YOUR CHICKEN

RECIPE GUIDE!

Strawberry Feta Spinach Salad

Sweet & Cap'n Crunchy

Honey BBQ Chicken Salad

Margherita Grilled Chicken

Strawberry Feta Spinach

Salad with Chicken

31 Garlic-Lemon Chicken

32 BBQ Chicken Stir-Fry

33 Philly Chicken Stir-Fry

Creamu Mediterranean

Spinach Artichoke Chicken

Spicy Chicken & Eggplant

Chicken Stir-Fry

Kung Pao Chicken

Chicken Parm Burger

36 Chicken Primavera

Zoodles 🍨

Stir-Fru

Patties •

28 Fab Broccoli Salad •

34 Chicken Brianna

with Chicken, recipe page 28

ON THE STOVE

Chicken •

Salad •

8

25

27

28

37

RECIPE SYMBOLS

Des Moines,

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OR LESS

Each of these recipes will take you half an hour max from start to finish!



5 INGREDIENTS OR LESS



GLUTEN-FREE

IN THE INSTANT POT

Shredded Chicken

IN THE MICROWAVE

- 69 Buff Chick' Hot Wing Dip ••
- 95 Cheesy Chicken & Broccoli Mua •
- Chicken & Mushroom Cauli' 95 Risotto Mug ••
- 95 Chicken Chili in a Mug ••
- Mexican Street Corn Chicken & Cauli' Rice Mug ••

IN THE AIR FRYER

- 44 Air-Fryer Asian Chicken Burgers • • •
- **Chicken Potsticker Dumplings**
- **Cheesy Chicken Taquitos**
- 80 Chicken Pot Pie Egg Rolls ••
- 81 Tex-Mex Chicken Egg Rolls •

IN THE SLOW COOKER

- 57 Chicken Tortilla Soup
- Chicken No-Noodle Soup with Veggies
- 58 Sweet & Spicy Chicken •
- 59 Chicken Stroganoff
- **Chunky Sweet Potato** Chicken Chili
- 61 Tropical Chicken Fajitas
- 62 Coconut Curry Chicken •
- **Herb Chicken with Root** Vegaies
- 64 Creamy Tomato Chicken ••
- 64 Garlic Parm Chicken
- 70 Slow-Cooker Chicken Enchilada Soup
- Scoopable Slow-Cooker Chicken Burritos

NO-COOK RECIPES

- 28 Chicken Bacon Ranch
- Scoopable Chinese Chicken Salad •

72 Instant Pot Garlic 'n Herb

KEEP AN EYE OUT FOR THESE ICONS!



30 MINUTES



These recipes have no more than FIVE main ingredients. (Basic seasonings and sweeteners don't count!)



Heads up: Even naturally gluten-free foods may contain a hint of gluten due to crosscontamination or added ingredients. Check those labels!

Smothered Chicken Cutlets (

- Pizza-fied Chicken Casserole •
- Chicken Cordon Bleu Casserole
- Jalapeño Popper Chicken Casserole •
- **Thai Peanut Chicken** Casserole
- **Cheesy Chicken Taco** Casserole •
- **No-Harm Chicken Parm** Casserole
- King Ranch Casserole
- **Beets Me Shredded Chicken** Salad •
- **BBQ** Chicken Mini Meatloaves
- 45 Buffalo Chicken Meatloaf Minis
- Chicken & Eggplant Lasagna
- 50 Cajun Stuffed Chicken
- Chicken Amore
- Spinach 'n Artichoke Stuffed Chicken •
- 55 Hasselback Chicken
- 55 Nacho Stuffed Chicken
- 55 Fajita Stuffed Chicken ••
- Cheesy Chicken Broccoli & Cauliflower Rice Casserole
- Itty-Bitty Cobb Salads
- **BBQ** Chicken Sweet Potato Skins •
- 83 Hungry Chick' Bell Pepper Nachos (
- Garlic Chicken White Pizza
- Sheet-Pan Balsamic Chicken
- 90 Million-Dollar Chicken
- Enchilada Chicken
- Sheet-Pan Greek Chicken
- Mediterranean Chicken **Zucchini Boats**



Enchilada Chicken, recipe page 91

The WW Points® values for these recipes can be found at hungry-girl.com/ magazine.

* The WW Points® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the recipe or developer by WW International Inc., the owner of the WW Points® trademark.

74 Pizza-fied Chicken ••• Teriyaki Chicken Cauli' Rice Bowl • IN THE OVEN Parmesan Ranch Chicken **Bang Bang Chicken** Nuggets • Chicken 'n Waffle Tacos

Coconut Chicken Tenders Boneless Buffalo Bites •

Crispy French Onion

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Chicken •