

Living Well: Cooking Well for One or Two People

January 2020

Chicken Dishes

Glazed Chicken with Apple Salad

Chicken Stir Fry

Berry Pine Nut Chicken Salad

Mediterranean Quesadillas with Antipasto Relish

Thai Basil Chicken Lettuce Wraps

Glazed Chicken with Apple Salad

Ingredients:

Dressing & Apple Salad:

2 Tbsp. Cider vinegar

2 tsp. Honey

1 Tbsp. Olive oil

1 tsp. Dijon mustard

Black pepper to taste

1 Gala Apple

½ cup Romaine lettuce, chopped

Chicken & Glaze:

1 boneless chicken breast

1 tsp. Olive oil

Coarsely ground black pepper, to taste

1 tsp. Honey

½ tsp Dijon mustard

Directions:

Dressing: Combine vinegar, honey, oil, mustard & pepper. Whisk together. Note: this salad dressing makes a bit more than you'll need.

Coarsely chop Romaine lettuce. Slice Apple into julienne strips.

For the chicken, using a grill pan over medium-high heat cook chicken that has been brushed with olive oil. Cook until center is no longer pink. Note: Can also cut chicken into 1" chunks and cook that way on top of the stove in a skillet.

Prepare glaze: Combine honey & mustard in a small bowl. Brush chicken with the glaze during the last minute of cooking.

To serve: arrange lettuce on a plate. Add apples & pour dressing over. Toss to gently coat. Top with chicken.

Serves: 1

Calories: 225, CHO: 16 g, Protein: 26 g, Fat: 7 g, Sodium: 320 mg, Fiber: 1 g

Almond Chicken Stir-Fry

Ingredients:

1 chicken breast, cut into 1" pieces (1/4#)
1 tsp. Cornstarch
1 tsp. Olive oil
Pepper to taste

Stir-Fry:

1 tsp. Fresh ginger root, optional
1 garlic clove, pressed
2 Tbsp. Sliver almonds, divided
1 tsp. Cornstarch
1/3 cup low sodium chicken stock
1/3 cup snow peas
1/3 can of water chestnuts
1 carrot, sliced in rounds
Any other vegetable of your choice
Black pepper to taste
1 Tbsp. General Tso sauce, optional
Brown rice or pasta, cooked for serving

Directions:

For chicken add cornstarch, chicken, oil & pepper & combine. Set aside.
For stir fry, grate the ginger root, add pressed garlic & set aside.
Prepare vegetables & set aside.
Heat skillet. Add oil. Cook chicken until center of chicken is no longer pink.
Set aside.
Combine broth & cornstarch, add to skillet. Bring to a simmer, Add Ginger & garlic. Add vegetables and cook until vegetables are preferred doneness.
Add chicken. May add 1 Tbsp. General Tso sauce if prefer more flavor.
For serving: Serve with brown rice or pasta noodles. Top with almonds & pepper.

Serves: 1.

Calories: 350, CHO: 59 g, Protein: 39 g, Fat: 17 g, Sodium: 620 mg, Fiber: 8 g

Berry-Pine Nut Chicken Salad

Ingredients:

Dressing:

1 Tbsp. Red wine vinegar
2 tsp. Seedless raspberry jam
½ tsp. Dijon mustard
1 Tbsp. Olive oil
Coarsely ground black pepper to taste

Salad:

2 Tbsp. Slivered almonds
1 cup torn Boston lettuce or Romaine lettuce
½ cup blueberries
¼ cup cooked chicken breast, cut up
1 Tbsp. Thinly sliced red onion
½ cup sugar snap peas

Directions:

For dressing: combine vinegar, jam & mustard; whisk. Add oil & black pepper. Set aside.

For salad: Wash lettuce & berries.

Thinly slice chicken & onion in a large serving bowl.

Pour dressing over salad just before serving; toss gently to coat.

Sprinkle with almonds.

Serves: 1

Calories: 450, CHO: 20 g, Protein: 39 g, Fat: 24 g, Sodium: 120 mg, Fiber: 3 g

Mediterranean Quesadillas with Antipasto Relish

Ingredients:

Antipasto Relish:

1/8 cup jarred roasted peppers, drained (or use a fresh pepper & sauté)

2 Tbsp. Pitted Kalamata olives

1/8 cup pepperoncini

1 tsp. Chopped fresh basil

1 tsp, olive oil

1 garlic clove, pressed

Quesadillas:

¼ cup shredded cooked chicken

¼ cup shredded provolone cheese

1 tsp. Chopped fresh basil

1 (6 inch) flour tortilla

Directions:

For antipasto relish: Chop red peppers & olives. Thinly slice pepperoncini | & chop all basil; set aside for the quesadilla.

Combine red peppers, olives, & pepperoncini in a small bowl.

Add basil, oil & pressed garlic; mix well & set aside.

For quesadilla, shred chicken. Combine chicken, cheese & remaining basil in | a bowl. Add chicken mixture to the tortilla; fold in half.

Heat a sauté pan for 1-3 minutes, cook Quesadilla's 2-5 minutes on each side or until tortilla is golden brown & cheese is melted.

To serve: Spoon 1Tbsp.. Of the antipasto relish into each Quesadilla.

Serves: 1

Calories: 280, CHO: 16 g, Protein: 21 g, Fat: 14 g, Sodium: 500 mg, Fiber: 0 g

Korean-Style Beef Bowl

Ingredients:

Steak & marinade:

2 green onions with tops, divided

4 oz. skirt steak

1 garlic clove, pressed

2 tsp. Soy sauce

1 tsp. Sesame oil

Coarsely black pepper, to taste

½ tsp Olive oil

Rice & Vegetables:

1/3 cup uncooked jasmine rice

1 medium carrot

1 stalk celery

¼ cup water chestnuts, sliced

1 small yellow onion

Directions:

Thinly slice green onions; place in a medium bowl.

Cut steak crosswise into 2-inch pieces. Slice each piece into thin strips, cutting against the grain; add to bowl. Press garlic over beef. Add soy sauce, sesame oil, black pepper; mix well. Cover & refrigerates until ready to use.

As beef marinates, microwave rice according to package directions.

For vegetables, peel carrots & slice into julienne strips. Slice celery.

Chop onion & slice water chestnuts.

Cook vegetables in oil over medium-high heat 1-3 minutes or until shimmering.

Put cooked vegetables in a bowl & set aside.

Cook steak undisturbed for 2 minutes or until beef is brown. Stir & cook to desired doneness. Add vegetables.

To serve: place rice in a bowl & top with vegetable/steak mixture.

Serves: 1.

Calories: 375, CHO: 24, Protein: 28 g, Fat: 20 g, Sodium: 650 mg, Fiber: 4 g