Healthy Recipe of the Month
- February 2008

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Healthy Simple Dinner Solution

If you are like me, cooking a complete dinner when I get home from work can be a chore, especially since I live alone. This healthy meal solution allows me to have a completely nutritious meal for one in about 20 minutes! Often I forget to defrost something in the morning in order to cook it that evening. So I boil my chicken because it is a quick and easy way to go from frozen to done without much work. Frozen vegetables are also a huge time saver because they require very little preparation. They retain more nutrients and have less sodium content than canned vegetables. Choosing a yam instead of a regular potato offers more fiber, vitamin A, vitamin C, and potassium. The yam’s skin can be eaten just as a regular potato’s can and provides a hefty portion of fiber and vitamin A. To add interest and flavor, there are many different salsas which can be used to top the chicken and add very few extra calories. Try a unique variety of flavors, such as mango, peach or raspberry chipotle, found in the salsa section of your grocery store.

Ashley Dominguez, BS, Dietetic Intern 1/24/08

Ingredients

* 3 oz frozen chicken breast
* 1-2 teaspoons olive oil
* 2 tbsp chunky salsa
* 1 cup frozen vegetable medley
**Small yam or sweet potato**  
**1 tbsp trans-fat free tub margarine**

*Optional- extra seasoning for chicken as desired.

**Directions**

First, wash and puncture yam, then place in the microwave and bake until soft (usually about 8 minutes depending on size). Fill a small pan with water and bring to a boil. Place the frozen chicken breast in the water and allow it to cook for at least 7-10 minutes. When the chicken is almost done cooking, remove it from the water and place it in a skillet warmed to medium-high heat with a teaspoon or two of olive oil. At this time, if you would like, you can add some extra flavor such as garlic, lemon pepper, or Italian seasoning. Cook the chicken in the skillet for an additional 3-5 minutes or until it is cooked thoroughly (chicken is no longer pink or reaches an internal temperature of 165°). While the chicken is finishing up in the skillet, pull out a bag of frozen vegetables from the freezer. Empty the contents of the bag into a microwave safe bowl with a lid. Add 1-2 tbsp water to the vegetables and microwave until they reach your desired texture. Slice the yam or sweet potato into chips or cut it open like a baked potato and top with a teaspoon or two of a trans-fat free margarine. Top off your chicken with a couple tablespoons of chunky salsa.

**Nutrient analysis per serving**

- Calories 490  
- Protein 22g  
- Fiber 5g  
- Saturated Fat 4g  
- Sodium 1650mg