



United States Department of Agriculture

MyPlate KITCHEN

COOKBOOK

CHICKEN

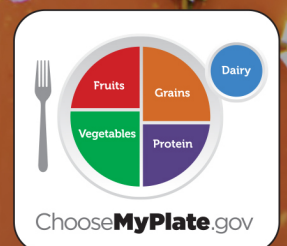




Table of Contents

Pollo asado al horno 3

Pollo a la mozzarella con espinacas y ajo 5

Hawaiian Chicken 7

Baked Chicken Nuggets 9

Apple, Fennel & Chicken Salad with Couscous 11

Garlic Stuffed Chicken 13

Baked Lemon Chicken 15

Citrus Chicken 17

Black Bean Quesadillas 19

Easy Chicken Pot Pie 22

Brown Rice with Sizzling Chicken and Vegetables 24

Chicken Mole 27

Crispy Oven-Fried Chicken 29

Scalloped Potatoes and Chicken with Fennel 31

Easy Chicken and Dumplings 34

Pineapple Avocado Chicken Salad 37

White Chicken Chili 39

Chicken Tortilla Casserole 41

Crispy Taquitos 43

Jamaican Jerk Chicken 45

Oven Roasted Chicken



Makes: 6 Servings

A simple, roasted chicken is perfect for dinner any time of the year.

Ingredients

- 1 chicken, broiler/fryer (thawed, if frozen)
- 2 tablespoons Italian dressing, low-fat (or olive oil)
- 1 teaspoon garlic salt
- 1 lemon, quartered (or orange)

Directions

1. If chicken is frozen, thaw in the refrigerator 24 hours before cooking.
2. Place chicken on a pan or plate while thawing in the refrigerator.
3. Preheat oven to 375°F.
4. Remove necks and giblets from chicken cavity, if present before cooking. Reserve for another use.
5. Place chicken, breast side up, in a roasting pan.
6. Brush chicken skin with Italian dressing and sprinkle with garlic salt.
7. Stuff lemon or orange into chicken cavity.
8. Roast 1 1/4 - 1 1/2 hours or until meat thermometer inserted into chicken thigh registers 165°F.
9. Let chicken set for 15 minutes after removing from the oven before carving.

Source:

University of Illinois Extension. Illinois Nutrition Education Program.

Nutrition Information

Serving Size: 1/6 of recipe

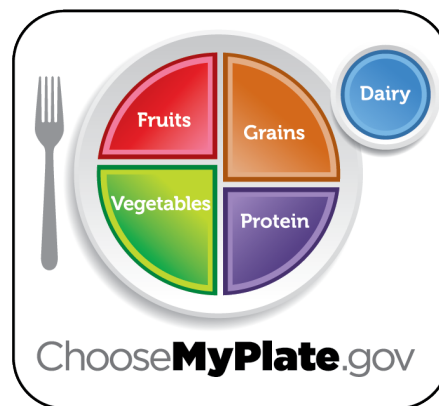
Nutrients	Amount
Total Calories	349
Total Fat	27 g
Saturated Fat	8 g
Cholesterol	94 mg
Sodium	328 mg
Carbohydrates	2 g
Dietary Fiber	0 g
Total Sugars	1 g
Added Sugars included	0 g
Protein	23 g
Vitamin D	0 mcg
Calcium	19 mg
Iron	2 mg
Potassium	301 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Protein Foods

4 1/2 ounces



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Mozzarella Chicken with Garlic Spinach



Makes: 8 Servings

Chicken, mozzarella, and spinach seasoned with garlic make this an easy and delicious dinner.

Ingredients

- 8 chicken breast halves (small, skin and bone removed)
- 1/2 cup bread crumbs (Italian seasoned, crushed)
- 8 ounces mozzarella cheese, part skim (shredded)
- 1 tablespoon canola oil
- 4 cloves garlic (minced)
- 2 packages spinach leaves

Directions

1. Preheat oven to 400 degrees F.
2. Place chicken between 2 sheets of plastic wrap; pound chicken to 1/4 inch thick.
3. Coat chicken with bread crumbs and place on foil-covered baking sheet. Discard remaining bread crumbs. Bake 10 minutes.
4. Top chicken with cheese; bake 4-5 minutes until cheese is melted and chicken reaches an internal temperature of 165 degrees F.
5. Meanwhile, heat oil in a large skillet on medium heat. Add garlic and stir 1 minute.
6. Add half the spinach and cook 1 minute.
7. Add remaining spinach. Cook until wilted, turning occasionally. Serve with chicken.

Source:

Simple Healthy Recipes
ONIE Project - Oklahoma Nutrition Information and Education

Nutrition Information

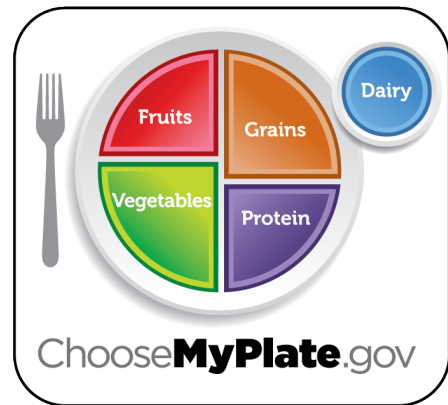
Serving Size: 1/8 of recipe

Nutrients	Amount
Total Calories	310
Total Fat	12 g
Saturated Fat	4 g
Cholesterol	100 mg
Sodium	364 mg
Carbohydrates	9 g
Dietary Fiber	2 g
Total Sugars	1 g
Added Sugars included	0 g
Protein	41 g
Vitamin D	0 mcg
Calcium	307 mg
Iron	3 mg
Potassium	697 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Vegetables	1 cups
■ Grains	1/4 ounces
■ Protein Foods	3 1/2 ounces
■ Dairy	2/3 cups



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Hawaiian Chicken



Makes: 5 servings

Serve this tangy chicken dish with brown rice. Add brightly colored vegetables for a tasty and simple meal!

Ingredients

- 1 teaspoon oil or margarine
- 2 1/2 pounds chicken, boneless skinless
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 can pineapple juice, frozen concentrate (6 ounces)
- 2 us fluid ounces water

Directions

1. Defrost the pineapple juice.
2. Grease a large frying pan. Heat the pan on low.
3. Put the chicken parts in the hot pan. Sprinkle with salt and pepper.
4. Cook until the chicken begins to brown.
5. Add the defrosted pineapple juice to the pan.
6. Swish the water in the can, and add it to the pan.
7. Cover and cook slowly, turning now and then, for 50 minutes or until the chicken is fork tender.
8. Put the chicken on a warm platter.
9. Skim the fat from the chicken juices in the pan.
10. Boil down the juices until they are slightly thickened (about 5 minutes).
11. Return the chicken to the pan. Reheat it for a few minutes.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network
Recipe del Sitio Web

Nutrition Information

Serving Size: 1/5 of recipe (268g)

Nutrients	Amount
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Total Calories	358
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Total Fat	7 g
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Saturated Fat	2 g
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Cholesterol	141 mg
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Sodium	246 mg
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Carbohydrates	19 g
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Dietary Fiber	0 g
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Total Sugars	19 g
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Added Sugars included	0 g
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Protein	52 g
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Vitamin D	0 mcg
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Calcium	46 mg
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Iron	2 mg
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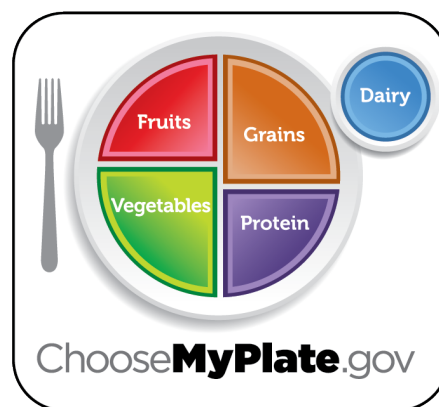
Potassium	628 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Fruits	1/2 cups
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■ Protein Foods	5 3/4 ounces
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Baked Chicken Nuggets



Makes: 4 servings

Cook Time: 15 minutes

Make chicken nuggets at home using cereal crumbs, spices, and herbs. You can cook them in the microwave or the oven.

Ingredients

- 5 chicken thighs, boneless, skinless (5-6 medium thighs)
- 1 cup cereal crumbs, cornflake type
- 1/2 teaspoon Italian herb seasoning
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 teaspoon paprika

Directions

1. Remove skin and bone; cut thighs into bite-sized pieces.
2. Place cornflakes in plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

Microwave Method:

1. Lightly grease an 8x12 inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6-8 minutes.

Conventional Method:

1. Preheat oven to 400 degrees. Lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown, about 12-14 minutes.

Source:

USDA, Center for Nutrition Policy and Promotion (CNPP), [Recipes and Tips for Healthy, Thrifty Meals, 2000](#)

CHICKEN

Nutrition Information

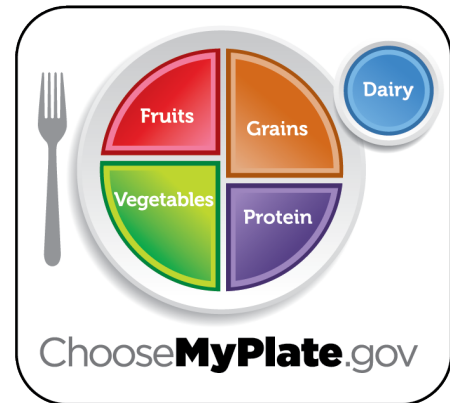
Nutrients	Amount
Total Calories	141
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	84 mg
Sodium	344 mg
Carbohydrates	7 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	1 g
Protein	17 g
Vitamin D	0 mcg
Calcium	11 mg
Iron	3 mg
Potassium	204 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Grains 1/4 ounces

■ Protein Foods 2 1/4 ounces



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Apple, Fennel & Chicken Salad with Couscous



Makes: 4 Servings

Prep Time: 30 minutes

A refreshing, crunchy, sweet-savory salad featuring a play of fresh chopped apples, fennel and chicken breast blended with whole wheat couscous and spinach, then topped with lemon balsamic vinaigrette.

Ingredients

- 12 ounces boneless chicken breast (2-3 breasts)
- 3 tablespoons olive oil (divided)
- 1 cup whole wheat couscous
- 2 medium red apples
- 1 tablespoon lemon juice (divided)
- 1 fennel bulb
- 1 tablespoon balsamic vinegar
- 1 tablespoon sugar
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 3 1/2 cups Fresh Baby Spinach (about 3.5 cups)
- 1/8 cup walnuts (chopped, may use pecans or almonds)

Directions

1. Slice chicken breasts crosswise into 1/2" strips.
2. Heat 1 tablespoon olive oil in large skillet over medium heat.
3. Add chicken, cook 8-10 minutes until done, stirring occasionally, remove from heat.
4. While chicken is sautéing, cook couscous according to package directions, let cool.
5. Core and chop apples, place in large bowl; toss with 1 tablespoon lemon juice.
6. Chop fennel bulb (discarding stem and fronds) and add to bowl.
7. In a small bowl, whisk remaining oil and lemon juice with balsamic vinegar, sugar, salt, and pepper.
8. Add chicken, couscous, spinach, and nuts to bowl with apples and fennel.
9. Drizzle with dressing, toss to coat, and serve.
10. Can be made several hours ahead and refrigerated.

Source: Produce for Better Health Foundation

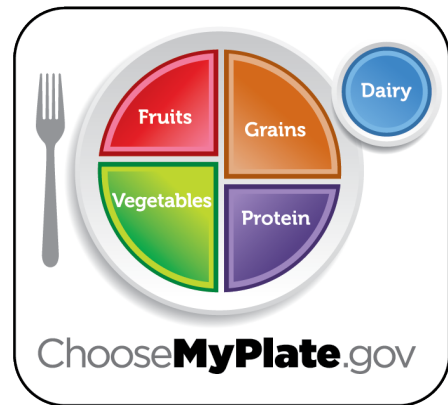
Nutrition Information

Nutrients	Amount
Total Calories	440
Total Fat	16 g
Saturated Fat	2 g
Cholesterol	45 mg
Sodium	260 mg
Carbohydrates	56 g
Dietary Fiber	6 g
Total Sugars	13 g
Added Sugars included	3 g
Protein	25 g
Vitamin D	0 mcg
Calcium	63 mg
Iron	3 mg
Potassium	508 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Fruits	1 cup
■ Vegetables	1 cup
■ Grains	2 3/4 ounces
■ Protein Foods	2 1/4 ounces



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Garlic Stuffed Chicken



Makes: 4 servings

Jazz up your chicken dinner with garlic, lemon zest, and fresh parsley. Serve this dish with brown rice and a side salad for a complete meal.

Ingredients

- 2 cups water
- 8 cloves garlic clove (unpeeled)
- 6 tablespoons fresh parsley (chopped, divided)
- 1 teaspoon lemon zest (grated)
- 1 teaspoon sodium-free seasoning blend
- 4 chicken breast (4 ounce, with skin)
- 1/4 cup chicken broth (reduced sodium)
- 2 tablespoons lemon juice (fresh)

Directions

1. In a small saucepan, bring water to a boil. Add garlic; cook for 10 minutes. Drain garlic, peel and cut into thin slices. In a small bowl, combine garlic, 1/2 cup of chopped parsley, lemon zest, and seasoning. Mix well.
2. Loosen skin from each chicken breast to form a pocket. Place about 1 teaspoon of garlic mixture under skin of each breast. Heat a large nonstick skillet over medium-high heat.
3. Add chicken skin-side down; cook until golden, about 4 minutes. Turn chicken; reduce heat to medium.
4. Cover and cook until no longer pink in center, about 10 to 12 minutes. Transfer chicken to a plate. Wipe any fat away from the skillet.
5. Add remaining chopped parsley, broth, and lemon juice to pan. Bring to a boil; cook for 1 minute. Spoon mixture over chicken.

Source: Seat Pleasant/University of Maryland Health Partnership

Nutrition Information

Serving Size: 1/4 of recipe (231g)

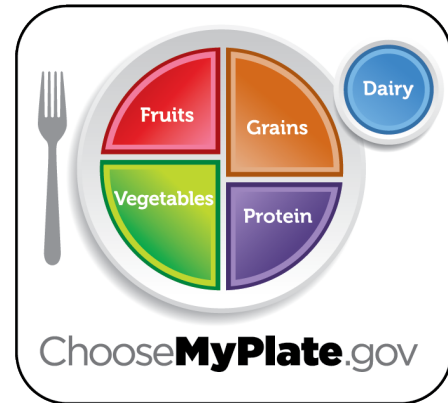
Nutrients	Amount
Total Calories	240
Total Fat	15 g
Saturated Fat	4 g
Cholesterol	133 mg
Sodium	98 mg
Carbohydrates	3 g
Dietary Fiber	0 g
Total Sugars	0 g
Added Sugars included	0 g
Protein	23 g
Vitamin D	0 mcg
Calcium	34 mg
Iron	2 mg
Potassium	341 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Protein Foods

3 1/4 ounces



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Baked Lemon Chicken



Makes: 5 servings

Cook Time: 30 minutes

Lemon, onions, and thyme decorate this oven-baked chicken.

Ingredients

- 3 1/2 pounds chicken (skinned and cut into 10 pieces)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/2 cloves of garlic (thinly sliced, or 1 tsp garlic powder)
- 4 teaspoons thyme sprigs (4 fresh sprigs, or 1 tsp dried thyme)
- 3 cups onion (thinly sliced)
- 1 1/2 cups chicken stock (or water)
- 1/4 cup lemon juice
- 1 lemon (sliced into 10 slices, seeds removed)

Directions

1. Combine salt, pepper, garlic, and thyme.
2. Lay chicken pieces into a 11x13 baking pan. Sprinkle seasonings over chicken.
3. Combine onions, stock, and lemon juice in a sauce pan. Heat to a boil.
4. Pour hot lemon mixtue around chicken. Top each chicken piece with a lemon slice.
5. Bake for 30 minutes at 400 degrees until golden brown and juices are clear colored.

Source:

USDA, Team Nutrition, [Food Family Fun](#)

Nutrition Information

Serving Size: 1/5 of recipe (521g)

Nutrients	Amount
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Total Calories	261
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Total Fat	5 g
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Saturated Fat	1 g
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Cholesterol	123 mg
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Sodium	521 mg
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Carbohydrates	12 g
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Dietary Fiber	2 g
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Total Sugars	5 g
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Added Sugars included	0 g
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Protein	40 g
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Vitamin D	0 mcg
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Calcium	54 mg
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Iron	3 mg
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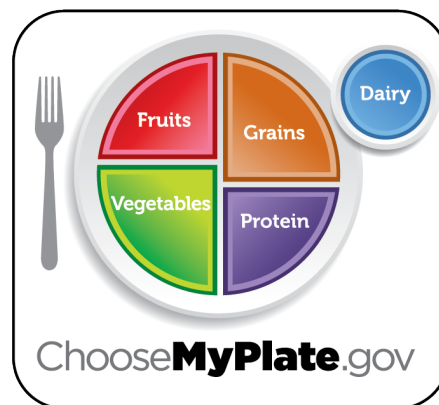
Potassium	684 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Vegetables	1/2 cups
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■ Protein Foods	6 1/4 ounces
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Citrus Chicken



Makes: 4 Servings

Prep Time: 20 minutes

Cook Time: 60 minutes

Chicken thighs are coated in oregano, cumin and lime juice and oven baked until tender and golden brown.

Ingredients

- 4 6-ounce chicken thighs (bone-in)
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 2 tablespoons Fresh lime juice (about 1 lime)
- 1/2 teaspoon Kosher salt
- 1/4 teaspoon black pepper
- 1 orange, sliced (optional, for garnish)

Directions

1. Preheat the oven to 425 degrees Fahrenheit.
2. To trim the chicken, lay the chicken thighs on the cutting board, skin side up. Press down on the chicken to push out the excess fat. Use a sharp knife to cut excess fat.
3. Put the chicken, oregano, cumin, lime juice, salt, and pepper in the bowl and mix well. Proceed to the next step or cover and refrigerate up to overnight.
4. Put the contents of the bowl in the baking pan and transfer to the oven.
5. Bake about 1 hour until cooked throughout and well browned.
6. Serve right away.

Source:

USDA Center for Nutrition Policy and Promotion

Nutrition Information

Serving Size: 4 ounces

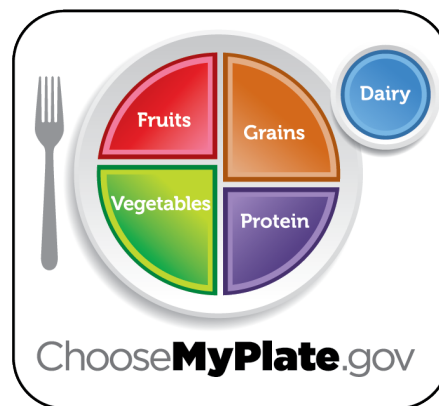
Nutrients	Amount
Total Calories	231
Total Fat	15 g
Saturated Fat	4 g
Cholesterol	133 mg
Sodium	376 mg
Carbohydrates	1 g
Dietary Fiber	0 g
Total Sugars	0 g
Added Sugars included	0 g
Protein	22 g
Vitamin D	0 mcg
Calcium	25 mg
Iron	2 mg
Potassium	282 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Protein Foods

3 ounces



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Black Bean Quesadillas



Makes: 8 Servings

Prep Time: 15 minutes

Enjoy a quesadilla any night of the week! This quesadilla recipe can be served as a tasty lunch, dinner or side dish.

Ingredients

- 3/4 cup chunky salsa (or Pico De Gallo)
- 1 can 15.5 ounce low-sodium black beans (drained and rinsed)
- 2 cups shredded reduced-fat Colby & Monterey Jack cheese
- 2 tablespoons fresh cilantro (finely chopped)
- 4 8 inch flour tortillas
- 1/2 teaspoon extra virgin olive oil

Directions

1. Using a small-hole strainer, drain liquid from salsa; discard liquid.
2. Transfer leftover tomato mixture to a medium bowl.
3. Mix in black beans, cheese, and cilantro until combined.
4. Divide black bean mixture evenly over half of each tortilla (about 1/2 cup each).
5. Fold tortillas in half.
6. Heat large griddle or skillet over medium-high heat.
7. Brush with oil.
8. Place filled tortillas on a griddle.
9. Cook, carefully flipping once, until tortillas are gold brown and crisp and cheese filling melts, about 5 minutes.
10. Cut quesadillas into wedges.

Source:

[The Best of La Cocina Goya: Healthy, Tasty, Affordable Latin Cooking](#)

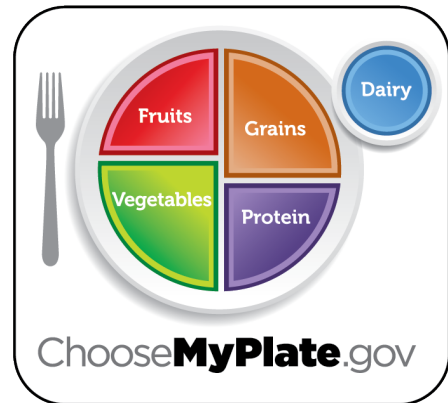
Nutrition Information

Nutrients	Amount
Total Calories	160
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	5 mg
Sodium	490 mg
Carbohydrates	25 g
Dietary Fiber	4 g
Total Sugars	1 g
Added Sugars included	0 g
Protein	7 g
Vitamin D	0 mcg
Calcium	96 mg
Iron	2 mg
Potassium	287 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Vegetables	1/4 cups
■ Grains	1 ounce



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Easy Chicken Pot Pie



Makes: 6 servings

Cook Time: 45 minutes

Leftover chicken and frozen veggies help this chicken pot pie come together quickly.

Ingredients

- 1 2/3 cups frozen mixed vegetables (thawed)
- 1 cup cooked chicken (cut-up)
- 1 can cream of chicken soup, low-fat (10-3/4 ounce, condensed)
- 1 cup baking mix, reduced-fat (example: Bisquick)
- 1/2 cup milk (non-fat)
- 1 egg

Directions

1. Wash hands and any cooking surfaces.
2. Pre-heat oven to 400°F.
3. Mix vegetables, chicken and soup in ungreased, 9-inch pie plate
4. Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.
5. Bake 30 minutes or until golden brown.
6. Let cool for 5 minutes and serve.

Source:

Texas Cooperative Extension, The Texas A&M University System, Expanded Nutrition Program

Nutrition Information

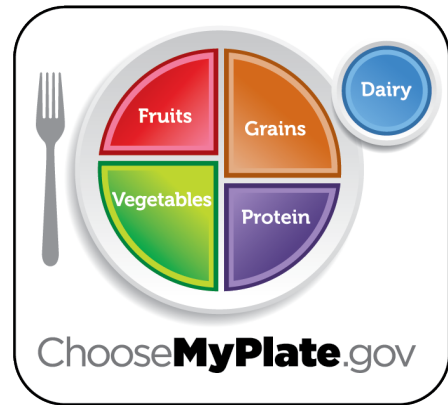
Serving Size: 1/6 of cup (155g)

Nutrients	Amount
Total Calories	189
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	55 mg
Sodium	716 mg
Carbohydrates	26 g
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugars included	9 g
Protein	13 g
Vitamin D	N/A
Calcium	86 mg
Iron	2 mg
Potassium	256 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Vegetables	1/4 cups
■ Grains	1/2 ounces
■ Protein Foods	1 ounces



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Brown Rice with Sizzling Chicken and Vegetables



Makes: 4 Servings

Cook Time: 30 minutes

This rice bowl with vegetables and chicken is simple to prepare and appealing to children and adults alike!

Ingredients

- 3 cups hot cooked brown rice
- 3 tablespoons low-sodium soy sauce
- 1/4 cup water
- 1 tablespoon honey
- 1 tablespoon cornstarch
- 1 1/2 tablespoons canola or corn oil
- 16 ounces boneless chicken breast (cut into 1-inch cubes)
- 2 cloves garlic (minced)
- 1 small white onion, cut into small wedges (about 1/8 inch thick)
- 3 medium carrots, peeled and thinly sliced (1 cup total)
- 1 1/2 cups small broccoli florets
- 1 medium red bell pepper (cut into 1 -inch pieces)

Directions

1. Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside.
2. Heat oil in a wok or large skillet. Add minced garlic; sauté about 1 minutes until garlic is golden.
3. Add chicken; cook about 5-6 minutes, then push chicken to the side.
4. Add onions to center of skillet; cook until slightly tender and push to the side.
5. Continue with carrots, broccoli, and peppers separately, placing each in center of pan, cooking until slightly tender and pushing to the side.
6. Pour soy sauce mixture into center of skillet. Leaving other ingredients and at the sides of the pan, stir sauce until it thickens.
7. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.

Source:

[Meeting Your MyPlate Goals on a Budget](#) Toolkit by MyPlate National Strategic Partners

Nutrition Information

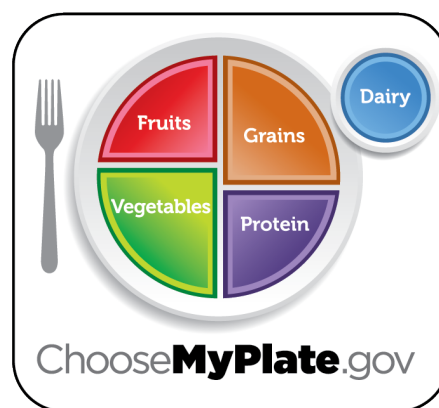
Serving Size: 1/4 of the recipe

Nutrients	Amount
Total Calories	410
Total Fat	10 g
Saturated Fat	2 g
Cholesterol	75 mg
Sodium	580 mg
Carbohydrates	49 g
Dietary Fiber	6 g
Total Sugars	9 g
Added Sugars included	4 g
Protein	30 g
Vitamin D	0 mcg
Calcium	60 mg
Iron	2 mg
Potassium	591 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Vegetables	1 cup
■ Grains	1 1/2 ounces
■ Protein Foods	3 ounces



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Chicken Mole



Makes: 6 servings

Chili powder, cocoa, garlic powder, and peanut butter make a traditional Mexican chicken dish. Serve it with brown rice for a mid-week dinner.

Ingredients

- 1 chicken (fryer, cut into pieces, skin and fat removed)
- 1/4 cup water
- 4 tablespoons chili powder
- 1 teaspoon oregano
- 1 teaspoon cocoa
- 10 tablespoons flour
- 1 teaspoon pepper
- 1 teaspoon garlic powder
- 1 cup water
- 1 tablespoon peanut butter (creamy)
- 5 cups water

Directions

1. Place chicken in a large pot with the 1/4 cup of water. Cover and simmer until tender, about 45 minutes.
2. In a medium bowl, mix chili powder, oregano, cocoa, flour (1/2 cup plus 2 Tablespoons), pepper, and garlic powder along with 1 cup of water.
3. Add mixture from step 2 to chicken in pot, mix well.
4. Add peanut butter and 5 cups of water to chicken in pot; mix well.
5. Bring to a boil.
6. Reduce heat to medium. Cook for 10-15 minutes.
7. Stir and serve immediately.

Source:

Oregon State University Cooperative Extension Service, Pictorial Recipes
Lynn Myers Steele, 2000
Oregon Family Nutrition Program

Nutrition Information

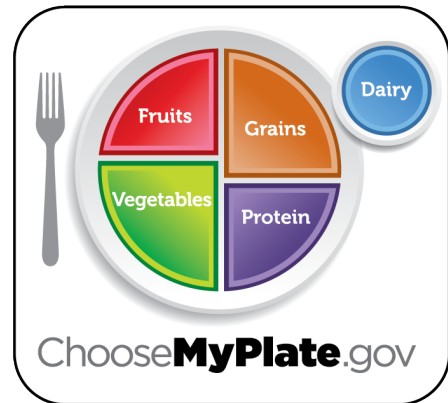
Serving Size: 1/6 of recipe

Nutrients	Amount
Total Calories	425
Total Fat	29 g
Saturated Fat	8 g
Cholesterol	94 mg
Sodium	328 mg
Carbohydrates	14 g
Dietary Fiber	3 g
Total Sugars	1 g
Added Sugars included	0 g
Protein	26 g
Vitamin D	0 mcg
Calcium	47 mg
Iron	3 mg
Potassium	427 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Grains	3/4 ounces
 Protein Foods	4 1/2 ounces



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Crispy Oven-Fried Chicken



Makes: 6 servings

Keep the flavor but cut down on the fat and sodium with this oven-fried chicken recipe. A welcome addition to your next family meal or potluck.

Ingredients

- 1/2 cup milk, non-fat (or buttermilk)
- 1 teaspoon poultry seasoning
- 1 cup cornflakes, crumbled
- 1 1/2 tablespoons onion powder
- 1 1/2 tablespoons garlic powder
- 2 teaspoons black pepper
- 2 teaspoons hot pepper (dried crushed)
- 1 teaspoon ginger (ground)
- 4 chicken breasts, skinless
- 4 chicken drumsticks, skinless
- 1/16 teaspoon paprika (a few shakes of)
- 1 teaspoon vegetable oil (to grease baking pan)

Directions

1. Preheat oven to 350 degrees.
2. Add 1/2 teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs and place in a plastic bag.
4. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika for color.
7. Evenly space chicken on greased baking pan.
8. Cover with aluminum foil and bake for 40 minutes.
9. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The drumsticks may require less baking time than the breasts. Crumbs will form a crispy "skin." (Do not turn chicken during baking.)

Source:

National Heart, Lung and Blood Institute (NHLBI), [Heart Healthy Home Cooking African American Style CHICKEN](#)

Nutrition Information

Serving Size: 1/2 breast of 2 small drumsticks,
1/6 of recipe (192g)

Nutrients Amount

Total Calories **209**

Total Fat **6 g**

Saturated Fat 2 g

Cholesterol 91 mg

Sodium **219 mg**

Carbohydrates **9 g**

Dietary Fiber 1 g

Total Sugars 2 g

Added Sugars included 0 g

Protein **29 g**

Vitamin D 1 mcg

Calcium 54 mg

Iron 3 mg

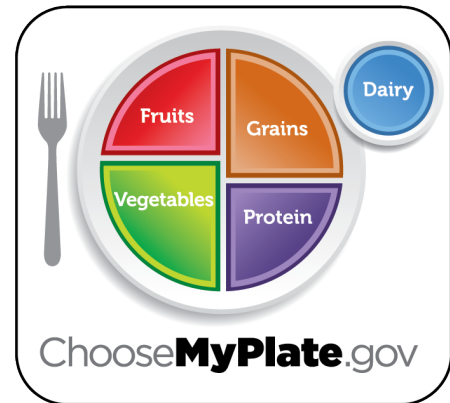
Potassium 349 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Grains 1/4 ounces

■ Protein Foods 3 1/4 ounces



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Scalloped Potatoes and Chicken with Fennel



Makes: 4 Servings

Prep Time: 20 minutes

Cook Time: 40 minutes

We've turned scalloped potatoes into a one-dish meal with the addition of chicken and fennel that's big in flavor but low in fat. The potatoes are first par-boiled in the microwave to reduce baking time.

Ingredients

- 4 medium red potatoes (about 1.5 to 2 pounds)
- 1 fennel bulb with fronds
- 2 garlic cloves (minced)
- 2 large chicken breasts
- cooking spray
- 1 1/2 tablespoons margarine or butter (melted)
- 2 tablespoons flour
- 1 1/2 cups fat-free (skim) milk (divided)
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup reduced-fat sour cream
- 2 tablespoons Parmesan cheese

Directions

1. Place rack in center of oven and preheat to 350°F.
2. Leaving skin on, thinly slice potatoes.
3. Cut stalks and fronds from fennel bulb. Discard stalk. Thinly slice fennel bulb. Chop fennel fronts and set aside.
4. Place potato and fennel slices in 2-quart covered baking dish, and add water to cover vegetables. Cover with lid and microwave on high for about 5 minutes. Let cool slightly and drain vegetables into a colander.
5. Wipe baking dish dry and spray with cooking spray. Add vegetables back to dish and sprinkle with minced garlic.
6. Cut chicken breasts in half (total of four pieces). Place atop the potato-fennel mix.

7. In a bowl, mix melted margarine and flour into a smooth paste. Add 1.25 cups skim milk, salt and pepper, stir until smooth. Pour over chicken, potatoes and fennel. Cover baking dish and place in oven. Bake about 30 minutes.

8. Mix remaining milk with sour cream. Increases oven temperature to 425°F. Remove dish from oven. Spread with sour cream mixture and sprinkle with Parmesan cheese and fennel fronds. Return to oven uncovered and bake an additional 10 minutes until top is golden and bubbling. Internal temperature of chicken should be 165°F.

Source:

Produce For Better Health Foundation

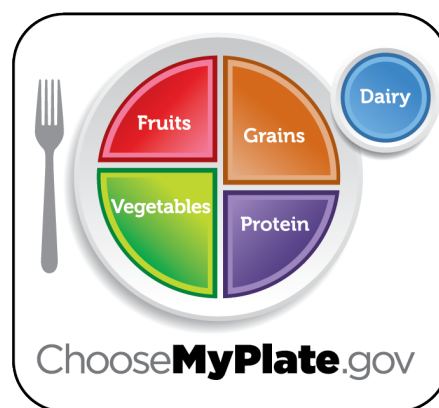
Nutrition Information

Nutrients	Amount
Total Calories	440
Total Fat	13 g
Saturated Fat	5 g
Cholesterol	80 mg
Sodium	410 mg
Carbohydrates	48 g
Dietary Fiber	6 g
Total Sugars	8 g
Added Sugars included	0 g
Protein	34 g
Vitamin D	1 mcg
Calcium	253 mg
Iron	3 mg
Potassium	1395 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Vegetables	2 cups
■ Protein Foods	2 1/2 ounces
■ Dairy	1/2 cups



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Easy Chicken and Dumplings



Makes: 2 servings

These easy dumplings only need 4 ingredients. Drop them into the hot chicken broth mixture and cook them for 15 minutes. What a simple and quick meal for a busy night.

Ingredients

- 1/3 tablespoon flour (all purpose)
- 2 tablespoons water
- 1 cup chicken broth, low-sodium
- 1 cup chicken, cooked and diced
- 1/4 salt (1/4 teaspoon, optional)
- 1 dash black pepper

Dumplings:

- 1/3 cup flour (all purpose)
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 2 tablespoons non-fat milk

Directions

1. Mix 2 tablespoons flour and water in a pan until smooth.
2. Slowly stir in broth.
3. Cook over medium heat until thickened.
4. Add chicken, salt (optional) and pepper.

Make Dumplings:

5. Combine 1/3 cup flour, baking powder, and salt in a small bowl. Stir in milk until dough forms.
6. Drop dumpling dough from a Tablespoon onto gently boiling chicken mixture, making 4 dumplings.
7. Cover pan tightly and cook slowly for 15 minutes without lifting the lid.

Source: University of Illinois, Extension Service,
[Wellness Ways Resource Book](#)

Nutrition Information

Serving Size: 1/2 of recipe (257g)

Nutrients	Amount
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Total Calories	237
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Total Fat	4 g
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Saturated Fat	1 g
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Cholesterol	66 mg
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Sodium	789 mg
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Carbohydrates	24 g
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Dietary Fiber	1 g
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Total Sugars	1 g
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Added Sugars included	0 g
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Protein	26 g
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Vitamin D	0 mcg
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Calcium	101 mg
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Iron	2 mg
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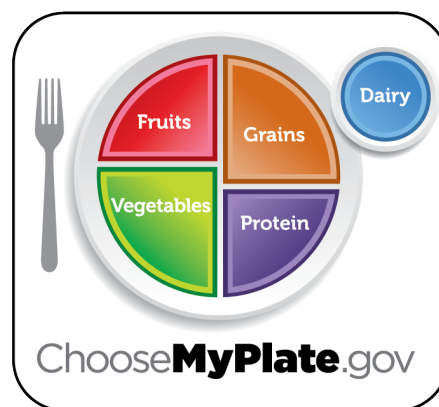
Potassium	407 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Grains	1 3/4 ounces
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 Protein Foods	2 1/4 ounces
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Pineapple Avocado Chicken Salad



Makes: 4 Servings

Prep Time: 20 minutes

Delicious sandwich, wrap or pita filling featuring chunks of avocado, pineapple and chicken. Avocado helps make a creamy, luscious dressing.

Ingredients

- 1 avocado (divided)
- 2 tablespoons non-fat plain Greek yogurt
- 1 tablespoon rice vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

- 1 cup fresh pineapple chunks
- 1 large red bell pepper (chopped)
- 1/2 cup shredded carrots (about 2 carrots)
- 1/2 cup shredded cabbage
- 1 green onion, sliced
- 2 cups cooked, cubed chicken breast (about 8 oz.)
- 4 6 1/2" whole wheat pita pockets (or 8-4" pita pockets)

Directions

1. Mash ½ avocado in a small dish; add yogurt, rice vinegar, salt and pepper.
2. Cut remaining avocado into small chunks and mix together with pineapple, bell pepper, carrots, cabbage, green onion and chicken.
3. Add dressing; mix gently.
4. Fill pita pockets and serve.

Source:

Produce for Better Health

CHICKEN

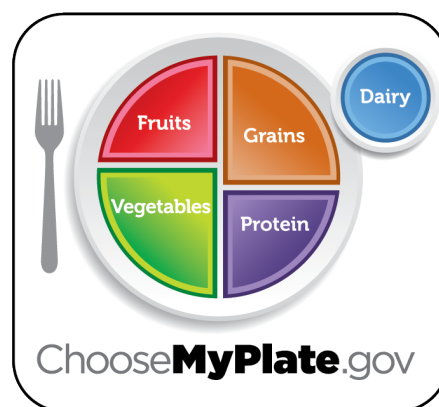
Nutrition Information

Nutrients	Amount
Total Calories	437
Total Fat	10 g
Saturated Fat	2 g
Cholesterol	57 mg
Sodium	883 mg
Carbohydrates	60 g
Dietary Fiber	11 g
Total Sugars	8 g
Added Sugars included	0 g
Protein	31 g
Vitamin D	0 mcg
Calcium	51 mg
Iron	4 mg
Potassium	690 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Fruits	1/4 cups
■ Vegetables	3/4 cups
■ Grains	4 ounces
■ Protein Foods	2 1/2 ounces



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White Chicken Chili



Makes: 6 Servings

Prep Time: 40 minutes

Cook Time: 30 minutes

Ingredients

- 2 tablespoons olive oil
- 2 teaspoons garlic powder
- 1 onion (finely chopped)
- 1/2 teaspoon Pepper, black
- 1 can green chilies, drained, diced (4 oz)
- 2 teaspoons cumin, ground
- 2 cans Great Northern Beans, canned (15.5 ounce can, low sodium)
- 1 1/2 cups chicken (cooked, cubed)
- 1 can chicken broth (14.5 oz can)
- 1/2 cup Monterey Jack cheese, shredded

Directions

1. In a large saucepan, heat oil. Add onion and cook until tender
2. Add green chilies, beans (do not drain), chicken broth, garlic powder, pepper, ground cumin, and chicken. Bring to a boil
3. Reduce heat and simmer for 10 minutes or until desired thickness
4. Serve hot, topped with cheese

Source:

Nebraska Nutrition Education Program Nebraska SNAP-Ed <http://food.unl.edu/white-chicken-chili>

Nutrition Information

Serving Size: 1 1/2 cups

Nutrients	Amount
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Total Calories	317
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Total Fat	10 g
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Saturated Fat	3 g
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Cholesterol	41 mg
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Sodium	810 mg
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Carbohydrates	35 g
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Dietary Fiber	8 g
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Total Sugars	3 g
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Added Sugars included	0 g
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Protein	24 g
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Vitamin D	0 mcg
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Calcium	173 mg
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Iron	4 mg
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Potassium	776 mg
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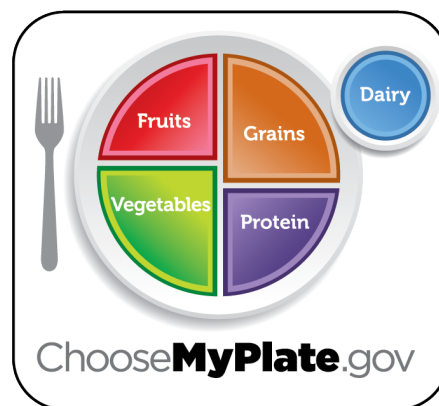
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MyPlate Food Groups

■ Vegetables	1 cups
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■ Protein Foods	4 1/2 ounces
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■ Dairy	1/4 cups
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Chicken Tortilla Casserole



Makes: 4 Servings

Add low-fat dairy to your dinner with this layered casserole that uses both milk and cheese.

Ingredients

- 1 ounce cream of mushroom soup (1 can)
- 1 cup milk, 1%
- 1 1/2 cups chicken, boneless (cut in pieces)
- 1 ounce chopped green chiles, canned (1 can)
- 1 corn tortillas (cut into strips)
- 6 cups cheddar cheese, low-fat, shredded

Directions

1. Mix mushroom soup, milk, chicken, and green chile peppers.
2. Pour 1/3 of the soup mixture into the bottom of a 2-quart baking dish that has been coated with oil or cooking spray
3. Layer half the tortilla strips.
4. Spread 1/3 of the soup mixture on top of the tortillas.
5. Sprinkle on half the cheese.
6. Repeat layers of tortilla strips and soup mix and end with cheese.
7. Baked at 350°F for 1 hour.

Source: ONIE Project - Oklahoma Nutrition Information and Education. [Simple Healthy Recipes](#).

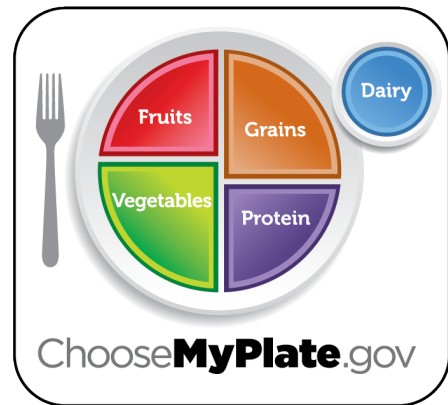
Nutrition Information

Nutrients	Amount
Total Calories	1203
Total Fat	60 g
Saturated Fat	18 g
Cholesterol	118 mg
Sodium	6101 mg
Carbohydrates	109 g
Dietary Fiber	7 g
Total Sugars	46 g
Added Sugars included	0 g
Protein	61 g
Vitamin D	11 mcg
Calcium	1230 mg
Iron	3 mg
Potassium	1945 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Vegetables	3/4 cups
■ Grains	4 1/4 ounces
■ Protein Foods	1 3/4 ounces
■ Dairy	3 3/4 cups



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Crispy Taquitos



Makes: 4 servings

Fresh pico de gallo, cooked chicken, veggies, and cheese combine to make these tasty taquitos that are baked, not fried, for a healthy meal or snack.

Ingredients

- 3 [servings Pico de Gallo](#)
- 1/2 cup chicken (cooked, finely chopped)
- 1/2 cup corn (no salt added, canned or frozen, thawed)
- 1/4 cup green onion (chopped)
- 1/4 cup bell pepper (green, chopped)
- 1/2 cup cheddar cheese (shredded, reduced fat, or Monterey jack or queso fresco)
- 12 corn tortillas
- 2 teaspoons vegetable oil

Directions

1. Heat oven to 425°F. In a medium bowl, combine 1 cup [Pico de Gallo](#), chicken, corn, green onion, bell pepper, and cheese.
2. Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.
3. Place rolled tortillas seam side down on a baking sheet and brush each lightly with oil. Bake for 10 to 15 minutes or until crisp and lightly browned.
4. Place 3 taquitos on each plate and serve with remaining Pico de Gallo.

Source:

California Champions for Change, [Lunch Recipes](#)
[California Department of Public Health, Network for a Healthy California](#)

Nutrition Information

Serving Size: 3 taquitos (283g)

Nutrients	Amount
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Total Calories	249
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Total Fat	6 g
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Saturated Fat	1 g
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Cholesterol	19 mg
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Sodium	204 mg
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Carbohydrates	37 g
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Dietary Fiber	5 g
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Total Sugars	2 g
--------------	-----

Added Sugars included	0 g
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Protein	13 g
----------------	-------------

Vitamin D	0 mcg
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Calcium	124 mg
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Iron	1 mg
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Potassium	269 mg
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Note: only nutrients that are available will show on this display

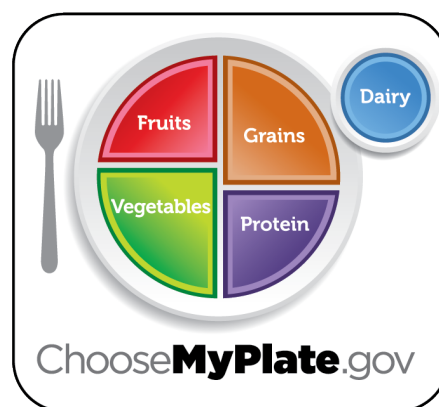
MyPlate Food Groups

■ Vegetables	1/4 cups
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■ Grains	3 ounces
--	----------

■ Protein Foods	1/2 ounces
---	------------

■ Dairy	1/6 cups
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Jamaican Jerk Chicken



Makes: 10 servings

Turn up the heat with this spicy and savory chicken dish! Packed with aromatics and spices this chicken dish is bursting with flavor! Serve with a side of rice and a fresh tossed salad.

Ingredients

- 1/2 teaspoon cinnamon (ground)
- 1 1/2 teaspoons allspice (ground)
- 1 1/2 teaspoons black pepper (ground)
- 1 teaspoon hot pepper (crushed, dried)
- 2 teaspoons oregano (crushed)
- 1 teaspoon hot pepper (chopped)
- 1/3 teaspoon thyme
- 1/2 teaspoon salt
- 6 garlic clove (finely chopped)
- 1 cup onion (pureed or finely chopped)
- 1/4 cup vinegar
- 3 teaspoons brown sugar
- 8 pieces of chicken, skinless (4 drumsicks, 4 breasts)

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine all ingredients except chicken in large bowl. Rub seasonings over chicken and marinate in refrigerator for 6 hours or longer.
3. Space chicken evenly on non-stick or lightly greased baking pan.
4. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an additional 30-40 minutes or until the meat can easily be pulled away from the bone with a fork.

Source: US Department of Health and Human Services
National Institutes of Health
National Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style

Nutrition Information

Serving Size: 1/2 breast or 2 small drumsticks (104g)

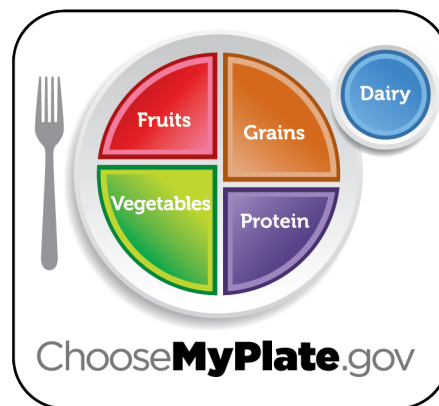
Nutrients	Amount
Total Calories	150
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	68 mg
Sodium	177 mg
Carbohydrates	4 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	1 g
Protein	25 g
Vitamin D	0 mcg
Calcium	31 mg
Iron	1 mg
Potassium	256 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

■ Protein Foods

2 3/4 ounces



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