Article published on April 25th 2012 | Cooking

Who does love to eat delicious, tongue-tingling recipes chicken!! As a matter of fact, chicken has become a part of daily diet, and is significantly high in nutrition. Rich in essential animal protein and other nutrients, doctors often recommend light chicken stew or baked chicken recipes for patients. Chicken is an excellent source of energy, while being exceptionally low in saturated fat and calories; not to forget the delicious taste. Adding to the health benefits, chicken is among the few food items that can be used in preparing a wide variety of lip-smacking recipes. From healthy and nutritious soup to start with as an appetizer to tongue-tingling starters and main course side dishes, you will never get bored with innumerable delicious recipes chicken.

Recipe 1 â€“ Healthy Chicken Soup

To make this delicious and healthy chicken soup, you will need a whole 3lbs chicken, wedges of a medium onion, 3 smashed garlic cloves, chopped roots and stems of cilantro, chopped stems and leaves of celery, 2 carrots, 1 avocado, one bay leaf, lime for serving and one tablespoon of salt. Put the chicken in a stew pot and scatter garlic, onion, bay leaf, celery, cilantro and salt on it; cover it with water, put a lid on it and bring it boil for 5 minutes over high heat. Turn off the heat and allow the chicken to poach for about 45 minutes. Now, allow the chicken to cool and shred off its skin and bones; cut it into pieces and set aside. Add the bones to the stock and shimmer it on low heat for 3 hours. Drain the stock, eliminating all solid particles. Now, add carrots to it and boil for few minutes. To serve it, put chicken pieces and avocado in a bowl and pour the hot stock over it, garnishing with lime or cilantro.

Recipe 2 â€“ Tender Chicken Roast

Preheat the oven at 325 degrees F and spread one tablespoon of oil on the glass pan. Clean a whole 4 lbs chicken, remove the skin and marinate it with one tablespoon of oil, salt and pepper. Now, insert chopped onions, garlic cloves and one tablespoon of butter inside the cavity. Turn the chicken on its back and inset butter into its skin and in each breast. This makes the chicken tender and juicy. Bake it for 2 hours until cooked, adding little butter on each side every 30 minutes. Serve hot with onion, lime and other boiled vegetables.

Article Source:
http://www.articleside.com/cooking-articles/recipes-chicken.htm - Article Side

Roseberlin - About Author:
Making a all recipes and Other a chicken Recipe.

Article Keywords:
recipes, chicken, meat, menu, breakfast, allrecipes

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!