



EatingWell Favorite Chicken Dinners

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Creamy Chicken Potpie

Makes: 4 servings

Active time: 25 minutes **Total:** 45 minutes

To make ahead: Prepare through Step 3, wrap airtight and freeze for up to 3 months. Do not thaw before baking; bake at 400°F for 50 minutes to 1 hour.

Equipment: four 12-ounce ovenproof baking dishes

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An irresistible crisp (but easy) phyllo crust tops these homey individual chicken potpies. Make a double batch and freeze extras to have on hand anytime. Serve with a butterhead lettuce salad with red onion and white-wine vinaigrette.

- 4 teaspoons extra-virgin olive oil, divided
- 1 pound boneless, skinless chicken breast, trimmed, cut into ½-inch cubes
- 1 cup sliced shallots
- 1 10- or 12-ounce bag frozen mixed vegetables (2-2½ cups), thawed
- ¼ teaspoon dried thyme

- 2 cups reduced-sodium chicken broth, divided
 - ¼ cup cornstarch
 - ¼ cup reduced-fat sour cream
 - ¼ teaspoon salt
 - ¼ teaspoon freshly ground pepper
 - 6 sheets 9-by-14-inch phyllo dough, defrosted (follow package directions)
- Cooking spray (olive oil or canola oil)**

1. Preheat oven to 425°F.
 2. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add chicken; cook, stirring often, until it turns white, 2 to 3 minutes. Remove to a plate. Add the remaining 2 teaspoons oil and shallots, reduce heat to medium and cook, stirring, until slightly softened, 2 to 3 minutes. Stir in vegetables and thyme; cook, stirring occasionally, until hot, 2 to 4 minutes. Pour in 1¾ cups broth and bring to a boil. Whisk the remaining ¼ cup broth and cornstarch in a small bowl and add to the pan. Return to a boil and cook until thickened, about 1 minute. Off the heat, stir in the chicken, sour cream, salt and pepper. Divide the mixture among four 12-ounce ovenproof baking dishes.
 3. Make 2 stacks of 3 sheets of phyllo each, coating each sheet lightly with cooking spray before stacking. Cut the stacks in half crosswise. Drape one half over each baking dish. Tuck in any overhanging edges.
 4. Set the potpies on a baking sheet. Bake until the tops are golden and the filling bubbly, 18 to 20 minutes.
- Per serving:** 382 calories; 11 g fat (3 g sat, 6 g mono); 69 mg cholesterol; 40 g carbohydrate; 0 g added sugars; 30 g protein; 4 g fiber; 660 mg sodium; 618 mg potassium.
- Nutrition bonus:** Vitamin A (83% daily value), Folate (21% dv), Vitamin C (19% dv), Iron & Potassium (18% dv).
- Carbohydrate servings:** 3
- Exchanges:** 2 starch, 1½ vegetables, 3 lean meat, 1 fat

Sweet & Savory Grilled Chicken

Makes: 4 servings

Active time: 5 minutes **Total:** 25 minutes

To make ahead: Store the rub in an airtight container for up to 3 months; coat the chicken with the rub up to 30 minutes before grilling or broiling.

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If you can only find chicken breasts closer to 8- to 9-ounce each, you'll only need 2 breasts for 4 servings—cut each one in half before cooking.

- 2 teaspoons light brown sugar
 - 2 teaspoons dry mustard
 - 1 teaspoon onion powder
 - ½ teaspoon kosher salt
 - ¼ teaspoon white pepper or freshly ground black pepper
- 1-1¼ pounds boneless, skinless chicken breast**

1. Combine brown sugar, dry mustard, onion powder, salt and pepper in a small bowl.
 2. Coat both sides of chicken with the rub up to 30 minutes before grilling or broiling.
 3. Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler.
 4. **To grill:** Oil the grill rack (see *Tip*). Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side.
 5. **To broil:** Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15 minutes total.
- Per serving:** 140 calories; 3 g fat (1 g sat, 1 g mono); 63 mg cholesterol; 3 g carbohydrate; 2 g added sugars; 23 g protein; 0 g fiber; 196 mg sodium; 198 mg potassium.
- Carbohydrate servings:** 0
- Exchanges:** 3 lean meat



Tip: Oiling a grill rack before you grill foods helps ensure that the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)



Buffalo Chicken Casserole

Makes: 8 servings

Active time: 45 minutes **Total:** 1½ hours

To make ahead: In Step 2, cook the noodles 4 minutes less than package directions. Prepare through Step 4, cover and refrigerate for 1 day. Let stand at room temperature for 30 minutes, then bake at 400°F for 45 minutes.

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We took the classic flavors of Buffalo wings—hot sauce, blue cheese, carrots and celery—and created a finger-licking-good casserole. Serve this dish during football season to a hungry crowd and it's sure to be a hit. We don't typically recommend ingredients by brand name, but in this case we make an exception for Frank's RedHot Sauce. It has the perfect balance of spice and tang for this casserole. Texas Pete and Crystal hot sauces are suitable alternatives if you can't find Frank's.

- 12 ounces whole-wheat elbow noodles**
- 2 tablespoons canola oil**
- 3 medium carrots, sliced**
- 3 medium stalks celery, sliced**
- 1 large onion, chopped**

- 1 tablespoon minced garlic**
- 2 pounds boneless, skinless chicken breast, trimmed and cut into 1-inch cubes**
- ⅓ cup cornstarch**
- 4 cups low-fat milk**
- ⅛ teaspoon salt**
- 5 tablespoons hot sauce, preferably Frank's RedHot**
- ¾ cup crumbled blue cheese (about 4 ounces)**

1. Preheat oven to 400°F.
2. Bring a Dutch oven of water to a boil. Cook noodles until barely tender, about 2 minutes less than package directions. Drain, rinse and set aside.
3. Heat oil in the pot over medium heat. Add carrots, celery, onion and garlic and cook until beginning to soften, about 5 minutes. Add chicken and cook until no longer pink on the outside, 5 to 7 minutes. Whisk cornstarch and milk in a medium bowl; add to the pot along with salt. Bring to a boil over medium-high heat, stirring often, until bubbling and thick enough to coat the back of a spoon, about 4 minutes. Remove from the heat and stir in hot sauce.
4. Spread the noodles in a 9-by-13-inch (or similar 3-quart) baking dish. Top with the chicken mixture; sprinkle with blue cheese.
5. Bake the casserole until it is bubbling, about 30 minutes. Let stand for 10 minutes before serving.

Per serving: 441 calories; 12 g fat (5 g sat, 5 g mono); 79 mg cholesterol; 47 g carbohydrate; 0 g added sugars; 37 g protein; 5 g fiber; 671 mg sodium; 619 mg potassium.

Nutrition bonus: Vitamin A (89% daily value), Calcium (28% dv), Magnesium (20% dv), Potassium (18% dv), Zinc (15% dv).

Carbohydrate Servings: 3

Exchanges: 2 starch, 1 vegetable, 3½ lean meat, 1 fat

Chicken & White Bean Salad

Makes: 4 servings, about 2 cups each

Active time: 25 minutes **Total:** 25 minutes

To make ahead: Prepare through Step 2 (omitting basil), cover and refrigerate for up to 2 days. Stir in chopped basil just before serving.

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Zucchini and celery give this chicken-and-bean salad a nice crunch. We like serving it over a bed of slightly bitter escarole and radicchio, but any type of salad greens will work. (Recipe by Nancy Baggett for EatingWell.)

Vinaigrette

- 1 medium clove garlic**
- ¼ teaspoon salt**
- 5 tablespoons extra-virgin olive oil**
- 6 tablespoons fresh orange juice, plus more to taste**
- ¼ cup white-wine vinegar or red-wine vinegar**
- 1 tablespoon Dijon mustard**

Salad

- 1 15-ounce can cannellini or other white beans, rinsed and drained**
- 2½ cups diced cooked chicken breast**
- 2 cups diced zucchini and/or summer squash (about 2 small)**
- 1½ cups diced celery**
- ¼ cup finely diced ricotta salata, halloumi or feta cheese**
- ⅓ cup chopped, well-drained, oil-packed sun-dried tomatoes (optional)**
- 1 cup coarsely chopped fresh basil, plus whole basil leaves for garnish**
- Salt & freshly ground pepper to taste (optional)**
- 2 cups torn escarole or romaine lettuce**
- 2 cups torn radicchio leaves**

1. To prepare vinaigrette: Peel the garlic and smash with the side of a chef's knife. Using a fork, mash the garlic with ¼ teaspoon salt in a small bowl to form a coarse paste. Whisk in 5 tablespoons oil. Add 6 tablespoons orange juice, vinegar and mustard; whisk until well



blended. Taste and whisk in up to 4 tablespoons more juice to mellow the flavor; season with more salt, if desired. Set aside at room temperature.

2. To prepare salad: Combine beans, chicken, zucchini (and/or summer squash), celery, cheese and sun-dried tomatoes (if using) in a large bowl until well blended. Add chopped basil and ¾ cup vinaigrette; toss until combined. Taste and season with salt and/or pepper, if desired.

3. Toss the remaining vinaigrette with escarole (or romaine) and radicchio in a medium bowl. Serve the salad on the greens, garnished with fresh basil leaves.

Per serving: 428 calories; 23 g fat (5 g sat, 15 g mono); 79 mg cholesterol; 24 g carbohydrate; 0 g added sugars; 34 g protein; 8 g fiber; 665 mg sodium; 648 mg potassium.

Nutrition bonus: Vitamin C (47% daily value), Vitamin A (30% dv), Folate (21% dv), Potassium (18% dv).

Carbohydrate servings: 1

Exchanges: 1 starch, 2 vegetable, 4 lean meat, 3 fat

Cornmeal-Crusted Chicken Nuggets with Blackberry Mustard

Makes: 4 servings

Active time: 20 minutes **Total:** 20 minutes

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Tossing chicken tenders with cornmeal gives these chicken nuggets great crunch without deep-frying. Blackberries combined with whole-grain mustard make for a sweet-and-savory dipping sauce.

- 1 cup fresh blackberries or raspberries, finely chopped
- 1½ tablespoons whole-grain mustard
- 2 teaspoons honey
- 1 pound chicken tenders (see *Tip*), cut in half crosswise
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 tablespoons cornmeal
- 1 tablespoon extra-virgin olive oil

1. Mash blackberries (or raspberries), mustard and honey in a small bowl until it looks



like a chunky sauce.

2. Sprinkle chicken tenders with salt and pepper. Place cornmeal in a medium bowl, add the chicken and toss to coat (discard any leftover cornmeal).

3. Heat oil in a large nonstick skillet over medium-high heat. Reduce heat to medium and cook the chicken, turning once or twice, until browned and just cooked through, 6 to 8 minutes total (thinner nuggets will cook faster than thicker ones). Serve the chicken nuggets with the berry mustard.

Per serving: 201 calories; 7 g fat (1 g sat, 4 g mono); 63 mg cholesterol; 9 g carbohydrate; 3 g added sugars; 24 g protein; 2 g fiber; 459 mg sodium; 259 mg potassium.

Carbohydrate servings: 1

Exchanges: 1 starch, 4 lean meat, 1 fat

Tip: Chicken tenders are the lean strips of rib meat typically found attached to the underside of chicken breasts. They can also be purchased separately. Four 1-ounce tenders will yield a 3-ounce cooked portion.

BBQ Chicken Tenders

Makes: about 24 tenders

Active time: 40 minutes **Total:** 1½ hours (including 30 minutes marinating time)

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These crispy chicken “wings,” made with boneless, skinless chicken breast tenders, stay crispy with only a light coating of oil—no deep-frying needed. Serve as an appetizer or try them for dinner with crunchy vegetables and dip on the side.

- 1 cup prepared barbecue sauce
- 2 tablespoons Dijon mustard
- 2 tablespoons honey
- 1½ pounds chicken tenders
- ½ cup all-purpose flour
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 large eggs
- 1¾ cups coarse dry breadcrumbs, preferably whole-wheat (see *Tip*)
- Olive oil or canola oil cooking spray

1. Combine barbecue sauce, mustard and honey in a large bowl. Set aside ½ cup of the sauce in a small bowl. Cut any large chicken tenders in half lengthwise, then add all the tenders to the large bowl with the remaining sauce; stir to coat. Marinate in the refrigerator for 30 minutes to 1 hour.

2. Preheat oven to 450°F. Coat a large rimmed baking sheet with cooking spray.

3. Combine flour, salt and pepper in a shallow dish. Lightly beat eggs in another shallow dish. Place breadcrumbs in a third shallow dish. Coat each tender in flour, shaking off any excess. Dip in egg and let any excess drip off. Then roll in the breadcrumbs, shaking off any excess. Place the tenders on the prepared baking sheet. Generously coat both sides of each tender with cooking spray.

4. Bake for 10 minutes. Turn each tender over and continue baking until the outside is crisp and the tenders are cooked through, about 10 minutes more. Serve with the reserved sauce for dipping.



Per tender: 67 calories; 1 g fat (0 g sat, 0 g mono); 27 mg cholesterol; 8 g carbohydrate; 2 g added sugars; 8 g protein; 1 g fiber; 141 mg sodium; 8 mg potassium.

Carbohydrate servings: ½

Exchanges: ½ starch, 1 lean meat

Tip: To make your own breadcrumbs, trim crusts from firm sandwich bread. Tear the bread into pieces and process in a food processor until coarse crumbs form. (To make fine dry breadcrumbs, process until very fine.) Spread on a baking sheet and bake at 250°F until dry, about 10 to 15 minutes. One slice of bread makes about ½ cup dry breadcrumbs.



Quick Roast Chicken & Root Vegetables

Makes: 4 servings

Active time: 45 minutes **Total:** 45 minutes

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This technique of starting bone-in chicken breasts on the stovetop and finishing them in a hot oven with vegetables gets a hearty dinner on the table in a hurry. While everything roasts, there's time to make a quick pan sauce with shallot and Dijon mustard.

- 1 pound turnips, peeled and cut into ½-inch chunks
- 1 pound baby potatoes, quartered
- 2 tablespoons extra-virgin olive oil, divided
- 1 tablespoon chopped fresh marjoram or 1 teaspoon dried
- ¾ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- ¼ cup all-purpose flour
- 1 cup reduced-sodium chicken broth
- 2 bone-in chicken breasts (12 ounces each), skin and fat removed, cut in half crosswise

- 1 large shallot, chopped
- 1 tablespoon Dijon mustard
- 2 teaspoons red- or white-wine vinegar

1. Preheat oven to 500°F.
 2. Toss turnips, potatoes, 1 tablespoon oil, marjoram, ½ teaspoon salt and ¼ teaspoon pepper together in a medium bowl. Spread in an even layer on a large baking sheet. Roast for 15 minutes.
 3. Meanwhile, place flour in a shallow dish. Transfer 2 teaspoons of the flour to a small bowl and whisk in broth; set aside. Season chicken with the remaining ¼ teaspoon salt and ¼ teaspoon pepper. Dredge the chicken in the flour, shaking off excess. (Discard any leftover flour.)
 4. Heat the remaining 1 tablespoon oil in a large skillet over medium heat. Add the chicken, skinned-side down, and cook until well browned on the bottom, about 5 minutes. Remove from the heat.
 5. After the vegetables have been roasting for 15 minutes, stir them and place one piece of chicken, skinned-side up, in each corner of the baking sheet. (Set the skillet aside.) Return the vegetables and chicken to the oven and roast until the chicken is cooked through and the vegetables are tender, about 20 minutes more.
 6. When the chicken and vegetables have about 10 minutes left, return the skillet to medium heat. Add shallot and cook, stirring, until fragrant, about 1 minute. Whisk the reserved broth mixture again, add to the pan and bring to a boil. Cook, stirring occasionally, until reduced by about half, about 8 minutes. Stir in mustard and vinegar. Serve the chicken and vegetables with the sauce.
- Per serving:** 332 calories; 10 g fat (2 g sat, 6 g mono); 72 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 31 g protein; 4 g fiber; 784 mg sodium; 1,037 mg potassium.
- Nutrition bonus:** Vitamin C (59% daily value), Potassium (30% dv), Magnesium (17% dv).
- Carbohydrate servings:** 2
- Exchanges:** 1 starch, 1½ vegetable, 3½ lean meat, 1½ fat

Chicken & Spinach Soup with Fresh Pesto

Makes: 5 servings, about 1½ cups each

Active time: 30 minutes **Total:** 30 minutes

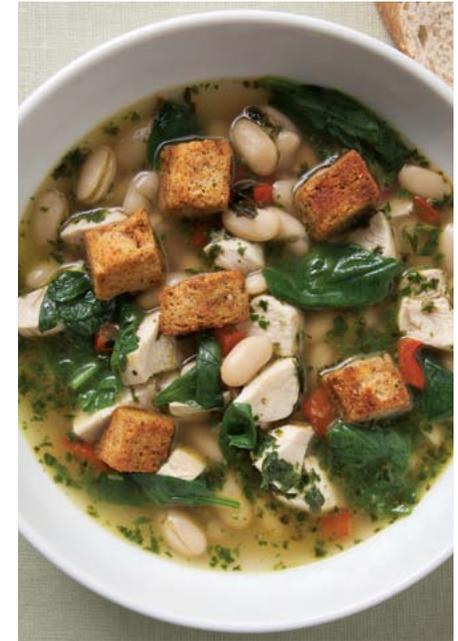
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This fragrant, Italian-flavored soup takes advantage of quick-cooking ingredients—boneless, skinless chicken breast, bagged baby spinach and canned beans. It features a simple homemade basil pesto swirled in at the end to add a fresh herb flavor. If you are very pressed for time, you can substitute 3 to 4 tablespoons of a store-bought basil pesto.

Recipe by Nancy Baggett for EatingWell.

- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
- ½ cup chopped carrot or diced red bell pepper
- 1 large boneless, skinless chicken breast (about 8 ounces), cut into quarters
- 1 large clove garlic, minced
- 5 cups reduced-sodium chicken broth
- 1½ teaspoons dried marjoram
- 6 ounces baby spinach, coarsely chopped
- 1 15-ounce can cannellini beans or great northern beans, rinsed
- ¼ cup grated Parmesan cheese
- ⅓ cup lightly packed fresh basil leaves
- Freshly ground pepper to taste
- ¾ cup plain or herbed multigrain croutons for garnish (optional)

1. Heat 2 teaspoons oil in a large saucepan or Dutch oven over medium-high heat. Add carrot (or bell pepper) and chicken; cook, turning the chicken and stirring frequently, until the chicken begins to brown, 3 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth and marjoram; bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the chicken is cooked through, about 5 minutes.
2. With a slotted spoon, transfer the chicken pieces to a clean cutting board to cool. Add spin-



ach and beans to the pot and bring to a gentle boil. Cook for 5 minutes to blend the flavors.

3. Combine the remaining 1 tablespoon oil, Parmesan and basil in a food processor (a mini processor works well). Process until a coarse paste forms, adding a little water and scraping down the sides as necessary.
4. Cut the chicken into bite-size pieces. Stir the chicken and pesto into the pot. Season with pepper. Heat until hot. Garnish with croutons, if desired.

Per serving: 204 calories; 8 g fat (2 g sat, 4 g mono); 29 mg cholesterol; 16 g carbohydrate; 0 g added sugars; 18 g protein; 6 g fiber; 691 mg sodium; 530 mg potassium.

Nutrition bonus: Vitamin A (111% daily value), Folate & Vitamin C (20% dv).

Carbohydrate servings: ½

Exchanges: 1 starch, 1 vegetable, 2 lean meat, 1 fat



Lemon Chicken Stir-Fry

Makes: 4 servings, about 1½ cups each
Active time: 40 minutes **Total:** 40 minutes

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Spiked with lots of zesty lemon, this delectable chicken stir-fry has a colorful mix of snow peas, carrots and scallions. But feel free to substitute other thinly sliced vegetables, such as bell peppers or zucchini.

- 1 lemon
- ½ cup reduced-sodium chicken broth
- 3 tablespoons reduced-sodium soy sauce
- 2 teaspoons cornstarch
- 1 tablespoon canola oil
- 1 pound boneless, skinless chicken breasts, trimmed and cut into 1-inch pieces
- 10 ounces mushrooms, halved or quartered
- 1 cup diagonally sliced carrots (¼ inch thick)
- 2 cups snow peas (6 ounces), stems and strings removed
- 1 bunch scallions, cut into 1-inch pieces, white and green parts divided
- 1 tablespoon chopped garlic

1. Grate 1 teaspoon lemon zest and set aside. Juice the lemon and whisk 3 tablespoons of the juice with broth, soy sauce and cornstarch in a small bowl.

2. Heat oil in a large skillet over medium-high heat. Add chicken and cook, stirring occasionally, until just cooked through, 4 to 5 minutes. Transfer to a plate with tongs. Add mushrooms and carrots to the pan and cook until the carrots are just tender, about 5 minutes. Add snow peas, scallion whites, garlic and the reserved lemon zest. Cook, stirring, until fragrant, 30 seconds. Whisk the broth mixture and add to the pan; cook, stirring, until thickened, 2 to 3 minutes. Add scallion greens and the chicken and any accumulated juices; cook, stirring, until heated through, 1 to 2 minutes.

Per serving: 223 calories; 7 g fat (1 g sat, 3 g mono); 63 mg cholesterol; 14 g carbohydrate; 0 g added sugars; 28 g protein; 3 g fiber; 555 mg sodium; 716 mg potassium.

Nutrition bonus: Vitamin A (120% daily value), Vitamin C (62% dv), Potassium (21% dv), Iron (15% dv).

Carbohydrate servings: 1

Exchanges: 2 vegetable, 3 lean meat, 1 fat

Braised Paprika Chicken

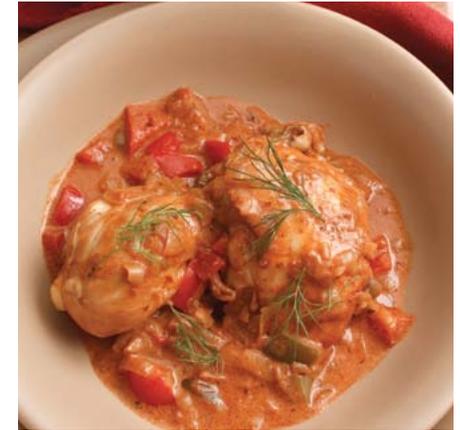
Makes: 6 servings

Active time: 1 hour **Total:** 1 hour 55 minutes

To make ahead: Prepare through Step 3, cool to room temperature and refrigerate for up to 1 day. Finish with Steps 4-5 before serving.

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Sweet Hungarian paprika gives this creamy braised chicken the best flavor. This is a good “pantry dish” since you should have the basics on hand and only need to purchase the chicken. Serve with whole-wheat orzo flavored with minced parsley or dill.



3-3½ pounds bone-in chicken pieces
 (thighs, drumsticks *and/or* breasts),
 skin removed, trimmed (see *Tip*)

- ¾ teaspoon coarse salt, divided
- ½ teaspoon freshly ground pepper
- 2 tablespoons canola oil
- 1 tablespoon butter
- 4 cups finely diced onions
- Pinch of sugar
- 1 cup diced red bell pepper
- ½ cup diced green bell pepper
- 2 tablespoons tomato paste
- 2 tablespoons sweet paprika
- 1 teaspoon crushed red pepper
- 1 teaspoon dried marjoram
- 1 cup reduced-sodium chicken broth
- ½ cup reduced-fat sour cream
- 1 tablespoon all-purpose flour
- 2 tablespoons finely minced fresh parsley, dill *and/or* chives

1. Pat chicken pieces dry with paper towels and season with ½ teaspoon salt and pepper.
2. Heat oil and butter in a large heavy casserole or Dutch oven over medium heat. Add onions and sprinkle with sugar. Cook, stirring frequently, until the onions are very soft and light brown, 10 to 15 minutes.
3. Stir in bell peppers, tomato paste, paprika and crushed red pepper. Add the chicken and stir it gently into the onion mixture. Sprinkle with marjoram and add broth. Cover the pot with a tight-fitting lid and simmer over

medium-low heat until the chicken is very tender, about 50 minutes.

4. Just before the chicken is done, whisk sour cream, flour and the remaining ¼ teaspoon salt in a small bowl until smooth.

5. When the chicken is done, remove it to a plate. Stir the sour cream mixture into the sauce; return to a simmer and cook, stirring, until the sauce coats the spoon. Reduce heat to low, return the chicken to the sauce and reheat, about 1 minute. Serve garnished with parsley, dill *and/or* chives, if desired.

Per serving: 342 calories; 14 g fat (4 g sat, 6 g mono); 123 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 36 g protein; 4 g fiber; 363 mg sodium; 682 mg potassium.

Nutrition bonus: Vitamin C (90% daily value), Vitamin A (50% dv), Potassium (20% dv).

Carbohydrate servings: 1

Exchanges: 2 vegetable, 4 lean meat, 1 fat

Tip: If you are using a combination of thighs, drumsticks and breasts, cut each breast in half crosswise to make pieces about the size of a thigh. And if you buy whole legs, separate the drumsticks and thighs. When the pieces are about the same size, they'll cook at about the same rate.

Cheesy Chicken Pasta

Makes: 6 servings, about 1½ cups each

Active time: 35 minutes **Total:** 35 minutes

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This ooey-goey pasta dish is a crowd-pleaser for adults and kids alike—think rich and creamy macaroni-and-cheese tossed with cauliflower and chicken. Serve with a spinach salad.

- 8 ounces whole-wheat penne
- 2 cups ½-inch cauliflower florets
- 1 tablespoon extra-virgin olive oil
- ½ cup finely chopped onion
- ½ cup dry white wine
- 3 cups low-fat milk
- 3 tablespoons all-purpose flour
- ¾ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 cup shredded Gruyère or Swiss cheese
- 3 cups shredded cooked chicken or turkey (12 ounces)
- 1 teaspoon Dijon mustard
- 2 tablespoons chopped fresh chives or scallion greens

1. Bring a large pot of water to a boil. Add

pasta and cook for 5 minutes. Add cauliflower florets and cook until the pasta and florets are tender, about 4 minutes more. Drain, rinse and return to the pot.

2. Meanwhile, heat oil in a large saucepan over medium heat. Add onion and cook, stirring, until tender, 2 to 3 minutes. Add wine and cook until reduced slightly, about 1 minute. Whisk milk, flour, salt and pepper together in a medium bowl and add to the pan. Bring to a boil over medium-high heat, stirring frequently. Cook, stirring, until thickened, about 1 minute. Reduce heat to low and stir in cheese until smooth. Stir chicken (or turkey) and mustard into the cheese sauce; cook until heated through, about 2 minutes.

3. Stir the sauce into the drained pasta and cauliflower. Serve sprinkled with chives (or scallion greens).

Per serving: 429 calories; 13 g fat (5 g sat, 5 g mono); 74 mg cholesterol; 42 g carbohydrate; 0 g added sugars; 33 g protein; 5 g fiber; 479 mg sodium; 666 mg potassium.

Nutrition bonus: Vitamin C (38% daily value), Calcium (35% dv), Potassium (20% dv).

Carbohydrate Servings: 2½

Exchanges: 2 starch, 1 vegetable, ½ low-fat milk, 3 lean meat



Chicken Breasts with Mushroom Cream Sauce

Makes: 2 servings

Active time: 30 minutes **Total:** 30 minutes

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The secret to a good cream sauce is always the same: not too much cream or it can be overpowering, masking the more delicate flavors. This cream sauce contains a bountiful amount of mushrooms and is served over chicken breasts.

- 2 5-ounce boneless, skinless chicken breasts, trimmed and tenders removed (see Tip)
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 1 tablespoon canola oil
- 1 medium shallot, minced
- 1 cup thinly sliced shiitake mushroom caps
- 2 tablespoons dry vermouth or dry white wine
- ¼ cup reduced-sodium chicken broth
- 2 tablespoons heavy cream
- 2 tablespoons minced fresh chives or scallion greens

1. Season chicken with pepper and salt on both sides.

2. Heat oil in a medium skillet over medium heat. Add the chicken and cook, turning once or twice and adjusting the heat to prevent burning, until brown and an instant-read thermometer inserted into the thickest part registers 165°F, 12 to 16 minutes. Transfer to a plate and tent with foil to keep warm.

3. Add shallot to the pan and cook, stirring, until fragrant, about 30 seconds. Add mushrooms; cook, stirring occasionally, until tender, about 2 minutes. Pour in vermouth (or wine); simmer until almost evaporated, scraping up any browned bits, about 1 minute. Pour in broth and cook until reduced by half, 1 to 2 minutes. Stir in cream and chives (or scallions); return to a simmer. Return the chicken to the pan, turn to coat with sauce



and cook until heated through, about 1 minute.

Per serving: 274 calories; 15 g fat (5 g sat, 7 g mono); 83 mg cholesterol; 5 g carbohydrate; 0 g added sugars; 25 g protein; 1 g fiber; 425 mg sodium; 403 mg potassium.

Carbohydrate servings: 0

Exchanges: 1 vegetable, 3 lean meat, 2 fat

Tip: It's difficult to find an individual chicken breast small enough for one portion. Removing the thin strip of meat from the underside of a 5-ounce breast—the “tender”—removes about 1 ounce of meat and yields a perfect 4-ounce portion. Wrap and freeze the tenders and when you have gathered enough, use them in a stir-fry or for oven-baked chicken fingers or nuggets, like those on page 4.



Chicken Piccata with Pasta & Mushrooms

Makes: 4 servings

Active time: 40 minutes **Total:** 40 minutes

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Our chicken piccata, served over whole-wheat pasta, has a rich lemon-caper sauce that's made with extra-virgin olive oil and just a touch of butter for flavor.

- 6 ounces whole-wheat angel hair pasta**
- 1/3 cup all-purpose flour, divided**
- 2 cups reduced-sodium chicken broth**
- 1/2 teaspoon salt, divided**
- 1/4 teaspoon freshly ground pepper**
- 4 chicken cutlets (3/4-1 pound total), trimmed**
- 3 teaspoons extra-virgin olive oil, divided**
- 1 10-ounce package mushrooms, sliced**

- 3 large cloves garlic, minced**
- 1/2 cup white wine**
- 2 tablespoons lemon juice**
- 1/4 cup chopped fresh parsley**
- 2 tablespoons capers, rinsed**
- 2 teaspoons butter**

1. Bring a large pot of water to a boil. Add pasta and cook until just tender, 4 to 6 minutes or according to package directions. Drain and rinse.

2. Meanwhile, whisk 5 teaspoons flour and broth in a small bowl until smooth. Place the remaining flour in a shallow dish. Season chicken with 1/4 teaspoon salt and pepper and dredge both sides in the flour. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add the chicken and cook until browned and no longer pink in the middle, 2 to 3 minutes per side. Transfer to a plate; cover and keep warm.

3. Heat the remaining 1 teaspoon oil in the pan over medium-high heat. Add mushrooms and cook, stirring, until they release their juices and begin to brown, about 5 minutes. Transfer to a plate. Add garlic and wine to the pan and cook until reduced by half, 1 to 2 minutes. Stir in the reserved broth-flour mixture, lemon juice and the remaining 1/4 teaspoon salt. Bring to a simmer and cook, stirring, until the sauce is thickened, about 5 minutes.

4. Stir in parsley, capers, butter and the reserved mushrooms. Measure out 1/2 cup of the mushroom sauce. Toss the pasta in the pan with the remaining sauce. Serve the pasta topped with the chicken and the reserved sauce.

Per serving: 381 calories; 8 g fat (2 g sat, 4 g mono); 52 mg cholesterol; 45 g carbohydrate; 0 g added sugars; 29 g protein; 6 g fiber; 665 mg sodium; 634 mg potassium.

Nutrition bonus: Magnesium (24% daily value), Iron (20% dv), Potassium & Vitamin C (19% dv), Folate (18% dv).

Carbohydrate servings: 2 1/2

Exchanges: 2 1/2 starch, 1/2 vegetable, 2 1/2 lean meat

Simple Roast Chicken

Makes: 8 servings

Active time: 15 minutes **Total:** 2 hours 20 minutes

Equipment: Kitchen string

Heart Health Diabetes Weight Loss Gluten Free

There's no reason to get overly fussy with complicated techniques for a flavorful, rich and simple roast chicken, the ultimate comfort food.

- 1 small onion, peeled and quartered**
- 3 cloves garlic, peeled and quartered**
- 3 sprigs fresh tarragon**
- 3 sprigs fresh thyme**
- 1 5-pound chicken, giblets removed**
- 2 tablespoons extra-virgin olive oil**
- 1 teaspoon kosher salt**
- 1/2 teaspoon freshly ground pepper**

1. Preheat oven to 375°F.

2. Place onion, garlic, tarragon and thyme

into the cavity of the chicken. Tie the legs together with kitchen string, mostly closing the cavity opening. Pull the wings so the tips overlap on top of the breast; tie in place, wrapping string around the wings and body. Rub the chicken with oil, salt and pepper. Set in a roasting pan, breast-side down.

3. Roast the chicken for 25 minutes. Turn breast-side up and continue roasting, basting occasionally with pan juices, until a thermometer inserted into the thickest part of the thigh, without touching bone, registers 175°F, 1 1/4 to 1 1/2 hours. Transfer to a cutting board; let rest for 10 minutes. Remove the string before carving.

Per 3-oz. serving (without skin): 294 calories; 10 g fat (2 g sat, 5 g mono); 150 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 47 g protein; 0 g fiber; 465 mg sodium; 575 mg potassium.

Nutrition bonus: Selenium (30% daily value).

Carbohydrate servings: 0

Exchanges: 3 lean meat



About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...

Heart Health has limited saturated fat.

Diabetes is low in calories and meets limits for Carbohydrate Servings.

Weight Loss has reduced calories (and limited saturated fat).

Gluten Free does not contain wheat, rye, barley or oats.
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)