

Spicy Grilled Buffalo Chicken

Serves 4

1 pound chicken breasts trimmed

Marinade:

½ Cup Durkee red hot

1 Clove Garlic, minced

Marinate chicken 20 minutes to overnight then grill or bake until done.

Serve over Brown rice with celery sticks, carrot sticks and 2 tablespoons low fat blue cheese dressing.

Nutrition Facts
Serving Size 309 g

Amount Per Serving

Calories 562

Calories from Fat 62

	% Daily Value*
Total Fat 8.8g	18%
Saturated Fat 1.7g	8%
Cholesterol 96mg	32%
Sodium 531mg	22%
Total Carbohydrates 79.2g	26%
Dietary Fiber 5.4g	22%
Sugars 3.5g	
Protein 43.1g	

Vitamin A 207%

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Vitamin C 25%

Calcium 8%

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Iron 18%

Nutrition Grade A

* Based on a 2000 calorie diet

Oriental Chicken Noodle Salad

1 pound chicken breasts

Marinate;

1Tbs fresh ginger

1Tbs Sesame oil

1 clove fresh Garlic, minced

¼ cup low sodium soy sauce

Marinate chicken 20 minutes to overnight, then grill or bake until done.

Noodle salad:

Cook and drain and rinse 1 pound whole wheat Angel hair pasta.

Dressing:

1Tbs fresh ginger

1Tbs sesame oil

1Clove garlic, minced

¼ Cup reduced sodium soy sauce

¼ Cup Thai chili sauce sweet

¼ Cup rice wine vinegar

Shred 2 carrots, ½ a red cabbage, 1 red onion .

Dice 1 red and 1 green pepper

Toss the pasta, the veggies and dressing until mixed.

Place on a bed of greens and top with chicken (makes 4 serving)

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Nutrition Facts

Serving Size 522 g

Amount Per Serving

Calories 532

Calories from Fat 86

	% Daily Value*
Total Fat 9.6g	15%
Saturated Fat 1.8g	9%
Cholesterol 96mg	32%
Sodium 684mg	29%
Total Carbohydrates 62.6g	21%
Dietary Fiber 11.4g	45%
Sugars 12.1g	
Protein 46.5g	

Vitamin A 187%

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Vitamin C 160%

Calcium 12%

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Iron 26%

Nutrition Grade A

* Based on a 2000 calorie diet