



— Leftover Roasted Chicken Dinner —

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If you're like my family, you love a good herb and garlicky roasted chicken for dinner. Roasted chickens are best when eaten fresh out of the oven (or in my case, fresh out of the supermarket's oven). A day later, wings, thighs and small pieces of breast don't look so good anymore. Besides, reheating a roasted chicken will undoubtedly leave it dry and tasteless. Here's one way to whip up a tasty meal with those precious leftovers.

INGREDIENTS

Leftover roasted chicken
 1/4 cup chopped onion
 1/2 cup diced tomatoes
 1/2 cup diced green peppers
 1 teaspoon chopped garlic
 1/2 teaspoon coriander
 Olive oil, salt and pepper

EQUIPMENT

Frying pan

YIELDS

4 servings

STEP-BY-STEP RECIPE

- 1 | Remove the skin and bones from the leftover roasted chicken. Dice chicken to get about 2 cups of meat.
- 2 | Dice tomatoes, green peppers and onion.
- 3 | In a shallow pan, use about 2 tablespoons of olive oil (enough to cover the bottom of the pan). Heat up and add the tomatoes, green peppers and onions.
- 4 | Sauté until the onion starts to soften but it's not brown.
- 5 | Add the diced chicken and cook for about 5 minutes.
- 6 | Add coriander and salt and pepper to your liking.
- 7 | Serve with veggies and warm pita bread wedges.

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