



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

# Dietitian's Dish

## Save Time and Money - Stock Up and Prep!

With pandemic inflation causing food prices to soar, finding ways to keep the costs down is increasingly important. If you see a great price on something like Split Chicken Breast, STOCK UP! The convenience of boneless, skinless chicken is great, but not always worth the higher cost.

With minimal prep and a simple hands-off cooking method you can prepare flavorful chicken that can be used in a variety of other recipes. Stock up on frozen or canned fruits and vegetables (without sugar or sauces).

Choose fresh produce that is in-season.

These cost-conscious items can be used in a variety of meals.

### How to Roast Split Chicken Breasts:

1. Preheat oven to 350°F. Prepare baking sheet by lining with foil or parchment paper.
2. Place 4 split chicken breasts 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. (Don't touch thermometer to the bone - it absorbs more heat!)



See how simple it is to prepare these stuffed peppers:



## Quinoa Fried Rice with Roasted Chicken Stuffed Peppers

### Ingredients:

- 1/4 cup quinoa, rinsed and drained
- 2 large bell peppers, halved & seeded
- 1 Tbsp. sesame oil
- 3 Tbsps. chopped white onion
- 1 garlic clove, minced
- 1-3/4 cups frozen mixed vegetables (carrots, green beans, corn and peas)
- 1 cup chopped roasted chicken
- 1-1/2 Tbsps. less-sodium soy sauce
- 1/2 tsp. grated fresh ginger
- 4 large eggs
- 1 Tbsp. sriracha chili sauce
- 1 green onion, thinly sliced

### Directions:

1. Preheat oven to 350°. Prepare quinoa as label directs.
2. Place peppers, cut side up, on rimmed baking pan. In large skillet, heat oil over medium-high heat. Add onion; cook 2 minutes, stirring occasionally. Add garlic; cook 30 seconds, stirring occasionally. Add frozen vegetables; cook 5 minutes, stirring occasionally. Remove from heat; stir in chicken, soy sauce, ginger and quinoa.
3. Fill peppers with quinoa mixture; bake 20 minutes or until peppers are tender. Crack 1 egg onto each pepper; bake 15 minutes or until egg whites are cooked through and yolks are slightly soft. Drizzle peppers with sriracha; sprinkle with green onion.

