Pour 1 quart boxed chicken broth or 2-16 oz. cans chicken broth into a large pot. Add 1 stick diced celery and 1 small diced onion.

Shred 1 side of the chicken breast using two forks, or dice it. Bring to a boil, then simmer while making the dumpling dough. For the dumplings, beat 1 egg in a small bowl. Add 2 tablespoons milk. Slowly stir in ½ cup flour, 1/8 tsp. salt and 1/8 tsp. baking powder. The dough should be sticky.

Return broth to a boil. When it is boiling, use 2 teaspoons to drop pieces of dough into the broth. They will drop to the bottom, then rise to the top and float when they are cooked. When they have all surfaced to the top, the dumplings and soup are ready to serve.

**Ingredients**

- 1/3 cup light mayonnaise or Miracle Whip
- 1 tsp curry powder
- 2 tsp sugar
- Salt & pepper to taste
- 1 Rotisserie Chicken Breast, diced
- 1 stick celery
- ¼ cup grapes, quartered
- ¼ cup salted shelled sunflower seeds
- Lettuce leaf, pita or whole wheat bread of choice.

**Directions**

Combine 1/3 cup Miracle Whip or real Mayonnaise, 1 tsp. curry powder, 2 tsp. sugar and salt and pepper to your personal taste. Dice 1 side of the chilled chicken breast, chop or dice 1 stick of celery and quarter ¼ c. red grapes. Mix these together with the dressing. Add ¼ cup salted shelled sunflower seeds. Chill for half an hour or longer, then serve on lettuce leaf or use for a sandwich spread. If you like a stronger taste, add more curry powder.

**Ingredients**

- 1 1/4 Cups Water
- Rotisserie Chicken Breast
- ¼ tsp pepper
- ¼ tsp salt
- 1 tsp concentrated chicken stock (optional)
- 2 T flour or Cornstarch

**Directions**

Pour the juices from the chicken container into a small saucepan. Pull the skin off the chicken breast and add it to the pan along with 1 ¼ cup water. Add ¼ tsp. pepper and ¼ tsp. salt. Bring to a boil, then reduce heat to simmer for 10-15 minutes. Strain to remove the chicken skin. Taste it to see if it has enough chicken flavor. If not, add 1 tsp. concentrated chicken stock. Remove from heat and whisk 2 tbsp. of flour slowly into the liquid. Return to the heat and bring back to a boil, cook until it thickens, stirring constantly so it doesn’t stick to the bottom of the pan.