

## **Poultry Recipes**

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### **Craving Buffalo Wings?**

5 oz. boneless, skinless chicken breast cut into slices

Frank's Red Hot sauce

Marinate the chicken in Frank's Red Hot for 1 hour.

Bake chicken slices at 350 degrees until done. Or you can take whole chicken breasts, put in your crock pot, pour the Red Hot over and cook on low for 6 hours. Great tip if you are busy.

Serve with celery and Walden Farms bleu cheese dressing.

### **Chicken with Harissa & Tomatoes**

4 Boneless, skinless Chicken Breasts

2 tsp. Harissa (you can get this spice at the Market and More by the Rialto)

1 tsp. olive oil

1 tsp dried oregano

2 c. cherry tomatoes

Heat oven to 400 F. Put the chicken into a medium roasting tray, then rub with the harissa, oil and oregano.

Cover with foil and roast for 5 minutes, then remove the foil and add the cherry tomatoes to the tray. Roast for 10 minutes more until the tomato skins start to split and the chicken is cooked through.

There are 4 servings. Please note that the tomatoes are on the occasional (no more than twice a week) vegetable list.

### **All-American Turkey Burgers**

Serves 3

15 ounces of ground turkey

1/2 medium onion (finely chopped)

1 stalk of celery, finely chopped

1 teaspoon of dried thyme

1 tablespoon of Walden Farms Thick and Spicy BBQ sauce

1 tablespoon of Tabasco (or less if you don't like it spicy)

1 tsp. Soy Sauce

Preheat your grill. Combine all of the ingredients and form into 3 burgers. Grill until done. Use two ice berg lettuce pieces as your "bun".

## **Chipotle Lime Grilled Chicken**

Serves 6

1/4 c. fresh lime juice  
6 teaspoons of olive oil  
2 1/2 tablespoons chipotle tabasco  
3/4 teaspoons sea salt  
6 boneless, skinless chicken breasts  
1 teaspoon Splenda

Prepare the grill for cooking over direct heat with medium hot charcoal (moderate heat for gas)

Stir together the lime juice, olive oil, Tabasco and salt in a liquid measuring cup. Put the chicken breasts in a sealable bag and add 1/3 c. of the marinade (reserve remainder in a cup). Seal the bag and force out the excess air. Marinate the chicken at room temperature for about 15 minutes. Stir the splenda into remaining marinade until dissolved to make a sauce.

Grill the chicken (discarding the marinade that was in the bag) on lightly oiled grill rack, covered only if using a gas grill, turning chicken over occasionally and moving it to avoid flare-ups if necessary, until cooked through, about 8-12 minutes total.

Brush both sides of the chicken with some of the reserved sauce, continue to grill, turning over once, until lightly browned, about 1 minute more. Serve chicken drizzled with remaining sauce.

## **Turkey/Portabella Open Faced Sandwiches:**

Take 5 ounces of ground turkey and shape into a burger. Grill. Take a portabella mushroom and grill. Serve the turkey burger on top of the mushroom as an "open faced sandwich". She enjoyed topping it with Walden Farms ketchup and Walden Farms Mayo. Top with a slice of tomato and enjoy!

## **Cider Vinegar Chicken**

Serves 6

6 boneless, skinless chicken breasts (5 ounces each)  
5 teaspoons of garlic salt  
1 cup cider vinegar  
1/4 teaspoon ground pepper

1. Preheat the oven to 350 degrees.

2. Place chicken breasts in a 9 x 13 inch baking dish. Sprinkle with the garlic salt, then pour vinegar over all.

3. Bake at 350 degrees for 35 minutes or until chicken is browned and cooked through and juices run clear.

### **Sweet and Salty Chicken**

Serves 6

6 boneless, skinless chicken breasts  
2 tablespoons of minced onion  
2 tablespoons of crushed garlic  
1/1/2 teaspoons of poultry seasoning  
1/4 cup soy sauce  
2 teaspoons of Splenda

1. Preheat oven to 425 degrees.
2. Place chicken in a 9 x 13 inch baking dish. Sprinkle with onion, garlic, seasoning, soy sauce and sweetener.
3. Place foil over the pan and bake for one hour at 425 degrees or until juices run clear.

### **Fresh Vegetable and Chicken Salad**

1 head broccoli in bite size pieces  
1 head cauliflower cut up in bite sized pieces  
1/2 red onion, chopped  
4 stalks of celery, sliced  
1 red pepper, chopped  
1 orange pepper, chopped  
1 yellow pepper, chopped  
1 green pepper, chopped  
1 package of grilled chicken fajita meat, cut into bite sized strips (you can either bake your own or you can get it at Sam's Club)  
1 bottle of Walden Farms Italian Dressing:

Mix all vegetables and chicken and pour salad dressing over your salad. Refrigerate for at least 2 hours before serving.

This makes a huge bowl and is great to take to potlucks when on the diet. This will keep for 2-3 days.

## **Thai Chicken Salad**

Serves 4

20 ounces of chicken breast (sliced thin)  
3 cups of shredded Napa cabbage (or regular cabbage)  
1 small red pepper, cut into strips  
1 small green pepper, cut into strips  
1/3 cup chopped fresh mint  
1/2 cup chopped fresh cilantro, including stems

Dressing:

4 Tbsp white vinegar  
2 1/2 Tbsp lime juice  
2 Tbsp fish sauce  
1/3- 1/2 cup Splenda  
1/2 teaspoon fresh grated ginger  
1/2 tsp. Asian chili sauce or other hot sauce

Mix together all of the salad ingredients and in a separate bowl, the dressing ingredients. Toss to combine.

## **Trisha's Spring Chicken and Vegetables**

Serves 6

Ingredients:

3 cups julienne-cut trimmed snow peas (occasional vegetable)  
2 cups (1 inch) slices of asparagus  
6 boneless, skinless breast halves  
3/4 teaspoon salt, divided  
1/2 tsp freshly ground black pepper  
Cooking spray  
1 1/3 cup of fat free, less sodium chicken broth  
1 tablespoon chopped fresh mint  
3 Tablespoons of extra virgin olive oil  
1 teaspoon of grated lemon rind  
1 1/2 tablespoons of fresh lemon juice  
6 lemon wedges

Preparation:

1. Steam peas and asparagus, covered, 4 minutes or until crisp-tender. Rinse pea mixture with cold water; drain. Chill.

2. Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4 inch thickeners using a meat mallet or small heavy skillet. Sprinkle chicken evenly with 1/2 tsp of salt and pepper.

3. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add 2 breast halves to pan; saute for 2 minutes on each side or until done. Repeat procedure twice with remaining chicken.

4. Add broth to pan; bring to a boil, scraping pan to loosen browned bits. Cook until reduced to 1/2 cups (about 5 minutes). Remove from heat.

5. Combine remaining 1/4 tsp. of salt, mint, oil, rind and juice, stirring well with a whisk. Drizzle oil mixture over pea mixture; toss gently to coat. Serve pea mixture with chicken and sauce. Garnish with lemon wedges

### **Chicken with Zucchini and Tomatoes**

Serves 4

1 Tbsp olive oil  
4 boneless, skinless chicken breasts  
salt and pepper  
Creole or Cajun seasoning  
1/2 cup of chicken broth  
4 medium zucchini, thinly sliced  
4 to 6 plum tomatoes (sliced)  
salt and pepper

In a large skillet over medium heat, heat olive oil. Sprinkle chicken with salt, pepper and seasoning. Brown the chicken in a hot skillet, turning to broil both sides. Add chicken broth. Cover the skillet and simmer for 10 minutes (less if the chicken breasts are thin). Add zucchini; cover and simmer for 5 minutes. Add sliced tomatoes and sprinkle with salt and pepper; simmer, uncovered for 5 to 10 minutes longer or until chicken is cooked through.

## **Spinach and Tomatoes Chicken**

Serves 4

4 boneless, skinless chicken breasts  
2 cups of packed Baby Spinach  
12 grape tomatoes, cut in half (occasional vegetable)  
Cajun seasoning (to taste)  
Crushed red pepper (optional)  
Minced Garlic (optional)  
8 tsp. of grape seed oil

1. Pound out chicken breasts to about 1/4 inch thickness.
2. Heat a skillet over medium high heat.
3. Add grape seed oil to skillet with Cajun seasoning and additional spices, if you wish. Allow spices to infuse with the grape seed oil, about 1-2 minutes.
4. Add pounded chicken breasts to heated oil and turn once or twice to coat chicken.
5. Cook until juices run clear, turning occasionally, about 20 minutes.
6. Remove chicken from pan and leave remaining spices and oil.
7. Add spinach and tomatoes to pan, stirring occasionally to coat with spices until spinach is wilted and tomatoes are heated through.

## **Chicken Alfredo**

Serves 4

4 five to six ounce boneless, skinless chicken breasts  
Seasoning salt and pepper to taste  
1 jar of Walden Farms Alfredo Sauce  
3 cloves of garlic, chopped  
8 oz. of whole mushrooms, cut in half  
1/2 cup fresh chopped parsley  
Garlic powder  
1/2 bag of baby spinach

Place the chicken in crockpot. Sprinkle with seasoning salt and pepper. Add Walden Farms Alfredo sauce and garlic. Mix to coat the chicken with the sauce. Place the mushrooms on top of the chicken and sprinkle with garlic powder, pepper and parsley. Cook on low for 4 hours or until chicken is done. Add spinach and cook until spinach just starts to wilt.

## **Nancy's Wok Seared Chicken Tenders and Asparagus**

Serves 4

4 tsp. Grapeseed oil (plain, butter or garlic flavored)  
6 cups of fresh asparagus (ends trimmed and cut in 1 inch pieces)  
1 cup red bell pepper, cut into thin strips  
1 cup green bell pepper, cut into thin strips  
2 pounds chicken tenders, cut into bite sized pieces  
2 Tbsp. fresh minced ginger  
1 tsp. crushed garlic  
1 teaspoon chili paste (Sambal Oelek is 0-0-0)

Heat oil in a wok or large skillet over high heat. Add asparagus, cook, stirring for 2 minutes. Add chicken and peppers, stirring for 4 minutes. Stir in ginger, garlic and chili paste; cook, stirring until chicken is juicy and just cooked through. Serve immediately.

\*You can also add two packages of Miracle Noodles at the end of cooking. Enjoy!

## **Pork Carnita Salad**

Serves 4

2 pound pork loin, cut into strips  
1 Tablespoon Grape seed oil  
Salt and Pepper to taste  
2 tsp. garlic powder  
1 tsp. onion powder  
1 tsp. cumin  
4 cups of romaine lettuce, chopped  
Taco Bell Mild Taco Sauce

In a large skillet, brown your pork loin strips in your grape seed oil. Season with salt and pepper. Transfer to a crock pot and add spices. Cook on low for 5 hours. Serve over Romaine lettuce with Taco Sauce.

## **Broccoli and Chicken Stir Fry**

Serves 4

2 Tablespoons soy sauce  
1 Tablespoon rice wine vinegar (0 carb)  
1 Tablespoon splenda  
2 teaspoons grape seed oil (for sauce)  
1/2 Tablespoon red pepper flakes, or more if desired  
1 pound boneless, skinless chicken breasts, cut into slices  
4 teaspoons of grape seed oil (for cooking in wok)  
4 cloves minced garlic  
2 tablespoons peeled and chopped ginger  
4 green onions, sliced  
3 cups broccoli florets, blanched

### Directions:

In a small bowl, whisk together the soy sauce, rice wine vinegar, Splenda, grape seed oil, and red pepper flakes. Reserve.

Set a wok over medium-high heat and coat with 2 tsp. of grape seed oil. Add sliced chicken breast pieces. Stir fry until the chicken is fully cooked. Transfer the chicken to a plate. Add another 2 tsp. of grape seed oil to wok. Add the garlic, ginger, green onions and red pepper flakes and saute until fragrant, about 1 minute. Add the chicken back into the pan along with the broccoli and stir fry until done.

\*Would be GREAT for an evening "Breakfast" dinner. You can cook one egg and 2 slices of turkey bacon and this would equal a dinner protein and serve with the "hashbrowns".

## **Tuscan Chicken**

Serves 4

4 boneless skinless chicken breasts (6 oz each)  
1/4 tsp. pepper  
4 tsp. grape seed oil  
1 green pepper, julienned  
1 red pepper, julienned  
1 yellow pepper, julienned  
4 thin slices of deli lean ham, chopped  
2 garlic cloves, minced  
1 can (14 1/2 oz) diced tomatoes, undrained (count towards your occasional vegetable)  
1/4 cup chicken broth  
2 Tbsp. minced fresh basil or 2 tsp. dried basil  
1 tsp. minced fresh oregano or 1/4 tsp. dried oregano

1. Sprinkle chicken with pepper. Brown the chicken in a large, nonstick skillet in grape seed oil. Remove and keep warm. In the same skillet, saute peppers and ham until peppers are tender. Add garlic and cook for 1 minute longer.

2. Add the tomatoes, broth, basil, oregano and chicken. Bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until meat thermometer reads 170 degrees.

## **Grilled Cajun Shrimp Kabobs**

Serves 4

32 Large shrimp, washed, peeled and de-veined  
2 zucchini, cubed  
2 cups mushrooms  
4 tsp. Grapeseed Oil  
2 Tbsp Cajun Seasoning  
8 wooden skewers

Preheat a grill to medium-high heat. Mix the grapeseed oil and Cajun Seasoning in a small bowl. Thread all of the other ingredients onto the wooden skewers. Brush the Oil and Cajun mixture onto each skewer. Place the skewers on the grill and cook for 2-3 minutes per side.

## **Grilled Cajun Chicken Breast**

Serves 4

1 lb chicken breast, boneless, skinless  
2 tsp Grapeseed Oil  
2 tsp Cajun Seasoning

Brush chicken with oil using a basting brush. Sprinkle Cajun Seasoning on both sides of the chicken breast. Cook on a grill at medium-high heat for about 5-7 min. on each side.

## **Thai Chicken**

Serves 2

15 oz(ish) of Chicken- Cooked, Chilled and Chopped  
1/8 cup Jalapeno- minced  
1/2 cup Radish- diced  
1/2 cup Persian cucumber- diced  
1/2 cup Red onion- sliced  
2 cup Red Cabbage- sliced  
Juice of 1 lime  
Small bunch of Mint  
2 tsp of Apple Cider Vinegar  
1 tsp Horseradish Mustard  
1 tsp Ground Ginger

Combine the Chicken, Jalapeno, Radish, Cucumber, Red Onion, Mint, Ground Ginger, Lime Juice and stir.

In a separate bowl combine the Red Cabbage, Apple Cider Vinegar and Horseradish Mustard and stir.

Plate with the cabbage mixture as a base and pile the Chicken Larb (mixture) on top.

## **Blueberry, basil and pepper Grilled Chicken**

1 packet of Ideal Protein Blueberry Pudding Mix  
2 tablespoons of Fresh Chopped Basil  
Fresh ground pepper (to taste)

Prepare the pudding as directed, using 190 ml of water. After preparation, add the fresh Basil and Pepper. Use this aromatic mixture as a sauce on grilled chicken breasts.