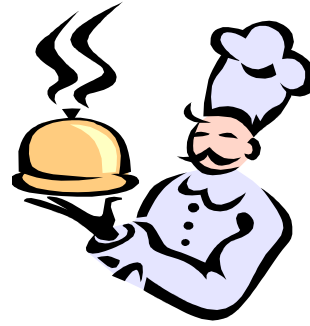


Hot Chicken Sandwich

2 servings

Estimated cost per serving: \$2.15

2 (4 oz) boneless skinless chicken breasts
1/2 cup water
1 cup Chicken Stove Top stuffing, dry mix
1/2 cup chicken gravy from a jar
(like Hy-Vee brand)
1/2 cup frozen peas, thawed*
2 slices whole wheat bread



1. Add chicken to a large nonstick skillet sprayed with cooking spray; cook over medium heat for about 3 minutes on each side.
2. While chicken is cooking, boil water in a small saucepan. Add stuffing mix and stir. Cover for 5 minutes.
3. Add gravy and peas to skillet with cooked chicken; cover and continue cooking over medium- low heat until gravy, peas and chicken are all heated through - about 3 - 4 minutes.
4. To assemble the sandwich: place one piece of chicken on top of 1 slice of bread, spoon half of the stuffing on top of the chicken and spoon half of the gravy with peas from the pan over top of sandwich.

* You can thaw frozen vegetables by running under cold water for about 1 minute.

Nutrition facts per serving: 380 kcals, 5g total fat, 1.5g saturated fat, 43g carbohydrates, 5g dietary fiber, 36g protein, 1050mg sodium.

Good source of dietary fiber, vitamin A and Iron

Pyramid servings: 3 oz. meat, 2 grains, 1/2 vegetable

Nutrition Note: According to www.MyPyramid.gov, most Americans eat enough servings from the meat and bean group but should try to make **leaner** and more **varied** choices. **Leaner** choices have less total and saturated fat. When choosing poultry, opt for chicken & turkey without the skin. When choosing red meats, look for words like lean, loin, or round for healthier cuts. Cook your meat & poultry by grilling, roasting or broiling without added fat. Other healthy choices in this food group include fish, nuts, and seeds. These foods contain healthy oils, so you should consume these foods frequently. Beans & peas (legumes), like meats, are an excellent source of protein, iron and zinc. An added bonus is that these foods are also rich in dietary fiber and folate. And, they are cheap! Eat legumes several times a week in place of meats. For more nutrition tips go to the My Pyramid website.

Recipe provided by Keri Tonia, MSU Dietetics Student, 10/06.

Questions or comments??? Contact SHS nutritionist, Rebecca Gruenes, MS, RD, at (507)389-5689 or at rebecca.gruenes@mnsu.edu.