

21 SIMPLE CHICKEN DINNERS



21 Recipe Books

21 Simple Chicken Dinner Recipes; Simple, Quick and Easy Chicken Recipes That Will Change The Way You Will Cook Chicken Forever

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Introduction

Chicken is a very popular food in this country as well as throughout the world. And no wonder since it is delicious, nutritious and can be prepared a multitude of ways. From southern fried chicken to barbecued chicken to tandoori chicken to homemade chicken soup, chicken is appreciated and valued by people of all ages as well as by diverse cultural culinary traditions

When a person eats non-vegetarian food for the first time, he/she usually starts with chicken. Not only is chicken safe food to begin with, it is also very healthy. Chicken can be called healthy or unhealthy depending on the way it is cooked. Fried chicken obviously has no health benefits but boiled chicken many.

Healthy benefits of eating chicken

High in Protein: - The protein in chicken lends itself to muscle growth and development, and help support a healthy body weight and aid weight loss.

Natural Anti-depressant: - Chicken, like its brother fowl the turkey, is high in an amino acid called tryptophan, which gives you that comforting feeling after consuming a big bowl of mom's chicken soup. In fact, if you're feeling depressed, eating some poultry will increase the serotonin levels in your brain, enhance your mood, blasting stress, and lulling you to sleep.

Prevents Bone Loss: - If you're entering your senior years and you're concerned about Osteoporosis or arthritis, eating chicken will aid in your fight against bone loss thanks to the protein punch it packs.

Poultry for Heart Health: - Homocysteine is an amino acid that can cause cardiovascular disease if levels are high in the body. Fortunately for us, eating chicken breast suppresses and controls homocysteine levels.

Plenty of Phosphorus: - Chicken is also rich in phosphorus, an essential mineral that supports your teeth and bones, as well as kidney, liver, and central nervous system function.

Seeking Selenium: - Chicken also abundant in selenium, an essential mineral involved in metabolic performance—in other words thyroid, hormone, metabolism, and immune function.

Metabolism Booster: - Vitamin B6 (or B-complex vitamins) encourage enzymes and metabolic cellular reactions (or a process known as Methylation), which means eating this bird will keep blood vessels healthy, energy levels high, and metabolism burning calories so you can manage a healthy weight and activity level.

Rich in Niacin: - Chicken also happens to be rich in niacin, one particular B-vitamin that guards against cancer and other forms of genetic (DNA) damage.

Promotes Eye Health: - Chicken is high in retinol, alpha and beta-carotene, and lycopene, all derived from vitamin A, and all vital for healthy eyesight.

What's for dinner? We've got twenty-one delicious answers! Feed the whole family or

Whip up a quick meal for two with a little help from these tasty chicken recipes.

Clear Chicken Soup

Chicken soup is a soup made from chicken, simmered with various other ingredients. The classic chicken soup consists of a clear broth, often with pieces of chicken or vegetables; common additions are pasta (e.g., noodles, although almost any form can be used), dumplings, or grains such as rice and barley. Chicken soup has also acquired the reputation of a folk remedy for colds and flu, and in many countries is considered a comfort food.

The components of a healthy stock mostly come from the bones. In a properly prepared stock, the bones are allowed to sit in water with a bit of vinegar for an hour or so before heating. Have you ever done the experiment where you put an egg in vinegar, and after a while the shell gets completely soft? The vinegar, an acid, acts like our stomach acid and breaks down the calcium in the eggshell. In a stock, this calcium and other minerals from the bones are transferred directly to the water (which becomes broth/stock), and therefore into you. The best part is that it's a more easily assimilated form of all the minerals than many other sources, including your supplements.

Cooking Time: 10-15 minutes

Servings: 4

Preparation Time: 0-5 minutes

Ingredients

Chicken with bones - 200 grams

Lemon juice - 1/4 teaspoon

Tomato, quartered - 1 small

Cloves - 2

Cinnamon - 1/2-inch stick

Black peppercorns - 3-4

Salt - to taste

Step By step method for Clear Chicken soup

- 1) Wash chicken bones.
- 2) Take the bones, tomato, cloves, cinnamon black peppercorns and salt with one liter of water in a pressure cooker and cook till six whistles.
- 3) Strain the chicken stock.
- 4) Take a thick-bottomed pan pour the chicken stock on it.
- 5) Adjust salt and simmer for five to six minutes.
- 6) Stir in lemon juice, mix well and remove off heat.
- 7) Serve the soup with garnish of green coriander.

Why this is good for you

- No cholesterol
- Very high in manganese
- Very high in niacin
- High in phosphorus
- High in potassium
- High in vitamin B12

Creamy Chicken Soup

Creamy chicken soup is a thick, creamy soup made with chicken stock and pieces combined with milk and/or cream and flour which may or may not contain vegetable pieces depending on the recipe.

Cooking Time: 10-15 minutes

Servings: 4

Preparation Time: 0-5 minutes

Ingredients

Boneless chicken - 150 grams

Onion, chopped - 1

Chicken stock - 2 cups

Butter - 2 tablespoon

Salt - to taste

Cream - 4 tablespoon

White pepper powder - to taste

Tomatoes, chopped - 2

Fresh basil leaves - 4-5

Step By step method for Creamy Chicken Soup

- 1) Heat the pot and add butter.
- 2) Add chopped onion and sauté for a little while.
- 3) Cut chicken into small pieces, add to the pot and continue to sauté add salt and mix.
- 4) Add chopped tomatoes and continue to saute.
- 5) Add white pepper powder and mix.
- 6) Add 1/2-cup chicken stock. Let it cook.

- 7) Once it is cooked keep it aside to cool.
- 8) Blend in a mixer to a smooth puree.
- 9) Pour the puree into a pan. Add chicken stock to adjust the consistency you require and mix well.
- 10) Add fresh cream and stir.
- 11) Garnish with basil leaves and serve hot.

Why this is good for you

- Very high in potassium
- Low in cholesterol
- Low in sugar
- High in dietary fiber
- Very high in vitamin A

Chicken Avocado Salad

Avocados, like olives, are high in mono-unsaturated fats and calories. However, they are very rich in dietary fiber, vitamins, and minerals and packed with numerous health benefiting plant nutrients. They are a very good source of soluble and insoluble dietary fiber. 100 g fruit provides 6.7 g or about 18% of recommended daily intake. Dietary fibers help lower blood cholesterol levels and prevent constipation. Moreover, it composes high concentration of tannin akin to persimmons. Tannin, a poly-phenol compound which was once labeled as an anti-nutritional agent, in-fact, has beneficial anti-inflammatory, anti-ulcer and anti-oxidant properties. They are also good in many health-benefiting vitamins. Vitamin A, E, and K are especially concentrated in its creamy pulp.

Mango is one of the delicious seasonal fruits grown in the tropics. The tree is believed to be originating in the sub-Himalayan plains of Indian subcontinent. Botanically, this exotic fruit belongs within the family of Anacardiaceae, a family that also includes numerous species of tropical-fruited trees in the flowering plants such as cashew, pistachio etc.

Preparation Time: 20 min

Cooking Time: 15 min

Servings: 4

Ingredients

Chicken breasts - 2

Salt - to taste

Pepper - to taste

Mangoes (seeded and diced) - 2

Avocado (seeded and diced) - 1

Pepper (seeded and diced) - 1

Favorite vinaigrette salad dressing - 2 teaspoons

Step By step method for Chicken Avocado Salad Recipe

- 1) Season the chicken breasts and grill on both sides until cooked through, about 7 minutes on each side. Cooking time will vary depending on thickness of the chicken and temperature on the grill.
- 2) In a mixing bowl, toss together the diced mango, the diced avocado and the diced pepper with the vinaigrette.
- 3) Serve the grilled chicken breasts with the mango & avocado salsa on top.

Why this is good for you

- Low in sodium
- Very high in niacin
- High in selenium
- High in vitamin B6

Baked Boneless Chicken with Lemon and Garlic

This is a wonderful baked chicken recipe that's quick and easy! Using just a few handy

Ingredients create a delicious main dish that also makes great leftovers. Serve with a salad and pasta or rice for a quick, scrumptious dinner. Seasoned, browned chicken breasts baked with lemon juice, garlic. A wonderful 'fix and forget' recipe that is easy and pleases just about everyone. This lemon chicken is flavored with garlic, fresh lemon juice, slice and a little thyme.

Chicken is a great entrée for family meals. Chicken meat contains about two to three times as much polyunsaturated fat than most types of red meat when measured as weight percentage. Chicken generally includes low fat in the meat itself. The fat is highly concentrated on the skin. A 100g serving of baked chicken breast contains 4 grams of fat and 31 grams of protein, compared to 10 grams of fat and 27 grams of protein for the same portion of broiled, lean skirt steak. It has a neutral flavor that pairs well with many different seasonings, and its soft texture appeals to children and adults alike. Serve your family this baked lemon chicken any day of the week. It takes just minutes to prepare and bakes in the oven alongside potatoes, roasted veggies or your favorite casserole

Preparation Time: 15 min

Cooking Time: 30 min

Servings: 4

Ingredients

Chicken breasts - 4

Olive oil - 6 tablespoons

Lemon (thinly sliced) - 1

Lemon (juiced) - 1
Garlic (minced) - 4 cloves
Salt - 1 teaspoon
Ground black pepper - 1/2 teaspoon
Red potatoes (quartered) - 8 small

Step By step method for Baked Boneless Chicken with Lemon and Garlic

- 1) Preheat oven to 400°F. Coat a large baking dish or cast-iron skillet with 1 tablespoon of the olive oil.
- 2) Arrange the lemon slices in a single layer in the bottom of the dish.
- 3) In a large bowl, combine the remaining oil, lemon juice, garlic, salt, and pepper.
- 5) Add the chicken and potatoes and toss to coat. Pour this mix into the pan and spread around evenly.
- 6) Bake 30 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.

Why this is good for you

- High in Protein
- No saturated fat
- No sugar
- Very high in niacin
- High in phosphorus
- Very high in selenium
- Very high in vitamin B6
- Very high in vitamin B1

Baked Lemon Chicken with Mushroom Sauce

Lemon-infused chicken is topped with a creamy mushroom sauce creating a quick and easy weeknight meal. This is a very easy baked chicken recipe. The only thing hard about this recipe is waiting for it to get out of the oven so you can bite into it! This recipe calls for you to bake it, but you can easily use your counter top grill or the outside grill to make this dish as well. The breast is the healthiest part of the chicken, but can come out dry and tasteless when baked or boiled. Read this article to learn how to bake chicken breast that is both flavorful and juicy, and sure to be a crowd-pleaser.

In cooking mushroom sauce is sauce with mushrooms as the primary ingredient, often cream-based. It is commonly served with veal or pasta but can also be served with poultry, vegetables, or risotto .It is made with mushrooms, butter, cream, white wine (some variations may use a mellow red wine) and pepper with a wide variety of variations possible with additional ingredients such as garlic, lemon juice, flour, grated parmesan cheese, saffron, basil or other herbs. It is a variety of allemande sauce. Some sources also suggest pairing mushroom sauce with fish

Preparation Time: 15 min

Cooking Time: 40 min

Servings: 4

Ingredients

Boneless skinless chicken breast - 4

Extra virgin olive oil - 1 tablespoon

Lemons - 2

Butter - 1/4 cup

Mushrooms (chopped) - 3 cups

Chicken broth - 2 cans

Flour - 2 tablespoons

Tarragon - 1 teaspoon

Garlic - 1/2 teaspoon

Salt - to taste

Freshly ground black pepper - to taste

Step By step method for Baked Lemon Chicken with Mushroom Sauce

- 1) Preheat oven to 400 degrees F (205 degrees C).
- 2) Coat chicken breasts with olive oil and squeeze the juice of one lemon over them. Season with salt and pepper and place 1 to 2 slices of lemon on each breast. Bake at 350 degrees F for 30-40 minutes until juices run clear.
- 3) While chicken is baking melt the butter in a medium skillet. Add 3 cups of chopped mushrooms and one teaspoon of tarragon. Lightly saute until the mushrooms are tender and golden brown in color, about 6 minutes.
- 4) Stir flour completely into the mushroom mixture. Slowly add chicken broth and continue stirring, gradually increasing heat. Gently boil until mixture reduces to form a thick, creamy sauce. Approximately 10 minutes.

Why this is good for you

- Very low in sugar
- High in niacin
- High in selenium

Chicken Chasseur

Chicken Chasseur is a French recipe using chicken, white wine, mushroom, and tomato.

White wine also has the ability to protect the heart against aging, which can provide preventive benefits to the organ, though not all whites have the power to do so. According to research from the University of Connecticut School of Medicine, only one of three white wines tested provided a significant boost of protection to the heart, while the other two tested did not improve ventricular recovery, which reflects anti-aging properties.

Mushrooms are a good source of B vitamins, including riboflavin, niacin, and pantothenic acid, which help to provide energy by breaking down proteins, fats and carbohydrates². B vitamins also play an important role in the nervous system.

At Manchester and Newcastle universities revealed that tomato could protect against sunburn and Tomatoes are now eaten freely throughout the world. They contain the carotene lycopene, one of the most powerful natural antioxidants.

Preparation Time: 35 min

Cooking Time: 1 hr 30min

Servings: 4

Ingredients

Plain flour - 2 tablespoons

Mixed chicken pieces - 1kg

Olive oil - 2 tablespoons

Butter - 20g

Spring onions (trimmed, bulbs halved) - 1 bunch

Button mushrooms (halved) - 200g

Garlic cloves (crushed) - 2

Dry white wine - 1/2 cup

Tomato paste - 2 tablespoons

Chicken stock - 2 cups

Salt - to taste

Black pepper - to taste

Carrot - 1

Step By step method for Chicken Chasseur Recipe

1) Place flour and chicken in a large bowl. Season with salt and pepper. Toss to coat. Remove chicken, shaking off excess.

2) Heat 1-tablespoon oil in a large, heavy-based pan over medium-high heat. Cook chicken, in batches, turning, for 8 to 10 minutes or until golden. Transfer to a plate.

3) Add butter and remaining oil in pan. Add onion, mushrooms, garlic and carrot. Cook, stirring for 4 to 5 minutes or until onion has softened and mushrooms are golden.

4) Add wine. Simmer for 30 seconds. Add tomato paste. Cook, stirring, for 1 minute. Stir in stock. Return chicken to pan. Bring to the boil. Reduce heat to low. Simmer for 1 hour or until chicken is tender and sauce has reduced.

5) Serve hot.

Why this is good for you

- High in protein
- Low fat

Chicken Leg

This is just like spicy chicken Leg, only less work. Cooks up nicely in the slow cooker! A quick meal that is super easy and oh so yummy! For crispier chicken, bake in a 400 degrees F oven for the final 30 minutes.

Lemons are packed with numerous health benefiting nutrients. The fruit is less in calories, carrying just 29 calories per 100 g, the value being one of the lowest for the citrus fruits group. They contain zero saturated fats or cholesterol, but are good source of dietary fiber (7.36% of RDA). Lemon is one of the very low glycolic fruits. Lemon's acidic taste is because of citric acid. Citric acid constitutes up to 8% in its juice. Citric acid is a natural preservative, aids in smooth digestion, and helps dissolve kidney stones. Lemons, like other fellow citrus fruits, are an excellent source of vitamin C (ascorbic acid); provides about 88% of daily-recommended intake. Ascorbic acid is a powerful water-soluble natural anti-oxidant. This vitamin is helpful in preventing scurvy. Besides, consumption of foods rich in vitamin-C helps the human body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the blood.

Preparation Time: 50 min

Cooking Time: 40 min

Servings: 4

Ingredients

Sticks butter - 1

Lemon Juice - 2 to 3

Salt - 1/2 teaspoon

Black pepper - 1 teaspoon

Cayenne pepper - 1 teaspoon

Garlic (minced) - 4 cloves

Whole chicken legs - 8

Step By step method for Chicken Leg Recipe

- 1) Preheat the oven to 450 degrees F. Line baking sheets with foil.
- 2) Melt the butter in a saucepan. Add the lemon juice, salt, black pepper, cayenne and garlic, and stir. Set aside.
- 3) Rinse and pat the chicken legs dry. With metal tongs, dip them one by one into the butter mixture and place on the prepared baking sheets.
- 4) Once all of the chicken legs are coated and on the baking sheet, take a pastry brush and give them one last coating of the butter mixture.
- 5) Place them into the oven for 30 to 35 minutes, basting a couple of times during roasting. If they need a bit more color, turn on the broiler for a couple minutes and watch them closely.
- 6) Remove them when they are nice and golden brown and fully cooked.

Why this is good for you

- Low in sodium
- No sugar
- High in niacin
- High in selenium

Chicken Liver

A high nutritional side dish of chicken livers to be enjoyed rarely with such a mouth watering taste. This is fry masala dish, in which I have used all the basic spices and fried it. A drizzle of lemon juice will make it tastier.

Chicken livers are rich in iron, copper and preformed vitamin A. Traditionally, some fish livers were valued as food, especially the stingray liver. It was used to prepare delicacies, such as poached skate liver on toast in England. Cod liver oil is commonly used as a dietary supplement. A 100g serving, which is about 3.5 oz., of pan-fried chicken liver contains 172 calories, more than 100 of which come from protein. One serving of chicken liver contains 25.8g of protein, which provides more than 40 percent of the DRI for protein. Chicken liver is a complete protein because it contains all of the essential amino acids, which are those that your body cannot produce. Not only does chicken liver contain all nine of the essential amino acids, it also contains large amounts of many of these amino acids. According to the World Health Organization's recommendations for a 175 lb. adult, one serving of chicken liver provides over 100 percent of the minimum daily requirement for phenylalanine. Phenylalanine assists in the production of dopamine and norepinephrine, which are neurotransmitters that affect mood and memory. One serving of chicken liver also provides more than 50 percent of the requirement for all other essential amino acids. One serving of chicken liver contains 6.4g of fat, 2g of which are saturated fat. This is less than 10 percent of the maximum recommended amount of both fat and saturated fat for an adult consuming 2,000 calories per day. However, chicken liver may still not be a healthy choice if you are at risk for heart disease, since one serving contains 564mg of cholesterol, which is almost twice the maximum recommended amount. Cholesterol should be ingested in limited amounts because it can lead to plaque on artery walls.

Preparation Time: 35 min

Cooking Time: 10 min

Servings: 1

Ingredients

Chicken liver (cleaned and chopped) - 250 gm

Pomegranate sauce - 45 gm

Garlic (chopped) - 20 gm

Black pepper powder - to taste

Salt - to taste

Oil - 20 ml

Lemon juice - 10 ml

Half lemon sliced for garnishing

Step By step method for Chicken Liver Recipe

- 1) Mix together chicken liver, pomegranate sauce, garlic, salt and black pepper powder. Set aside for 30 minutes to marinate.
- 2) Heat oil in a saucepan, add marinated chicken liver, reserving the marinade, sauté for a few minutes.
- 3) Then add the reserved marinade, sauté gently for a few more minutes until the liquid evaporates.
- 4) Season with salt and pepper, and lemon juice, remove from heat.
- 5) Serve hot with a slice of lemon.

Why this is good for you

- Low in sodium
- No sugar
- Very high in iron
- Very high in niacin
- Very high in pantothenic acid
- Very high in phosphorus
- Very high in riboflavin
- Very high in selenium

- High in thiamin
- Very high in vitamin A
- Very high in vitamin B6
- Very high in vitamin B12
- Very high in vitamin C
- High in zinc

Chicken Quesadilla

This is a Mexican chicken dish. This is a great recipe for parties. I freeze the leftovers; they reheat quite well. The zesty chicken and cooked peppers are a succulent delight when mixed with the melted cheeses. Cut the quesadillas into wedges and serve with sour cream and salsa.

Chicken Quesadillas are the most popular variety of quesadillas served at Taco Bell. Chicken Quesadillas contain 520 calories, 28 grams of fat and 28 grams of protein. Chicken Quesadilla is a recipe cooked on the expert Grill, unlocked by the goal Fabulous Fajitas. It requires five Corn Tortillas, four Marinated Chickens and two Mild Salsas, and takes 16 hours to complete.

Mexican quesadillas are traditionally cooked on a Comal, which is also used to prepare tortillas. As a variation, the quesadillas can be fried in oil to make quesadillas fritas. The main difference is while the traditional ones are prepared just filling the partially cooked tortillas, then continue cooking until the cheese melts, the fried ones are prepared like a pastry, preparing the uncooked masa in small circles, then topping with the filling and finally folding the quesadilla to form the pastry. It is then immersed into hot oil until the exterior looks golden and crispy. Other variations include the use of wheat flour tortillas instead, especially in northeastern Mexico. Wheat dough is most commonly used in place of corn masa. In this case, the flour tortilla is prepared, folded and filled with cheese.

Preparation Time: 30 min

Cooking Time: 25 min

Servings: 4

Ingredients

Skinless, boneless chicken breast (diced) - 1 pound

Fajita seasoning - 1 packet

Vegetable oil - 1 tablespoon

Green bell peppers (chopped) - 2

Red bell peppers (chopped) - 2

Onion (chopped) - 1

Flour tortillas - 4(10- inch)

Shredded Cheddar cheese -about 2 ounces

Shredded Monterey Jack cheese - about 2 ounces

Bacon bits - 1 tablespoon

Step By step method for Chicken Quesadilla Recipes

- 1) Combine the cheeses in a medium bowl.
- 2) Preheat oven to 350 degrees F (175 degrees C).
- 3) Heat the oil in a large saucepan over medium heat. Stir in the green bell peppers, red bell peppers, onion, and chicken. Cook and stir until the vegetables have softened, about 10 minutes.
- 4) Layer half of each tortilla with the chicken and vegetable mixture, then sprinkle with the cheese, bacon bits. Fold the tortillas in half and Place onto a baking sheet.
- 5) Bake quesadillas in the preheated oven until the cheeses have melted, about 10 minutes.

Why this is good for you

- Very low in sugar
- High in calcium
- High in niacin
- High in phosphorus
- High in selenium

Diced Chicken with Chili

Diced Chicken with chili is a part of Sichuan Cuisine. It tastes very spicy, as there is a large quantity of chilies in this dish. Diced Chicken with Chili is mainly made of fried diced chicken and dry chili sections. To cook this dish well, more oil, high heat and quick frying are especially important, which can help to keep the chicken's freshness and tenderness. The diced chicken in it tastes hot and smooth outside, tender and fresh inside, with bright golden color. The dry chili sections serve both as seasonings and decorations, making this dish spicier and more attractive. The heat and the oil are the key points to cooking this dish. Only stir-fry the ingredients quickly over a high heat with enough oil to keep the fresh and tender taste of the chicken.

Preparation Time: 30 min

Cooking Time: 30 min

Servings: 4

Ingredients

Boneless, skinless chicken breast - 200 g

Dry chili peppers - 50 g

Cooking oil - 7 tablespoons (100 ml)

Egg - 1

Soy Sauce - 1 tablespoon

Salt - to taste

Corn starch - 2 teaspoons

White sugar - 1 teaspoon

Green onion pieces

Cooking wine - 1 tablespoon

Ginger - small pieces

Garlic- small pieces

Step By step method for Diced Chicken with Chili

- 1) Wash and clean the chicken breast, and then cut into diced pieces.
- 2) Cut dry chili peppers into 1-2 cm long sections.
- 3) Coat the diced chicken by adding cooking wine, salt, egg white and cornstarch. Leave to marinate for 10-15 minutes.
- 4) Take a bowl adds salt, white sugar, soy sauce, cornstarch and cooking wine. Stir it well and leave aside for later use.
- 5) Heat some cooking oil in a wok over a high heat. Add the chicken cubes and fry them until they are golden. Drain them.
- 6) Leave some cooking oil in the wok and heat it. Add the ginger and garlic pieces and stir-fry them until they are fragrant.
- 7) Add the dried chili peppers and stir-fry for 30 seconds. Add the fried chicken cubes and stir-fry until the chicken cubes turn into a red color. Pour in the seasoning juice and stir-fry for a further 30 seconds.
- 8) Your diced chicken with chili is Ready. Garnish with green onion Serve it in a dish.

Why this is good for you

- Low in saturated fat
- Low in sodium
- High in dietary fiber
- High in manganese
- High in niacin
- High in phosphorus
- High in potassium
- Very high in vitamin A
- High in vitamin B6
- Very high in vitamin C

Easy Chicken Curry

Chicken sautéed and simmered with onion, oil and curry powder. Simplest chicken curry you'll ever make! Serve over hot cooked rice. Indian cuisine has a large amount of regional variation, with many variations on the basic chicken curry recipe. Indian chicken curry typically starts with whole spices, heated in oil. A sauce is then made with onions, ginger, garlic, and tomatoes, and powdered spices. Bone-in pieces of chicken are then added to the sauce, and simmered until cooked through. In South India, coconut and curry leaves are also popular ingredients. Chicken curry is usually garnished with coriander leaves, and served with rice or bread. Even within the country, there are variations among regions. In Northern India, there the delicacy may be extra cooked with extra spice, and may not even be available in Southern India because of a cultural existence of vegetarianism. Additionally, one can find the dish in several small shops as well as five-star restaurants. Depending on the style of preparation, some versions may be sweeter while others will have a creamier taste to them due to the ample use of butter

Preparation Time: 10-15 min

Cooking Time: 20-30 min

Servings: 4

Ingredients

Chicken - 800 grams

Onions - 4-5 medium

Ginger - 1 tablespoon

Garlic - 1 tablespoon

Tomatoes - 4-5 medium

Fresh coriander leaves (chopped) - 1 tablespoon

Oil - 4 tablespoons

Cinnamon - 1-inch stick

Cloves - 4-5
Green cardamom - 4-5
Turmeric powder - 1/2 teaspoon
Coriander powder - 2 tablespoons
Cumin powder - 2 tablespoons
Red chili powder - 1 teaspoon
Salt - to taste
Garam masala powder - 1 teaspoon

Step By step method for Easy Chicken Curry Recipe

- 1) Heat oil in a thick-bottomed pan.
- 2) Add cinnamon, cloves and green cardamoms and sauté for half a minute. Add onions and sauté till golden brown.
- 3) Add ginger paste and garlic paste and continue to sauté for two to three minutes, stirring continuously.
- 4) Add turmeric powder, coriander powder, cumin powder and red chili powder. Mix well.
- 5) Add pureed tomato and stir. Cook till oil separates from the masala. Add the chicken pieces and salt.
- 6) Sauté on high heat for five minutes. Add two cups water, bring to a boil, cover and cook till the chicken is fully done.
- 7) Sprinkle garam masala powder and garnish with coriander leaves and serve hot.

Why this is good for you

- Very high in niacin
- High in phosphorus
- Very high in selenium
- Very high in vitamin A
- High in vitamin B6

Paprika Chicken

Paprika is a spice made from ground, dried fruits of the chili pepper family of the genus *Capsicum annuum*. Although Paprika is often associated with Hungarian cuisine, the chilies from which it is made are native to the New World. Spain and Portugal introduced *Capsicum annuum* to the Old World from the Americas. Paprika, *Capsicum annuum*, is a sweet-to-mildly hot cultivar of the chili pepper of the family Solanaceae. It is cultivated for its fruit, which are dried and used as a spice or seasoning. *C. Annuum* is a native of South America; however it is cultivated most extensively in Hungary. The English word was borrowed directly from Hungarian, which in turn borrowed the term from the adjacent Slavic peoples, among whom the word has survived since its inception in Proto Indo-European). Modern variations of the word exist in most European languages. The word "paprika" can be used to describe both the fruit and the spice.

The sweet paprika is the preferred kind of paprika; it adds a rosy color as well as flavor. Sometimes olive oil and sweet red or yellow peppers and a small amount of tomato paste are used. The dish bears a "family resemblance" to goulash, another paprika dish. The dish is traditionally served with "dumpling-like boiled egg noodles" a broad noodle similar to the other sides that it may be served with include noodles, rice or millet.

Chicken and paprika are considered an especially winning combination all over the world. This basic Paprika Chicken recipe is so easy, yet so good. Add chili powder or dried chives to the seasoning if desired.

Preparation Time: 10 min

Cooking Time: 40 min

Servings: 4

Ingredients

Chicken drumsticks, skin removed - 8

Plain flour - 1/4 cup

Garlic cloves (crushed) - 2

Ground paprika - 1 tablespoon
Salt - to taste
Freshly ground black pepper - to taste
Butter - 2 tablespoon
Olive oil - 2 tablespoons
Brown onions (halved, finely chopped) - 2
Sugar - 2 teaspoons
Diced Italian tomatoes - 2 can
Water - 1 cup
Dried bay leaf - 1
Sour cream - 1 cup

Step By step method for Paprika Chicken Recipe

- 1) Combine the flour and paprika in a large bowl. Season with salt and pepper.
- 2) Add the chicken and gently toss to evenly coat in flour mixture.
- 3) Melt the butter in a large dish over medium heat until foaming.
- 4) Add the chicken and cook, turning occasionally, for 5-10 minutes or until brown all over. Use a slotted spoon to transfer chicken to a heatproof bowl.
- 5) Heat the oil in the dish over medium heat. Add the onion and garlic and cook, stirring, for 5 minutes or until onion softens.
- 6) Add the sugar and cook, stirring, for 1 minute or until well combined.
- 7) Add the chicken, tomato, water and bay leaf, and bring to the boil. Reduce heat to low and simmer, covered, for 1 hour or until chicken is cooked through.
- 8) Add the sour cream and stir to combine. Cook, covered, for a further 15 minutes or until chicken is tender. Remove from heat.

Why this is good for you

- Very high in niacin

- High in phosphorus
- High in selenium
- High in vitamin B6

Baked Boneless Skinless Chicken Breast Recipes

Chicken meat contains about two to three times as much polyunsaturated fat than most types of red meat when measured as weight percentage. Chicken generally includes low fat in the meat itself (castrated roosters excluded). The fat is highly concentrated on the skin. A 100g serving of baked

Chicken breast contains 4 grams of fat and 31 grams of protein, compared to 10 grams of fat and 27 grams of protein for the same portion of broiled, lean skirt steak. However according to a 2006 Harvard School of Public Health study of 135,000 people, people who ate grilled skinless chicken 5 or more times a week had a 52 percent higher chance of developing bladder cancer compared to people who did not. However, such strong associations were not found in individuals regularly consuming chicken with skin intact.

Panko is a variety of flaky breadcrumb used in Japanese cuisine as a crunchy coating for fried foods, such as tonkatsu. Panko is made from bread baked by passing an electric current through the dough, yielding bread without crusts. It has a crisper, airier texture than most types of breading found in Western cuisine and resists absorbing oil or grease when fried, resulting in a lighter coating. Outside Japan, its use is becoming more popular in both Asian and non-Asian dishes: It is often used on fish and seafood and is often available in Asian markets, specialty stores, and, increasingly, in many large supermarkets. Panko is produced worldwide, particularly in Asian countries, including Japan, Korea, Thailand, China, and Vietnam. Having a panko breading.

Parmesan cheese is the name of a few kinds of Italian extra-hard cheeses made of cow's milk. It is usually the cheese to go with Spaghetti and other typical Italian pasta, but it also has many other uses. Parmesan is a part of Italian national cuisine and is usually grated. It is hard, sharp and dry.

Preparation Time: 20

Cooking Time: 15 min

Servings: 4

Ingredients

Skinless, boneless chicken breasts - 4 7-ounce

Salt - to taste

Freshly ground pepper - to taste

Grated Parmesan cheese - 1/2 cup

Panko (Japanese breadcrumbs) - 1/2 cup

Extra-virgin olive oil - 3 tablespoons

Chopped flat-leaf parsley - 2 tablespoons

Garlic cloves (chopped) - 2 tablespoons

Hearts of romaine, halved lengthwise - 2 large

Lemon - 1

Step By step method for Baked Boneless Skinless Chicken Breast Recipes

1) Preheat oven to 450°.

2) Line a large rimmed baking sheet with foil. Season chicken with salt and pepper; place on prepared sheet. Combine cheese, panko, 2 Tbsp. oil, parsley, and 1 garlic clove in a medium bowl; season with salt and pepper. Rub panko mixture onto breasts. Roast chicken until crumbs begin to turn golden, about 10 minutes.

3) Drizzle romaine with 1 Tbsp. oil and sprinkle with remaining chopped garlic clove. Season with salt and pepper. Remove sheet from oven; place romaine around chicken.

4) Roast until chicken is cooked through and lettuce is browned at edges, about 5 minutes. Divide among plates. Top lettuce with anchovies; garnish with lemon wedges for squeezing over.

Why this is good for you

- Low in sugar

Garlic Chicken with Lemon and Rosemary

Simple flavorful chicken recipe. This easy, quick, and light dish has exceptional flavor. The rosemary plays perfectly with strong garlic flavor and a hint of lemon for bright fresh flavor. This is a must try for summer. This Italian-inspired roast chicken couldn't be easier, but the result is really special. Rosemary is primarily used for cooking, and is an important spice. It is believed to go well with lamb. Usually, lamb has slits made in it, into which the sprigs of the Rosemary are tucked in. Also, larger sprigs of this plant are used when you grill lamb. Chicken meat contains about two to three times as much polyunsaturated fat than most types of red meat when measured as weight percentage. Chicken generally includes low fat in the meat itself. The fat is highly concentrated on the skin. A 100g serving of baked chicken breast contains 4 grams of fat and 31 grams of protein, compared to 10 grams of fat and 27 grams of protein for the same portion of broiled, lean skirt steak. The white wine and chicken broth that is used to the chicken is further reduced to create a light. Use this chicken breast recipe to create an elegant dish for family and friends. Serve over a bed of rice pilaf with steamed summer squash and a side salad. Offer a good Chardonnay or iced tea as beverage options.

Preparation Time: 5 min

Cooking Time: 30 min

Servings: 4

Ingredients

Boneless, skinless chicken breasts (cut into large chunks) - 2 1/2 pounds

Garlic (crushed) - 6 cloves

Fresh rosemary leaves - 3 tablespoons

Extra-virgin olive oil - 3 tablespoons

Lemon (juiced and zest) - 1

Salt and black pepper - to taste

Dry white wine - 1/2 cup

Grill Seasoning blend - 1 tablespoon

Step By step method for Garlic Chicken with Lemon and Rosemary

- 1) Preheat oven to 450 degrees F.
- 2) Arrange chicken in a baking dish.
- 3) Add garlic, rosemary, extra-virgin olive oil, lemon zest and grill seasoning or salt and pepper to the dish.
- 4) Toss and coat the chicken with all ingredients, then place in oven. Roast 20 minutes.
- 5) Add wine and lemon juice to the dish and combine with pan juices.
- 6) Return to oven and turn oven off. Let stand 5 minutes longer then remove chicken from the oven.
- 7) Squeeze some lemon juice over the chicken and serve

Why this is good for you

- Very low in sugar
- Very high in niacin
- High in selenium

Baked Chicken Thighs

This is a one-pan meal that's in the oven in 15 minutes. Rosemary, garlic, and oregano create a mouth-watering aroma. If using dried herbs in place of fresh, use 1/3 the amount. Potatoes are crispy like French fries, just serve with ketchup. Kids just love this

The wonderful smell of rosemary is often associated with good food and great times. But it could just as easily be associated with good health. Rosemary contains substances that are useful for stimulating the immune system, increasing circulation, and improving digestion. Rosemary also contains anti-inflammatory compounds that may make it useful for reducing the severity of asthma attacks. In addition, rosemary has been shown to increase the blood flow to the head and brain, improving concentration. So, the next time you enhance the flavor of some special dish with rosemary, congratulate yourself for a wise as well as delicious choice

Strong flavored, garlic cloves contain many noteworthy phyto-nutrients, minerals, vitamins, and antioxidants that have proven health benefits. Total measured antioxidant strength (ORAC value) is 5346 $\mu\text{mol TE}/100\text{ g}$. Its bulbs contain organic thio-sulfinite compounds such as daily disulfide, daily trisulfide and ally propyl disulfide. Upon disruption of bulb (while crushing, cutting, etc.), these compounds convert into Allicin through enzymatic reaction. Allicin decreases blood vessel stiffness through facilitation of nitric oxide (NO) release. Nitric oxide relaxes blood vessels and thereby, brings a reduction in the total blood pressure. Further, it blocks platelet clot formation and has fibrinolytic action inside the blood vessels. This function of Allicin helps decrease the overall risk from coronary artery disease (CAD), peripheral vascular diseases (PVD), and stroke.

Oregano is an important culinary and medicinal herb that has been used in medicine and cooking for thousands of years - with a number of potential health benefits. It is a species of Oregano, belonging to the mint family

Preparation Time: 15 min

Cooking Time: 60 min

Servings: 4

Ingredients

Chicken thighs - 8
Red potatoes (quartered) - 6 small
Extra-virgin olive oil - 1/2 cup
Fresh rosemary (chopped) - 1 tablespoon
Fresh oregano (Chopped) - 1 1/2 teaspoons
Garlic powder - 1 1/2 teaspoons
Salt - to taste
Pepper - to taste

Step By step method for Baked Chicken Thighs Recipes

- 1) Preheat the oven to 375 degrees F (190 degrees C).
- 2) Place chicken and potatoes into a large bowl. Pour olive oil over them, and stir to coat. Scatter the chicken and potato pieces in a large baking dish, or cookie sheet with sides. Sprinkle with rosemary, oregano, garlic powder, salt and pepper.
- 3) Bake for 1 hour in the preheated oven, uncovered. Baste during the last 15 minutes for extra crispness.

Why this is good for you

- Low in sodium
- Low in sugar

Honey Mustard Chicken

This recipe is Rich, flavorful and tasty. This tangy-sweet chicken is simply seasoned and cooked, quick from start to delicious finish. Mustard is a condiment made from the seeds of a mustard plant. The whole, ground, cracked, or bruised mustard seeds are mixed with water, salt, lemon juice, or other liquids, and sometimes other flavorings and spices, to create a paste or sauce ranging in color from bright yellow to dark brown. Mustard is full of nutrient the amounts of various nutrients in mustard seed are to be found in the USDA National Nutrient Database. As a condiment, mustard averages approximately 5 calories per teaspoon. Some of the many vitamins and nutrients found in mustard seeds are selenium and omega 3 fatty acid

Honey is a mixture of sugars and other compounds. With respect to carbohydrates, honey is mainly fructose and glucose making it similar to the synthetically produced inverted sugar syrup, which is approximately 48% fructose, 47% glucose, and 5% sucrose. Honey's remaining carbohydrates include maltose, sucrose, and other complex carbohydrates. As with all nutritive sweeteners, honey is mostly sugars and contains only trace amounts of vitamins or minerals. Honey also contains tiny amounts of several compounds thought to function as antioxidants, including chrysie, pinobanksin, vitamin C, catalase, and pinocembrin. The specific composition of any batch of honey depends on the flowers available to the bees that produced the honey

Preparation Time: 10

Cooking Time: 45 min

Servings: 4

Ingredients

Skinless, boneless chicken breast or leg - 6

Salt and pepper - to taste
Olive oil - 1 tablespoon
Honey - 1/2 cup
Prepared mustard - 1/2 cup
Dried basil - 1 teaspoon
Paprika - 1 teaspoon
Dried parsley - 1/2 teaspoon

Step By step method for Honey Mustard Chicken

- 1) Preheat the oven to 350°. F.
- 2) In a large bowl, mix mustard with the honey, and olive oil. Add a pinch of salt and taste. Add more salt and mustard until you get the flavor where you want it.
- 3) Combine the honey, mustard, basil, paprika, and parsley. Mix well. Pour 1/2 of this mixture over the chicken, and brush to cover.
- 4) Bake in the preheated oven for 30 minutes. Turn chicken pieces over and brush with the remaining 1/2 of the honey mustard mixture.
- 5) Bake for an additional 10 to 15 minutes, or until chicken is no longer pink and juices run clear. Let cool 10 minutes before serving.
- 6) Sprinkle some freshly ground black pepper over the chicken before you serve.

Why this is good for you

- High in Protein
- Low fat
- High in sodium
- Low Cholesterol

Tomato Chicken Curry

It is a simple & easy to make chicken tomato curry recipe. This curry is have a lot of spices as compared to the usual Indian curries and goes very well with all kinds of Indian flat breads. Chicken pieces coated with many fragrant spices like turmeric, cardamom and cloves, and then simmered in a tomato sauce. This dish is a family favorite. I have also taken it to potlucks and served it to guests in my home. Chicken curry is a common delicacy in South Asia, Southeast Asia. A typical South Asian curry consists of chicken stewed in an onion and tomato-based sauce, flavored with ginger, garlic, chili peppers and a variety of spices, often including turmeric, cumin, coriander, cinnamon, cardamom and so on.

Preparation Time: 10 min

Cooking Time: 30 min

Servings: 4

Ingredients

Chicken - 1

Oil - 2 tablespoon

Onions - 2

Kashmiri mirch - 1/2 teaspoon

Roasted, ground fennel seeds - 1/2 teaspoon

Ginger powder - 1 teaspoon

Tomatoes (deseeded and chopped) - 3 large

Cloves - 2

Cardamoms - 2

Garlic (Chopped) - 4 cloves

Turmeric - 1 teaspoon

Salt - to taste

Ground black pepper - to taste

Bay leaves - 2

Cinnamon - 1 large

Ground nutmeg - 1/4 teaspoon

Water/ stock - 350 ml

Step By step method for Tomato Chicken Curry

- 1) Place onion, garlic and ginger in a food processor and process into a paste.
- 2) Heat oil in a large skillet over medium heat, Fry the chicken in hot oil for 5 minutes to seal.
- 3) In the same oil, add onion paste and saute, stirring continuously, for about 10 minutes.
- 4) Stir in the cumin, turmeric, salt, pepper, cardamom, cinnamon, cloves, bay leaves and nutmeg. Saute, stirring, for 1 to 2 minutes.
- 5) Place chicken pieces in skillet and stir them around with the spice mixture until they are well coated.
- 6) Sauté for another 4 minutes then pours in the tomatoes with liquid and stir.
- 7) Reduce heat to low and simmer for 1 to 2 hours, or until the oil has separated from the liquid. Stir occasionally.

Why this is good for you

- High in niacin
- High in phosphorus
- High in selenium
- Very high in vitamin A

Stuffed Chicken Breast Recipe (Chicken Breasts Stuffed with Cheese, Tomato, and Basil)

Cooked on the bone, the delicate white meat of chicken breasts stays moist. While cooking, stuffing or filling (specifically for poultry) is an edible substance or mixture, often a starch, used to fill a cavity in another food item. Many foods may be stuffed, including meats, vegetables, and egg.

Cheese is a food derived from milk that is produced in a wide range of flavors, textures, and forms by coagulation of the milk protein casein. It comprises proteins and fat from milk, usually the milk of cows, buffalo, goats, or sheep. During production, the milk is usually acidified, and adding the enzyme rennet causes coagulation. The solids are separated and pressed into final form. Some cheeses have molds on the rind or throughout. Most cheeses melt at cooking temperature. Tomatoes are now eaten freely throughout the world. They contain the carotene lycopene, one of the most powerful natural antioxidants. In some studies, lycopene, especially in cooked tomatoes, has been found to help prevent prostate cancer, but other research contradicts this claim. Lycopene has also been shown to improve the skin's ability to protect against harmful UV rays. Sunburn and help keeping the skin looking youthful. Natural genetic variation in tomatoes and their wild relatives has given a genetic plethora of genes that produce lycopene, carotene, anthocyanin, and other antioxidants. Tomato varieties are available with double the normal vitamin C, 40 times normal vitamin A, high levels of anthocyanin and two to four times the normal amount of lycopene Basil, Thai basil, or sweet basil, is a common name for the culinary herb *Ocimum basilicum* of the family mints.

Preparation Time: 20

Cooking Time: 40 min

Servings: 4

Ingredients

Bone-in chicken breast halves - 4
Fresh basil leaves - 1/2 cup
Tomato - 1/3 cup
Garlic cloves (peeled) - 2
Finely grated orange zest - 1 teaspoon
Salt - to taste
Ground pepper – to taste
Mozzarella cheese cut into four pieces - 2 ounces
Olive oil - 2 teaspoons

Step By step method for Stuffed Chicken Breast Recipe (Chicken Breasts Stuffed with Cheese, Tomato, and Basil)

1) Preheat oven to 450 degrees. Line a rimmed baking sheet with aluminum foil; set aside. With a paring knife, cut a 1-inch-long slit in thick side of each breast. Insert knife, and without enlarging opening, carefully work around inside to form a pocket.

2) On a cutting board, pile basil, sun-dried tomatoes, garlic, zest, 1-teaspoon salt, and 1/4-teaspoon pepper; finely chop. Divide mixture evenly, and spoon into breast pockets, spreading it around. Insert one piece of cheese in each breast pocket.

Close pockets, using 2 to 3 toothpicks per breast; arrange, skin side up, on baking sheet.

3) Rub with olive oil, and season generously with salt and pepper. Roast until well browned and an instant-read thermometer inserted in thickest part of breast, 30 to 35 minutes. Let chicken rest 5 minutes; remove toothpicks before serving.

Why this is good for you

- Low in sugar
- High in niacin

- High in selenium
- Very high in vitamin C

Thai Red Chicken Curry

Red curry is a popular Thai dish consisting of curry paste to which coconut milk is added. The base is properly made with a mortar and pestle, and remains moist throughout the preparation process. The main ingredients are garlic, shallots, (dried) red chili peppers, galangal, shrimp paste, salt, kefir lime peel, coriander root, coriander seeds, cumin seeds, peppercorns and lemongrass. Common additives are fish sauce, sugar, Thai eggplant, bamboo shoots, Thai basil and meat such as chicken, beef, pork, shrimp, frog, snake or duck. Tofu, meat analogues or vegetables such as pumpkin can be substituted as a pseudo-vegetarian option, but due to the presence of shrimp paste in curry paste, substituting protein does not make the dish vegetarian. There are, however, vegetarian red curry pastes available. This dish normally has a soup-like consistency and is served in a bowl and eaten with steamed rice. Thai curry refers to dishes in Thai cuisine that are made with various types of curry paste; the term can also refer to the pastes themselves. A Thai curry dish is made from curry paste, coconut milk or water, meat, seafood, vegetables or fruit, and herbs. Curries in Thailand mainly differ from the curries in Indian cuisine in their use of fresh ingredients such as herbs and aromatic leaves over a mix of spices.

This Thai Red Curry Recipe is fragrant and sumptuous, and can be made anywhere from mild to red-hot, depending on your taste. It starts with a homemade Thai red curry paste, which is easily put together with your food processor or blender. Add coconut milk, chicken, and some vegetables, and you have a healthy and hearty curry dish that will awaken your senses and boost your mood. This is a quick and easy curry stir-fry made with chicken, zucchini, red bell pepper and carrot. Coconut milk and curry paste make an irresistible sauce.

Preparation Time: 15 min

Cooking Time: 15 min.

Servings: 4

Ingredients

Olive oil - 2 teaspoons

Skinless, boneless chicken breast halves - cut into thin strips - 1 pound

Thai red curry paste - 1 tablespoon

Zucchini (sliced) - 1 cup

Red bell pepper (seeded and sliced into strips) - 1

Carrots (sliced) - 1/2 cup

Onion (quartered then halved) - 1

Cornstarch - 1 tablespoon

Coconut milk - 1 (14 ounce) can

Chopped fresh cilantro - 2 tablespoons

Step By step method for Thai Red Chicken Curry

- 1) Heat the oil in a large skillet over medium-high heat.
- 2) Add the chicken pieces; cook and stir for about 3 minutes.
- 3) Mix in the curry paste, zucchini, bell pepper, carrot and onion. Cook and stir for a few minutes.
- 4) Dissolve the cornstarch in the coconut milk, then pour into the skillet. Bring to a boil, and then simmer over medium heat for 1 minute. Right before serving, stir in the cilantro.

Why this is good for you

- High in vitamin C

Teriyaki Chicken

Teriyaki is a cooking technique used in Japanese cuisine in which foods are broiled or grilled with a glaze of soy sauce, mirin, and sugar. The word teriyaki derives from the noun Teri, which refers to a shine or luster given by the sugar content in the tare and yaki, which refers to the cooking method of grilling or broiling. Traditionally the meat is dipped in or brushed with sauce several times during cooking.

Chicken teriyaki. The tare is traditionally made by mixing and heating soy sauce, sake, or mirin; and sugar or honey. The sauce is boiled and reduced to the desired thickness, then used to marinate meat, which is then grilled or broiled. Sometimes ginger is added and the final dish may be garnished with green onions. Teriyaki sauce In North America, any dish made with a teriyaki-like sauce (often even those using foreign alternatives to sake), or with added ingredients such as sesame or garlic, is described as teriyaki. Pineapple juice is sometimes used as it not only provides sweetness but also bromelain enzymes that help tenderize the meat. Grilling meat first and pouring the sauce on afterward or using sweet sauce as a marinade is other non-traditional methods of cooking teriyaki. Teriyaki sauce is sometimes put on chicken wings or used as a dipping sauce

Preparation Time: 10 min + 3 hr for marination

Cooking Time: 20 min

Servings: 2

Ingredients

Boneless chicken thigh with skin (rinsed and pat dry) - 500 g

Oil - 2 tablespoon

Sake (Rice wine) - 2 tablespoon

Teriyaki Sauce - to taste

Soy sauce - 2 tablespoon

Water - 2 tablespoon

Sake - 1 tablespoon
Mirin - 1 tablespoon
Sugar - 1 tablespoon
Onion (grated) - 1/4
Ginger (grated) - 2.5 cm

Step By step method for Teriyaki Chicken recipes

- 1) Cut each chicken thigh into 4 pieces.
- 2) Prick the chicken with a fork so it absorbs more flavors.
- 3) Take a bowl and combine teriyaki sauce Ingredients.
- 4) Add the chicken into the bowl and marinate for at least 2-3 hours in the refrigerator.
- 5) Heat the oil in a non-stick pan over medium high heat and place the chicken pieces skin side down, RESERVING the sauce (Do not add any liquid so that chicken will brown nicely).
- 6) When skin side is nicely browned, flip the chicken and add sake. Quickly cover the pan and cook over medium heat for 8-10 minutes.
- 7) Remove the chicken to a plate and wipe off excess grease from the pan.
- 8) Heat the oil and put the chicken back in the pan, skin side down, and cook until the skin becomes crispy.
- 9) Flip the chicken and pour the reserved sauce and cook until the sauce is reduced. Use a spoon to pour the sauce on top of the chicken while cooking.
- 10) Transfer the chicken to a plate and drizzle the remaining sauce on top.

Why this is good for you

- Low in saturated fat

White Chicken Chili

White beans, also known as white navy beans, offer extraordinary health benefits. They are loaded with antioxidants and provide a good supply of detoxifying molybdenum. They are also a good source of fiber and protein and rank low on the glycemic index. They produce alpha-amylase inhibitors, which help regulate fat storage in the body. What's more, white beans deliver a good supply of magnesium, a mineral with multiple health benefits.

Rich in slow-digesting carbohydrates, protein and fiber, beans — including white beans — are considered a low GI food. The glycemic index, or GI, is a numerical index that ranks foods based upon their predicted impact on blood sugar levels. Foods that score high on the glycemic index (e.g. white bread and potatoes) break down quickly during digestion and cause an immediate spike in blood sugar and insulin levels. A significant drop in blood sugar levels follows this rapid rise. These fluctuations have been linked to conditions like heart disease, type 2 diabetes, increased cravings for sugary foods, and tiredness.

White beans are one of the most concentrated food sources of molybdenum. Despite being discovered already in 1778, molybdenum is a relatively unknown trace mineral. Nevertheless, it is extremely important for good health. Molybdenum is required to make and activate a number of detoxifying enzymes, including aldehyde oxidase and sulfite oxidase.

Aldehyde oxidase neutralizes acetaldehyde, a toxic metabolic byproduct of yeast, fungi, and alcohol. Acetaldehyde is also a significant constituent of tobacco and marijuana smoke as well as automotive exhaust. It is an irritant, a probable human carcinogen, and it has been shown to have a synergistic effect with nicotine, increasing the likelihood of addiction to cigarette smoking.

Preparation Time: 20 min

Cooking Time: 35 min

Servings: 4

Ingredients

White kidney beans (rinsed and drained) - 3 (15 ounce) cans

Olive oil - 1 tablespoon

Green chilies (Chopped) - 2 (4 ounce) cans

Skinless, boneless chicken breast halves - 3

Onion (chopped) - 1 large

Garlic (minced) - 2 cloves

Chicken broth - 5 cups

Dried oregano - 1 tablespoon

Ground cumin - 1 teaspoon

Cayenne pepper, or to taste - 2 pinches

Chopped fresh cilantro - 1/4 cup

Monterey Jack cheese - 1/2 cup

Salt - to taste

Step By step method for White Chicken Chili Recipes

1) Heat olive oil in a Dutch oven over medium heat. Cook chicken, onion, and garlic in hot oil until the chicken is browned completely, 3 to 5 minutes per side.

2) Remove the chicken to a cutting board, cut into 1-inch pieces, and return to the Dutch oven; add chicken broth, cannellini, green chilies, oregano, cumin, and cayenne pepper. Bring the mixture to a simmer and cook until the chicken is cooked through, 30 to 45 minutes.

3) Divide cilantro among 4 bowls. Ladle chili over cilantro and top with cheese. Season with salt to serve.

Why this is good for you

- Low in sodium
- No sugar
- Very high in niacin
- High in phosphorus
- High in selenium
- High in vitamin B6

Conclusions

Chicken meat can make many positive contributions to the diet of those on low incomes. Although not all meat is seen as healthy, chicken meat is, and is frequently more affordable than other meats. It is of a consistently high quality, is low in saturated fats, can be enriched with some essential nutrients and is sought after worldwide.

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