

THIN&Healthy's QUICK-N-EASY
CHICKEN
Recipes

THIN&HEALTHY'S
TOTAL
SOLUTION
WEIGHT LOSS • MOVEMENT • MOTIVATION



Dear Friends,

Many of our members have requested a collection of some of our favorite and most popular *Thin & Healthy™* Recipes.

This book is the first edition in our *Thin & Healthy's Quick-N-Easy Cooking Collection*, featuring over 30 delicious and healthy recipes. In the coming months, we'll be highlighting a number of our member's favorite dishes to provide quick and easy ways to eat the *Thin & Healthy™* way, and enjoy every bite.

In this era of busy schedules, it's often difficult to make time to eat healthy. Use this collection of easy-to-prepare meals as a basis to create quick, healthy, and memorable meals that you and your family can all enjoy. We are excited to bring you this amazing collection of *Thin & Healthy™ Quick-N-Easy Chicken Recipes*. We hope you enjoy all of the tasty sensations included in our book.

Here's to your Life Success,

Donna Krech
Founder & CEO
Thin & Healthy's™ Total Solution®

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A note on nutrition: Nutritional content of these recipes is based on food composition data accumulated in the Thin & Healthy Food Database. Variations in ingredients, products, and measurements may result in approximate values. Each analysis is based on the first ingredient listed and does not include optional ingredients, garnishes, preparation materials and ingredients or serving suggestions, unless noted.

A close-up photograph of a white ceramic bowl with a blue rim, filled with a light-colored, clear soup. Several large, pale, textured dumplings are floating in the broth. The soup is garnished with finely chopped green herbs, likely parsley. A slice of bright orange carrot is visible on the right side of the bowl. The bowl is placed on a light-colored surface with a subtle floral pattern. The text "Savory Soups" is overlaid in the center of the image in a white, italicized font.

Savory Soups

Southwestern Chicken Soup

1-¼ pounds boneless, skinless chicken breasts cut into thin strips
1 package (16 ounces) frozen corn, thawed
1 can (14-½ ounces) diced tomatoes, un-drained
1 medium green pepper, chopped
1 can (4 ounces) chopped green chilies
1 teaspoon ground cumin
1-2 tablespoons canola oil
4 packages T&H chicken bouillon supplements
1 medium onion, chopped
1 medium sweet red pepper, chopped
1-½ teaspoons seasoned salt, optional
½ teaspoon garlic powder

In a large skillet, sauté the chicken in oil until lightly browned. Transfer to a 5-quart slow cooker with a slotted spoon. Stir in the remaining ingredients. Cover and cook on low for 7-8 hours. Stir before stirring.

Serves: 10
Phase: 1, 2, 3, 4

Fat grams: 6.0
Protein: 18.8

You may substitute 2 cans (14-½ ounces each) chicken broth in place of T&H supplement, although best results are achieved using supplements.

Chicken Noodle Soup

1 stewing chicken (about 4 pounds) cut up
5 celery ribs, coarsely chopped, divided
2 medium onions, quartered, divided
2/3 cup coarsely chopped green pepper, divided
2 teaspoons light salt
3 quarts water
4 packages T&H chicken bouillon supplements
4 medium carrots, coarsely chopped, divided
1-¼ teaspoons pepper, divided
1 bay leaf
8 ounces uncooked medium egg noodles

In a large kettle, combine the chicken, water, broth, half of the celery, carrots, onions, and green peppers, ½ teaspoon pepper and the bay leaf. Bring to a boil. Reduce heat; cover and simmer for 2 ½ hours or until the chicken is tender. Chop the remaining onion; set aside. Remove chicken from broth. When cool enough to handle, remove meat from the bones and cut into bite-size pieces. Discard bones and skin; set chicken aside. Strain broth and skim fat; return broth to kettle. Add salt, chopped onion, and remaining celery, carrots, green pepper and pepper. Bring to a boil. Reduce heat; cover and simmer for 10-12 minutes or until vegetables are crisp tender. Add noodles and chicken. Cover and simmer for 12-15 minutes or until noodles are tender.

Serves: 16

Fat grams: 9.3

Phase: Fast, 1, 2, 3, 4

Protein: 42.3

You may substitute 2 cans (14-½ ounces each) chicken broth in place of T&H supplement, although best results are achieved using supplements.

Thin and Healthy Chicken Soup

2 quarts water
3 stalks celery, chopped
3 carrots, chopped
½ onion, chopped
4 (4 ounce) boneless, skinless chicken breasts, cooked and diced
2 teaspoons Mrs. Dash
1 Bay leaf
2 packages T&H chicken soup supplements
1 teaspoon light salt
1 teaspoon pepper

Combine all ingredients in a 3 quart stock pot and simmer for about 1-½ hours. Until all of the flavors have blended together. Remove bay leaf and serve.

For a complete meal or variation, add 1 cup of rice for a great tasting chicken and rice soup. Also try adding some of your favorite vegetables and 1 cup chopped tomatoes.

Serves: 4
Phase: Any

Fat grams: 3.8
Protein: 34.9

You may substitute chicken soup in place of T&H supplement, although best results are achieved using supplements.

Hearty Chicken-Vegetable Soup

One (14-1/2 ounce) can diced tomatoes (no salt added)
3 packages T&H chicken bouillon supplements
2 carrots, sliced
2 onions, coarsely chopped
2 celery stalks, sliced
1 medium zucchini, diced
3/4 cups elbow macaroni
2 garlic cloves, minced
1/2 pound boneless-skinless chicken breasts cut into 1" pieces
1/4 cup parsley, minced
1/2 teaspoon light salt
1/4 teaspoon freshly ground black pepper

In a large non-stick saucepan or Dutch oven, bring the tomatoes, broth mix and 6 cups water to a boil. Add the carrots, onions, celery, zucchini, macaroni, and garlic; return to a boil; stirring as needed. Reduce the heat and simmer, covered, stirring as needed, until the vegetables and macaroni are tender, about 30 minutes.

Increase the heat and stir in the chicken, parsley, salt and pepper; return to a boil. Reduce the heat and simmer, covered, until the chicken is cooked through, about 10 minutes.

Serves: 6
Phase: Any

Fat grams: 3.2
Protein: 21.9

You may substitute 3 packages low-sodium instant chicken broth and seasoning mix in place of T&H supplement, although best results are achieved using supplements.

Spicy Chicken Tomato Soup

4 packages T&H chicken bouillon supplements
2 cups frozen corn
1 can (10 ounces) diced tomatoes and green chilies
1 bay leaf
1 teaspoon light salt
1/8 teaspoon pepper
3 cups cubed cooked chicken
1 can (10-3/4 ounces) tomato puree
1 large onion, finely chopped
2 garlic cloves, minced
1-2 teaspoons ground cumin
1/2-1 teaspoons chili powder
1/8 teaspoon cayenne pepper
4 white or yellow fat-free corn tortillas (6-inches) cut into 1/4-inch strips

In a slow cooker, combine the first 13 ingredients. Cover and cook on low for 4 hours. Place the tortilla strips on an un-greased baking sheet. Bake at 375 degrees for 5 minutes; turn. Bake 5 minutes longer. Discard bay leaf from soup. Serve with tortilla strips.

Serves: 8
Phase: 3, 4

Fat grams: 4.3
Protein: 25

You may substitute 2 cans (14-1/2 ounces each) chicken broth in place of T&H supplement, although best results are achieved using supplements.

Soothing Chicken Soup

2 cups sliced celery
4 cups cubed chicken, cooked
1 cup uncooked instant rice
1 envelope onion soup mix
½ teaspoon seasoned salt
15 packages T&H chicken bouillon supplements
2 packages T&H cream of mushroom soup supplements
1 teaspoon poultry seasoning
½ teaspoon dried thyme

In a Dutch oven or soup kettle, simmer celery in broth until tender. Stir in the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 6-8 minutes or until the rice is tender.

Serves: 16
Phase: Any

Fat grams: 2.8
Protein: 26.9

You may substitute 3 quarts chicken broth and 1 10-3/4 ounce can of cream of mushroom soup in place of T&H supplement, although best results are achieved using supplements.

Chicken Rice Soup

4 ounces boneless-skinless chicken breast
½ cup rice
Mixed vegetables
1 cup T&H bouillon soup
Mrs. Dash

Cook chicken and cube. Cook rice according to package directions. In a saucepan, combine all of the above ingredients and cook until heated through.

Serves: 2
Phase: Any

Fat grams: 2.4
Protein: 29.7

You may substitute chicken bouillon in place of T&H supplement, although best results are achieved using supplements.

A close-up photograph of a vibrant salad. The salad is composed of several key ingredients: pieces of grilled chicken with a golden-brown, slightly charred exterior; bright red kidney beans; yellow corn kernels; and a mix of fresh green and purple leafy vegetables. The salad is drizzled with a dark, glossy dressing. In the background, a piece of a light-colored tortilla is visible. The text "South of the Border" is overlaid in the center of the image in a white, italicized font.

South of the Border

Mexican Chicken

4 (4 ounce) boneless, skinless chicken breasts
½ cup parmesan cheese
2 tablespoons Mrs. Dash spicy seasoning
12 ounces chunky red salsa
2 tablespoons olive oil
2 T&H chicken soup supplements, dry

Rinse chicken, pat dry with paper towel; season with Mrs. Dash seasoning. In a 10-inch skillet, cook chicken in hot cooking oil until chicken is light brown; turning occasionally so that chicken browns evenly. Drain off fat. Pour salsa over chicken in skillet. Reduce heat; cover and simmer for 35-40 minutes or until chicken is tender enough to be easily pierced with a fork. Transfer chicken and salsa sauce to serving platter and sprinkle with parmesan cheese.

Serves: 4

Phase: Any if using salsa recipe

Fat grams: 15

Protein: 47.9

Chicken Enchilada Casserole

10 large burrito shells, low-fat or fat-free
1 (10 ounce) can enchilada sauce
2 packages T&H cream of mushroom soup supplement
2 packages T&H cream of chicken soup supplement
1 (8-ounce) bag fat-free shredded cheddar cheese
2 pounds boneless-skinless chicken breast, cooked and diced
Fat-free sour cream (optional)

Mix soups and enchilada sauce and set aside. Tear burrito shells into pieces. Place a layer of shell pieces on bottom of casserole pan. Place a layer of shell pieces on bottom of casserole pan. Place a layer of soup mixture; then diced up chicken; then add shredded cheese. Repeat layers ending with shells on top. Cover with foil and bake at 350 degrees for approximately 1 hour.

Sprinkle some shredded cheese on top. Garnish with fat-free sour cream if desired.

Serves: 12
Phase: 3, 4

Fat grams: 3.0
Protein: 34.0

You may substitute 1 (10 ounce) can each of Healthy Request cream of mushroom and cream of chicken soup in place of T&H supplement, although best results are achieved using supplements.

Margarita Chicken

- ½ cup liquid non-alcoholic margarita mix
- 3 tablespoons lime juice
- 1 clove garlic, finely chopped
- 3 to 3-1/2 pounds boneless skinless chicken breasts
- 1 teaspoon course light salt

Mix margarita mix, lime juice and garlic in re-sealable heavy-duty Ziploc bag. Add chicken; seal bag and turn to coat with marinade. Refrigerate, turning bag occasionally, at least 1 hour but no longer than 24 hours. Remove chicken from marinade, reserve marinade. Grill or broil chicken. Brush with marinade; sprinkle with ½-teaspoon salt. Continue grilling or broiling, turning chicken. Brush other side with remaining marinade; sprinkle with remaining salt. Continue cooking until no longer pink.

Serves: 12
Phase: 4

Fat grams: 4
Protein: 35

Chicken and Shrimp Mexican Lasagna

1 pound boneless, skinless chicken breast
4 ounces salad shrimp
1 can (8 ounces) fat-free refried beans
2 cups water
16 ounce medium salsa
9 Lasagna noodles
Garlic to taste
Italian seasonings to taste
Cajun seasonings to taste
2 cups fat-free cheddar cheese
Fat-free sour cream

Grill chicken and shrimp coated with Pam cooking spray until done. Add spices to taste along with refried beans, cook until warm.

In a 13x9" baking dish (sprayed with Pam), lay one layer of noodles, uncooked; add layer of meat and repeat step.

Mix water and salsa. Pour over noodles and meat. Cover and bake for 60-70 minutes at 350 degrees until noodles are tender. Cover with cheese and sour cream.

Serves: 4
Phase: 3, 4

Fat grams: 5.3
Protein: 68.6

A close-up photograph of a roasted chicken leg, showing the golden-brown, crispy skin and the succulent meat underneath. The lighting is warm, highlighting the texture of the skin and the glistening fat. The background is blurred, focusing attention on the main subject.

Comfort Foods

Goode's Chicken and Rice

4 (4 ounce) boneless, skinless chicken breasts
4 packages T&H cream of chicken soup supplements
1-½ cups rice

Cut chicken in strips and brown in skillet. Prepare rice as directed on box. Place chicken and rice in deep oven dish sprayed with nonstick cooking spray. Prepare cream of chicken soup supplement as directed on packages and add to chicken and rice. Bake at 350 degrees until lightly browned on top. *For variety, add vegetables of choice.

Serves: 4
Phase: Any

Fat grams: 3.2
Protein: 27.9

You may substitute cream of chicken soup in place of T&H supplement, although best results are achieved using supplements.

Cornbread Chicken Pot Pie

1 package frozen Green Giant Select broccoli, carrots, and water chestnuts, thawed
2 cups cooked chicken breast, cubed
2 packages T&H cream of mushroom soup supplement
1 can (10-¾ ounces) low-fat cream of celery soup
1 package Jiffy cornbread mix
Egg Beaters

Preheat oven to 400 degrees. Mix all ingredients together and put into a 13x9" baking pan sprayed with non-stick cooking spray. Mix cornbread mix as directed on package using eggbeaters to replace the whole egg.

Bake uncovered for 30 minutes or until cornbread is done and browned.

Serves: 4

Phase: 4

Fat grams: 14.2

Protein: 39.4

You may substitute 1 can cream of mushroom soup in place of T&H supplement, although best results are achieved using supplements.

Chicken and Rice Bake

4 boneless, skinless chicken breasts
1 T&H soup supplement, choice of flavor
2 packages T&H cream of mushroom soup supplement
 $\frac{3}{4}$ cup dry rice
1 can water
Paprika, pepper and light salt to taste

Mix all ingredients and bake covered in a casserole dish in a 375 degree oven for 45-50 minutes.

Serves: 4
Phase: Any

Fat grams: 4.4
Protein: 43.5

You may substitute 1 can cream of mushroom soup in place of T&H supplement, although best results are achieved using supplements.

15 Minute Chicken and Rice Dinner

4 (4 ounce) boneless, skinless chicken breasts
2 packages T&H cream of mushroom soup supplement
1-½ cups water
¼ teaspoon paprika
¼ teaspoon pepper
2 cups rice, uncooked
2 cups broccoli, frozen

In a large skillet brown chicken adding soup, water, paprika, and pepper. Stir and heat until boiling. Stir in rice and broccoli. Cook until rice is done. Add cooked chicken and top with paprika and pepper.

Serves: 4.0
Phase: Any

Fat grams: 5.12
Protein: 40.6

You may substitute 1 can cream of mushroom soup in place of T&H supplement, although best results are achieved using supplements.

Creamy Chicken and Mushrooms

6 boneless skinless chicken breasts (about 1 ½ pounds)
2 teaspoons olive oil
1 small onion, chopped
1 tablespoon fresh parsley
2 packages T&H cream of mushroom soup supplement
¼ cup Grey Poupon Dijon mustard

Brown chicken on both sides with butter-flavored nonstick cooking spray in large skillet over medium-high heat. Remove from skillet; keep warm. Cook and stir onion in olive oil till tender. Whisk in soup and mustard till well blended. Return chicken to skillet. Cover; reduce heat to low and simmer for 10 minutes or until chicken is no longer pink.

Arrange chicken on serving plate and garnish with parsley.

Serves: 6
Phase: 1, 2, 3, 4

Fat grams: 6.4
Protein: 36.0

You may substitute 1 can Healthy Request cream of mushroom soup in place of T&H supplement, although best results are achieved using supplements.

Cola Chicken

½ cup chopped onions
4 boneless, skinless chicken breasts
Diet caffeine-free Coke
1 package T&H tomato soup supplement
1/8 teaspoon light salt
1/8 teaspoon pepper
1/8 teaspoon garlic salt
½ cup water
4 teaspoons corn starch

Spray skillet with fat-free cooking spray, sauté onions until tender, add chicken breasts and brown on both sides. Carefully add coke, tomato soup, salt, pepper, and garlic salt. Simmer 25 minutes. Remove chicken and keep warm. Add water and corn starch. Stir until thickened. Add chicken. This makes its own sauce.

Serves: 4
Phase: 1, 2, 3, 4

Fat grams: 4.3
Protein: 39.2

You may substitute tomato soup in place of T&H supplements, although best results are achieved using supplements.

Lemon Broccoli Chicken

4 boneless, skinless chicken breasts
1 can Campbell's Healthy Request cream of broccoli soup
¼ cup skim milk
½ teaspoon pepper
1 lemon

Cut 4 thin slices lemon. Squeeze 2 teaspoons juice from remaining lemon. Heat skillet and cook chicken until browned. Add soup, milk, lemon juice, and pepper; stir. Top chicken with lemon slices. Heat to a boil; cover and cook over low heat for 5 minutes.

Suggestions: Add broccoli or serve on rice

Serves: 4
Phase: Any

Fat grams: 5.0
Protein: 36.6

Crispy Un-fried Chicken

4 (4 ounces) boneless, skinless chicken breasts
3-½ cups ice water
4 egg whites
Nonstick cooking spray

Breading:

4 slices low-calorie bread, dried and crushed
¾ cup flour
1/8 teaspoon ground black pepper
½ teaspoon dried oregano
Dash cayenne pepper
2 T&H chicken soup supplements, dry
1 tablespoon Old Bay seasoning
½ teaspoon garlic powder
½ teaspoon thyme
½ teaspoon Creole seasoning
½ teaspoon basil

Preheat oven to 400 degrees. Coat a baking dish with three sprays of nonstick cooking spray. Put chicken in a large bowl with the ice water; set aside. Put egg whites in a medium bowl, whip and set aside.

Toss all the breading ingredients into a large, tight sealing plastic bag. Seal and shake well to mix. Remove 2 pieces of chicken from the ice water. Roll each piece in egg whites. Put the chicken into the plastic bag, reseal and shake to coat thoroughly. Transfer the breaded chicken to the prepared baking sheet. Repeat with remaining chicken and bake 1 hour turning pieces every 20 minutes.

Serves: 4
Phase: 2, 3, 4

Fat grams: 4.4
Protein: 42.0

Sensational Barbecue Chicken

4 (4 ounce) boneless, skinless chicken breasts
1 cup fat-free barbecue sauce
1 teaspoon chives
1 teaspoon parsley
1 teaspoon minced garlic
Fresh pepper to taste
Pinch of light salt
2 T&H chicken soup supplements, dry

Spray pan with nonstick cooking spray and sauté chives and chicken. Sprinkle with dry soup. When chicken is lightly brown on both sides, transfer to a baking dish; add parsley, salt and pepper. Top with barbecue sauce. Place in preheated oven at 350 degrees and bake for about 45-50 minutes.
For variety: use Mrs. Dash extra spicy.

Serving suggestions: Try with teriyaki carrots, see recipe below, also great with Ore-Ida Home-style potato wedges.

Serves: 4
Phase: 3, 4

Fat grams: 3.5
Protein: 35.1

You may substitute chicken soup in place of T&H supplement, although best results are achieved using supplements.



Asian Cuisine



Low-Cal Chicken Stir-Fry

2-3 boneless, skinless chicken breasts, cubed
1 cup frozen broccoli
1 cup frozen cauliflower
1 cup frozen sliced carrots
1 can French-style green beans, drained or frozen green beans
2 teaspoon low-fat, low-sodium teriyaki
Spicy Mrs. Dash to taste
Garlic powder to taste
Italian seasoning to taste
Diced regular onions
1 cup cooked rice

Spray nonstick pan with nonstick cooking spray. Cook chicken until white on all sides. Add spices and teriyaki and vegetables. Stir, cover, and cook on medium heat for 10 minutes or until vegetables are tender. Add rice and onions. Stir well and simmer on low heat for 10-15 minutes.

You may vary your spices to give a different taste or add other vegetables if you wish.

Serves: 3
Phase: 1, 2, 3, 4

Fat grams: 4.5
Protein: 41.0

Honey Chicken Stir-Fry

1 pound boneless, skinless chicken breasts cut into 1-inch pieces
3 tablespoons honey
1/8 teaspoon light salt
1 package (16 ounces) frozen broccoli
Stir-fry vegetables
1 garlic clove, minced
3 teaspoons olive or canola oil, divided
2 tablespoons reduced-sodium soy sauce
1/8 teaspoon pepper
2 teaspoons cornstarch
1 tablespoons cold water
Hot cooked rice

In a large nonstick skillet or wok, stir-fry chicken and garlic in 2 teaspoons oil. Add the honey, soy sauce, salt and pepper. Cook and stir until chicken is lightly browned and juices run clear. Remove and keep warm. In the same pan, stir-fry the vegetables in remaining oil for 4-5 minutes or until heated through. Return chicken to the pan; mix well. Combine cornstarch and cold water until smooth; stir into chicken mixture. Bring to a boil; cook and stir 1 minute or until thickened. Serve over rice.

Serves: 4
Phase: 1, 2, 3, 4

Fat grams: 8.1
Protein: 42.3

Quick and Easy Sweet and Sour Chicken

- 3 pounds boneless skinless chicken breasts
- 1 can (20 ounces) apricots, blended with juice
- 8 ounces fat-free French salad dressing
- 1 envelope dried onion soup mix
- 1 tablespoon lemon juice
- 1 small green pepper cut in thin strips

Place chicken in slow cooker. In a bowl, combine the next 4 ingredients. Pour over the chicken. Cover and cook for 6-7 hours or bake at 350 degrees for 2-3 hours. Fifteen minutes before serving, put green peppers in. If sauce needs thickening, use 1 tablespoon cornstarch dissolved in water. Add slowly to chicken.

Serves: 12

Phase: Fast, 1, 2, 3, 4

Fat grams: 4.2

Protein: 35.9

Chicken and Vegetable Stir-Fry

2 (4 ounce) boneless, skinless chicken breasts
2 tablespoons cornstarch
¼ teaspoon garlic
2 tablespoons low-sodium soy sauce
1 tablespoons Mrs. Dash lemon-pepper
1/3 cup hot water
1/8 teaspoon ground ginger
2 tablespoons light teriyaki sauce
1 package stir-fry vegetables
1 package T&H chicken soup supplement, dry

Preheat nonstick skillet or wok, spray with nonstick cooking spray. Cut chicken into bite size pieces, then brown. Add vegetables and all ingredients but the soup, hot water and cornstarch. When the vegetables are semi-soft, mix hot water with soup packet and the cornstarch. Add to chicken and vegetables. Cook until sauce thickens.

Serving suggestions: Serve over rice. For extra flavor, try cooking the rice in our chicken soup instead of water and add lemon-pepper.

Variations: Substitute 8 ounces shrimp or 8 ounces scallops for chicken.

Serves: 4
Phase: 1, 2, 3, 4

Fat grams: 2.0
Protein: 20.5

You may substitute chicken soup in place of T&H supplement, although best results are achieved using supplements.

Orange Ginger Chicken

1/3 cup tamari or low sodium soy sauce

1/3 cup sherry

1/3 cup orange juice

2 teaspoon each dried ginger and minced garlic

8 chicken breast halves or 8 grouper/red snapper filets 3 ounces each

1 can (10 ounces) mandarin oranges

Marinade: Mix together tamari, sherry, orange juice, ginger and garlic. Marinate chicken or fish in this mixture for 6 hours or overnight.

Grill chicken about 10-12 minutes on medium heat or fish about 10 minutes (depends on thickness), brushing with marinade. Flip half way through. Garnish grilled chicken/fish with heated mandarin oranges.

Alternate procedure: Bake chicken in 350 degree oven for 45-50 minutes, or fish in 350 degree oven for 20 minutes or so (depending on thickness), in marinade, adding mandarin oranges and 1/3 of liquid from oranges halfway through.

Serves: 8

Phase: 4

Fat grams: 3.2

Protein: 27.4

A close-up photograph of a white ceramic bowl filled with a dish of chicken and green noodles. The chicken is cut into small, bite-sized pieces and is coated in a light-colored, creamy sauce. The green noodles are thin and appear to be made of a vegetable like zucchini. The dish is garnished with finely chopped green herbs, likely scallions or chives, on top. The bowl is placed on a blue and white striped fabric. The background is a solid blue color. The text "Italian Favorites" is overlaid on the image in a white, italicized font.

Italian Favorites

Chicken and Broccoli Alfredo

6 ounces fettuccine, uncooked
1 cup broccoli, fresh or frozen
2 tablespoons fat-free liquid butter
1 pound boneless, skinless chicken breasts, cubed
2 packages T&H cream of mushroom soup supplement
½ cup skim milk
½ cup fat-free parmesan cheese
¼ teaspoon coarse ground pepper

Prepare fettuccine according to package. Add broccoli for last four minutes of cooking time; drain. In skillet over medium heat, heat butter. Add chicken and cook until browned, stirring often. Add soup, milk, cheese and fettuccine mixture and cook through, stirring often.

Serves: 4
Phase: Any

Fat grams: 5.9
Protein: 45.9

You may substitute 1 can Healthy Request cream of mushroom soup in place of T&H supplement, although best results are achieved using supplements.

Chicken Pasta Salad

1 package Wheat pasta
1 cup fat-free mayonnaise
¾ cup fat-free sour cream
1 can of chicken breast meat
5 teaspoons skim milk
2 packets sugar substitute
1 package T&H chicken bouillon supplement
2 packages fat-free ranch dip mix

Cook pasta according to package directions; drain and rinse with cold water; set aside. Mix all other ingredients in large bowl. Stir in pasta. Chill for 2 hours.

Serves: 10
Phase: 1, 2, 3, 4

Fat grams: 4.5
Protein: 15.7

You may substitute low sodium chicken bouillon in place of T&H supplement, although best results are achieved using supplements.

Chicken Parmesan

4 (4 ounce) boneless, skinless chicken breasts, sliced
1 can tomato sauce
3 tablespoons lemon juice
1 can tomatoes, stewed
1 package noodles
1/4 cup I Can't Believe It's Not Butter Spray
3 tablespoons Parmesan cheese
1/2 bag Veggie shreds mozzarella cheese
1 garlic clove, minced
Onion powder, to taste
Pepper, to taste

Brown chicken breasts with minced garlic, onion powder and pepper. Add pizza sauce and 3 tbsp lemon juice. Cut up and add stewed tomatoes. Cook noodles as directed on package and drain. Add butter spray, parmesan cheese and veggie shreds mozzarella; mix while still hot. Place chicken on top of noodles and add sauce to it; sprinkle with parmesan cheese.

Serves: 6
Phase: 3, 4

Fat grams: 6.2
Protein: 30.8

Delicious Chicken and Pasta for One

1 (4 ounce) boneless, skinless chicken breast, cubed
½ cup pasta, cooked
½ cup tomato, chopped
½ cup fresh mushrooms, chopped
Fat-free spray butter
Mrs. Dash Italian seasoning, to taste
Mrs. Dash Tomato Basil Garlic seasoning, to taste
2 tablespoons fat-free parmesan cheese

In a skillet, brown chicken. Combine pasta, chicken, tomato and mushrooms. Spray with butter until well coated. Add Mrs. Dash seasonings and parmesan cheese. Toss well and serve.

Serves: 1
Phase: Any

Fat grams: 1.2
Protein: 11.2

Chicken Lasagna

6 boneless-skinless chicken breasts
2 packages T&H cream of chicken soup supplement
1 cup fat-free Parmesan cheese
16 ounces fat-free sour cream
1 teaspoon garlic powder
8 lasagna noodles
2 (12 ounce) packages fat-free cheddar cheese, shredded

Cook chicken; cut into bite size pieces. Cook lasagna noodles according to package directions. Combine sour cream, chicken soup and garlic; stir. Add chicken. In a 13x9-inch dish, layer noodles, filling, cheeses; repeat. Bake at 350 degrees for 45 minutes.

Serves: 12
Phase: 2, 3, 4

Fat grams: 2.6
Protein: 44.2

You may substitute cream of chicken soup in place of T&H supplement, although best results are achieved using supplements.



Gourmet Selections

Garlic Chicken Kiev

3 tablespoons fat-free margarine, softened
1 tablespoon chopped fresh chives
1/8 teaspoon garlic powder
6 boneless, skinless chicken breast halves
2 cups corn flakes, crushed
2 tablespoons chopped fresh parsley
1/2 teaspoon paprika
1/4 cup skim milk

Preheat oven to 425 degrees. Mix butter, chives and garlic powder. Shape into 3x2" rectangle. Cover and freeze about 30 minutes or until firm. Spray square pan, 9x9x2" with cooking spray. Flatten each chicken breast 1/2 to 1/4-inch thickness between sheets of plastic wrap or waxed paper. Cut chives mixture crosswise into 6 pieces. Place 1 piece of chives mixture on center of each chicken breast half. Fold only sides of chicken over chives mixture. Fold up ends and secure with a toothpick. Mix corn flakes, parsley and paprika. Dip chicken into skim milk. Coat lightly and evenly with cereal mixture. Place chicken, seam side down in pan. Bake uncovered for 35 minutes or until chicken is no longer pink in center.

Serves: 6
Phase: Any

Fat grams: 4.2
Protein: 36.1

Chicken and Broccoli Crepes

8 crepes or tortillas, fat-free
3 tablespoons fat-free margarine
3 tablespoons flour
1-½ cups skim milk
2 teaspoons low sodium Worcestershire sauce
1-½ cups grated cheese, fat-free or veggie
8 tablespoons fat-free sour cream
8 pieces cooked broccoli spears
2 cups cooked chicken, cubed
Light salt and pepper to taste

Melt margarine in small saucepan. Add flour and cook 2 minutes. Gradually add milk. Cook, stirring until sauce thickens. Add Worcestershire sauce, cheese, salt and pepper. Stir chicken cubes into sauce. Spread each crepe with 1 tablespoon sour cream. Place a broccoli spear on top of fat-free sour cream. Cover broccoli with chicken mixture. Roll up crepes. Place in an oven-proof serving dish with nonstick cooking spray. Sprinkle with veggie cheese. Bake in a 350 degree oven for 10-15 minutes.

Serves: 8
Phase: 3, 4

Fat grams: 2.7
Protein: 17.8

Chicken Divan

4 boneless, skinless chicken breasts
1 small onion, chopped
1 package broccoli
4-1/2 cups basmati or white rice
3 packages T&H chicken bouillon supplements
3 packages T&H creamy mushroom soup supplements

Cut chicken breast into pieces; place in pot with water; add onion; cook until tender. Reserve some of broth; cool it and take off fat from broth. Heat skillet; add reserved broth, chicken bouillon soup, and mushroom soup supplements; mix well. Add chicken, broccoli; onion mix and rice to soup; cook on low heat for 15 minutes. Add 1 bag cheddar cheese veggie slice shreds; mix well.

Serves: 4

Phase: Fast, 1, 2, 3, 4

Fat grams: 4.1

Protein: 57.5

Elegant Chicken Breasts

6 boneless, skinless chicken breast halves
¾ cup unsweetened pineapple juice
1-½ teaspoon sugar substitute
¼ teaspoon dried tarragon crushed
2 teaspoon cornstarch
Paprika, light salt and pepper

Place chicken in 10" skillet. Combine pineapple juice, Equal, tarragon, and ½ teaspoon of salt. Pour over chicken. Cover and cook on low heat for 30 minutes or until chicken is done. Put chicken on plate and keep warm. Combine cornstarch and 1 Tbsp. of water. Stir into sauce left in the skillet. Cook and stir until bubbly hot. Sprinkle chicken with pepper and paprika. Drizzle sauce over chicken and serve.

Serves: 6
Phase: 1, 2, 3, 4

Fat grams: 4.0
Protein: 35.3

Chicken with Herb Rub

- 1 tablespoon olive or canola oil
- 1 tablespoon chopped fresh or 1 teaspoon oregano leaves
- 1 tablespoon chopped fresh or 1 teaspoon thyme leaves
- 1 tablespoon chopped fresh parsley or 1 teaspoon parsley flakes
- 2 cloves garlic, finely chopped
- 1 pound boneless, skinless chicken breasts

Mix all ingredients except chicken in small bowl. Rub and press mixture into all surfaces of chicken. Cover and refrigerate at least 2 hours but no longer than 24 hours.

Grill meat uncovered 4 to 5 inches from medium heat 1 minute on each side to seal juices. Cover and grill 6 to 10 minutes or until done, turning once. Chicken can also be broiled in the oven.

Serves: 4
Phase: 1, 2, 3, 4

Fat grams: 7.5
Protein: 35.5

Tarragon Chicken Bundles

1 pound boneless, skinless chicken breasts cut into strips
1 medium zucchini, julienned
1 cup cherry tomatoes, halved
2 teaspoons dried tarragon
2 medium carrots, julienned
1 medium yellow summer squash, julienned
1 cup fresh mushrooms, halved
4 tablespoons fat-free margarine
1 teaspoon light salt
Pepper to taste

Divide the chicken strips and vegetables among four pieces of heavy-duty foil. Top each with 1 tablespoon butter, tarragon, salt and pepper. Fold foil over and seal tightly. Grill; covered; over medium heat for 15-20 minutes or until chicken juices run clear and vegetables are tender.

Serves: 4
Phase: Any

Fat grams: 4.5
Protein: 37.4

Potato Chicken Packets

4 boneless, skinless chicken breast halves
1 teaspoon dried thyme
1 garlic clove, minced
2 medium yellow summer squash, cut into ¼" slices
2 tablespoons fat-free margarine, cubed
¼ cup olive or vegetable oil
3 teaspoons dried rosemary, crushed
½ teaspoon dried basil
8-10 small red potatoes, quartered
1 large onion, chopped
Salt and pepper to taste

Place each chicken breast on a piece of heavy-duty foil (about 14-inches square), Combine the oil, rosemary, thyme, basil and garlic; drizzle over chicken. Top with potatoes, squash, onion, butter, salt and pepper. Fold foil over vegetables and seal tightly. Grill; covered; over medium heat for 30 minutes or until the chicken juices run clear and potatoes are tender.

Serves: 4
Phase: 1, 2, 3, 4

Fat grams: 17.8
Protein: 38.9

Mushroom Cream Chicken

2 boneless, skinless chicken breast halves
3 tablespoons all-purpose flour, divided
2 teaspoons fat-free margarine
1 teaspoons olive or canola oil
1 cup fresh mushrooms, sliced
1 tablespoon green onion, sliced
1 garlic clove
1 package T&H chicken bouillon supplement
½ cup red wine or more chicken supplement
1 tablespoon fat-free half and half cream

Flatten chicken breast to ¼-inch thickness. Dredge in 2 tablespoons flour. In a nonstick skillet, brown chicken in oil and margarine over medium heat for 3-4 minutes on each side or until juices run clear. Remove chicken and set aside. In same skillet, sauté mushrooms, green onions, and garlic 2 minutes or until tender. Sprinkle with remaining flour and stir to blend. Gradually add broth and wine or additional broth. Bring to boil and stir 2 minutes or until thickened. Reduce heat and add cream. Return chicken to pan and cook until heated.

Serves: 2

Phase: 1, 2, 3, 4

Fat grams: 5.5

Protein: 36.3

You may substitute ¾ cup chicken broth in place of T&H supplement, although best results are achieved using supplements.

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