

Garlic Curry Chicken with Spinach

This tasty chicken dish can easily be made in less than 30 minutes. The original version called for a cup of coconut milk, which is high in fat and especially saturated fat. Fat-free half and half and a little flour for thickening makes a much healthier substitute!

1-tablespoon olive oil
1-pound boneless, skinless chicken breast cut in one-inch strips
2 cloves garlic, minced
1-teaspoon curry powder
1 teaspoon flour
1 cup fat-free half and half
4 cups fresh spinach, stems removed
Salt and pepper to taste
3 cups hot cooked rice
¼ cup roasted, salted cashews for garnish

Method: Heat olive oil in large skillet over medium heat until hot but not smoking. Add chicken and cook and stir for 4 to 6 minutes until browned. Add garlic, curry powder and flour and cook and stir for 30 seconds more. Reduce heat to low and stir in fat-free half and half. Cook 3-4 minutes more until chicken is completely cooked and mixture is thickened slightly. Add spinach, and toss to mix. Cook until spinach is wilted. Add salt and pepper to taste (It really doesn't need either). Serve over hot cooked rice; garnish each serving with 1-tablespoon cashews. Makes 4 servings. Original recipe from Steve Cox in Plexus Tried and True Recipes. Per serving including ¾ cup rice and 1 tablespoon cashews: 410 calories, 11 gm fat, 2 gm sat. fat, 65 mg. cholesterol, 650 mg. sodium, 46 gm carbs, 2 gm fiber, 30 gm protein, and 20% of Daily value for Vitamin A, 15% of daily value for Calcium, and 20% of daily value for Iron.

Sweet-Sour Pork Chops

This tasty recipe is a family favorite, and requires only one pan and is ready in less than an hour. Serve with a baked potato and some broccoli for a delicious and healthy dinner.

4 loin pork chops, thin cut (about 1 pound)
1 tablespoon cornstarch
¼ cup apple cider vinegar
½ cup pineapple juice (drained from pineapple, add water if needed to make ½ cup)
1 tablespoon light soy sauce
1 tablespoon packed brown sugar
1 small green pepper
1 can (8 oz) pineapple chunks in juice, drained with juice reserved

Method: Trim fat from pork chops. Brown in skillet sprayed with non-stick coating. Mix cornstarch with vinegar until smooth, and juice and water mixture, soy sauce, and sugar. Move chops to one side of pan, and add sauce, cook over low heat, stirring constantly, until thickened. Simmer, covered, until chops are almost tender, about 30 minutes. Add green pepper and pineapple, and simmer, covered, about 10 minutes more until pepper is tender. Serve over rice. Recipe from the American Dietetic Association. Makes 4 servings. Nutrition information per serving: 220 calories, 7 gm fat, 2.5 gm sat. fat, 65 mg. cholesterol, 180 mg sodium, 14 gm carbs, 1 gm fiber, and 24 gm protein, also about 40% of daily value for Vitamin C.

White Chicken Chili

A very hearty and easy to make soup! Notice the high fiber content of 7 grams/serving. However, be aware that due to the canned ingredients, the sodium content is not low. This is a good use for leftover chicken, or you can poach boneless, skinless chicken breasts in some water until tender and then dice and add them to the soup, using the poaching water for part of the water in the soup.

1 tablespoon canola oil
½ cup chopped onion
2 cloves garlic, minced
2-3 teaspoons chili powder (to taste)
½ teaspoon ground cumin
1 (15 oz.) can Great Northern beans, rinsed and drained
1 (14.5 oz.) can reduced-sodium chicken broth
1 ¾ cup water
½ of a 4 oz. can diced green chilies, about ¼ cup
1 and ½ cups diced cooked chicken meat
1 teaspoon dried parsley

Method: In a large saucepan, heat oil over medium heat. Cook and stir the onion and garlic in hot oil until onion is tender, but not brown. Stir in chili powder and cumin; cook and stir for one minute. Add drained beans, chicken broth, water and green chilies. Simmer, covered, for 10 minutes, stirring occasionally. Stir in the chicken and parsley and heat through. Makes 4 servings: Nutrition Information per serving: 230 calories, 7 gm fat, 1.5 gm sat fat, 40 mg. cholesterol, 700 mg sodium, 19 gm carbs, 7 gm fiber, and 23 gm protein. (Recipe from Better Homes and Gardens)

Louisiana Chicken

Here is an easy-to-make dish using one of Campbell's "Light" soups. Keep in mind that any recipe using canned ingredients is not low in sodium. There is no need to season the chicken breasts with salt and pepper. Try this with some 10-minute brown rice, and a tossed salad to have dinner on the table in no time at all! Clean up is also quick!

1 teaspoon canola oil
½ cup chopped onion
½ cup chopped green pepper
1 pound boneless, skinless chicken breast halves
1 can (10 ¾ oz.) condensed chicken gumbo soup, such as Campbell's
1 medium tomato, diced
¾ teaspoon Cajun seasoning

Method: In a large skillet, heat oil. Sauté onion and green pepper until softened. Add chicken breasts and brown on both sides. Pour chicken gumbo soup over, add tomato and Cajun seasoning. Simmer, covered, about 10 minutes or until chicken is done and flavors are blended. Serve with rice and a green vegetable for a quick and easy meal. Makes 4 servings. Nutrition information per serving: 200 calories, 4.5 gm fat, 1 gm sat. fat, 70 mg cholesterol, 690 mg sodium, 10 gm carbs, 2 gm fiber, and 27 gm protein, as well as about 35% of your daily Vitamin C. Recipe from Campbell's Soup Company.