



Well Traveled Chicken

12 TANTALIZING RECIPES INSPIRED BY
CUISINE FROM AROUND THE WORLD



Hi there! I'm Ben Gorges, the creative mind behind FoxValleyFoodie.com. Thanks for subscribing!

I created FoxValleyFoodie.com in 2012 as a creative outlet to tame my culinary obsessions. My wish was simply to create a website where I could share my passion for food with others and maybe occasionally make people laugh at a lame joke or two.

I never dreamed my passion would become my full-time job! Watching the growth of this blog over the past few years has been inspiring and humbling. I am truly grateful for each one of my readers and email subscribers, without whom FoxValleyFoodie.com would be just a poorly locked journal.

Please enjoy this free eCookbook as a small token of my appreciation.

Fox Valley Foodie

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RECIPES

- 3** - Feta & Pesto Stuffed Chicken Breasts
- 4** - Greek Chicken Gyros
- 5** - Jamaican Jerk Chicken Drumsticks
- 6** - Cilantro Lime Chicken Breasts
- 7** - Shredded Chicken Burritos
- 8** - Spinach Artichoke and Chicken Manicotti
- 9** - Sundried Tomato Alfredo with Parmesan Crusted Chicken
- 10** - Baked Chicken Cordon Bleu with Panko Crust
- 11** - Chicken Coconut Curry Noodle Soup
- 12** - Indian Butter Chicken
- 13** - Nashville Hot Chicken
- 14** - Easy Crock Pot Honey BBQ Chicken



Feta & Pesto Stuffed Chicken Breasts

INGREDIENTS

4 Chicken Breasts
½ cup Pesto
½ cup crumbled Feta
1 tbsp Cooking oil

Using minimal ingredients, Feta and Pesto Stuffed Chicken Breasts are a healthy and flavorful way to impress your family at dinnertime!

1. Add olive oil to skillet and sear chicken breasts on medium high heat until the bottom is nicely browned then flip and repeat.
2. Remove from skillet and let rest till cool enough to handle, the inside should still be raw.
3. Preheat the oven to 400 degrees.
4. Cut a 2" slit into the side of the chicken breast and use your fingers to open a pocket inside the center of the breasts. Be careful not to tear a hole through.
5. Mix the pesto and feta together in a small bowl and then fill the chicken breast cavities with the filling.
6. Use toothpicks to close the hole opening so filling does not leak out during baking.
7. Rub any remaining mixture on the exterior of the breasts.
8. Bake in the oven until the internal temperature reaches 165 degrees, about 25 minutes depending on thickness.
9. Remove toothpicks and serve.

TIP: Cooking time will vary depending on thickness of your chicken breast. Use a meat thermometer to guarantee exceptional results.

Greek Chicken Gyros with Homemade Tzatziki Sauce



Chicken Gyros with Homemade Tzatziki Sauce features juicy marinated chicken, a slathering of fresh homemade tzatziki sauce, as well as crisp onions and tomatoes wrapped in a warm pita.



INGREDIENTS

3lbs chicken thighs skin and bones removed (buy 2lbs of thigh meat already deboned if you can find them)

Marinade

3 tbsp Greek yogurt
3 tbsp lemon juice
3 tsp white wine vinegar
1 tbsp extra virgin olive oil
3 cloves garlic, minced
1½ tbsp dried oregano
1 tsp salt
Black pepper to taste

squeezing out juice (1 cucumber needed)
1 cup plain Greek yogurt
1 tsp white wine vinegar
½ tbsp lemon juice
½ tbsp extra virgin olive oil
½ tsp salt
Black pepper to taste

Toppings

3 tomatoes, sliced
½ red onion, thinly sliced (or substitute my [pickled red onion recipe](#))
¼ cup fresh parsley leaves

Tzatziki Sauce

½ cup minced cucumber after

To Serve

6 pita breads

Marinade

Add all ingredients for the marinade into a bowl and whisk to combine.

Place chicken thigh meat into a gallon ziplock bag and pour in marinade. Squeeze out air and seal. Let marinate for 3-12 hours.

Tzatziki

While chicken is marinating, mince cucumber into fine pieces, wrap in paper towel and squeeze out juice.

Measure ½ cup of cucumber and add to bowl with remaining tzatziki ingredients. Whisk to combine and let sit for at least 20 minutes, to allow flavors to meld.

Cooking

Place chicken on a grill, or stove top, season with salt and pepper, and cook until meat reaches 165 degrees, flipping once.

Remove and let rest for 5 minutes.


Warm pita bread in separate pan, or in the oven. Pita should be warmed through, but not overly crispy or blackened.

Assembly

Cut chicken meat if needed.

Add chicken pieces to one side of the pita, top with sliced onion, tomatoes, and parsley. Drizzle tzatziki sauce over the vegetables and fold close.

Serves 6



Jamaican Jerk Chicken Drumsticks

INGREDIENTS

3 lbs chicken drumsticks	1" chunk fresh ginger
¼ cup vegetable oil	5 garlic cloves
2 tbsp molasses	1 tbsp fresh thyme
Juice of 1 lime	1½ tsp allspice
1 habanero pepper, stemmed and seeds removed	¼ tsp cardamom
4 green onions	1 tsp salt
	¼ tsp fresh ground pepper

Aggressive doses of green onion, sweet molasses, and fiery habanero punch you in the taste buds with each succulent bite into these Jamaican Jerk Chicken Drumsticks!

1. Combine all ingredients, minus the chicken, and place in a blender.
2. Puree until the mixture turns into a smooth sauce.
3. Place chicken into a roasting pan and pour over sauce and coat evenly.
4. Cover and place in the refrigerator to let marinate for at least 1 hour, up to overnight.
5. Preheat oven to 375 degrees.
6. Uncover roasting pan and bake for 50-60 minutes, turning once.
7. Optional: For crispier skin, broil the finished chicken for 5 minutes, rotating as needed to prevent excessive burning.

TIP: These make great leftovers. Simply reheat at 350 degrees till they reach your desired temperature.



Cilantro Lime Chicken Breasts

INGREDIENTS

2 lbs boneless skinless chicken breasts

Marinade

¼ cup olive oil

Juice from 3 limes

Zest from 1 lime

~1/4 cup cilantro leaves

4 cloves of garlic, crushed

Optional: Jalapeno, seeds removed

½ tsp salt

¼ tsp pepper

This Cilantro Lime Chicken Breast recipe is what you want to reach for when you are craving a healthy meal that doesn't skimp on flavor. Chicken breasts saturated with the bright flavor of lime taste great on their own, and are versatile enough to use in a variety of other dishes.

1. Mix all ingredients of the marinade together and pour into gallon sized plastic bag, then add chicken.
2. Squeeze air out of the bag and ensure chicken is covered evenly by the marinade.
3. Place in the fridge and let the chicken marinate for at least 15 minutes, but no longer than 3 hours. (2-3 hours is ideal)
4. Heat skillet on medium-high heat and preheat oven to 400 degrees.
5. Remove chicken from marinade, discarding any produce clinging to the chicken breast, and place in hot skillet.
6. Let chicken sear on each side till golden brown, trying not to move the chicken while it is browning.
7. Transfer chicken to an oven safe pan and let finish baking till it reaches 165 degrees inside. ~15 minutes depending on your chicken breast's thickness.
8. Let rest for 5 minutes and serve.

TIP: The acid in the lime juice will cook the raw chicken breast if it marinates too long, just like ceviche. Though it is tempting to marinate overnight for more flavor, DON'T DO IT!

Serves 4

INGREDIENTS

Chicken Filling

2.5 lbs Chicken Breasts (~ 5 breasts)
1 cup Salsa
3/4 cup Tomato Sauce
1 tbsp Cumin
2 tsp Chili Powder
1 tsp Kosher Salt
1 tsp Garlic Powder
1 tsp Onion Powder
1/4 tsp Cayenne Pepper

Guacamole

3 ripe Avocados
1/2 medium Red Onion, minced
1 jalapeno, seeds removed and minced
1 Lime, juiced
2 tbsp chopped Cilantro
Salt to taste

Burrito

Burrito sized flour tortillas
Sour Cream

Shredded Chicken Burritos

1. Add all chicken filling ingredients to a sauté pan and cook on medium heat until chicken is cooked through and can be shredded with a fork.
2. Shred chicken.
3. While chicken is cooking prepare the guacamole.
4. Warm the tortilla shells in the microwave for 10 seconds.
5. Place generous scoop of chicken filling across the middle of the tortilla.
6. Top chicken with a slathering of guacamole, and add a dollop of sour cream.
7. Fold burrito shut and serve.

This Shredded Chicken Burrito with Guacamole Filling is not only an easy family meal to prepare, it is brimming with bold Mexican flavors that your family will crave!

INGREDIENTS

- 8 oz package manicotti (14 rolls)
- 1, 24 oz jar pasta sauce
- 3 cups Spinach Artichoke Dip
- 1 cup shredded chicken (~ 1 chicken breast)
- 1 cup shredded mozzarella cheese

Spinach Artichoke and Chicken Manicotti is filled with the big flavors of spinach artichoke dip, and topped with a robust pasta sauce, creating a hearty dish your whole family will love!

Spinach Artichoke And Chicken Manicotti

1. Preheat oven to 375 degrees
2. Boil manicotti according to package instructions, until al dente.
3. Remove from water and set aside.
4. While manicotti boils combine shredded chicken and spinach artichoke dip.
5. Spread 1/2 cup pasta sauce on bottom of a 9x13" baking dish.
6. Stuff chicken mixture into each manicotti roll and place in baking dish. If manicotti tears, add filling inside and place the torn side facing down in pan.
7. Spread remaining pasta sauce evenly across the top of the filled manicotti and top with shredded cheese.
8. Bake uncovered for 20-30 minutes, or until cheese is melted and starting to brown.
9. Remove from oven, let cool for 5 minutes and serve.

TIP: Make your own Spinach Artichoke Dip by clicking on this recipe: <http://www.foxvalleyfoodie.com/homemade-spinach-artichoke-dip-recipe-favorite-holiday-tradition/>

Tender fettuccine noodles are drenched in a rich sundried tomato alfredo sauce and topped with crispy strips of parmesan crusted chicken! This is fettuccine alfredo is all grown up and making a statement!

Sundried Tomato Alfredo with Parmesan Crusted Chicken



TIP: Having Parmesan at room temperature helps it melt into the sauce easier without becoming gritty.

INGREDIENTS

Sundried Tomato Alfredo

1 lb Fettuccine
2 cups Parmesan cheese, room temperature
1 stick Butter
 $\frac{3}{4}$ cup Heavy Cream
 $\frac{3}{4}$ cup Sundried Tomatoes in oil, drained
 $\frac{1}{2}$ cup Basil julienned
5 cloves Garlic minced

$\frac{1}{4}$ tsp Red Pepper flakes
Salt and fresh ground pepper

Parmesan Crusted Chicken

2 chicken breasts
 $\frac{1}{2}$ cup Panko bread crumbs
 $\frac{1}{2}$ cup grated Parmesan
1 tbsp butter melted
Pinch Kosher Salt
2 Eggs beaten
Flour

Sundried Tomato Alfredo

(Prepare while chicken is in the oven)

1. Bring large pot of salted water to a boil then cook Fettuccine according to package instructions.
2. In separate saucepan add butter, garlic, and sundried tomatoes and saute until garlic begins to brown.
3. Add heavy cream, red pepper flakes and ground pepper, then bring to a simmer.
4. Begin slowly adding grated Parmesan to the sauce, ensuring each handful is fully melted before adding the next. Stir as needed.
5. Once all Parmesan has been incorporated, add basil and taste for salt.
6. If sauce is too thin, simmer longer, otherwise reduce heat and keep warm. If sauce is too thick add a couple splashes of cream or milk.

Parmesan Crusted Chicken

1. Preheat oven to 425 degrees.
2. Combine panko, Parmesan, salt and melted butter in a large dish and stir.
3. Using a meat mallet, pound the chicken breasts to flatten, $\sim 1\frac{1}{2}$ " thick.
4. Dust each chicken breast lightly with flour.
5. Dip each chicken breast into beaten eggs and remove, letting the excess drip off.
6. Dredge chicken in panko mixture, ensuring even coverage, and place on greased baking sheets.
7. Bake for 20 minutes, or until internal temperature reaches 165 degrees.
8. Remove from oven, let rest briefly, and slice into 1" strips.

Assembly

1. Add sundried tomato Alfredo sauce with pasta and toss to combine.
2. Serve onto plates and top with Parmesan Crusted Chicken.

Serves 6



Baked Chicken Cordon Bleu with Panko Crust



This Baked Chicken Cordon Bleu with Parmesan Panko Crust yields forkfuls of ham and melted cheese in every tender bite!

INGREDIENTS

4 skinless boneless chicken breasts
 4 thin slices of ham deli ham
 4 thin slices of Swiss cheese
 2 eggs
 3/4 cup Panko breadcrumbs
 3/4 cup shredded Parmesan, chopped
 1 tbsp butter, melted

Leaves from 6 sprigs of thyme, finely chopped
 Salt and Pepper
 Flour as needed

Sauce

1 can Cream of Chicken Soup
 1/2 cup Sour Cream
 1 tbsp Lemon juice
 Few grinds of fresh ground pepper

1. Preheat oven to 425 degrees.
2. Using a meat mallet, flatten the chicken breasts till they are 1/4" thick. Sprinkle lightly with salt and pepper on each side.
3. Place slice of ham on laid out chicken, then top with slice of Swiss cheese.
4. Tightly roll the chicken breast and then secure with a toothpick. Trim off any dangling pieces of chicken if desired.
5. Combine melted butter, thyme, breadcrumbs and Parmesan and mix to combine. Add salt till it tastes sufficiently salted. Beat eggs in separate dish.
6. Working in batches, lightly dust the exterior of the rolled chicken with flour, being careful not to flour the interior rolled portion.
7. Dip chicken into beaten eggs and let excess egg drip off.
8. Roll the chicken into the breadcrumb mixture till it is evenly coated and place on greased baking sheet.
9. Place in oven and bake for 30 minutes, or until interior reaches 165 degrees.
10. Remove from oven, let rest for 5 minutes and serve.

Sauce

1. Combine all ingredients and heat in microwave for 2 minutes, or until hot.
2. Serve alongside chicken.

TIP: Covering the chicken in plastic wrap when pounding with the meat mallet will prevent splattering.

Serves 4

Chicken Coconut Curry Noodle Soup



Ingredients

Soup

1 tbsp oil
 8 oz rice noodles (Pad Thai noodles work well)
 1/2 lb chicken breast sliced into 1/4" strips.
 1/2 onion, sliced
 3/4 cup chopped broccoli florets
 3/4 cup shredded carrots
 3/4 cup chopped asparagus
 3/4 cup baby corn chopped
 1 bunch of basil, ~5 leaves
 1 cup shredded cabbage for topping
 1 lime for serving

Coconut Curry Broth

2 shallots, minced
 1 tbsp fresh ginger, minced
 1, 14 oz can coconut milk
 1/2 cup reduced sodium chicken broth
 3 tbsp sugar
 2 tbsp red curry paste
 2 tbsp fish sauce
 2 tbsp oyster sauce
 1 tbsp hot chili paste
 1 tbsp oil

1. Prepare noodles according to directions so they are ready to add to the soup and set aside.
2. Heat oil in skillet and add onion, broccoli, carrots and asparagus. Cook until broccoli and asparagus are bright green then set skillet aside. (~5 minutes)
3. While vegetables are sautéing add oil, shallots, and ginger to separate pot and sauté for ~3 minutes.
4. Add red curry paste to pot and cook for 1 minute.
5. Add all remaining broth ingredients to pot, stir to combine and bring to a simmer.
6. Add chicken and cook until no longer raw.
7. Add noodles, sautéed vegetables, baby corn, and basil and cook for 2 minutes to allow basil to flavor the soup. Remove basil.
8. Ladle soup into bowl and top with 1/4 cup of shredded cabbage and squeeze of 1/4 lime.

TIP: Add your favorite vegetables to make this your own!

Chicken Coconut Curry Noodle Soup is an 'everyone in the pool' type soup that trades slurping spoons for overflowing forks full of vibrant vegetables, tender chicken, and slippery noodles!

Serves 4

A top-down view of a bowl of Indian Butter Chicken. The chicken is in a thick, yellow-orange sauce, garnished with fresh green cilantro leaves and slivered almonds. A portion of white rice is on the right side of the bowl. A silver fork is placed on the rim of the bowl. In the bottom left corner, there is a small bowl of white rice. The background is a dark wooden surface.

Indian Butter Chicken

Indian Butter Chicken is the ultimate luxurious curry dish. Chicken thighs are bathed in a rich yogurt sauce brimming with bold spices, then simmered in a thick sauce till it reaches flavor nirvana.

INGREDIENTS


- | | |
|---------------------------------------|---------------------------------------|
| ½ cup Greek yogurt | 1 cinnamon stick |
| 2 tbsp lemon juice | 2 medium-size tomatoes, chopped |
| ½ tbsp ground turmeric | 1 jalapeño pepper, seeded and chopped |
| 2 tbsp garam masala | ⅔ cup chicken stock, low-sodium |
| 2 tbsp ground cumin | ½ cup milk or cream |
| 3 lbs chicken thighs, on the bone | 2 tsp tomato paste |
| ¼ lb butter | 3 tbsp chopped almonds slivers |
| 1 tbsp vegetable oil | Kosher salt to taste |
| 2 medium onions, chopped | ½ bunch cilantro leaves, chopped |
| 4 cloves garlic, minced | |
| 3 tbsp fresh ginger peeled and minced | |
| 1 tbsp cumin seeds | |

1. Combine Greek yogurt, lemon juice, turmeric, garam masala, and cumin in a large bowl and mix together.
2. Add chicken thighs to the bowl and toss to coat.
3. Cover, and place in the refrigerator to marinate for a few hours, or overnight.
4. In a large pot heat butter and oil then add onions, sautéing till golden brown. Stir frequently.
5. Add garlic, ginger, and cumin seeds, cook for a few minutes longer, until fragrant.
6. Add tomatoes, cinnamon stick, and jalapeno and cook till jalapeno softens. ~10 minutes
7. Add chicken and marinade to the pot, let cook for 5 minutes.
8. Add stock, bring to a boil then reduce to a simmer and cook uncovered for 30 minutes.
9. Stir in milk and tomato paste and simmer for an additional 15 minutes.
10. Add almonds, cook for additional five minutes then remove from heat.
11. Taste for salt, adding salt as needed.
12. Garnish with cilantro leaves and serve.

TIP: If desired, you can debone the meat prior to cooking if you don't want to fuss with it while eating.


INGREDIENTS

3-6 lbs chickens breasts, thighs, and/or drumsticks	4 cups all-purpose flour
1 tbsp freshly ground black pepper	Vegetable oil for frying
2 tbsp kosher salt, plus 4 tsp salt (divided)	6 tbsp cayenne pepper
4 large eggs	2 tbsp dark brown sugar
2 cups buttermilk	1 tsp chili powder
2 tbsp vinegar-based hot sauce	1 tsp garlic powder
	1 tsp paprika
	White bread and sliced dill pickles for serving



Nashville Hot Chicken

1. Place chicken in a large bowl and coat with 2 tbsp salt and 1 tbsp pepper, toss to ensure even coverage, cover, and place in refrigerator for 3+ hours.
2. Set up your dredging station by whisking together eggs, buttermilk and hot sauce in a large bowl, and combine flour and 4 tsp salt in a separate bowl.
3. Add oil to your deep sided cast iron pan and fill with 2" of oil. Heat on medium high until the temperature reads 325 degrees.
4. Pat chicken dry with paper towel then dredge in flour mixture, shaking off excess, then dredge in buttermilk mixture, letting extra liquid drip off, and finally dredge in flour mixture again. Set each coated piece on a wire baking rack as you work in batches to complete the remaining pieces.
5. Place chicken in frying oil, working in batches as needed, and fry till golden brown and internal temperature reaches 165 degrees, turning chicken as needed to ensure even frying. ~15 minutes. Place cooked chicken on separate wire rack until all chicken has been fried.
6. Turn off heat and let the oil cool slightly and mix together cayenne, brown sugar, chili powder, garlic powder, and paprika in a bowl. Add 1 cup of frying oil to the mixture and whisk to combine.
7. Let oil cool slightly.
8. Brush oil mixture over each piece of chicken and serve on top of white bread with pickles.



This is quite possibly my favorite recipe on FoxValleyFoodie.com! Nashville Hot Chicken is a regional specialty popularized in Tennessee, but this spicy fried chicken is so flavorful it needs to be on dinner plates across America!

Serves 6

Easy Crock Pot Honey BBQ Chicken

INGREDIENTS

- 2.5 lbs Boneless Skinless Chicken Thighs
- 1 cup BBQ Sauce (I used Sweet Baby Ray's)
- 1/2 cup Honey
- 2 tbsp Ketchup

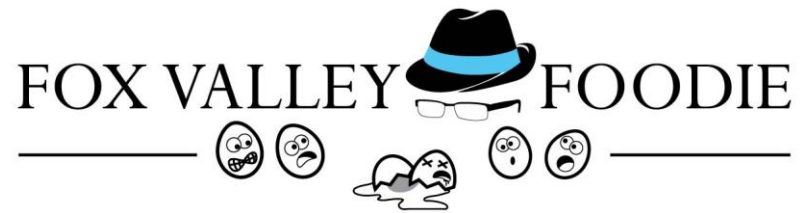
1. Combine BBQ sauce, honey, and ketchup together.
2. Add chicken into crock pot and turn on high.
3. Pour in the sauce mixture and let cook 4-5 hours, or until the chicken is easily shredded.
4. Serve on its own or as sandwiches.

This Easy Crock Pot Honey BBQ Chicken recipe only requires four ingredients. It is perfect for feeding a large crowd, or whipping up a hassle free supper.

TIP: You can use chicken breasts, but they dry out easier. Chicken thighs will be more moist and flavorful.

The sauce will appear runny by the end of cooking, but the more you shred the chicken the more the sauce incorporates into the chicken.

Serves 6



I HOPE YOU ENJOYED THIS FREE COOKBOOK!

This is just a small sample of recipes I have shared on my blog.

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www.FoxValleyFoodie.com

- Ben

