



*Chicken for
Dinner*



Spice up your week

Tired of answering the question, "What's for dinner?" Spice up your weekly meal planning with these protein-rich plates that will please the whole family.



Tuscan Chicken

Troy, AL

Tuscan Chicken

Prep Time: 10 min Total Time: 55 min Serves: 4

Ingredients

12 chicken tenders
2 tablespoons oil
½ cup yellow onion
¼ teaspoon chopped garlic
½ tablespoon chicken soup base
1 cup diced canned tomatoes
¼ teaspoon paprika
¼ teaspoon black pepper
4 whole grain dinner rolls

Directions

- 1.** Put chicken tenders on baking sheet and cook at 350° F for 30 minutes or until they reach 165° F. Put in warmer until ready to serve.
- 2.** In a saucepan heat oil. Add onions and sauté until they are tender; add garlic and cook 1 minute longer.
- 3.** Add chicken base, tomatoes with juice, paprika and pepper. Bring to a boil, then reduce heat; cover and simmer for 12-15 minutes.
- 4.** Serve chicken with sauce for dipping and a whole grain roll on the side.
- 5.** Serve and enjoy!

**HAITIAN
SPICE
CHICKEN**

CHICAGO, IL

HAITIAN SPICE CHICKEN

SERVES: 4

INGREDIENTS

- 8 chicken drumsticks
- 2 cups brown rice
- 1 cup black beans
- ½ cup canned pineapple chunks (1 cup juice reserved)
- 4 tablespoons soy sauce
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon allspice
- 1 teaspoon turmeric

DIRECTIONS

- 1 Combine cumin, garlic powder, allspice, 1 cup of reserved pineapple juice and 2 tablespoons soy sauce in a pan. Add drumsticks and toss to coat. Marinate overnight.
- 2 Remove chicken from marinade and place chicken in a baking dish. Bake at 350 degrees until internal temperature reaches 165 degrees (about 25 minutes).
- 3 Meanwhile, boil rice in 1 cup of water for 15 minutes. Remove from heat and cover.
- 4 In a separate pan, combine beans and remaining soy sauce. Cook at low heat for 5 minutes.
- 5 Add turmeric to rice and fluff with fork. Add beans and pineapple to rice and mix to combine.
- 6 Serve and enjoy!

**CHICKEN GYRO
WITH TZATZIKI
SAUCE**

JACKSONVILLE, FL

CHICKEN GYRO WITH TZATZIKI SAUCE

PREP TIME: 10 MIN TOTAL TIME: 30 MIN SERVES: 4

INGREDIENTS

Ingredients

- 2 tablespoons canola oil
- 14 ounces frozen, unbreaded chicken strips
- ½ cup sliced green bell pepper
- ¾ teaspoon granulated garlic
- 1 tablespoon minced cilantro
- 2 cups romaine lettuce
- 1 ½ cucumbers
- ½ cup plain yogurt
- 1 ½ teaspoons ground black pepper
- 4 9-inch whole grain flour tortillas

DIRECTIONS

- 1 Warm skillet over medium heat; add oil, chicken, peppers and granulated garlic. Sauté until peppers are tender. Add cilantro.
- 2 Roll up lettuce and shred into thin pieces. Set aside.
- 3 Thinly slice cucumbers and place in medium bowl; add yogurt and pepper, and mix until completely combined.
- 4 Place tortillas in 350-degree oven until they are tender (about 30 seconds).
- 5 Top each tortilla with lettuce, chicken and peppers, and finally the sauce, then fold the tortilla in half.
- 6 Serve and enjoy!

Chicken Alfredo with Penne and Vegetables

Owensboro, KY

Chicken Alfredo with Penne and Vegetables

prep time: 10 min total time: 45 min serves: 4

ingredients

½ cup broccoli florets, sliced
½ cup baby carrots
½ cup green peppers, chopped
½ cup cherry tomatoes, halved
½ teaspoon Italian seasoning
1 teaspoon crushed red pepper
4 ounces whole grain penne
8 ounces diced chicken, cooked
6 ounces reduced fat Alfredo sauce
4 whole grain breadsticks

directions

1. Preheat oven to 425° F. Set a steamer basket in a large saucepan. Add water to just below the basket. Set over high heat and bring water to a boil. Steam broccoli for 5 minutes or until tender.
2. Combine carrots, peppers, tomatoes, Italian seasoning and red pepper. Spray lightly with pan coating and toss to coat. Spread evenly on a baking sheet. Bake for 30 minutes, stirring once.
3. Meanwhile, boil 4 quarts of water in a large pot. Add pasta and cook 12-14 minutes or until al dente. Drain and set aside.
4. Put chicken and Alfredo sauce into now empty pot. Cook over medium heat until chicken reaches an internal temperature of 145° F. Add pasta back to pot along with broccoli and veggies. Toss gently and continue cooking until heated through.
5. Serve warm with a breadstick on the side.