small cans of enchilada Sauce
- 1 t each: cumin, oregano, chili powder

When the soup is thoroughly heated and the onions are soft, add 1-2 cups heavy cream. Bring back to a simmer and remove from heat. Serve with broken tortilla chips and shredded cheese.