



EatingWell Quick Chicken Recipes

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EatingWell®

Sweet & Savory Grilled Chicken

Chicken & Sun-Dried Tomato Orzo

Makes: 4 servings

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

Heart Health Diabetes Weight Loss Gluten Free

Sun-dried tomatoes and Romano cheese pack a flavorful punch along with the tantalizing aroma of fresh marjoram in this rustic Italian-inspired dish. Serve with sautéed fresh spinach or steamed broccolini.

- 8 ounces orzo, preferably whole-wheat**
- 1 cup water**
- ½ cup chopped sun-dried tomatoes (not oil-packed), divided**
- 1 plum tomato, diced**
- 1 clove garlic, peeled**
- 3 teaspoons chopped fresh marjoram, divided**
- 1 tablespoon red-wine vinegar**
- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided**
- 4 boneless, skinless chicken breasts, trimmed (1-1¼ pounds)**
- ¼ teaspoon salt**
- ¼ teaspoon freshly ground pepper**
- 1 9-ounce package frozen artichoke hearts, thawed**
- ½ cup finely shredded Romano cheese, divided**

1. Cook orzo in a large saucepan of boiling water until just tender, 8 to 10 minutes or according to package directions. Drain and rinse.

2. Meanwhile, place 1 cup water, ¼ cup sun-dried tomatoes, plum tomato, garlic, 2 teaspoons marjoram, vinegar and 2 teaspoons oil in a blender. Blend until just a few chunks remain.

3. Season chicken with salt and pepper on both sides. Heat remaining 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken and cook, adjusting the heat as necessary to prevent burning, until golden outside and no longer pink in the middle, 3 to 5 minutes per side. Transfer to a plate; tent with foil to keep warm.

4. Pour the tomato sauce into the pan and bring to a boil. Measure out ½ cup sauce to a small bowl. Add the remaining ¼ cup sun-dried tomatoes to the pan along with the orzo, artichoke hearts and 6 tablespoons cheese. Cook, stirring, until heated through, 1 to 2 minutes. Divide among 4 plates.

5. Slice the chicken. Top each portion of pasta with sliced chicken, 2 tablespoons of the reserved tomato sauce and a sprinkling of the remaining cheese and marjoram.

Per serving: 457 calories; 12 g fat (3 g sat, 6 g mono); 68 mg cholesterol; 54 g carbohydrate; 0 g added sugars; 36 g protein; 10 g fiber; 372 mg sodium; 546 mg potassium.

Nutrition bonus: Folate (34% daily value), Iron (25% dv), Potassium (16% dv), Calcium & Vitamin C (15% dv).





Chopped Greek Salad with Chicken

Makes: 4 servings, about 3 cups each

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

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Chicken turns this Greek-inspired salad into a substantial main course. Feel free to substitute other chopped fresh vegetables, such as broccoli or bell peppers, for the tomatoes or cucumber. Use leftover chicken, store-roasted chicken or quickly poach a couple boneless, skinless chicken breasts while you prepare the rest of the salad.

- 1/3 cup red-wine vinegar
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh dill or oregano or 1 teaspoon dried
- 1 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 6 cups chopped romaine lettuce
- 2 1/2 cups chopped cooked chicken (about 12 ounces; see *Tip*)
- 2 medium tomatoes, chopped
- 1 medium cucumber, peeled, seeded and chopped
- 1/2 cup finely chopped red onion
- 1/2 cup sliced ripe black olives
- 1/2 cup crumbled feta cheese

Whisk vinegar, oil, dill (or oregano), garlic powder, salt and pepper in a large bowl. Add lettuce, chicken, tomatoes, cucumber, onion, olives and feta; toss to coat.

Per serving: 343 calories; 18 g fat (5 g sat, 7 g mono); 89 mg cholesterol; 11 g carbohydrate; 0 g added sugars; 31 g protein; 3 g fiber; 618 mg sodium; 656 mg potassium.

Nutrition bonus: Vitamin A (140% daily value), Vitamin C (45% dv), Folate (31% dv), Potassium (19% dv), Calcium (15% dv).

Carbohydrate servings: 1

Exchanges: 2 vegetable, 3 1/2 lean meat, 2 fat

Tip: If you don't have cooked chicken, poach 1 pound chicken breasts for this recipe. Place boneless, skinless chicken breasts in a medium skillet or saucepan. Add lightly salted water (or chicken broth) to cover and bring to a boil. Cover, reduce heat to low and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 15 minutes.

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 spinach 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; 529 mg potassium.

Nutrition bonus: Vitamin A (110% daily value), Folate & Vitamin C (20% dv).

Carbohydrate servings: ½

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





Paprika-Herb Rubbed 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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A simple combination of herbes de Provence, paprika, salt and pepper makes a flavorful rub for chicken, or try it with steak or tofu.

- 1 **tablespoon herbes de Provence** (see *Tips*)
- 2 **teaspoons paprika**
- ½ **teaspoon kosher salt**
- ¼ **teaspoon freshly ground pepper**
- 1-1¼ **pounds boneless, skinless chicken breast** (see *Tips*)

1. Combine herbes de Provence, paprika, 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 *Tips*). Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side. **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: 127 calories; 3 g fat (1 g sat, 1 g mono); 63 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 23 g protein; 1 g fiber; 196 mg sodium; 223 mg potassium.

Carbohydrate servings: 0

Exchanges: 3 lean meat

Tips:

Herbes de Provence is a mixture of dried herbs commonly used in the south of France. You can find commercial mixtures in well-stocked supermarkets, in the bulk spice section at some natural foods stores and/or gourmet markets. It's also easy to make your own. Mix 1 tablespoon each (or equal proportions) dried thyme, rosemary, oregano, marjoram and savory in a small jar. If desired, add a pinch of dried lavender and crushed aniseed.

It's difficult to find an individual chicken breast small enough for one portion. Removing the thin strip of meat from the under-side of a 5-ounce breast—the chicken 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. 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.

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.)

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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This sweet and savory rub for grilled chicken relies on ingredients you most likely have on hand already—brown sugar, dry mustard and onion powder—making it a quick recipe for a night when you're not sure what you're making for dinner.

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 (see *Tips*)

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 *Tips*). Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side. **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

Tips:

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 chicken 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. 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.

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.)





Sicilian Olive Chicken

Makes: 4 servings

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

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This saucy one-skillet chicken dish is full of tomatoes, spinach, olives and capers. Try Kalamata olives in place of the green Sicilians or a combination of both. Serve over whole-wheat egg noodles or a whole grain with a mixed green salad on the side.

- 1 14-ounce can petite diced tomatoes with garlic and olive oil or other Italian-style seasoning**
- 1½ cups frozen chopped spinach, thawed**
- ⅓ cup halved Sicilian or other green olives**
- 1 tablespoon capers, rinsed**
- ¼ teaspoon crushed red pepper, or to taste**
- 4 4-ounce chicken cutlets (see Tip)**
- ¼ teaspoon freshly ground pepper**
- 1 tablespoon extra-virgin olive oil**

1. Combine tomatoes, spinach, olives, capers and crushed red pepper in a bowl. Sprinkle both sides of chicken with pepper.

2. Heat oil in a large skillet over medium-high heat. Cook the chicken until browned on one side, 2 to 4 minutes. Turn it over; top with the tomato mixture. Reduce heat to medium, cover and cook until cooked through, 3 to 5 minutes.

Per serving: 210 calories; 8 g fat (2 g sat, 5 g mono); 63 mg cholesterol; 8 g carbohydrate; 0 g added sugars; 26 g protein; 3 g fiber; 527 mg sodium; 401 mg potassium.

Nutrition bonus: Vitamin A (151% daily value), Vitamin C (32% dv), Folate (22% dv), Magnesium (17% dv).

Carbohydrate servings: ½

Exchanges: 1½ vegetable, 3 lean meat, 1 fat

Tip: If you can't find chicken cutlets for this recipe, you can make your own. Purchase four 5-ounce chicken breasts. Remove the tenders and trim the fat. Place the chicken between pieces of plastic wrap. Pound with a rolling pin, meat mallet or heavy skillet until flattened to about ½ inch thick.

Skillet Chicken with Cranberries & Apples

Makes: 4 servings, about 1¼ cups each

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

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Celebrate the flavors of fall with chicken cooked in a fast apple-cranberry sauce. If you prefer a less tart flavor, try dried cranberries instead of fresh. Serve with quick-cooking wild rice and roasted Brussels sprouts.

- 1 pound chicken tenders, trimmed and cut in half on the diagonal**
- ¾ teaspoon dried thyme, divided**
- ¾ teaspoon salt, divided**
- ¼ teaspoon freshly ground pepper**
- 2 tablespoons canola oil, divided**
- 2 crisp red apples, such as Braeburn, Fuji or Gala, thinly sliced**
- 1 large red onion, quartered and sliced**
- ¾ cup apple cider or apple juice, divided**
- 1 cup cranberries, fresh or frozen (thawed)**
- 1 tablespoon all-purpose flour**

1. Sprinkle both sides of chicken tenders with ¼ teaspoon each thyme, salt and pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat. Reduce heat to medium and add the chicken. Cook, stirring, until lightly browned on all sides, 3 to 4 minutes total. Transfer to a clean plate.

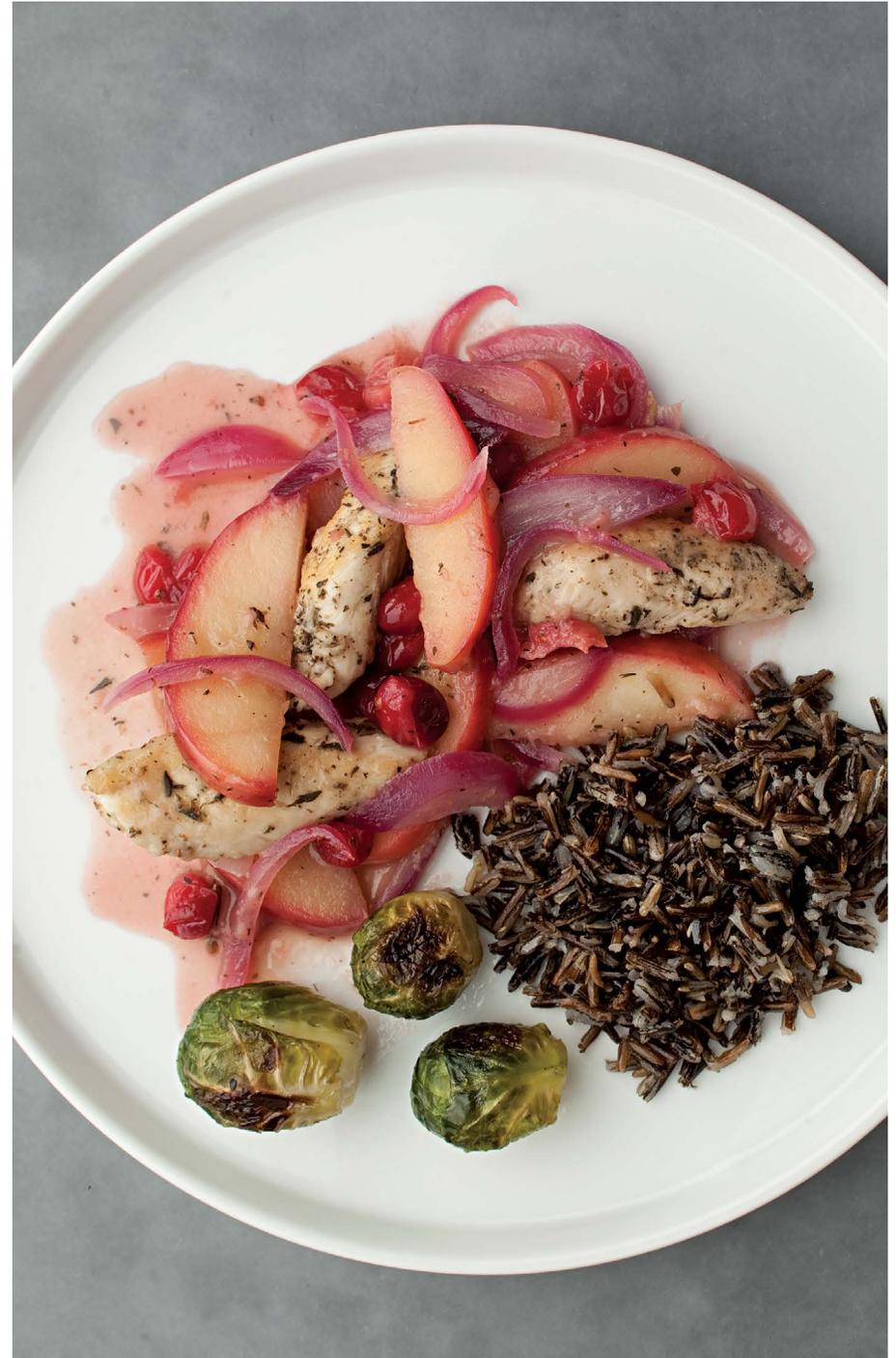
2. Add the remaining 1 tablespoon oil to the pan. Add apples, onion, 2 tablespoons cider (or juice) and the remaining ½ teaspoon each thyme and salt. Stir to combine. Cook, stirring often, until the apples and onion are softened, 3 to 4 minutes. Add cranberries and sprinkle flour over everything in the pan; cook, stirring, for 1 minute. Return the chicken to the pan and pour in the remaining cider (or juice). Cover and cook, stirring once or twice, until the sauce has thickened and the chicken is cooked through, about 3 minutes more.

Per serving: 287 calories; 10 g fat (1 g sat, 5 g mono); 63 mg cholesterol; 26 g carbohydrate; 0 g added sugars; 24 g protein; 4 g fiber; 496 mg sodium; 415 mg potassium.

Nutrition bonus: Vitamin C (18% daily value).

Carbohydrate servings: 2

Exchanges: 1½ fruit, 1 vegetable, 3 lean meat, 1½ fat





Parmesan-Crusted Chicken Tenders

Makes: 4 servings

Active time: 10 minutes **Total:** 30 minutes

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Crispy, Parmesan-flecked chicken tenders dipped in marinara sauce is an easy dinner the whole family will love. Dipping them in a mixture of plain yogurt with chopped fresh basil would be tasty too. Serve with sautéed green beans and roasted sweet potato wedges.

Canola or olive oil cooking spray

¼ cup all-purpose flour

2 large eggs

½ cup finely shredded Parmesan cheese

1 cup coarse dry breadcrumbs, preferably whole-wheat (see Tip)

1 pound chicken tenders

1 tablespoon Italian seasoning

1 teaspoon garlic powder

¼ teaspoon salt

1 cup marinara sauce, heated

1. Preheat oven to 450°F. Place a large wire rack on a baking sheet and coat with cooking spray.

2. Place flour in a shallow dish. Lightly beat eggs in another shallow dish. Combine Parmesan and breadcrumbs in a third shallow dish. Toss tenders with Italian seasoning, garlic powder and salt in a medium bowl. Coat each tender in flour, shaking off any excess. Dip in egg and let any excess drip off. Then roll in the breadcrumb mixture. Place the tenders on the prepared rack. Generously coat the top of each tender with cooking spray.

3. Bake for 10 minutes. Turn each tender over and coat with cooking spray. Continue baking until the outside is crisp and the tenders are cooked through, about 10 minutes more. Serve the tenders with marinara sauce for dipping.

Per serving: 293 calories; 8 g fat (3 g sat, 2 g mono); 140 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 31 g protein; 3 g fiber; 603 mg sodium; 465 mg potassium.

Carbohydrate servings: 1½

Exchanges: 1 starch, 1 vegetable, 3 lean meat

Tip: We like Ian's brand of coarse dry whole-wheat "Panko breadcrumbs." Find them in the natural-foods section of large supermarkets. 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 ⅓ cup dry breadcrumbs.

About EatingWell

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- 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.)