



## *Recipe:* Crispy Citrus Chicken Strips

### INGREDIENTS:

- 1 lb. chicken breast, skinless
- 1 cup orange juice
- 2 tsp garlic powder
- 1 Tbsp low sodium soy sauce
- 1 cup crushed whole grain flake cereal
- 2 Tbsp light brown sugar
- 1 egg

### DIRECTIONS:

1. Preheat oven to 400°, remove excess fat from chicken, and cut into 2-inch-wide strips.
2. Mix orange juice, garlic and soy sauce in a dish or resealable bag, add chicken strips, and marinate in refrigerator at least 15 minutes.
3. Crush cereal and combine with brown sugar in a shallow dish; beat egg in another shallow dish.
4. Remove chicken from marinade and one at a time lightly coat each strip in egg and then in cereal mix.
5. Arrange strips 1/2 inch apart on a baking sheet and bake 20-25 minutes until internal temperature is 165°.



## Recipe: Southwest Chicken Soup

by Christina Bracey

### INGREDIENTS:

- 1 cup diced onion
- 2 garlic cloves
- 1 Tbsp olive oil
- 2 10-oz cans low sodium diced tomatoes
- 3 cups low sodium chicken stock
- 1 15-oz can low sodium corn
- 2 15-oz cans low sodium navy beans
- 1½ tsp cumin, divided
- 1½ tsp chili powder, divided
- 6–8 oz chicken breast

### DIRECTIONS:

1. Preheat oven to 425°F.
2. Heat a 2-quart saucepan on medium-high, add olive oil and garlic, and cook for 30 seconds.
3. Add onions and stir for 3–5 mins until golden brown.
4. Add tomatoes and chicken stock, boil, then simmer.
5. In a colander, rinse, then drain black beans, navy beans, and corn.
6. Add beans and corn and 1 tsp each of cumin and chili powder to broth and simmer for 10–15 minutes.
7. While the soup simmers, slice chicken into 2 even filets, sprinkle evenly with remaining chili powder and cumin, and rub.
8. Place chicken onto oven pan and bake for 10–15 minutes.
9. Remove chicken breasts from oven pan, place on clean cutting board, and use a meat thermometer to confirm they are cooked to 165°F.
10. Cut the chicken breasts into bite-size pieces, stir into broth, and simmer for 20–30 minutes before cooling and serving.