

# **“TURN UP THE HEAT” Recipes**

## **Spicy Pecan-Crusted Chicken**

4 boneless, skinless chicken breasts  
1/2 cup(s) pecan halves  
1/4 cup(s) plain dry breadcrumbs  
1 1/2 teaspoon(s) freshly grated orange zest  
1/2 teaspoon(s) salt  
1/4 teaspoon(s) ground chipotle pepper  
1 large egg white  
2 tablespoon(s) water  
1 tablespoon(s) canola oil

1. Working with one piece of chicken at a time, place between sheets of plastic wrap and pound with a meat mallet or heavy skillet until flattened to an even 1/4-inch thickness.
2. Place pecans, breadcrumbs, orange zest, salt and ground chipotle in a food processor and pulse until the pecans are finely ground. Transfer the mixture to a shallow dish. Whisk egg white and water in a shallow dish until combined. Dip each chicken breast in the egg white mixture, and then dredge both sides in the pecan mixture.
3. Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium heat. Add half the chicken and cook until browned on the outside and no longer pink in the middle, 2 to 4 minutes per side. Transfer to a plate and cover to keep warm. Add the remaining oil and cook the rest of the chicken, adjusting the heat as needed. Serve immediately.

**Makes 4 servings**

**Each serving provides:**  
**Calories: 281**  
**Total fat: 15 g**  
**Saturated fat: 2 g**  
**Total Carbohydrate: 7 g**  
**Cholesterol: 66 mg**  
**Protein: 29 g**



## **Gnocchi with Tomatoes, Pancetta, and Watercress**

2 ounce(s) pancetta, chopped  
3 clove(s) garlic, minced  
2 large tomatoes, chopped  
1/2 teaspoon(s) sugar  
1/4 teaspoon(s) crushed red pepper  
2 teaspoon(s) red-wine vinegar  
1/4 teaspoon(s) salt  
1 pound(s) gnocchi (see Tips & Techniques)  
4 ounce(s) watercress, tough stems removed, coarsely chopped (6 cups packed)  
1/3 cup(s) freshly grated Parmesan cheese

1. Boil water in a large pan.
2. Cook pancetta in a large nonstick skillet over medium heat, stirring occasionally, until it begins to brown, 4 to 5 minutes. Add garlic and cook, stirring, for 30 seconds. Add tomatoes, sugar, and crushed red pepper and cook, stirring, until the tomatoes are almost completely broken down, about 5 minutes. Stir in vinegar and salt. Remove from the heat.
3. Cook gnocchi in the boiling water until they float, 3 to 5 minutes or according to package directions. Place watercress in a colander and drain the gnocchi over the watercress, wilting it slightly. Add the gnocchi and watercress to the sauce in the pan; toss to combine. Serve immediately, with Parmesan.

**Makes 4 servings**

**Each serving provides:**  
**Calories: 377**  
**Total fat: 7 g**  
**Saturated fat: 3 g**  
**Cholesterol: 16 mg**  
**Protein: 14 g**



## **Spiced Beef with Cucumber-Yogurt Sauce**

1/2 cup plain low-fat yogurt  
1/3 cup chopped, seeded cucumber  
1/4 cup finely chopped onion  
2 tablespoons finely chopped, seeded fresh jalapeno pepper  
1 tablespoon snipped fresh mint  
1/2 teaspoon ground cumin  
1 garlic clove, minced  
1/4 teaspoon salt  
8 ounces lean ground beef  
Cooking spray  
Indian flatbread (optional)

1. In a small bowl, stir together yogurt and cucumber. Cover and place in refrigerator.
2. In a medium bowl, combine onion, jalapeno, mint, cumin, garlic, and salt. Add ground beef; mix well. Form meat mixture into two 3/4-inch-thick patties.
3. Lightly coat a grill pan with cooking spray. Place patties in pan over medium heat. Cook 14 to 18 minutes, or until done, turning once.
4. If desired, serve the patties on flatbread; top with yogurt sauce.

**Makes 2 servings**

**Each serving provides:**  
**Calories: 241**  
**Total fat: 12 g**  
**Saturated fat: 5 g**  
**Carbohydrate: 8 mg**  
**Fiber: 1 g**  
**Protein: 24 g**



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