



Cooking for One or Two

March 2015

Coconut-Lime Chicken & Snow Peas

Eating Well

2 servings | Active Time: 35 minutes | Total Time: 35 minutes

Ingredients

1 cup "lite" coconut milk
1/4 cup lime juice
2 tablespoons brown sugar
1/2 teaspoon salt
8 ounces chicken tenders
4 cups shredded romaine lettuce
1 cup shredded red cabbage
1 cup snow peas
3 tablespoons minced fresh cilantro
2 tablespoons minced red onion

Directions

1. Whisk coconut milk, lime juice, sugar and salt in a skillet. Transfer 1/4 cup of the dressing to a large bowl; set aside. Place chicken in the skillet; cover and cook over medium heat until cooked through, about 20 minutes.
2. Meanwhile, add lettuce, cabbage, snow peas, cilantro and onion to the large bowl with the dressing; toss to coat. Divide between 2 plates.
3. Transfer the chicken to a cutting board and thinly slice. Arrange the chicken slices on top of the salads. Drizzle 1 tablespoon of the coconut dressing left over from chicken over each of the salads.

Nutrition (per serving): Calories 190, Total Fat 3g, Saturated Fat 1g, Cholesterol 65mg, Sodium 190mg, Total Carbohydrates 14g, Fiber 4g, Protein 29g

Tip: Refrigerate leftover coconut milk for up to 4 days or freeze for up to 2 months.

Chicken Parmesan Sub

Eating Well

2 servings | Active Time: 30 minutes | Total Time: 30 minutes

Ingredients

1/4 cup all-purpose flour
1/8 teaspoon kosher salt
1/4 teaspoon freshly ground pepper
1/2 pound boneless, skinless chicken breast (1/2 inch thick)
2 teaspoons olive oil, divided
6 ounces baby spinach
1/2 cup marinara sauce, preferably lower sodium
1/8 cup grated Parmesan cheese
1/4 cup shredded part-skim mozzarella
2 soft sandwich rolls, toasted

Directions

1. Combine flour, salt and pepper in a shallow dish. Dip the chicken in the flour mixture and turn to coat.
2. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add spinach and cook, stirring often, until wilted, 2 to 3 minutes. Transfer to a small bowl.
3. Add 2 teaspoons oil to the pan. Add the chicken and cook until no longer pink and reaches internal temperature of 165°.
4. Top each piece of chicken with the wilted spinach, marinara sauce and Parmesan. Sprinkle with mozzarella. Microwave for 15 seconds to melt the cheese. Serve on rolls.

Nutrition (per serving): Calories 470, Total Fat 15g, Saturated Fat 4g, Cholesterol 85mg, Sodium 600mg, Total Carbohydrates 48g, Fiber 5g, Protein 40g

Tip: Refrigerate leftover marinara sauce for up to 1 week or freeze for up to 3 months.

Vegetable Lover's Chicken Soup

Eating Well

Makes: 2 servings, 2 cups each | Active Time: 35 minutes | Total Time: 40 minutes

Ingredients

1 tablespoon olive oil
8 ounces chicken tenders, cut into bite-size chunks
1 small zucchini, finely diced
1 large shallot, finely chopped
1/2 teaspoon Italian seasoning blend
1/8 teaspoon salt
2 Roma tomatoes, chopped or no salt added diced tomatoes
1 14-ounce can reduced-sodium chicken broth
1/4 cup dry white wine or cooking wine (if using cooking wine, eliminate salt from recipe)
2 tablespoons orzo, or other tiny pasta
1 1/2 cups packed baby spinach

Directions

1. Heat oil in a large saucepan over medium-high heat. Add chicken and cook, stirring occasionally, until browned, 3 to 4 minutes. Transfer to a plate.
2. Add zucchini, shallot, Italian seasoning and salt and cook, stirring often, until the vegetables are slightly softened, 2 to 3 minutes. Add tomatoes, broth, wine and orzo (or other tiny pasta); increase heat to high and bring to a boil, stirring occasionally. Reduce heat to a simmer and cook until the pasta is tender, about 8 minutes, or according to package directions. Stir in spinach, the cooked chicken and any accumulated juices from the chicken; cook, stirring, until the chicken is heated through, about 2 minutes.

Nutrition (per serving): Calories 260, Total Fat 8g, Saturated Fat 1g, Cholesterol 70mg, Sodium 340mg, Total Carbohydrates 12g, Fiber 2g, Protein 31g