



THE

POULTRY

COOKBOOK

NYPBeHealthy

POULTRY

TABLE OF CONTENTS

<i>Turkey Apple Patties</i>	3
<i>Chicken Tinga Tacos</i>	4
<i>One Pan Chicken & Vegetable Rice Bowl</i>	5
<i>Spaghetti Squash Bolognese Boats</i>	6
<i>Roasted Chicken & Petite Potatoes</i>	7
<i>Lemon-Roasted Chicken</i>	8
<i>Marinated Baked Chicken Breast</i>	9
<i>Cantonese Chicken & Mushrooms Stir Fry</i>	10
<i>Leftover Chicken Salad</i>	11
<i>Chicken Patties</i>	12



FOREWORD

This cookbook that features delicious and nutritious recipes was created by chefs and physicians in collaboration with the registered dietitians of NewYork-Presbyterian's employee wellbeing program, *NYPBeHealthy*. These are the easy-to-follow recipes that our NYP Hudson Valley Chef Peter X. Kelly Teaching Kitchen team use in their cooking classes. An important part of NewYork-Presbyterian's mission as an academic medical center is to support the health and wellbeing of its staff as they care for patients and families. Additional recipes and cookbooks can be found [here](#).

Turkey Apple Patties

Serves 12

Ingredients

- 3 pounds ground turkey (or chicken, lean preferable)
- 2 cups spinach or arugula, chopped
- 2 cups peeled and diced apple
- 3/4 cup diced onion (red or white)
- 1 tsp dried sage (or thyme or rosemary or a mix!)
- 2 tsp crushed fennel seeds (can use a mortar and pestle or put them in a zip lock bag and roll over them with rolling pin or tap them with a can)
- 1 tsp ground cumin
- Salt to taste
- 1/2 tsp black pepper
- 2 Tbsp Olive oil for pan (or another plant-based oil)



Directions

1. In a large bowl, combine turkey, spinach, apple, onion, fennel seeds, sage, cumin, salt and pepper. Mix well and form into patties.
2. Preheat pan or grill pan and brush with olive oil.
3. Grill over medium heat until browned on both sides. Continue until cooked through, about 4 minutes on each side. Serve hot.

Store in an airtight container for up to 3 days or freeze for up to 3 months.

Chicken Tinga Tacos

Yield 6-8 Servings

Ingredients

- 1 Tbsp olive oil (or another plant-based oil)
- 1 cup roughly chopped sweet onion (or any onion will do)
- 2 cloves garlic, minced
- 1 chipotle chili pepper in adobo sauce (Optional: or you can use something else that is a little spicy and adjust to your liking)
- 1 tsp dried oregano
- 1/2 tsp ground cumin
- 3/4 cup canned crushed tomatoes (low sodium preferable)
- 1/4 cup chicken stock (low sodium, vegetable stock, or water preferable)
- Salt to taste
- 3 cups shredded cooked chicken (any left-over chicken works)



Optional For Serving

- 10 (6-inch) corn tortillas
- 2 ripe avocados, sliced
- 1/4 cup chopped fresh cilantro
- 1/2 cup diced red onion
- Crumbled cotija cheese (or feta; low fat cheese preferable)
- 1 lime, cut into wedges

Directions

1. **Sauce:** Heat a large skillet over medium. Once warm, add the oil and onion. Sauté for 4 minutes or until tender, stirring occasionally. Add in the garlic and cook for 30 seconds more. Stir in the chipotles (if using), oregano, and cumin, and toast for 1 minute. Add in the tomatoes, stock, and salt. Bring to a simmer and cook for 7 minutes.
2. **Blend:** Place the tomato mixture in a high-powered or regular blender, and blend until smooth.
3. **Chicken:** Return the blended sauce to the pan over low heat. Add the chicken and cook for 5 minutes. Taste and add more salt if necessary.
4. **Serving:** Prepare the garnishes. To assemble, top the tortillas with the chicken and garnish with the avocado slices, cilantro, red onion, and cotija. Serve with a lime wedge for squeezing.

Note: Chicken keeps for 5 days and can be used as a topping over a salad, combined with rice and beans for a meal, enjoyed in a sandwich.

This will keep in the refrigerator for 3-5 days, or in the freezer up to 3 months.

One Pan Chicken & Vegetable Rice Bowl

Serves 4

Ingredients

16 oz of chicken or turkey sausage (low sodium preferable or can sub in chicken breast)

½ Tbsp each: dried basil, dried oregano, dried parsley, dried thyme, garlic & onion powder (all optional but will give more flavor)

¼ cup olive oil (or another plant-based oil)

2 carrots, chopped

2 zucchini, chopped

2 peppers, chopped

1 head of broccoli, chopped into small crowns

Fresh herbs such as parsley, basil (also optional but will give more flavor)

1 cup of cooked brown rice (or quinoa)



Directions

1. Preheat oven to 400°F. Line a baking sheet with parchment paper
2. Cut sausage or chicken breast into small size pieces.
3. Mix seasonings and oil in bowl.
4. Use oil mixture to lightly coat meat and add to sheet pan. Place pan of meat into oven for 7 minutes.
5. While meat is in the oven, mix vegetables with remainder of seasoned oil. Take out pan of meat and add vegetables. Place in oven for 25 minutes, stirring occasionally. Take out when vegetables are crisp.
6. Top with fresh herbs and let cool.
7. Serve with cooked brown rice.

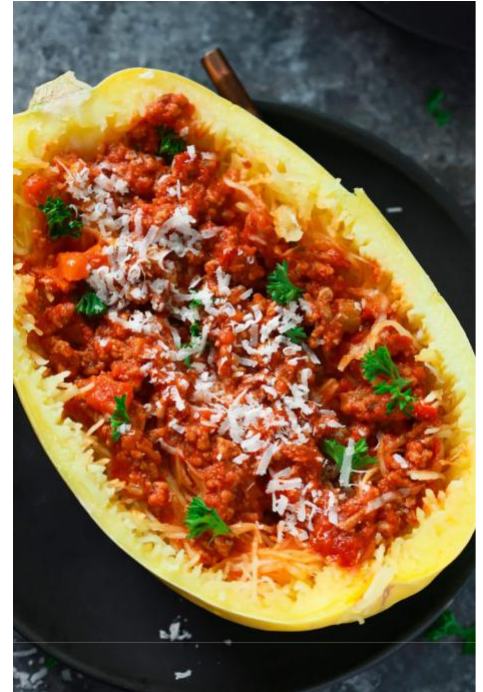
These will keep in the refrigerator for 5-7 days, or in the freezer up to 3 months.

Spaghetti Squash Bolognese Boats

Serves 4

Ingredients

- 1 large spaghetti squash, cut in half (leave seeds, you can scoop them out easily later after the squash is roasted)
- 2 Tbsp Olive Oil (or another plant-based oil)
- 1 medium onion, diced (about 1 cup)
- 2 cloves garlic, minced
- 1-pound ground Turkey (lean preferable)
- 1 Tbsp tomato paste (low sodium preferable)
- 1 (28oz) can diced tomatoes (low sodium preferable)
- 1 tsp each dried oregano and thyme
- Salt and pepper (to taste)
- 1 cup shredded mozzarella cheese (low fat preferable)



Directions

1. Preheat oven to 400°F.
2. Lay squash on parchment lined baking sheet face down.
3. Roast for 35-40 min or until you can pierce through it easily with a fork. Set squash aside to cool while you cook the filling.
4. Heat large skillet with olive oil, add onion and sauté for 3 minutes or until translucent, then add garlic and cook one more minute.
5. Add ground meat and break up with wooden spoon as it browns. Mix in tomato paste, diced tomato, herbs, salt and pepper.
6. Simmer for 10-15 minutes.
7. Scoop out the flesh of the squash into the meat sauce and mix together.
8. Fill squash boats with meat and squash mixture and top with cheese.
9. Bake until cheese is melted, about 10 minutes longer.

This dish will keep in the refrigerator 5-7 days.

Roasted Chicken & Petite Potatoes

Serves 4

Ingredients

- 1 bay leaf
- 2 tsp fennel seeds
- 1/4 tsp red pepper flakes
- 2 pounds fingerling potatoes, halves (about 2.5 cups)
- 1/2 cup pitted Kalamata olives (low sodium preferable)
- 1/4 cup olive oil, divided (or another plant-based oil)
- Salt and pepper, (to taste)
- 4 chicken legs (thigh and drumstick)
- 1/3 cup chopped parsley
- 1 tsp lemon zest



Directions

1. Preheat the oven to 450°F.
2. In a spice grinder, combine bay leaf, fennel seed, red pepper flakes until finely ground.
3. Toss potatoes in 2 Tbsp olive oil, half of the spice mix, olives, and season with salt and pepper.
4. Place chicken on sheet pan and rub with remaining spice mix, salt and pepper, and 2 Tbsp olive oil.
5. Place potatoes around the chicken, roast until potatoes are tender and chicken is cooked through (about 35-45 minutes).
6. Remove from oven, top with parsley and lemon zest.

This dish will keep in the refrigerator 5-7 days.

Lemon-Roasted Chicken

Serves 4

Ingredients

- 1 chicken (about 3 ½ pounds), cut into 10 pieces
- 6 garlic cloves, smashed
- 2 lemons, sliced
- 1 tsp dried oregano
- 3 Tbsp olive oil (or another plant-based oil)
- Salt and freshly ground pepper to taste



Directions

1. Preheat oven to 450°F.
2. On a large rimmed baking sheet, toss together chicken, garlic, lemon, oregano and olive oil. Season with salt and pepper.
3. Roast chicken, skin side up, until golden and cooked through, about 25 to 30 minutes.
4. Drizzle chicken with pan juices from the baking sheet, then serve with lemon wedges.

This dish will keep in the refrigerator 5-7 days.

Marinated Baked Chicken Breast

Serves 4

Ingredients

- 2 Tbsp vinegar (cider, balsamic, or red wine)
- 1 Tbsp dried herbs, like thyme, oregano, rosemary, or crumbled bay leaf
- 2 Tbsp mustard, whole grain or Dijon
- 2 tsp garlic or onion powder (optional)
- 1/4 cup extra-virgin olive oil
- Salt and freshly ground black pepper (to taste)
- 4 boneless, skinless chicken breasts, each about 6 ounces
(can also use chicken tenders if that is what you have)



Directions

1. Put the vinegar, herbs, mustard, powders if using and oil in a large re-sealable plastic bag. Close the bag and shake to combine all the ingredients. Open the bag, drop in the chicken breast in the bag. Close and shake the bag to coat evenly. Marinate overnight.
2. Preheat oven to 375°F.
3. Bake for 15-20 minutes, or until cooked through. Should read 165°F on a meat thermometer.

This dish will keep in the refrigerator 5-7 days.

Cantonese Chicken & Mushrooms Stir Fry

Serves 4

Ingredients

- 1 1/4 pounds chicken tenders or skinless, boneless chicken breast, cut into 1-2-inch pieces
- 1/4 cup oyster sauce (or Worcestershire sauce or
- 2 Tbsp teriyaki sauce, low sodium preferable)
- 2 Tbsp rice vinegar (or apple cider vinegar)
- 2 Tbsp cornstarch or arrowroot powder
- 2 Tbsp sesame oil (or any plant-based oil)
- 6 scallions, sliced thinly (or 1/4 cup chopped onions—red or white)
- 1-inch ginger, peeled and minced (or 2 tsp powdered ginger)
- 3 garlic cloves, chopped
- 1 1/2 cups sliced mushrooms (cremini or shiitake best)
- 2 cups greens chopped (kale, spinach, bok choy are good options)
- 1 cup low sodium chicken broth (or vegetable broth)
- 2 tsp toasted sesame oil
- Lime juice to taste (optional)



Directions

1. Toss the chicken with the oyster sauce and vinegar in a bowl.
2. In a separate bowl, mix the cornstarch with 3 Tbsp water.
3. Heat a wok or big skillet over high heat until hot. Add the sesame oil, scallions, ginger and garlic and cook until fragrant (30 seconds).
4. Add the chicken and stir-fry until the meat is no longer pink, 2-3 minutes. Add the mushrooms and cook 5 minutes longer. Add the greens and cook 5 minutes longer.
5. Add the broth and toasted sesame oil and bring to a boil. Add the cornstarch mixture and cook, tossing until the chicken is cooked through and the sauce is thick and glossy, 3 minutes or so.

This dish will keep in the refrigerator 5-7 days.

Leftover Chicken Salad

Serves 6-8

Ingredients

- 2 1/2 cups leftover skinless chicken, shredded
- 1 cup fruit, diced (mango, apples or grapes)
- 1/4 cup raisins or currants
- 1/4 cup scallions, finely chopped (or red onion)
- 1/4 cup celery, minced
- 1/2 cup Greek yogurt (low fat preferable)
- 1/4 cup mayonnaise (Greek yogurt preferable)
- 1 Tbsp lime or lemon juice (or 1 Tbsp apple cider vinegar)
- 1 Tbsp curry powder
- 1/2 tsp ground ginger
- Salt to taste
- 1/4 cup slivered toasted almonds for garnish (or walnuts)



Directions

1. Chop chicken into 1/2-inch pieces and place in a bowl.
2. Add remaining ingredients and toss to combine.
3. Serve on lettuce beds, or in sandwiches.

This dish will keep in the refrigerator 3 days.

Chicken Patties

Makes 8 patties

Ingredients

- 2 pounds ground chicken (lean preferable)
- 1 onion, diced (or shallots)
- 5 leaves sprig fresh sage chopped fine
or 1 Tablespoon dried
- 1 Tablespoon whole fennel seed
- 2 tsp garlic powder
- 1 teaspoon onion powder
- Salt to taste
- Olive oil or another plant-based oil.



Directions

1. Combine all ingredients in a large bowl. Form into small patties.
2. Heat a large skillet over medium heat. Add 1 Tablespoon olive oil. When oil is warm add patties.
Cook until browned (about 6-7 minutes) Flip and brown the other side until done.
3. Enjoy for breakfast with a salad or eggs.

This dish will keep in the refrigerator 5-7 days.