



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

With grocery costs continuing to be affected by the pandemic, it's never too late to learn how to cook a less expensive cut of meat or poultry item.

Instead of the more costly option of boneless, skinless chicken breast, stock up on split chicken breast when it's on sale.

You can always trim off the fat or remove skin and de-bone it before cooking.

But, the quality is best if you cook it with the skin on to retain tenderness and moistness.

Paired with a simple but flavorful side dish or salad makes a roasted chicken meal an easy choice.

If you're already roasting the chicken in the oven, add some diced root vegetables or potatoes.

Sheet pan meals are hands-off cooking and easier clean-up.

That leaves you more time for other activities and family time!

Simple Roasted Chicken Breast

Ingredients:

- 4 split chicken breasts (areas of excess thick fat & skin removed)
- 1 Tbsp. extra virgin olive oil
- 1/2 tsp. salt
- 1/2 tsp. pepper

Directions:

1. Preheat oven to 350°F. Prepare baking sheet by lining with foil or parchment paper.
2. Place chicken breast with bones face down on the tray. Brush with olive oil and sprinkle with salt & pepper.
3. Bake for 55-60 minutes, or until internal temperature reaches 165°F. Be sure thermometer doesn't touch a bone since they absorb more heat.
4. Remove any remaining skin and serve with Simply Cucumber Salad. Any extra chicken can be chopped or shredded for another meal.



Simply Cucumber Salad

Ingredients:

- 2 cups cucumber, diced
- 2 cups grape tomatoes, halved or diced
- 1/4 cup sliced green onion
- 1/4 cup chopped fresh parsley (or 4 tsp. dried parsley)
- 3 Tbsp. red wine vinaigrette dressing

Directions:

Combine cucumber, tomatoes, onion, parsley and vinaigrette in mixing bowl. Cover and refrigerate until ready to serve.

