

"Cook Once Eat Twice" with Chicken

Instructions:

1. Separate the chicken into 1 ½ pounds for baked chicken nuggets and 1 pound for chicken stir-fry to serve the next day.

Baked Chicken Nuggets

Ingredients:

Vegetable cooking spray
1 ½ lb chicken breast, boneless, skinless
1 cup corn flake crumbs or Italian bread crumbs
1 tsp paprika
½ tsp paprika
½ tsp Italian herb seasoning
¼ tsp garlic powder
¼ tsp onion powder

Instructions

1. Preheat oven to 400 degrees Fahrenheit. Lightly grease a baking dish or cookie sheet with cooking spray, set aside.
2. Cut chicken into bite-size pieces.
3. Place corn flakes in a plastic bag and crush them into crumbs.
4. Add paprika, Italian herb seasoning, garlic powder and onion powder to the crushed corn flakes. Close the bag and shake well. If you have kids, this is a great way to get them involved by letting them crush up the corn flakes.
5. Add a few pieces of chicken at a time to the crumb mixture. Shake to coat evenly.
6. Arrange coated nuggets on the cookie sheet so they are not touching. Bake until golden brown, about 12-14 minutes.

Prep time: 15 minutes

Cook time: 12-14 minutes

Serves: 4-6

Source: USDA Recipes and Tips for Healthy, Thrifty Meals

Nutrition Facts

4-6 servings per container

Serving size 3 ounces

Amount per serving

Calories 120

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 65mg 3%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 19g

Vitamin D 0mcg 0%

Calcium 6mg 0%

Iron 1mg 6%

Potassium 299mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Chicken Stir Fry

Ingredients:

2 tbsp vegetable oil
1 tbsp garlic, finely chopped
1 lb chicken breast, boneless, skinless, cut into strips
½ tsp sugar
3 tbsp less sodium soy sauce
½ cup carrots, peeled and sliced thin or
½ can (about 8 oz) of low-sodium carrots, drained
½ cup celery, sliced thin
¼ cup onion, cut into strips
¼ tsp ground

Instructions

1. Heat vegetable oil in a large pan over medium heat.
2. Sauté garlic until it is slightly brown.
3. Add the chicken and cook thoroughly until done.
4. Add sugar, soy sauce, carrots, celery, onions and bell pepper. Cook until vegetables are tender.
5. You can serve with cooked brown rice or noodles

Prep time: 15 minutes
Cook time: 20 minutes
Serves: 6
Source: LSUAgCenter

Nutrition Facts

6 servings per container

Serving size 1 cup

Amount per serving

Calories 150

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 340mg 15%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 18g

Vitamin D 0mcg 0%

Calcium 18mg 2%

Iron 1mg 6%

Potassium 370mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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