



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