

# WELLNESS CONNECTION

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## NOURISHING YOU - Southern Chicken and Dumplings with Rotisserie Chicken

*Recipe by Leana Coffey*

Serves 8

This Chicken and Dumplings recipe is comfort food at its finest! It's also a healthier and easier version of the recipe your mother used to make. Using a rotisserie chicken cuts down on prep time and you could use a bag of frozen veggies if you'd like to save even more time (although I prefer fresh onions and carrots). Don't let the homemade dumplings intimidate you, they are very easy to make and go together quickly. Personally, I'm not a huge fan of sage and nutmeg so I'll leave that out next time. Feel free to make this recipe your own. I love leftovers, but don't always eat every bit of them. Not true for this recipe! This was my lunch for the next two days and was even better than the night I made it for dinner. Delicious!



Photo Credit: masonfit.com

### Ingredients

- 1 Tbsp. olive oil
- 1 medium yellow onion, diced
- 3 medium carrots, peeled and sliced
- 2 cloves garlic
- 5 oz. can sweet peas, drained

- 1 lb. rotisserie chicken, meat only without skin
- 32 oz. reduced sodium chicken stock
- 5 oz. can condensed cream of chicken soup
- ½ tsp. sage
- ½ tsp. black pepper
- ½ tsp. nutmeg
- 2 bay leaves

For the Dumplings:

- 1 ½ c. all purpose flour
- 2 Tbsp. granulated sugar or sugar substitute (Swerve)
- ½ Tbsp. baking powder
- ½ tsp. kosher salt
- 2 Tbsp. light butter (ex. Land of Lakes w/ Canola)
- ¾ c. fat free Greek yogurt

## Instructions

1. Prepare the vegetables and remove the breast meat from the rotisserie chicken. Discard the skin.
2. Add olive oil to a large pot over high heat, add carrots and onions. Cook for 6-8 minutes until softened.
3. Add garlic, black pepper, sage, and nutmeg. Stir and cook about 1 minute.
4. Add chicken broth, cream of chicken soup, rotisserie chicken and bay leaves. Bring to a boil before reducing to low-medium heat and adding peas.
5. While the chicken soup comes to a boil, begin mixing the dumpling dry ingredients together and cutting the butter in with a fork.
6. Add the Greek yogurt and mix until a dough begins to form. Don't over mix.
7. Use your hands to work the remaining dry ingredients into the dough and divide the finished dough into 16 small pieces.
8. Remove the bay leaves before placing the dumplings on top of the chicken soup. Cover the pot and simmer for 15-20 minutes.
9. The dumplings should be tender and buoyant. Use the toothpick test to make sure they're cooked thoroughly.

Nutrition Information: (serving size 1 ¼ cup with 2 dumplings) Calories 280 | Fat 8g | Carbs 27g | Protein 23g