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Ground Chicken Recipes - Easy & Quick To Prepare!

By [Nathalie Sanders](#)

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These ground chicken recipes are easy, quick and delicious. Just check these out and I'm sure you'll be amazingly surprised.

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>> **Ground Chicken Stir Fry**

- 1 1/2 t Peanut or vegetable oil
- 1 Dried hot chili peppers
- 5 oz Ground lean chicken
- 1 c Sliced onions
- 1 c Sliced mushrooms
- 1 c Red bell pepper strips
- 1 c Broccoli florets
- 1 Garlic clove, minced
- 1 t Minced pared gingerroot

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1 c Chicken broth-ready to serve

1 t Cornstarch

1/2 t Chinese sesame oil

In 9-inch skillet or wok heat peanut oil; add chili peppers, if using, and cook over medium-high heat for 30 seconds. Using a slotted spoon, remove and discard chili peppers. If not using chili peppers, add chicken, onions, mushrooms, bell pepper, broccoli, garlic and gingerroot to skillet and cook over high heat, stirring quickly and frequently, until chicken is no longer pink, 2 to 3 times.

In small mixing bowl, combine broth, cornstarch and sesame oil, stirring to dissolve cornstarch. Stir into chicken-vegetable mixture and cook, stirring constantly, until mixture comes to a boil. Reduce heat to low and let simmer until thoroughly heated, about 5 minutes.

Per serving: 1 Fat, 2 Proteins, 4 Vegetables, 25 Optional Calories

>> Ground Chicken Salad

1 lb Ground chicken

2 tb Oil

1 Clove garlic, minced

1/2 c Yellow onion chopped

1 1/2 ts Seasoned salt

1 ts Paprika

1/4 ts Pepper

1 tb Worcestershire sauce

1 Sm head iceberg lettuce chop

1/2 x Avocado, diced

2 x Tomatoes, diced

1/2 c Green onions chopped

1/3 c Sliced olives

3/4 c Grated cheddar cheese

3/4 c Grated jack cheese

1/4 c Red wine vinegar

3/4 c Olive oil

1 tb Tomato sauce

1 tb Lemon juice Clove garlic, minced

1/2 ts Salt

1/4 ts Pepper

1/2 ts Paprika

1/2 ts Sugar

Sauté chicken in oil with garlic, onion, salt, paprika, pepper and

Worcestershire sauce for about 10 min's. Cool completely. Toss lettuce with avocado, tomatoes, green onions, olives and cheeses. Mix with cooked and cooled chicken.

For dressing, whisk together vinegar, oil, tomato sauce, lemon juice, garlic, salt, pepper, paprika and sugar. Pour dressing over salad. Toss. Serve immediately.

That's it for today! If you want more ground chicken recipes just check below:

Nathalie Sanders is a chef mom. She reveals her delicious recipes and up-to-date cooking tips in a very famous newsletter: [Quick Easy Recipes Secrets](#). She is also a fan of [Secret Restaurant Recipes](#). You can grab a copy here: [Copycat Recipes](#).

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