



# Heart Healthy Dinner Recipe of the Month: May 2016

## Easy Chicken with Steamed Squash

Serves 4

### Ingredients

Nonstick cooking spray  
4 4-oz. boneless, skinless chicken breasts  
1/3 cup of fat-free Italian or Balsamic Vinaigrette dressing  
2 medium zucchini  
1 medium yellow squash  
1 small tomato  
1 tsp. Italian seasoning  
3 tbsp. water

### Directions

1. Preheat oven to 350°. Lightly spray a 9x13 baking dish with cooking spray.
2. Trim all visible fat from chicken and cut each breast in half. You may want to pound each breast to even out the thickness.
3. Place chicken breast halves in baking dish, spooning about half of the dressing evenly over the chicken. Flip the chicken with a fork and spread remaining dressing evenly over the chicken.
4. Bake, uncovered, at 350° for 25-30 minutes until the chicken is tender and no longer pink.
5. Wash the zucchini, yellow squash, and tomato. Remove the ends of the zucchini and yellow squash with a knife. Slice zucchini and squash into slices, about 1/4 inch thick. Dice the tomato.
6. In a microwave-safe dish, add water, zucchini, yellow squash, and tomato. Sprinkle with Italian seasoning.
7. Cover the dish and microwave on high for 5 to 7 minutes until vegetables reach desired softness.
8. Top the chicken with the zucchini/squash/tomato mixture before serving. Enjoy!



### **Nutritional Information (ESTIMATED)**

Serving Size:

1

Calories 172

Total Fat 3.5g

(5%)

Cholesterol 73mg

(24%)

Sodium 403mg

(17%)

Potassium 603mg

(17%)

Total Carbs 8g

(3%)

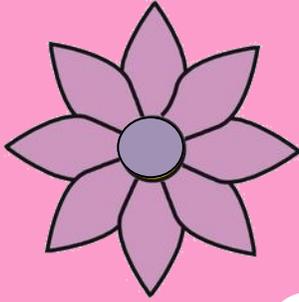
Dietary Fiber 2g

(8%)

Sugars 4.7g

Protein 18.7g

\*Based on a 2000  
calorie diet



# Heart Healthy Dessert Recipe of the Month: May 2016

## **Nutritional Information (ESTIMATED)**

Serving Size:

1 slice

Calories 179

Total Fat 7g  
(10%)

Cholesterol 67mg  
(22%)

Sodium 37mg  
(1%)

Potassium 212mg  
(6%)

Total Carbs 27g  
(9%)

Dietary Fiber 1.2g  
(5%)

Sugars 22g

Protein 4.0g

\*Based on a 2000  
calorie diet

## **Apricot Clafouti**

Serves 6 to 8

### **Ingredients**

Unsalted butter for greasing pan  
1/3 cup granulated sugar, plus  
more for pan  
3/4 pound apricots (about 5),  
pitted and halved  
1/4 cup all-purpose flour  
1 tsp. pure vanilla extract  
3/4 cup half-and-half  
2 eggs, lightly beaten  
Powdered sugar and fat-free  
whipped cream for serving



### **Directions**

1. Preheat oven to 375°.
2. Coat a shallow, 8-inch ovenproof round dish with butter and sprinkle lightly with granulated sugar.
3. Place apricots in the dish in a single layer.
4. Whisk together the flour, granulated sugar, vanilla, half-and-half, and eggs in a bowl until smooth.
5. Pour mixture over the apricots and bake for 40 to 45 minutes, until puffed and golden. Sprinkle with powdered sugar and serve with whipped cream.