

FAVEDIETS



22 QUICK & EASY Healthy Chicken Recipes



22 Quick and Easy Healthy Chicken Recipes

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Letter from the Editors

Dear Healthy Cooking Enthusiast:

From entertaining for a party of 10 to a dinner for two, healthy chicken recipes are perfect for any occasion. Affordable, healthy and tasty, chicken is the perfect ingredient. This delicious bird is incredibly versatile and works in almost any kind of recipe. On the healthy side, chicken is much lower in fat and cholesterol than other types of meat, making healthy chicken recipes great sources for protein and other vital nutrients.

We have assembled some of our staff's favorite healthy chicken recipes, including healthy chicken wings, healthy chicken breast recipes, and chicken and rice recipes. We have everything from Simple Baked Chicken Parmesan to Amazing Apple, Chicken and Mushroom Casserole, plus lots more.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the tasty and healthy delights that can only be found in healthy chicken recipes!

For more quick and easy healthy chicken recipes, be sure to visit [FaveDiets.com](http://www.FaveDiets.com). While you're there, subscribe to FaveDiets' free [Quick and Healthy Recipes](#) newsletter to get free recipes delivered to your inbox every week.

Enjoy your healthy chicken dinners!

Sincerely,

The Editors of FaveDiets

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10-Minute Chicken and Noodles

Description

This recipe is as simple as the title makes it sound. This basic recipe uses only 6 ingredients and you can switch out different vegetables and pasta shapes to use all of your favorites.

Serves: 4

Cooking Time: 10 min

Ingredients

- 1 small can chicken broth
- $\frac{1}{2}$ teaspoon dried basil
- 2 cups vegetable combination (carrots, broccoli, cauliflower)
- 2 cups uncooked noodles
- 2 cups cooked cubed chicken
- $\frac{1}{8}$ teaspoon pepper

Instructions

1. In medium skillet mix broth, basil, pepper and vegetables. Over medium-high heat, heat to a boil. Reduce the heat to medium. Cover and cook for 5 minutes.
2. Stir in uncooked noodles. Cover and cook for 5 more minutes or until the noodles are cooked. Add chicken and heat through.

Quick Chicken with Mushrooms

Description

This recipe is similar to a classic chicken marsala, but is a quick and easy variation. Mushroom lovers will swoon over this dish, which uses inexpensive ingredients and works perfectly for a weeknight meal. Try this chicken over brown rice or quinoa for a healthy dinner.

Serves: 2

Preparation Time: 15 min

Cooking Time: 10 min

Ingredients

- 4 medium (12 oz. total) boned skinless chicken breast halves
- Nonstick spray coating
- 1 and 1/2 cups sliced fresh mushrooms
- 2 tablespoons sliced green onion
- 2 tablespoons water
- 1/4 salt
- 1/4 cup cooking sherry

Instructions

1. Place 1 piece of chicken, boned side up, between 2 pieces of clear plastic wrap. Working from the center to the edges, pound lightly with a meat mallet to about 1/4-inch thickness. Remove plastic wrap. Repeat with remaining chicken breast halves.
2. Spray a large skillet with non-stick spray coating. Preheat skillet over medium heat. Add 2 chicken breast halves. Cook over medium heat for 2 to 3 minutes or until tender and no pink remains. Transfer to a platter; keep warm.
3. Repeat with remaining chicken breast halves. Carefully add mushrooms, green onion, water, and salt to skillet. Cook over medium heat until mushrooms are tender and most of the liquid has evaporated (about 3 minutes).
4. Add cooking sherry to skillet. Heat through. Spoon vegetables and sauce over chicken.

Chicken with Orange-Pineapple Juice

Description

The citrus in the orange-pineapple juice combination creates a delicious light flavor that will please the whole family. This chicken is loaded with flavor, but because it's baked and marinated in low-fat ingredients, it's guilt-free.

Serves: 4

Cooking Time: 50 min

Ingredients

- 1 chicken (about 3 pounds) quartered or 3 pounds chicken parts
- 4 teaspoons Dijon mustard
- 2 tablespoons honey
- $\frac{1}{2}$ cup onions, finely chopped
- $\frac{1}{4}$ cup bell peppers, finely chopped
- 2 tablespoons unsalted butter, cut into bits
- 1 teaspoon paprika
- 1 teaspoon ground cinnamon
- 1 cup orange juice
- $\frac{1}{2}$ cup pineapple juice
- 2 teaspoons basil
- $\frac{1}{4}$ cup dark brown sugar, packed
- Salt and ground black pepper to taste

Instructions

1. Position rack in the center of the oven. Preheat oven to 350 degrees F.
2. Mix together Dijon mustard, basil and honey. Smear the skin of the chicken with Dijon mustard and honey mixture.
3. Arrange chicken skin side down in a shallow roasting pan or baking dish just large enough to hold it in a single layer.
4. Sprinkle the pieces with finely chopped onions, bell peppers, butter, salt and pepper, and paprika. Pour orange and pineapple juice around the chicken. Bake, basting once for 30 minutes.

5. Turn the chicken skin side up and sprinkle with brown sugar. Bake until the chicken is tender and golden, about 20 minutes longer. Add more orange juice or pineapple juice if the pan seems dry.
6. Pour the juice into a small sauce pan and boil over high heat until it becomes syrupy. Spoon the sauce over the chicken and serve.

Balsamic Raspberry Chicken

Description

This recipe is a wonderful spin on a boring chicken dinner. Add raspberry preserves or fresh pureed raspberries, balsamic vinegar and thyme and you have a gourmet meal on the table.

Serves: 4

Cooking Time: 20

Ingredients

- 1 teaspoon vegetable oil
- Cooking spray
- $\frac{1}{2}$ cup red onion, chopped
- 1 $\frac{1}{2}$ fresh thyme, minced or $\frac{1}{2}$ teaspoon dried
- $\frac{1}{2}$ teaspoon salt, divided
- 4 chicken breast halves, skinned and boned
- $\frac{1}{3}$ cup seedless raspberry preserves
- 2 tablespoons balsamic vinegar
- $\frac{1}{4}$ teaspoon pepper

Instructions

1. Heat oil in a large non-stick skillet coated with cooking spray over medium-high heat until hot. Add onion; sauté 5 minutes.
2. Combine thyme and $\frac{1}{4}$ teaspoon salt; sprinkle over chicken. Add chicken to skillet; sauté 6 minutes on each side or until done. Remove chicken and keep warm.
3. Reduce heat to medium-low. Add $\frac{1}{4}$ teaspoon salt, preserves, vinegar and pepper to the skillet, stirring constantly until the preserves melt. Spoon raspberry sauce over chicken.

Notes

Other fruit preserves, such as apricot, blackberry, cherry or peach, will also work in this recipe.

Curried Chicken with Papaya-Citrus Garnish

Description

Don't be afraid of curry – it is simple to make and so flavorful. Curried Chicken with Papaya-Citrus Garnish is a great healthy curry dish that uses fresh papaya to complement the curry spice.

Serves: 4

Preparation Time: 10 min

Cooking Time: 45 min

Ingredients

- 3 chicken thighs, deboned, skinless
- 1 cup flour
- 2 teaspoons curry powder
- 1 teaspoon paprika
- 1 teaspoon season salt
- 1 teaspoon white pepper
- 1 1/2 cups orange juice
- 2 teaspoons curry powder
- 1 tablespoon cornstarch
- 1/3 cup brown sugar
- 2 cups sliced papaya
- 2 teaspoons ginger, minced
- 2 teaspoons garlic, minced
- 2 teaspoons cilantro, chopped

Instructions

1. Combine flour, curry powder, paprika, salt and pepper. Dust chicken in curry mixture. Pan fry chicken in wok.
2. Mix orange juice, curry powder, cornstarch, brown sugar and papaya together. Combine ginger, garlic and cilantro in a bowl.
3. Place pan fried chicken in baking pan. Pour papaya sauce mixture over the top of the chicken. Sprinkle with ginger/garlic/cilantro mixture.
4. Bake at 350 degrees F for 45 minutes.
5. Place chicken curry on top of a bed of rice and garnish with papaya, citrus fruit, cilantro and flowers.

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Easy Baked Chicken with Dijon and Balsamic Vinegar

Description

This simple baked chicken packs in the flavor with Dijon, balsamic vinegar and dried herbs. The recipe is quick and easy and it's a dish the whole family can enjoy. Serve it with rice and your favorite fresh vegetables.

Preparation Time: 15 min

Cooking Time: 50 min

Ingredients

- 1/2- to 4-pound chicken, cut up or bone-in chicken parts, as desired
- Dijon mustard
- Garlic powder
- Dried thyme
- Rubbed sage
- Dried rosemary
- Salt and pepper, to taste
- Balsamic vinegar or red wine vinegar or lemon juice
- Olive oil

Instructions

1. Preheat oven to 400 degrees F. Place the chicken in a single layer in a 13 x 9 x 2-inch baking dish, on a baking rack if desired.
2. Brush or spread each piece lightly with Dijon mustard. Sprinkle with the garlic powder, thyme, sage, rosemary, salt and pepper. Sprinkle generously with the vinegar, then drizzle lightly with olive oil.
3. Place in the oven and bake until chicken is brown and done, basting occasionally with pan juices, about 50 minutes. This is good hot or at room temperature.

Notes

The ingredients can be mixed in a small bowl and poured over the chicken. The chicken and sauce can also set to marinate for about 30 minutes at room temperature or for a longer time in the refrigerator. You may omit the olive oil. Fresh minced garlic may be substituted for the powder and is even better. This is also great cooked on the grill.

Black Walnut and Honey Mustard Chicken Breasts

Description

These sweet and salty Black Walnut and Honey-Mustard Chicken Breasts are packed with healthy black walnuts. Try this innovative take on a chicken dish. This healthy chicken recipe has unbeatable flavor.

Serves: 4

Preparation Time: 10 min

Cooking Time: 30 min

Ingredients

- 4 boneless, skinless chicken breasts
- 2 cups black walnuts, chopped fine
- $\frac{1}{4}$ cup flour
- $\frac{1}{3}$ cup peach preserves
- 2 tablespoons honey
- $\frac{1}{2}$ tablespoon mustard
- 1 cup chicken stock
- 1 tablespoon cornstarch
- 1 dash salt and white pepper

Instructions

1. Preheat the oven to 375 degrees F. Trim the boneless chicken breasts and pound out evenly.
2. Then mix the preserves, honey and one-quarter cup of the chicken stock in a bowl.
3. In another bowl, take the flour and finely chopped walnuts and mix together. Then dip the chicken breasts in the peach mixture and drain slightly.
4. Roll the breasts in the walnut mixture and pat down. Place onto a cooking sheet and place in the oven for 20-25 minutes.

Sauce:

1. Put the peach mixture in a small pan. Add the cornstarch to the remaining chicken stock and mix.
2. Add the chicken stock to the peach mixture and bring to a boil.

3. Reduce the heat and simmer for 10 minutes. Season with salt and pepper to taste.
4. Remove the chicken from the oven and plate. Take the sauce and nap it across the chicken breast, then serve.

Chicken and Pasta with Asparagus



Description

Asparagus, sundried tomatoes and mushrooms make this chicken and pasta dish unique and delicious. This recipe is for one serving, but you can multiply the ingredients and make enough for a crowd.

Serves: 1

Preparation Time: 10 min

Cooking Time: 15 min

Ingredients

- 1 chicken breast half, butterflied
- 1 tablespoon vegetable oil
- 1 clove garlic, minced
- 1/4 cup chopped onions
- 2 to 3 stalks asparagus, trimmed and cut into 1-inch pieces
- 2 to 3 sun-dried tomatoes, rehydrated
- 2 or 3 fresh mushrooms, cleaned and quartered
- Salt and pepper to taste
- Thyme
- 2 to 3 tablespoons sherry
- 1/4 cup chicken stock
- 1 serving linguine, cooked

Instructions

1. Sauté chicken breast in vegetable oil over high heat.
2. Add garlic, onions, asparagus, sun-dried tomatoes and mushrooms. Season with salt, pepper and thyme.

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3. Add sherry and chicken stock and simmer until sauce thickens slightly and chicken is cooked through.
4. Serve over linguine.

Healthy Almond Chicken

Description

Almond Chicken can be quick and healthy too! It is a traditional recipe that is great with any vegetable. This recipe calls for bamboo shoots, green peppers and green onions, a perfect combination.

Serves: 4

Preparation Time: 15 min

Cooking Time: 20 min

Ingredients

- 1 pound chicken breasts, skinned
- $\frac{3}{4}$ cup vegetable oil
- 5 slices fresh ginger root
- 3 green onions, chopped
- 1 green pepper, chopped
- $\frac{1}{2}$ cup bamboo shoots, diced
- $\frac{1}{3}$ cup almonds, Slivered
- $\frac{1}{4}$ teaspoon plus 1 pinch salt
- $\frac{1}{8}$ teaspoon white pepper
- 1 teaspoon cornstarch
- 1 tablespoon low-sodium soy sauce
- 1 egg white
- 1 tablespoon rice vinegar
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon dry sherry
- 1 teaspoon sugar
- $\frac{1}{2}$ teaspoon cornstarch

Instructions

1. Dice chicken into 1 inch cubes. Combine $\frac{1}{4}$ teaspoon salt, pepper, cornstarch, soy and egg white, add chicken and mix well. Let stand $\frac{1}{2}$ hour.
2. Heat oil in wok, add chicken and stir fry until browned.

3. Remove chicken and drain well. Stir fry ginger, onion, pepper and bamboo shoots for about 1 minute until vegetables are crisp-tender.
4. Combine vinegar, soy, sherry, 1 pinch salt, sugar and cornstarch in a small bowl, mix well and add to wok. Bring to boil. Add chicken to boiling sauce.
5. Stir fry chicken until coated with sauce. Add almonds, mix well and serve hot.

Notes

For a variation, deep fry slivered almonds in vegetable oil for 2 to 3 minutes to crisp them up. Drain well on paper towel. Let stand for 5 minutes before using.

Amazing Apple, Chicken and Mushroom Casserole

Description

Try a new chicken casserole tonight. It's the perfect healthy meal for any day of the week. This casserole is a hearty and an easy chicken recipe. Try it tonight!

Preparation Time: 15 min

Cooking Time: 1 hr 15 min

Ingredients

- 8 chicken drumsticks
- 1 onion
- 2 apples
- 1 package mushroom soup mix
- 1 teaspoon dried thyme
- 2 teaspoons whole grain mustard
- 1 1/2 cups water
- 1 cup plain yogurt
- 8 brown button mushrooms
- Salt and pepper

Instructions

1. Remove skin from chicken. Peel and finely slice onion. Peel, core and dice apples. Place chicken, onion and apple in a casserole dish with the mushroom soup mix, thyme, mustard and water.
2. Place a tight fitting lid on top. Bake at 350 degrees F for 1 hour or until chicken is tender. Stir in yogurt.
3. Clean mushrooms and cut in half. Mix through chicken in casserole and bake a further 15 minutes. Season with salt and pepper.

Slow Cooker BBQ Chicken



Description

If it's too cold to stand outside over the grill, try making barbecue chicken in your slow cooker. The chicken comes out just as moist and tasty without all the work.

Serves: 6

Ingredients

- 2-3 pounds chicken
- 1 cup catsup
- 1 tablespoon brown sugar, packed
- $\frac{1}{2}$ cup onion, finely chopped
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{3}$ cup water
- $\frac{1}{4}$ teaspoon pepper
- 2 to 4 tablespoons butter, optional
- $\frac{1}{4}$ cup lemon juice
- 1 tablespoon paprika
- 1 tablespoon Worcestershire sauce
- 1 can tomato sauce + 2 tablespoons sugar, optional

Instructions

1. Heat all ingredients except lemon juice and Worcestershire sauce. Bring to a boil.
2. Add lemon juice and Worcestershire sauce and heat until hot. Pour over skinned and cleaned chicken.
3. Cook in slow cooker for about 6-8 hours on low, 4-6 hours on high.

Baked Sweet and Sour Chicken

Description

Sweet and sour are a wonderful flavor combination popular in Asian recipes. This unique baked version includes pineapple for sweetness, and a combination of soy sauce and vinegar for the glaze.

Cooking Time: 35 min

Ingredients

- 1 large oven bag
- 2 tablespoons flour
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{4}$ cup vinegar
- 2 tablespoons soy sauce
- 20 ounces pineapple chunks, drained
- 1 medium green pepper, cut in rings
- 4 boneless chicken breast halves
- Rice

Instructions

1. Heat the oven to 350 degrees F. Shake the flour in the oven bag. Place in 13x9 pan.
2. Add sugar, vinegar and soy sauce to the bag. Add pineapple and green pepper; add chicken. Turn bag to coat chicken. Arrange in single layer.
3. Close the bag with nylon tie; cut 4 holes in the top to release steam. Bake for 35 minutes. Serve over hot cooked rice.

Cold Poached Chicken in Peanuts with Curried Low-Fat Yogurt Sauce

Description

Try these Cold Poached Chicken Breasts in Peanuts with Curried Low-Fat Yogurt Sauce for a meal full of protein and calcium! They make a great starter or salad too!

Serves: 6

Cooking Time: 20 min

Ingredients

- 6 chicken breast halves, boned and skinned
- 2 cups or 1 can (14 oz) coconut milk, unsweetened
- 2 teaspoons fresh ginger root, minced, or to taste
- 1 garlic clove, minced
- 1/4 cup raisins
- 1 cup plain low-fat yogurt
- 2 tablespoons lemon or lime juice, freshly squeezed
- 2 teaspoons ground coriander seeds
- 1 1/2 teaspoons ground cumin
- 2 teaspoons ground turmeric
- Salt
- Ground cayenne pepper
- 3/4 cup chutney
- 3/4 cup low-fat mayonnaise or plain low-fat yogurt, or a combination
- 2 1/2 cups dry roasted peanuts, finely chopped
- Sliced mango, papaya, or other tropical fruit for garnish.

Instructions

1. Flatten chicken breasts out a bit with a mallet. Place them in a deep skillet with the coconut milk.
2. Bring to a boil over medium heat and immediately reduce the heat so coconut milk barely ripples. Simmer breasts uncovered until they are done, about 7 minutes. Be really careful not to overcook. They should be just pink when you remove them from the coconut milk. They will finish cooking from the retained heat.
3. Cool chicken to room temperature, then chill. Place the reserved coconut milk over medium-high heat and boil until it is reduced to about 1 cup.
4. Remove from the heat, add the ginger, garlic, and raisins; set aside to cool.

5. Combine the cooled coconut milk, yogurt, lemon or lime juice, coriander, cumin, turmeric, and salt and cayenne pepper to taste in a food processor or blender and blend well.
6. Refrigerate until just before serving. Combine the chutney and mayonnaise and/or yogurt in a food processor or blender and puree until smooth. Chill.
7. About 30 minutes before serving, dip the chicken breasts into the chutney mixture to cover well, then roll in the chopped peanuts, patting to cover the chicken completely.
8. Place on a wire rack and chill until serving time. Spoon some of the yogurt sauce onto each plate and top with 1 or 2 breast halves. Garnish plates with fresh fruit.

Slow Cooker Curry Chicken

Description

This delicious chicken breast entree is made from start to finish in the slow cooker. It has a delicious curry and amaretto flavor that is marvelous with rice.

Serves: 6

Cooking Time: 6 hr

Ingredients

- 4 to 6 chicken breasts, boneless and skinless
- $\frac{1}{2}$ cup flour
- 1 teaspoon Madras curry powder
- 1 teaspoon garlic powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 1 tablespoon vegetable oil
- 1 can cream of mushroom soup
- 1 can or jar mushrooms (4 ounces or more - or use fresh)
- $\frac{1}{4}$ cup amaretto
- 1 teaspoon gravy mix
- 2 tablespoons lemon juice

Instructions

1. Mix flour, curry powder, garlic powder, salt, and pepper in a plastic or paper bag.
2. Add chicken breasts (rinsed and patted dry) and toss to coat. Brown quickly in hot vegetable oil over medium high heat. Transfer to slow cooker.
3. Mix remaining ingredients and spoon over chicken. Cover and cook on low for 6 to 8 hours. Serve with rice.

Simple Baked Chicken Parmesan

Description

This baked version of the Italian classic is not only quick and easy, but it's low in fat without all the extra oil. This family favorite is perfect topped with your favorite tomato sauce.

Serves: 6

Cooking Time: 45 min

Ingredients

- 5 tablespoons unsalted butter, melted
- 1 tablespoon dry mustard or Dijon mustard
- $\frac{3}{4}$ cup dried bread crumbs
- $\frac{1}{2}$ cup Parmesan cheese, freshly grated
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon dried basil
- 3 whole chicken breasts, bone in and split

Instructions

1. Preheat the oven to 400 degrees F. Lightly grease a 9 x 15-inch baking dish.
2. In a shallow bowl, combine the butter with the mustard.
3. In another shallow bowl, blend together the bread crumbs, cheese, parsley, and basil. Dip the chicken pieces first into the mustard mixture, and then coat with the bread crumb mixture. Place skin side up in the baking dish.
4. Bake, uncovered, for 45 minutes.

Healthy Baked Chicken Salad



Description

Turn your favorite sandwich filling into a delicious baked casserole. This recipe has all the chicken salad necessities: celery, nuts, mayo and chicken. Serve with potato chips for extra crunch!

Serves: 6

Cooking Time: 12 min

Ingredients

- 2 cups cooked chicken, chopped
- 4 hard-boiled eggs, chopped
- 2 cups celery, diced
- 1/2 cup almonds, toasted and chopped
- 1/2 teaspoon salt
- 2 tablespoons onion, grated
- 2 tablespoons lemon juice
- 1 cup mayonnaise
- 1 cup potato chips, crushed
- 1/2 cup cheese, grated

Instructions

1. Combine chicken, eggs, celery, almonds, salt, onion, and lemon juice in bowl; fold in mayonnaise.
2. Turn into greased casserole dish; top with potato chips and cheese.
3. Bake at 450 degrees F for about 12 minutes or until salad is bubbly and cheese is melted.

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Healthy Grilled Chicken Sandwiches

Description

Grilled Chicken Sandwiches make any meal a healthy meal. Just be sure you use low fat ingredients or substitutes when possible

Serves: 4

Cooking Time: 15 min

Ingredients

- 2 whole chicken breasts, skinned, boned, and halved
- 1 cup teriyaki sauce
- $\frac{1}{4}$ cup light mayonnaise
- $\frac{1}{4}$ teaspoon paprika
- $\frac{1}{4}$ teaspoon cayenne pepper
- $\frac{1}{4}$ teaspoon curry powder
- Pinch salt
- 4 whole-wheat hamburger buns
- 4 lettuce leaves
- 4-ounce can mild green chili peppers, well drained
- 4 low-fat slices cheese

Instructions

1. Marinate the chicken in the teriyaki marinade in a shallow bowl for 30 minutes. Preheat a clean barbecue to medium grilling heat.
2. Prepare the sauce in a small bowl by mixing the light mayonnaise with the paprika, cayenne pepper, curry powder, and salt.
3. Grill the chicken for 5 to 8 minutes per side, or until done.
4. Brown the faces of each bun in a hot frying pan.
5. Spread a tablespoon of sauce on the faces of each bun, top and bottom.
6. On each bottom bun place a lettuce leaf, then a green chili pepper. Place one chicken breast half on each of the sandwiches, on top of the chili pepper.
7. Place a slice of cheese on the chicken. Top off with bun.

Juicy Chicken and Rice



Description

Make your dinner fabulous tonight. Fill your mouth with juicy chicken and rice. This is a healthy meal you'll want to make every night!

Ingredients

- 6 boneless chicken breasts, skinned
- 2 cans cream of chicken soup
- 1 can cream of mushroom soup
- 1 package instant rice, chicken flavor
- Salt and pepper, to taste

Instructions

1. In slow cooker, put chicken breast with canned soups, salt and pepper.
2. Cook all day on low, approximately 10 hours, or until chicken is tender.
3. Make instant rice per directions on box.
4. Put on plate and place chicken and gravy on top.

Chicken Wings with Barbecue Sauce

Description

Chicken wings are always such a joy to eat. Now add the sweet and sour taste of barbecue sauce and you have a great barbecue chicken wing recipe. It's quick and easy to make so start grilling.

Ingredients

- 4 pounds chicken wings (20 wings or 40 pieces)
- 1 1/2 cups catsup
- 1/2 cup onion, chopped
- 4 tablespoons water
- 8 garlic cloves, minced
- 2 tablespoons white vinegar
- 2 tablespoons brown sugar
- 2 tablespoons Worcestershire sauce
- 2 teaspoons chili powder
- 1 teaspoon dry mustard
- 1 teaspoon oregano
- 4 bay leaves
- Few dashes of hot pepper sauce

Instructions

1. Preheat oven to 350 degrees F.
2. Rinse chicken. Cut at joints and discard wing tips.
3. Arrange on ungreased cake pan in a single layer.
4. Bake for 45 minutes; drain fat.
5. Meanwhile combine rest of ingredients in a saucepan. Bring to a boil; reduce heat and simmer uncovered for 2 minutes, stirring occasionally. Remove bay leaves.
6. Pour barbecue sauce over the chicken and bake 30 minutes longer, stirring halfway through.

"Bacon" Baked Chicken Strips

Description

Your favorite fast-food chicken strips will set you back nearly a thousand calories! These chicken strips are baked to perfection, and you can even include your favorite "bacon" in the recipe if you want.

Serves: 1

Preparation Time: 5 min

Cooking Time: 20 min

Ingredients

- 6 ounces boneless skinless chicken breast
- 1/2 cup Fiber One Cereal
- 1/4 cup Egg Beaters
- 1 tablespoon Bacon Bits
- 1/4 teaspoon Lawry's Garlic Salt
- Pepper, to taste
- Tabasco sauce, to taste

Instructions

1. Preheat oven to 375 degrees F.
2. Cut chicken in to 5 strips. In blender or food processor, grind the cereal into a bread crumb-like consistency.
3. Add garlic salt, pepper, Tabasco and bacon bits to mixture.
4. Pour egg beaters into a separate bowl. Coat the chicken strips with egg beaters and then in crumb mixture.
5. Spray a baking pan with non-stick cooking spray and place chicken on pan. Cook for about 20 minutes, or until chicken looks crispy, turning it over halfway through the cooking time.

Avocado Chicken

Description

This recipe combines multiple healthy sources of protein, making it one of the healthiest simple chicken recipes around. Chicken dishes are perfect for quick and easy meals, and this recipe for boneless chicken is perfect for any meal.

Preparation Time: 15 min

Cooking Time: 10 min

Ingredients

- 2 spring onions
- 2 cups cooked chicken
- 1 tablespoon butter or butter substitute
- $\frac{1}{2}$ cup almonds, slivered
- 1 tablespoon wine vinegar
- 2 tablespoons lemon juice
- 3 tablespoons dry white wine
- 3 tablespoons low fat cream
- 1 avocado

Instructions

1. Finely chop chicken and spring onion.
2. Melt butter in a saucepan. Add spring onion, almonds and chicken. Cook until golden, stirring occasionally.
3. Add wine vinegar and 1 tablespoon of lemon juice. Cook over high heat for 1 minute.
4. Add white wine and reduce heat. Simmer 1 minute. Add cream and stir until thickened.
5. Peel and slice avocado. Sprinkle slices with second tablespoon of lemon juice. Spread chicken over avocado slices

Easy Balsamic Chicken

Description

Easy Balsamic Chicken uses a basic sauce with a punch of flavor. This is a healthy option that you can make in no time! Use whatever vegetables you have on-hand for this delicious recipe.

Serves: 4

Preparation Time: 10 min

Cooking Time: 30 min

Ingredients

- 1 pound boneless skinless chicken breasts
- 1 green pepper
- 2 1/2 whole garlic cloves
- Salt and pepper, to taste
- Dark balsamic vinegar
- Olive oil
- Mushrooms
- Onion
- Italian seasoning

Instructions

1. In a pan, pour olive oil and place chicken breasts on top.
2. Cut pepper into strips and slice onion, and add to the pan. Add in garlic cloves and mushrooms.
3. Pour in balsamic vinegar to taste. Let marinate in refrigerator for at least an hour.
4. Heat oven to 400 degrees F. Season chicken to taste with salt, pepper, and Italian seasoning. Cook until chicken is done, 30 minutes or so.

Notes

All your ingredients can vary to taste.

22 Quick and Easy Healthy Chicken Recipes

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Included in this eCookbook

- 22 Healthy Chicken Recipes, including:
 - Healthy Chicken Wings
 - Healthy Chicken Breast Recipes
 - Baked Chicken Recipes
 - Chicken Salad Recipes

And more!