



(photo by Taste of Home)

Refreshing Grilled Chicken Salad

TOTAL TIME: Prep: 20 min. + marinating
GRILL: 10 min.
MAKES: 4 servings

Ingredients

- 1/2 cup lime juice
- 2 tablespoons honey
- 4 teaspoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 boneless skinless chicken breast halves (4 ounces each)
- 6 cups spring mix salad greens
- 2 cups cubed seedless watermelon
- 1 cup fresh blueberries
- 1 medium sweet yellow pepper, cut into 1-inch pieces
- 1/3 cup chopped walnuts, toasted

Nutritional Facts

1 serving equals 300 calories, 12 g fat (2 g saturated fat), 63 mg cholesterol, 257 mg sodium, 25 g carbohydrate, 4 g fiber, 28 g protein. Diabetic Exchanges: 3 lean meat, 2 fat, 1 vegetable, 1 fruit, 1/2 starch.

Directions

1. In a small bowl, combine the lime juice, honey, oil, salt and pepper. Pour 1/3 cup into a large resealable plastic bag; add chicken. Seal bag and turn to coat; refrigerate for at least 1 hour. Cover and refrigerate remaining lime juice mixture for dressing.
2. Drain and discard marinade. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Grill chicken, covered, over medium heat or broil 4 in. from the heat for 4-7 minutes on each side or until a meat thermometer reads 170°.
3. In a large bowl, combine the salad greens, watermelon, blueberries and yellow pepper; add reserved dressing and toss to coat. Divide among four serving plates. Slice chicken; serve with salads. Sprinkle each serving with 4 teaspoons walnuts.

Yield: 4 servings.

Originally published as Refreshing Grilled Chicken Salad in Healthy Cooking April/May 2009, p35

Zesty Chicken Soup

TOTAL TIME: Prep: 25 min.
COOK: 40 min.
MAKES: 10 servings

Ingredients

- 1-1/4 pounds boneless skinless chicken breasts
- 4 cups water
- 1 medium onion, chopped
- 2 celery ribs, chopped
- 4 garlic cloves, minced
- 1 tablespoon canola oil
- 1 can (14-1/2 ounces) Mexican diced tomatoes
- 1 can (14-1/2 ounces) diced tomatoes
- 1 can (8 ounces) tomato sauce
- 1 cup medium salsa
- 3 medium zucchini, halved and sliced
- 2 medium carrots, sliced
- 1 cup frozen white corn
- 1 can (4 ounces) chopped green chilies
- 3 teaspoons ground cumin
- 2 teaspoons chili powder
- 1 teaspoon dried basil
- Shredded cheddar cheese and tortilla chips, optional



(photo by Taste of Home)

Nutritional Facts

1-1/2 cups (calculated without cheese and tortilla chips) equals 152 calories, 3 g fat (1 g saturated fat), 31 mg cholesterol, 518 mg sodium, 16 g carbohydrate, 5 g fiber, 14 g protein. Diabetic Exchanges: 2 vegetable, 1 lean meat, 1/2 starch.

Directions

1. Place chicken in a Dutch oven or soup kettle; add water. Bring to a boil; reduce heat. Cover and simmer for 10-15 minutes or until chicken juices run clear. Remove chicken; cut into 1/2-in. cubes. Return to cooking liquid.
 2. In a large skillet, saute onion, celery and garlic in oil until tender; add to the Dutch oven. Stir in the tomatoes, tomato sauce, salsa, zucchini, carrots, corn, chilies, cumin, chili powder and basil. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until vegetables are tender.
 3. Garnish with cheese and tortilla chips if desired. Soup may be frozen for up to 3 months.
- Yield: 10 servings (3-3/4 quarts).
- Originally published as Zesty Chicken Soup in Taste of Home June/July 2005, p15*



(photo by Taste of Home)

Mexican Chicken Soup with Jalapeno Dumplings

TOTAL TIME: Prep: 20 min.
COOK: 40 min.
MAKES: 6 servings

Ingredients

- 1 pound boneless skinless chicken breasts, cut into 1-inch cubes
- 2 teaspoons olive oil, divided
- 1 medium onion, chopped
- 1 tablespoon chili powder
- 5 cups reduced-sodium chicken broth
- 1 can (15-1/2 ounces) petite diced tomatoes, undrained
- 1 can (15 ounces) black beans, rinsed and drained
- 2 cups frozen corn
- 1 jalapeno pepper, seeded and minced
- 1 cup reduced-fat biscuit/baking mix
- 1/4 cup minced fresh cilantro
- 1/4 teaspoon ground cumin
- 1/3 cup fat-free milk

Nutritional Facts

1-1/2 cups soup with 2 dumplings equals 321 calories, 5 g fat (1 g saturated fat), 42 mg cholesterol, 992 mg sodium, 44 g carbohydrate, 7 g fiber, 26 g protein. Diabetic Exchanges: 3 starch, 2 lean meat, 1 vegetable.

Directions

1. In a Dutch oven, saute chicken in 1 teaspoon oil until no longer pink. Remove and keep warm.
 2. In the same pan, saute onion and chili powder in remaining oil until onion is tender. Add the broth, tomatoes, beans, corn and jalapeno. Bring to a boil. Reduce heat; cover and simmer for 20 minutes. Stir in reserved chicken.
 3. In a small bowl, combine the biscuit mix, cilantro and cumin. Stir in milk just until moistened. Drop by tablespoonfuls onto simmering soup. Cover and simmer for 15 minutes or until a toothpick inserted in a dumpling comes out clean (do not lift the cover while simmering).
- Yield: 6 servings (2-1/4 quarts plus 12 dumplings).
- Editor's Note:* Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.
- Originally published as Mexican Chicken Soup with Cilantro Dumplings in Healthy Cooking February/March 2012, p33*

Pomegranate Spinach Salad

TOTAL TIME: Prep/Total Time: 25 min.
MAKES: 6 servings

Ingredients

- 1 package (6 ounces) fresh baby spinach
- 1/2 cup shredded reduced-fat Swiss cheese
- 1/3 cup slivered almonds, toasted
- 1/2 cup pomegranate seeds

DRESSING:

- 3 tablespoons canola oil
- 2 tablespoons sugar
- 2 tablespoons white vinegar
- 3/4 teaspoon poppy seeds
- 1/4 teaspoon salt
- 1/8 teaspoon ground mustard



(photo by Taste of Home)

Nutritional Facts

1 cup equals 149 calories, 11 g fat (1 g saturated fat), 4 mg cholesterol, 150 mg sodium, 9 g carbohydrate, 2 g fiber, 5 g protein.

Directions

1. In a large salad bowl, combine the spinach, cheese, almonds and pomegranate seeds. In a blender, combine the dressing ingredients; cover and process until blended. Drizzle over salad and toss to coat.
- Yield: 6 servings.
- Originally published as Pomegranate Spinach Salad in Light & Tasty December/January 2006, p61*

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