

Healthy Recipes



Chicken and Bean Burrito

Chicken and bean burritos will fit the bill if the family feels like eating Mexican tonight.

Top with shredded cheese, chopped tomato and sour cream.

Makes 6 servings.

Prep Time: 5 minutes

Cook Time: 20 minutes

- 1 1/4 pounds boneless skinless chicken breasts, cut in cubes
- 1 tablespoon vegetable oil
- 1 package Burrito Seasoning Mix
- 1 cup water
- 1 can (15 ounces) black beans, rinsed and drained
- 2 tablespoons chopped green chiles
- 6 flour tortillas (8-inch)
- Shredded cheese (optional)
- Chopped tomato (optional)
- Sour cream (optional)

1. Brown chicken in hot oil in large skillet.
2. Stir in seasoning mix, water, black beans and chiles. Simmer 10 minutes.
3. Spoon chicken mixture down the center of each warmed flour tortilla. Garnish with cheese, tomato or sour cream, if desired. Fold up bottom of tortilla, and then fold over sides of tortilla.

Nutrition Information per 1 serving:

Calories: 353 Sodium: 1052 mg

Fat: 8 g Carbohydrates: 35 g

Cholesterol: 57 mg Fiber: 5 g

Protein: 31 g

Chicken Marsala with Basil and Mushroom

Cutting the Calories Curbing the Carbs

Basil and Italy's most famous wine give this chicken dish a rich flavor. This easy entrée is special enough for entertaining.

Serve over pasta, if desired.

Makes 4 servings.

Prep Time: 10 minutes

Cook Time: 15 minutes



- 1 pound boneless skinless chicken breast halves
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/2 teaspoon Garlic Powder
- 1/8 teaspoon Black Pepper, Coarse Grind
- 3 tablespoons olive oil, divided
- 1/2 cup sliced mushrooms
- 1/2 cup chicken broth
- 1/2 cup Marsala wine
- 1/2 teaspoon Basil Leaves
- 1/2 teaspoon Onion Powder

1. Place chicken between two sheets of wax paper; pound to approximately 1/4-inch thick. Mix flour and next 3 ingredients in shallow dish. Coat chicken in flour mixture.
2. Heat 2 tablespoons oil in large skillet on medium-high heat. Add chicken; cook 5 to 6 minutes or until browned on both sides. Remove from skillet.
3. Add remaining 1 tablespoon oil and mushrooms. Cook and stir 2 to 3 minutes. Add broth, wine, basil and onion powder. Stir to loosen any browned particles; bring to boil. Return chicken to skillet. Simmer, uncovered, 2 minutes.

Nutrition Information per 1 serving:

Calories: 261 Sodium: 496 mg

Fat: 13 g Carbohydrates: 7 g

Cholesterol: 68 mg Fiber: 0 g

Protein: 29 g