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**OneMorePound.com**

**Ww Chicken Recipes the  
Whole Family Will Eat**

4/23/2015

Dan Kirk

OneMorePound.com's Ww Chicken Recipes the Whole Family Will Eat

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10 9 8 7 6 5 4 3 2 1

## Contents

Parmesan Chicken Cutlets .....	5
Mexican Chicken Breasts .....	7
Chicken and Cheese Casserole .....	9
Unfried Chicken.....	10
Diet Cola Chicken.....	12
Sticky Chicken .....	13
Chicken Pot Pie.....	14
Chicken with Pineapple Sauce.....	16
Chicken Marsala .....	18
Grilled Jalapeno Chicken.....	20
Easy Barbecued Chicken .....	22
Mustard Baked Chicken.....	24
Orange Crumbed Baked Chicken .....	26
Chicken Cordon Blue.....	28
Pan-Fried Glazed Chicken with Basil.....	30
Tender Roast Chicken.....	32
Beer Broiled Chicken Drumsticks .....	34
Fiber One Fried Chicken Strips .....	36
Buffalo Chicken Strips.....	38
Crusted Honey Mustard Chicken.....	40
Grilled Peanut Chicken .....	42

Easy Garlic Broiled Chicken .....	44
Spicy Garlic Lime Chicken.....	46
Easy Weeknight Chicken Parmesan .....	48
Potato Crunchy Tenders.....	50
Chicken Nuggets.....	52
Basic Broiled Chicken Breasts.....	54
Honey Glazed Chicken .....	56
Beer Battered Chicken .....	58
Pistachio Crusted Chicken .....	60
Acknowledgment .....	62

## Parmesan Chicken Cutlets

Point=4

PointsPlus=4

Prep: 10 mins

Cook: 25 mins

Total: 35 mins

### **INGREDIENTS**

¼ cup parmesan cheese, grated

2 tablespoons dried Italian seasoned breadcrumbs

1/8 teaspoon paprika

1 teaspoon dried parsley

½ teaspoon garlic powder

¼ teaspoon fresh ground pepper

4 boneless skinless chicken breast

### **DIRECTIONS**

Preheat oven to 400 degrees.

In re-sealable plastic bag, combine cheese, crumbs and seasonings; shake well.

Transfer mixture to plate; dip each chicken breast in cheese mixture, turning to coat all sides.

Arrange on nonstick baking sheet.

Bake until chicken is cooked through, 20-25 minutes.

Makes 4 servings

Info used to calculate points (per serving):

**Calories** 172.9

**Fat** 5 g

**Carbohydrate** 3.3 g

**Fiber** 0.3 g

**Protein** 27.2 g

## **Mexican Chicken Breasts**

Points=3

PointsPlus=4

Prep: 3 mins

Cook: 30 mins

Total: 33 mins

### **INGREDIENTS**

1 (1 ¼ ounce) package taco seasoning

16 ounces boneless skinless chicken breasts

1 cup salsa

¼ cup fat free sour cream

### **DIRECTIONS**

Place chicken breasts and taco seasoning in a re-sealable plastic bag; shake to coat well.

Spray casserole dish with Pam.

Place breasts in casserole.

Bake 30 minutes at 375 degrees.

Top with salsa about 5 minutes before breasts are done.

Top with sour cream before serving.

Makes 4 servings

Info used to calculate point (per serving)

**Calories** 178

**Fat** 3.2 g

**Carbohydrate** 11.5 g

**Fiber** 2.7 g

**Protein** 25.8 g

## Chicken and Cheese Casserole

Points=3

PointsPlus=4

Prep: 10 mins

Cook: 45 mins

Total: 55 mins

### **INGREDIENTS**

2 cups cooked macaroni

2 cups chicken breasts, chopped

2 cups cream of mushroom soup, undiluted

2 cups skim milk

8 ounces low-fat cheddar cheese

### **DIRECTIONS**

Preheat oven to 350 degrees.

In a large casserole, combine all ingredients, mixing well.

Bake, covered, 35-45 minutes.

Remove cover; bake 10-15 minutes longer.

Makes 8 servings

Info used to calculate points (per serving):

**Calories** 153

**Fat** 4.2 g

**Carbohydrate** 16.3 g

**Fiber** 0.6 g

**Protein** 11.8 g

## Unfried Chicken

Points=16

PointsPlus=16

Prep: 10 mins

Cook: 45 mins

Total: 55 mins

### **INGREDIENTS**

¼ cup reduced-calorie mayonnaise

1 teaspoon Dijon mustard

2 teaspoons grated lemon zest

½ teaspoon salt

4 drops hot pepper sauce

1 (3 ½ lb) chicken, cut into eighths, skin removed

¾ cup corn flake crumbs

### **DIRECTIONS**

Preheat oven to 375 degrees. Spray a large shallow baking pan with non stick spray.

Whisk together the first five ingredients in a large bowl, and then add the chicken, tossing to coat.

Put the cornflake crumbs into a large re-sealable bag, and add the chicken one piece at a time, shaking to coat.

Place the chicken in the baking pan, spray the top of the chicken lightly with nonstick spray.

Bake about 45 minutes until golden brown and cooked through (do not turn).

Makes 6 servings

Info used to calculate points (per serving):

**Calories** 615.8

**Fat** 43.2 g

**Carbohydrate** 4 g

**Fiber** 0.2 g

**Protein** 49.6 g

## Diet Cola Chicken

Points=4

PointsPlus=5

Prep: 5 mins

Cook: 60 mins

Total: 65 mins

### **INGREDIENTS**

4 boneless skinless chicken breasts

1 cup ketchup

1 diet cola

½ cup chopped onion (optional)

### **DIRECTIONS**

In a skillet, mix ketchup and cola.

Add chicken and onions.

Bring to a boil and cover.

Reduce heat to medium and let cook for 45 minutes.

Remove lid and simmer until thickens.

Makes 4 servings

Info used to calculate points (per serving):

**Calories** 192.7

**Fat** 3.2 g

**Carbohydrate** 15.1 g

**Fiber** 0.2 g

**Protein** 26.1 g

## Sticky Chicken

Points=8

PointsPlus=9

Prep: 5 mins

Cook: 40 mins

Total: 45 mins

### INGREDIENTS

4 boneless chicken breasts

½ cup ketchup

3 tablespoons brown sugar

2 tablespoons vinegar

2 tablespoons Worcestershire sauce

2 teaspoons dry mustard

### DIRECTIONS

Place chicken in baking dish.

Mix other ingredients, spoon over chicken.

Bake uncovered at 350F for 40 minutes or until thoroughly cooked.

Makes 4 servings

Info used to calculate points (per serving):

**Calories** 330.9

**Fat** 13.9 g

**Carbohydrate** 19.6 g

**Fiber** 0.2 g

**Protein** 31 g

## Chicken Pot Pie

Points=4

PointsPlus=6

Prep: 5 mins

Cook: 30 mins

Total: 35 mins

### **INGREDIENTS**

1 cup Bisquick reduced-fat baking mix

½ cup skim milk

¼ cup egg substitute

2 cups frozen mixed vegetables

2 cups cooked chicken breasts, chopped

2 (10 ¾ ounce) cans reduced-fat reduced-sodium  
condensed cream of mushroom soup

### **DIRECTIONS**

Spray 8x8 casserole dish with cooking spray.

Mix together veggies, chicken and soup. Pour into  
casserole dish.

In another bowl, mix Bisquick, milk and egg. Pour over top  
of chicken mixture.

Bake for 30 minutes or until the crust is golden brown.

Makes 6 servings

Info used to calculate points (per serving):

**Calories** 230.4

**Fat** 6.1 g

**Carbohydrate** 17.3 g

**Fiber** 4.5 g 18

**Protein** 27.4 g

## Chicken with Pineapple Sauce

Points=5

PointsPlus=6

Prep: 10 mins

Cook: 45 mins

Total: 55 mins

### **INGREDIENTS**

2 tablespoons packed light brown sugar

1 tablespoon cornstarch

6 ounces crushed pineapple in juice

¼ cup soy sauce

¼ teaspoon garlic salt

4 small boneless chicken breasts

¼ teaspoon ground ginger

### **DIRECTIONS**

In a saucepan, combine brown sugar and cornstarch.

Stir in pineapple, soy sauce, garlic salt and ginger.

Cook and stir over low heat until thickened.

Place chicken in a greased 9 inch square baking dish.

Pour half of the sauce over chicken.

Bake, uncovered, at 350F for 15 minutes.

Baste, bake 15 minutes longer or until chicken juices run clear, basting several times with the remaining sauce.

Makes 4 servings

Info used to calculate points (per serving):

**Calories** 220.8

**Fat** 8.1 g

**Carbohydrate** 16.5 g

**Fiber** 0.5 g

**Protein** 20.3 g

## Chicken Marsala

Points=5

PointsPlus=4

Prep: 10 mins

Cook: 20 mins

Total: 30 mins

### **INGREDIENTS**

4 boneless skinless chicken breasts, cutlets thin slice

½ teaspoon salt

½ teaspoon fresh coarse ground black pepper

2 teaspoons olive oil

2 cups fresh mushrooms, sliced

2 teaspoons all-purpose flour

¼ cup marsala wine

¼ cup reduced-sodium chicken broth

### **DIRECTIONS**

Sprinkle chicken with salt and pepper.

Heat oil in a large nonstick skillet over medium-high heat.

Add chicken and cook through, about 3 minutes on each side.

Transfer chicken to a platter and keep warm.

Add mushrooms to skillet and cook, stirring frequently, until browned, about 3 minutes.

Sprinkle mushrooms with flour, stirring to blend.

Add the Marsala and broth; bring to a boil.

Let the mixture simmer until it is slightly thickened, about 5 minutes.

Makes 4 servings

Info used to calculate points (per serving):

**Calories** 231.2

**Fat** 5.5 g

**Carbohydrate** 4.5 g

**Fiber** 0.5 g

**Protein** 26.6 g

## Grilled Jalapeno Chicken

Points=5

PointsPlus=6

Prep: 10 mins

Cook: 25 mins

Total: 35 mins

### **INGREDIENTS**

1/3 cup fresh lime juice

1/4 cup honey

2 tablespoons fresh cilantro leaves

2 tablespoons soy sauce

1/4 teaspoon salt

1/4 teaspoon pepper

3 jalapeno peppers, halved and seeded

3 garlic cloves, chopped

6 skinless chicken breast halves (bone in)

### **DIRECTIONS**

Place first 8 ingredients in a blender; process until smooth (or chop them fine).

Combine lime juice mixture and chicken in a large, heavy-duty zip-lock plastic bag.

Seal bag, and marinate chicken in refrigerator 1 to 8 hours.

Prepare grill.

Remove chicken from bag, reserving marinade.

Place chicken on grill rack coated with cooking spray.

Cover and grill 12 minutes on each side or until done, basting occasionally with reserved marinade.

Makes 6 servings

Info used to calculate points (per serving):

**Calories** 251.1

**Fat** 4.5 g

**Carbohydrate** 14.3 g

**Fiber** 0.5 g

**Protein** 37.4 g

## Easy Barbecued Chicken

Points=5

PointsPlus=6

Prep: 10 mins

Cook: 20 mins

Total: 30 mins

### **INGREDIENTS**

½ cup ketchup

2 tablespoons finely chopped onions

2 tablespoons peach jam or 2 tablespoons apricot jam

2 tablespoons white vinegar

1 teaspoon Worcestershire sauce

1 ½ teaspoons chili powder

1/8 teaspoon garlic powder

4 skinless chicken breast halves (bone-in)

### **DIRECTIONS**

Combine first 7 ingredients in a small saucepan and bring to a boil.

Reduce heat, and simmer, uncovered, 5 minutes.

Set aside 1/2 cup sauce; keep warm.

Spray grill rack with cooking spray.

Place chicken (bone side up) on grill over medium-hot coals (350 to 400 degrees).

Grill, covered for 8 minutes on each side or until done, turning once

Baste with remaining barbecue sauce while grilling.

Serve with reserved ½ cup barbecue sauce.

Makes 4 servings

Info used to calculate points (per serving):

**Calories** 260.2

**Fat** 4.7 g

**Carbohydrate** 15.8 g

**Fiber** 0.6 g

**Protein** 37.2 g

## **Mustard Baked Chicken**

Points=2

PointsPlus=3

Prep: 10 mins

Cook: 20 mins

Total: 30 mins

### **INGREDIENTS**

6 chicken breast tenders

¼ cup fat free sour cream

¼ cup fat-free evaporated milk

½ tablespoon Dijon mustard

½ tablespoon prepared yellow mustard

1/8 teaspoon Mrs. Dash seasoning mix (or other salt free seasoning)

¼ teaspoon seasoning salt

1/8 teaspoon thyme leaves

1 cup corn flake crumbs

½ tablespoon olive oil

### **DIRECTIONS**

Spray 9x11 pan with cooking spray.

Combine Sour Cream, Evaporated Milk and mustards in a medium sized bowl.

Season chicken with salt free seasoning and seasoned salt; dip chicken pieces in cream mixture.

Roll in cornflake crumbs.

Place chicken pieces in coated pan and sprinkle with thyme leaves, and drizzle with olive oil.

Bake for 15-20 minutes until juices run clear.

Makes 3 servings

Info used to calculate points (per serving):

**Calories** 93

**Fat** 2.8 g

**Carbohydrate** 14.2 g

**Fiber** 0.4 g

**Protein** 3.4 g

## Orange Crumbed Baked Chicken

Points=4

PointsPlus=5

Prep: 20 mins

Cook: 35 mins

Total: 55 mins

### **INGREDIENTS**

2 tablespoons orange juice

2 tablespoons Dijon mustard

¼ teaspoon salt

¾ cup whole wheat crackers, crumbled

1 tablespoon orange zest, grated

1 shallot, finely chopped

¼ teaspoon ground pepper, freshly ground

12 ounces boneless skinless chicken thighs

### **DIRECTIONS**

Preheat oven to 350 degrees.

Spray a nonstick baking sheet with nonstick cooking spray.

In a small bowl, combine the orange juice, mustard and salt.

On a sheet of wax paper combine the cracker crumbs, orange zest, shallot, and pepper.

Brush the chicken on both sides with the mustard mixture then dredge in the crumbs, firmly pressing the crumbs to coat both sides.

Place the chicken on the baking sheet.

Bake 15 minutes, turn over and bake until cooked through.  
15 to 20 minutes longer.

Makes 4 servings

Info used to calculate points (per serving):

**Calories** 193.8

**Fat** 6.6 g

**Carbohydrate** 14.8 g

**Fiber** 2.3 g

**Protein** 18.9 g

## Chicken Cordon Blue

Points=5

PointsPlus=6

Prep: 15 mins

Cook: 20 mins

Total: 35 mins

### **INGREDIENTS**

1 tablespoon flour

¼ teaspoon fresh ground black pepper

¼ teaspoon poultry seasoning

4 (3 ounce) chicken breasts, cutlets

1 tablespoon olive oil

1 cup thinly sliced mushroom

1 onion (chopped)

¼ cup chopped lean ham

2 (¾ ounce) part-skim mozzarella cheese, slices (halved)

¼ cup canned pimiento, julienned

### **DIRECTIONS**

Preheat oven to 350 degrees; spray an 8" square baking dish with nonstick cooking spray.

In a gallon-size re-sealable plastic bag, combine the flour, pepper, and poultry seasoning; add chicken and shake to coat.

In a large nonstick skillet, heat the oil; add the chicken and cook till lightly browned, about 2 minutes on each side.

Transfer to the baking dish.

In the same skillet, combine mushrooms, onion, and ham; cook stirring constantly, till softened, about 5 minutes.

Spoon evenly over chicken; top each cutlet with a slice of cheese.

Bake till chicken is cooked through, about 15 minutes.

Serve garnished with pimiento strips.

Makes 4 servings

Info used to calculate points (per serving):

**Calories** 230.2

**Fat** 12.5 g

**Carbohydrate** 5.7 g

**Fiber** 1 g

**Protein** 23 g

## **Pan-Fried Glazed Chicken with Basil**

Points=4

PointsPlus=4

Prep: 10 mins

Cook: 15 mins

Total: 25 mins

### **INGREDIENTS**

4 (4 ounce) boneless skinless chicken breast halves

½ teaspoon salt, to taste

¼ teaspoon fresh ground pepper, to taste

2 teaspoons olive oil

2 tablespoons balsamic vinegar

1 tablespoon honey

2 tablespoons fresh basil, chopped or 2 teaspoons dried basil

### **DIRECTIONS**

Sprinkle both sides of chicken with salt and pepper.

Heat oil in a large nonstick skillet over medium-high heat.

Add chicken; cook 5 minutes or until lightly browned.

Turn chicken, and cook 6 minutes or until chicken is done.

Stir in vinegar, honey, and basil; cook an additional 1 minute.

Makes 4 servings

Info used to calculate points (per serving):

**Calories** 161.3

**Fat** 3.7 g

**Carbohydrate** 4.5 g

**Fiber** 0.1 g

**Protein** 26.2 g

## Tender Roast Chicken

Points=4

PointsPlus=4

Prep: 10 mins

Cook: 30 mins

Total: 40 mins

### **INGREDIENTS**

½ teaspoon salt

½ teaspoon pepper

½ teaspoon lemon-pepper seasoning

¼ teaspoon thyme

¼ teaspoon paprika

### **DIRECTIONS**

Preheat oven to 375.

Prepare the spice blend by combining the ingredients in a small bowl.

Place the chicken pieces onto a baking sheet, skin side up.

Bake for 20 minute.

Remove the chicken from the oven and cool for 5-10 minute.

When you can handle the chicken, remove the skin, sprinkle the entire surface with a light coating of the spice blend and replace on the baking sheet.

Bake 10 min more or until done.

Makes 4 servings

Info used to calculate points (per serving):

**Calories** 160.1

**Fat** 11.6 g

**Carbohydrate** 0.4 g

**Fiber** 0.2 g

**Protein** 12.6 g

## **Beer Broiled Chicken Drumsticks**

Points=7

PointsPlus=7

Prep: 10 mins

Cook: 2 hrs 20 mins

Total: 2 hrs 30 mins

### **INGREDIENTS**

1 (12 ounce) bottle beer (dark)

1 tablespoon seeded and minced jalapeno pepper

3 garlic cloves, crushed through a press

2 teaspoons five-spice powder

½ teaspoon salt

8 (¼ lb) skinless chicken drumsticks

### **DIRECTIONS**

Combine 1 cup of the beer, jalapeño pepper, garlic, five spice powder, and salt in a zip-lock bag.

Add the chicken, squeeze out the air and seal the bag.

Turn to coat the chicken.

Refrigerate, turning the bag occasionally, 2 hours or overnight.

Spray broiler rack with nonstick spray and preheat broiler.

Transfer chicken to broiler rack, discard marinade.

Broil chicken 5 inches from heat.

Turn chicken occasionally and baste with remaining 1/2 cup beer until thermometer reads 180 degrees, about 20 minutes.

Makes 4 servings

Info used to calculate points (per serving):

**Calories** 312.2

**Fat** 7.8 g

**Carbohydrate** 4 g

**Fiber** 0.1 g

**Protein** 47.3 g

## **Fiber One Fried Chicken Strips**

Points=6

PointsPlus=8

Prep: 10 mins

Cook: 20 mins

Total: 30 mins

### **INGREDIENTS**

6 ounces boneless skinless chicken breasts, raw, cut into 8 strips

½ cup all-bran cereal (Fiber One original)

¼ cup fat free egg substitute

¼ teaspoon garlic salt

1/8 teaspoon black pepper (to taste)

### **DIRECTIONS**

Preheat the oven to 375 degrees.

Using a blender or food processor, grind the cereal to a breadcrumb-like consistency.

Add garlic salt and black pepper to crumbs.

Place crumbs in one small dish and egg substitute in another.

Coat raw chicken - first with egg and then with crumbs.

Place strips on a baking pan sprayed with nonstick spray.

Add a light mist of nonstick spray on top and place in the oven.

Cook for 10 minutes and then turn strips over.

Spray with another light mist of nonstick spray and cook for an additional 7 to 10 minutes, until chicken is fully cooked and crumb coating looks crispy.

Makes 4 servings

Info used to calculate points (per serving):

**Calories** 318.5

**Fat** 5.7 g

**Carbohydrate** 22.8 g

**Fiber** 8.9 g

**Protein** 50.8 g

## **Buffalo Chicken Strips**

Points=6

PointsPlus=8

Prep: 20 mins

Cook: 20 mins

Total: 40 mins

### **INGREDIENTS**

2 boneless skinless chicken breasts

½ cup egg white

1 cup Fiber One cereal, original

½ teaspoon salt

1 tablespoon garlic powder

1 tablespoon onion powder

1 teaspoon paprika

½ teaspoon black pepper

1 cup Frank's red hot sauce

1 tablespoon butter

### **DIRECTIONS**

Preheat oven to 400 degrees, and spray a baking sheet with nonstick cooking spray.

Wash and cut chicken breasts into strips that are approximately 1 1/2 inches wide. Set aside.

In a food processor, combine cereal, salt, garlic powder, onion powder, paprika and pepper and mix to a fine powder

Pour mixture into a shallow bowl or onto a small plate. Set aside.

In a small saucepan, melt butter and then add in 3/4 cup of the hot sauce.

Mix well and warm until heated, but not bubbling or boiling.

Pour into a small, shallow bowl, and set aside.

In a small bowl, mix egg whites with the remaining 1/4 cup of hot sauce.

Coat chicken with egg and hot sauce mixture. Shake off excess.

Coat chicken in cereal mix and place on baking sheet.

Brush about 3/4 hot sauce and butter mixture over the chicken pieces coating well.

Bake at 400 degrees until breading becomes crispy and chicken is cooked through (approximately 15-20 minutes).

Serve with remaining hot sauce mixture for dipping.

Makes 2 servings

Info used to calculate points (per serving)

**Calories** 309

**Fat** 8.7 g

**Carbohydrate** 33.5 g

**Fiber** 15.9 g

**Protein** 37.1 g

## Crusted Honey Mustard Chicken

Points=3

PointsPlus=4

Prep: 10 mins

Cook: 15 mins

Total: 35 mins

### **INGREDIENTS**

nonstick cooking spray

2/3 cup light honey mustard dressing

1/8 teaspoon table salt

1/8 teaspoon black pepper

2 teaspoons chopped fresh dill

1 medium scallion, finely sliced

1 cup corn flake crumbs

1 lb boneless skinless chicken breasts or 4 (4 ounce)

boneless skinless chicken breasts

### **DIRECTIONS**

Preheat oven to 425°F.

Coat a shallow pan with cooking spray.

In a small bowl, combine honey mustard dressing, salt, pepper, dill and scallions; remove 1/3 cup and set aside.

Place corn flake crumbs in a shallow bowl.

Dip chicken into dressing mixture and then corn flake crumbs; place in prepared pan.

Bake until chicken is golden and no longer pink in center, about 15 minutes.

Drizzle remaining dressing mixture (the 1/3 cup that was set aside) over chicken breasts and serve.

Yields 1 piece of chicken and about 1 1/3 tablespoons of dressing per serving.

Makes 4 servings

Info used to calculate points (per serving):

**Calories** 156.1

**Fat** 3 g

**Carbohydrate** 6.4 g

**Fiber** 0.3 g

**Protein** 24.6 g

## Grilled Peanut Chicken

Points=4

PointsPlus=4

Prep: 15 mins

Cook: 15 mins

Total: 30 min

### **INGREDIENTS**

2 tablespoons reduced fat peanut butter

1 tablespoon fresh lime juice

2 teaspoons soy sauce

1 clove garlic, chopped

1/3 teaspoon curry powder

1 dash ground cayenne pepper

4 skinless, boneless chicken breast halves

### **DIRECTIONS**

Preheat grill for high heat.

In a bowl, mix the peanut butter, lime juice, soy sauce, garlic, curry powder, and cayenne pepper.

Lightly oil the grill grate. Place chicken on grate, and brush with 1/2 the sauce.

Grill 6 to 8 minutes. Turn chicken, and brush with remaining sauce.

Continue grilling 6 to 8 minutes until chicken juices run clear.

Makes 4 servings

Info used to calculate points (per serving)

**Calories** 176

**Fat** 5.6 g

**Carbohydrate** 3.6 g

**Fiber** 0.7 g

**Protein** 27 g

## Easy Garlic Broiled Chicken

Points=8

PointsPlus=8

Prep: 10 mins

Cook: 20 mins

Total: 30 mins

### **INGREDIENTS**

½ cup butter

3 tablespoons minced garlic

3 tablespoons soy sauce

¼ teaspoon black pepper

1 tablespoon dried parsley

6 boneless chicken thighs, with skin dried parsley, to taste

### **DIRECTIONS**

Preheat the oven broiler. Lightly grease a baking pan.

In a microwave safe bowl, mix the butter, garlic, soy sauce, pepper, and parsley.

Cook 2 minutes on High in the microwave, or until butter is melted.

Arrange chicken on the baking pan, and coat with the butter mixture, reserving some of the mixture for basting.

Broil chicken 20 minutes in the preheated oven, until juices run clear, turning occasionally and basting with remaining butter mixture.

Sprinkle with parsley to serve.

Makes 6 servings

Info used to calculate points (per serving)

**Calories** 303

**Fat** 25.1 g

**Carbohydrate** 2.3 g

**Fiber** 0.3 g

**Protein** 16.8 g

## Spicy Garlic Lime Chicken

Points=5

PointsPlus=6

Prep: 5 mins

Cook: 20 mins

Total: 25 mins

### **INGREDIENTS**

$\frac{3}{4}$  teaspoon salt

$\frac{1}{4}$  teaspoon black pepper

$\frac{1}{4}$  teaspoon cayenne pepper

$\frac{1}{8}$  teaspoon paprika

$\frac{1}{4}$  teaspoon garlic powder

$\frac{1}{8}$  teaspoon onion powder

$\frac{1}{4}$  teaspoon dried thyme

$\frac{1}{4}$  teaspoon dried parsley

4 boneless, skinless chicken breast halves

2 tablespoons butter

1 tablespoon olive oil

2 teaspoons garlic powder

3 tablespoons lime juice

### **DIRECTIONS**

In a small bowl, mix together salt, black pepper, cayenne, paprika,  $\frac{1}{4}$  teaspoon garlic powder, onion powder, thyme and parsley.

Sprinkle spice mixture generously on both sides of chicken breasts.

Heat butter and olive oil in a large heavy skillet over medium heat.

Sauté chicken until golden brown, about 6 minutes on each side.

Sprinkle with 2 teaspoons garlic powder and lime juice.

Cook 5 minutes, stirring frequently to coat evenly with sauce.

Makes 4 servings

Info used to calculate points (per serving)

**Calories** 220

**Fat** 10.7 g

**Carbohydrate** 2.4 g

**Fiber** 0.3 g

**Protein** 27.7 g

## Easy Weeknight Chicken Parmesan

Points=11

PointsPlus=13

Prep: 10 mins

Cook: 20 mins

Total: 30 mins

### **INGREDIENTS**

8 ounces uncooked spaghetti

1/3 cup Progresso® Italian style panko crispy bread crumbs

1/3 cup shredded Parmesan cheese

4 boneless skinless chicken breasts, flattened slightly

2 cloves garlic, finely chopped

1 (18 ounce) can Progresso™ Recipe Starters™ fire roasted tomato cooking sauce

1 cup shredded mozzarella cheese

### **DIRECTIONS**

Cook and drain spaghetti as directed on package.

In large re-sealable bag, mix bread crumbs, Parmesan cheese and 1/4 teaspoon pepper.

Shake each chicken breast in bread crumb mixture; set aside.

In 10-inch skillet, heat 2 tablespoons vegetable oil over medium-high heat.

Add chicken breasts; cook 6 to 10 minutes, turning once, until browned.

Pour cooking sauce around chicken; sprinkle chicken with remaining bread crumb mixture and mozzarella cheese.

Heat to boiling.

Cover; reduce heat to medium.

Cook 5 to 8 minutes or until juice of chicken is clear when center of thickest part is cut (at least 165°F) and cheese is melted.

Serve with spaghetti.

Makes 4 servings

Info used to calculate points (per serving)

**Calories** 513

**Fat** 11.6 g

**Carbohydrate** 59.2 g

**Fiber** 3.2 g

**Protein** 41.2 g

## Potato Crunchy Tenders

Points=11

PointsPlus=13

Prep: 10 mins

Cook: 10 mins

Total: 20 mins

### **INGREDIENTS**

½ cup vegetable oil for frying

1 ½ cups milk

1 egg

1 (7.6 ounce) package garlic flavored instant mashed potatoes

2 teaspoons salt

2 teaspoons ground black pepper

1 ½ pounds chicken tenders

### **DIRECTIONS**

Heat the oil in a large skillet over medium heat.

While the oil is heating, beat the milk and egg together in a bowl.

In another bowl, stir together the instant mashed potatoes, salt, and pepper.

Stir the chicken tenders with the milk mixture to coat thoroughly, then shake off excess milk and dip each tender into the potato flakes.

Place the breaded tenders into the hot oil, and fry until golden brown, 7 to 10 minutes.

Remove from oil and drain on paper towels.

Makes 6 servings

Info used to calculate points (per serving)

**Calories** 485

**Fat** 24 g

**Carbohydrate** 34.6 g

**Fiber** 1.9 g

**Protein** 32 g

## Chicken Nuggets

Points=8

PointsPlus=8

Prep: 10 mins

Cook: 20 mins

Total: 30 mins

### **INGREDIENTS**

4 skinless, boneless chicken breasts

2 cups corn oil

1 egg, beaten

1/3 cup water

1/3 cup all-purpose flour

1 1/2 tablespoons sesame seeds, toasted

1 1/2 teaspoons salt

### **DIRECTIONS**

Rinse chicken with cold water and pat dry with paper towels.

Cut into 1x1x1/2 inch pieces.

Fill a deep fryer with corn oil, no more than 1/3 full.

Heat to medium heat.

Place egg and water in a small bowl and mix well.

Add the flour, sesame seeds and salt, stirring until a smooth batter is formed.

Dip chicken pieces in batter and drain off any excess.

Add battered chicken, a few pieces at a time, to the hot oil.

Fry about 4 minutes or until golden brown and done  
(remove chicken from oil to test).

Drain on paper towels.

Makes 4 servings

Info used to calculate points (per serving)

**Calories** 320

**Fat** 17.7 g

**Carbohydrate** 9.2 g

**Fiber** 0.7 g

**Protein** 29.7 g

## Basic Broiled Chicken Breasts

Points=10

PointsPlus=10

Prep: 5 mins

Cook: 20 mins

Total: 25 mins

### **INGREDIENTS**

3 tablespoons extra virgin olive oil

4 bone-in chicken breast halves with skin

2 teaspoons kosher salt

1 teaspoon freshly ground black pepper

### **DIRECTIONS**

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.

Rub olive oil over each chicken breast, then season both sides with salt and black pepper.

Place the chicken skin-side down on a broiling pan.

Broil in the preheated oven for 10 minutes, then flip the chicken breast skin-side up.

Continue broiling the chicken until no longer pink at the bone and the juices run clear, about 10 minutes more.

An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Remove from the oven and allow meat to rest for 5 minutes before serving.

Makes 4 servings

Info used to calculate points (per serving)

**Calories** 389

**Fat** 21.9 g

**Carbohydrate** 0.3 g

**Fiber** 0.1 g

**Protein** 45 g

## Honey Glazed Chicken

Points=4

PointsPlus=5

Prep: 10 mins

Cook: 10 mins

Total: 20 mins

### **INGREDIENTS**

¼ cup honey

2 tablespoons soy sauce

1/8 teaspoon red pepper flakes

1 ½ tablespoons olive oil

2 skinless, boneless chicken breast halves, cut into bite-size pieces

### **DIRECTIONS**

Whisk honey, soy sauce, and red pepper flakes in a bowl.

Heat olive oil in a skillet over medium heat; cook and stir chicken in hot oil until lightly brown, about 5 minutes.

Pour honey mixture into skillet and continue to cook and stir until chicken is no longer pink in the center and sauce is thickened, about 5 minutes more.

Makes 4 servings

Info used to calculate points (per serving)

**Calories** 179

**Fat** 6.5 g

**Carbohydrate** 18.1 g

**Fiber** 0.1 g

**Protein** 12.8 g

## **Beer Battered Chicken**

Points=9

PointsPlus=10

Prep: 15 mins

Cook: 15 mins

Total: 30 mins

### **INGREDIENTS**

1 ½ pounds boneless, skinless chicken breast halves

1 cup all-purpose flour

1 teaspoon baking powder

2 eggs, beaten

½ cup cold beer

3 cups oil for frying

½ cup all-purpose flour

### **DIRECTIONS**

Rinse chicken, and slice into 1 inch strips. In a medium bowl, stir together 1 cup flour, and baking powder.

Mix in the eggs and beer.

Heat oil in a deep heavy skillet to 375 degrees F (190 degrees C).

Place remaining 1/2 cup flour in a small bowl.

Coat chicken strips in flour, then dip floured strips into the batter.

Fry a few at a time in hot oil, turning once, until coating is golden brown on both sides.

Remove, and keep warm until serving.

Makes 4 servings

Info used to calculate points (per serving)

**Calories** 386

**Fat** 16.5 g

**Carbohydrate** 25.3 g

**Fiber** 0.8 g

**Protein** 30.9 g

## **Pistachio Crusted Chicken**

Points=10

PointsPlus=12

Prep: 10 mins

Cook: 20 mins

Total: 30 mins

### **INGREDIENTS**

1 cup chopped pistachios

½ cup bread crumbs

2 tablespoons Dijon mustard

2 tablespoons olive oil

2 tablespoons honey

salt and pepper to taste

2 large skinless, boneless chicken breast halves, cut into 1-inch strips

### **DIRECTIONS**

Preheat oven to 500 degrees F (260 degrees C).

Lightly coat a baking sheet with cooking spray.

Mix together pistachios and bread crumbs in a shallow bowl.

In a separate bowl, stir together Dijon mustard, olive oil, honey, salt and pepper until smooth.

Dip chicken into Dijon mixture to coat, then coat with bread crumbs.

Place onto prepared baking sheet.

Place into preheated oven and turn the oven down to 375 degrees F (190 degrees C).

Bake until the chicken is no longer pink and the pistachio coating is golden brown, about 20 minutes.

Makes 4 servings

Info used to calculate points (per serving)

**Calories** 459

**Fat** 23.5 g

**Carbohydrate** 28.6 g

**Fiber** 3.9 g

**Protein** 34.9 g

## Acknowledgment

It is here that I would like to thank my beautiful wife Jennifer. She makes this whole Weight Watchers thing look so easy, maintaining her weight loss and lifetime member status for years while I struggle to lose a pound here and there.

It was with her inspiration that my website was created in the fall of 2008. There have been many struggles in the years since then with me losing a parent, taking care of my surviving parent and struggling with my own health. Jennifer has been my rock and has never wavered. For this I am eternally grateful.