

# SUCCESSFUL MEAL

## EIGHT WAYS TO PREPARE CHICKEN TENDERLOINS

### SIMPLE SEASONED CHICKEN

SPRINKLE WITH SALT, GARLIC POWDER, AND PAPRIKA AND PAN COOK IN OLIVE OIL (5-10 MIN, TEMPED TO 165°) AND SERVE WITH A BAKED SWEET POTATO (400° FOR ONE HOUR)

### CHICKEN NUGGETS

CUT INTO 1" CHUNKS AND TOSS IN BREADING (2T ALMOND FLOUR OR PANKO, 1/4 TSP EACH SALT, GARLIC POWDER, PEPPER, PAPRIKA) THEN SPRITZ/DRIZZLE WITH AVOCADO OIL OR OLIVE OIL; BAKE 14 MIN. AT 450°

### CHICKEN AND VEGETABLES

SPREAD MAYONNAISE ON TOP OF EACH PIECE OF CHICKEN AND BAKE (350° FOR 30 MINUTES) AND SERVE ON A BED OF STEAMED CAULIFLOWER RICE PLUS BROCCOLI ON THE SIDE

### CHICKEN PARMESAN

SEASON WITH SALT AND PEPPER AND COAT IN PANKO; PAN COOK, TOP WITH WARM PIZZA SAUCE AND MOZZARELLA. BROIL UNTIL MELTED FOR A BROWNED TOP (OR COVER PAN WITH LID UNTIL CHEESE MELTS). SERVE WITH TOSSED SALAD OR ANY VEGETABLE BLEND

### ASIAN CHICKEN

MARINATE IN SOY SAUCE (5 MINUTES TO SEVERAL HOURS); STOVETOP COOK CHICKEN IN SESAME OIL OR OLIVE OIL, THEN REMOVE CHICKEN AND COOK CHOPPED VEGETABLES (CARROTS, BOK CHOY, SNOW PEAS, WATER CHESTNUTS, ANY OTHERS) IN MORE OIL. ADD A PINCH OF RED PEPPER FLAKES. ADD BACK CHICKEN, SERVE WITH RICE, AND TOP WITH BOTTLED ORANGE OR TERIYAKI SAUCE

### CHICKEN CAPRESE

PAN COOK SEASONED CHICKEN (SALT & PEPPER, ITALIAN SEASONING, GARLIC POWDER) AND TOP WITH PESTO, PARMESAN CHEESE, AND CHOPPED OR SLICED TOMATOES. SERVE WITH ZOODLES OR ASPARAGUS

### SALSA CHICKEN

SPRINKLE WITH TACO SEASONING OR CHILI POWDER AND SALT; PAN COOK AND SERVE WITH TACO CONDIMENTS (TOMATOES, LETTUCE, GUACAMOLE, CHEESE, SOUR CREAM, SALSA) WITH OR WITHOUT TORTILLA OF CHOICE

### BBQ CHICKEN

SALT AND PEPPER CHICKEN, PAN COOK IN OLIVE OIL. ADD BBQ SAUCE, SERVE WITH PICKLES. AND STEAMED GREEN BEANS (FROZEN FINE WITH SOME DRIED ONION FLAKES AND SALT ARE THE BEST)