Leftover Chicken Recipes



Finished serving

PREP	COOK	YIELD
15 min	20 min	6 servings

Use cooked chicken in a one-pan tomato rice skillet with peppers, corn and warm spices. Cooking rice in seasoned broth gives it flavor, while adding leftover chicken only at the end protects its texture.

INGREDIENTS

- 3 cups (420 g) diced cooked chicken
- 1 tbsp (15 ml) olive oil
- 1 small onion (100 g), diced
- 1 red bell pepper (150 g), diced
- 1 cup (185 g) long-grain rice, rinsed
- 1 can (14.5 oz / 411 g) diced tomatoes, drained
- 2 cups (480 ml) low-sodium chicken broth
- 1 tsp (2 g) ground cumin
- 1/2 tsp (1 g) paprika
- 1 cup (140 g) corn kernels
- 2 tbsp (8 g) chopped cilantro
- 1 tbsp (15 ml) lime juice

METHOD

1. Heat oil in a deep lidded skillet. Cook onion and bell pepper 5 minutes until softened.
2. Stir in rinsed rice, cumin and paprika for 1 minute. Add tomatoes and broth; bring to a boil.
3. Cover, reduce heat to low and simmer 15–18 minutes, until rice is tender and liquid is absorbed. Stir in corn for the final 5 minutes.
4. Fold in diced cooked chicken. Cover and heat until the center reaches 165°F (74°C), adding a splash of broth if needed.
5. Finish with cilantro and lime juice; fluff gently and serve.

CHOOSE A VARIATION

Use one option at a time

Black bean: fold in 1 cup (170 g) drained black beans with the cooked chicken.

Green chile: replace paprika with 1 small (4 oz / 113 g) can diced green chiles.

DONENESS

Reheated leftover chicken should reach 165 F (74 C) in the center. If cooking raw poultry, the thickest part must reach the same temperature.

STORE Refrigerate in shallow, covered containers within 2 hours. Keep at 40 F (4 C) or colder and use within 3-4 days.