

Rotisserie Chicken: A Favorite Solution For Speed-Savvy Meals

(NAPSA)—A generation ago, dinner preparation averaged more than an hour. Today, cooks are working from “speed-scratch”—they’re using timesaving shortcuts to complete the evening meal in 15 minutes or less.

So how do today’s cooks get good quality and taste that comes from extensive dinner preparation while spending less time in the kitchen? Research tells us that more than 30 percent of women are using pre-prepared ingredients from the supermarket to create wholesome meals for their families.

Few pre-prepared items are both as easy and versatile as rotisserie chicken. It has a home-cooked taste, and some brands, such as Perdue, even come pre-seasoned. Found in your grocer’s deli department, rotisserie chicken is ready to go—to eat as is, or to use as an ingredient in all kinds of dinnertime favorites like these examples below.

Mix-and-Match Chicken Burritos

Spread large flour tortillas with avocado and diced or shredded fully cooked PERDUE® Rotisserie chicken. Add any of the following: black beans, canned Spanish rice, shredded cheddar cheese, salsa, or sour cream. Roll up burrito-style and serve.

Asian Chicken Pizza

Spread a pre-baked pizza crust



Cozy up to a bowl of Harvest Chicken Soup, a Perdue time-saving twist on a classic.

with bottled peanut sauce, red pepper flakes, diced or shredded fully cooked PERDUE® Rotisserie chicken, chopped scallions and shredded mozzarella cheese. Bake at 350°F. until cheese melts, about 25 minutes.

Harvest Chicken Soup

Peel and dice a sweet potato, and microwave until soft. Combine in a pot on the stove with diced or shredded fully cooked PERDUE® Rotisserie chicken, chicken broth, cooked white and wild rice and dried cranberries. Heat, sprinkle and garnish with chopped fresh Italian parsley.

For additional recipes featuring a wide variety of Perdue products, as well as safe handling tips, call 1-800-4-PERDUE® (1-800-473-7383) or visit www.perdue.com™.