

Solar Oven - hot day, direct sun, maybe 4 hours, must check to see if it is done.

First Meal: A whole Roast chicken - for company or celebrations. Serve your golden roasted bird with those potatoes you stuck into the pot before you put on the lid. Steam some green beans or make a simple salad with fresh romaine or baby mix. Tada, you are done in a very few prep minutes! Generous portions or just 4oz.

Second Meal: Chicken on Top - Pull the meat from the bones, take time to get it all off. Shred it into a taco, a salad, into a split pea soup, a batch of lasagna or stir-fry. You are now eating chicken like most of the world does, sparingly. Maybe 2 meals can be made from the leftover meat of your fine roast bird if you apply yourself to it. Steamed vegetables with a poached egg and chicken bits on top can be sauced up with Thai seasoning or lemon juice for a quick and healthy meal. Eat a 4oz portion.

Third Meal: A Soup made from broth or stock (maybe some chicken bits)

Potato Leek soup

Fresh fingerling potatoes or red potatoes - this year so unblemished & recently dug just miles away in - cut into cubes & put into some chicken broth in the stock pot. Meanwhile, I am stir-frying lovely long leeks in ghee & coconut oil until soft & a beautiful green color. They will go together into a simple Potato Leek soup with maybe only salt & pepper for condiment. Hearty and quick.

Classic Borscht Can't stop the beets when they are made into a hit like his one....

Ingredients - add together in a pot and simmer until soft:

2 qts chicken broth
2 large or 3 medium potatoes, sliced into bite-sized pieces
2 large or 3 medium beets, thoroughly washed and peeled
1 medium onion, finely chopped
2 carrots, grated or sliced
1/2 head of cabbage, thinly chopped
2 bay leaves
1/4 tsp freshly ground pepper
1 tsp salt

Add

4 Tbsp lemon juice
2 Tbsp chopped dill or(fresh or dried).... near the end.

Serve with Sour Cream to turn it delightfully pink!

You have now officially "Stretched a chicken"!!! Brag about your frugal prowess, enjoy the rewards of eating well and healthfully. Your use of one chicken fits into a complete healthy eating plan. The ADA suggests we remember to...

CREATE YOUR PLATE - ½ of your meal (plate) to be vegetables and some fruits
¼ to be protein - meat, eggs, nuts (4oz is a protein portion)
¼ carbohydrate - rice, beans, potatoes, squash

By Annie Waters, 2015