

# Recipes for a Healthy Mind

Featured Ingredient: Chicken

## Grilled Chicken with Green Chile Sauce

4 chicken breasts, skinless and boneless  
¼ tsp oregano  
½ tsp black pepper  
¼ cup water  
10-12 tomatillos, husks removed and halved  
½ medium onion, quartered  
2 cloves garlic, finely chopped  
2 serrano or jalapeno peppers  
2 Tbsp cilantro, chopped  
1.4 tsp salt  
¼ cup sour cream, low-fat  
juice of 2 limes

1. Combine the oil, juice from 1 lime, oregano, and black pepper in a baking dish. Stir. Place the chicken breasts in the baking dish and turn to coat each side. Cover the dish and refrigerate overnight. Turn the chicken periodically to marinate chicken on both sides.
2. Put water, tomatillos, and onion into a saucepan. Bring to a gentle boil and cook, uncovered, for 10 minutes or until the tomatillos are tender. In a blender, place the cooked onion, tomatillos, and any remaining water. Add the garlic, peppers, cilantro, salt, and the remaining lime juice. Blend until all ingredients are smooth. Place the sauce into a bowl and refrigerate.
3. Place the chicken breasts on a hot grill and cook until done. Place the chicken on a serving platter.
4. Spoon a tablespoon of low-fat sour cream over each chicken breast. Pour the sauce over the sour cream.

## Chicken Marsala

1/8 tsp black pepper  
¼ tsp salt  
¼ cup flour  
4 chicken breasts, bones, and skinless  
1 Tbsp olive oil  
½ cup Marsala wine  
½ cup chicken stock, skim fat from top  
½ lemon, juiced  
½ cup mushrooms, sliced  
1 Tbsp fresh parsley, chopped

1. Mix together pepper, salt, and flour. Coat chicken with seasoned flour.
2. In a heavy-bottomed skillet, heat oil. Place chicken breasts in skillet and brown on both sides. Then remove chicken from skillet and set aside.
3. To the skillet, add wine, juice, stock, and mushrooms. Stir to toss, reduce heat, and cook for about 10 minutes until the sauce is partially reduced. Return chicken breasts to skillet. Spoon sauce over the chicken.
4. Cover and cook for about 5-10 minutes or until chicken is done.
5. Serve sauce over chicken. Garnish with chopped parsley.

## Barbecued Chicken

1 ½ lb chicken parts (breast, drumstick, and thigh), skin and fat removed  
1 large onion  
3 Tbsp vinegar  
2 Tbsp brown sugar  
black pepper to taste  
1 Tbsp hot pepper flakes  
1 Tbsp chili powder  
1 cup chicken stock/broth, fat skimmed from top  
3 Tbsp Worcestershire sauce

1. Place chicken into 13- by 9- by 2-inch pan. Arrange onions over top.
2. Mix together vinegar, Worcestershire sauce, brown sugar, pepper, hot pepper flakes, chili powder, and stock.

Makes 4 servings  
Serving Size: 1 chicken breast

Each serving provides:  
Calories: 210  
Total fat: 5 g  
Saturated fat: 1 g  
Cholesterol: 73 mg  
Sodium: 91 mg  
Calcium: 53 mg  
Protein: 29 g  
Potassium: 780 mg

Makes 4 servings  
Serving Size: 1 chicken breast

Each serving provides:  
Calories: 285  
Total fat: 8 g  
Saturated fat: 2 g  
Cholesterol: 85 mg  
Sodium: 236 mg  
Protein: 33 g  
Potassium: 348 mg

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