

Recipe Resources to Share with Participants

Eating healthy can be a challenge for most people; it takes planning, preparation and initiative. Yet, eating properly is important in fighting weight gain and improving health. Help your participants dig in to good eating habits with these easy and healthy recipes.

Lemon Parmesan Chicken

- 2 Tbsp seasoned bread crumbs
- 1 tsp grated Parmesan cheese
- Pinch of Italian seasoning
- ¼ tsp grated lemon zest (rind)
- Pinch of salt
- 1 Tbsp lemon juice
- 1 tsp olive oil
- 4 oz skinned, boneless chicken breast
- Nonstick vegetable cooking spray

Combine bread crumbs, Parmesan cheese, Italian seasoning, lemon zest and salt in a zip-top plastic bag. Shake well to mix ingredients and set aside. Combine lemon juice and olive oil in a bowl. With a paper towel, pat chicken breast dry. Dip in the lemon-juice mixture and place into the zip-top bag, shaking it to coat the chicken breast. Remove from bag and place in a baking dish coated with vegetable spray. Sprinkle remaining crumbs over chicken. Bake uncovered at 375 °F for 45 minutes or until done. Serve with lemon slices. Makes 1 serving.

Total calories: 218 Fat: 7 g Cholesterol: 67 mg
Protein: 29 g Calories from fat: 29% Sodium: 445 mg
Carbohydrates: 9 g Saturated fat: 1 g



Broccoli and Rice Bake

- ¼ cup long-grain white rice, cooked
- ¾ cup chopped fresh broccoli
- Nonstick vegetable cooking spray
- 1 tsp olive oil
- ¼ chopped medium onion
- 1 garlic clove, minced
- 2 Tbsp chopped celery
- ½ can low-fat cream of celery soup
- 2 Tbsp sliced water chestnuts
- 1 Tbsp Parmesan cheese
- 3 Tbsp shredded cheddar cheese, divided

Cook broccoli until barely tender and drain well. Set aside. In a skillet sprayed with nonstick vegetable spray, over medium-high heat, add olive oil, onion, garlic and celery. Sauté 1 to 2 minutes and then remove from heat. In a bowl, mix cooked broccoli with celery soup, 2 Tbsp of the shredded cheese, onion, garlic mixture, water chestnuts Parmesan cheese and cooked rice. Spray a small casserole dish with nonstick vegetable spray and add broccoli-rice mixture. Top with remaining shredded cheese. Preheat oven to 350 °F. Bake for 20 to 25 minutes. Makes 1 serving.

Total calories: 442 Fat: 18 g Cholesterol: 34 mg
Protein: 15 g Calories from fat: 36% Sodium: 1243 mg
Carbohydrates: 59 g Saturated fat: 7 g

