



MEALS & RECIPES

CHICKEN AND POULTRY RECIPES

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Curried Chicken

Ingredients

- 8 ounces chicken breast
- ¼ cup canned condensed chicken broth
- 4 teaspoons corn starch
- 2 cups mushroom sliced or in pieces
- 3 teaspoons extra virgin olive oil
- 2 cups raw sweet red pepper
- 2 cups snow peas
- 1 cup low fat yogurt
- 2 teaspoons curry powder

Directions

1. In a sauce pan, place 2/3 teaspoon oil and diced chicken. Cook chicken until browned and done.
2. In another sauce pan, place 2 teaspoons oil, mushrooms, bell peppers and snow peas. Cook until the mixture is tender.
3. Then add wine to your chicken, chicken broth, yogurt, curry powder and corn starch. Stir constantly.
4. Heat until a thick sauce forms, then simmer the mix for 5 minutes.
5. Place an equal amount of vegetables on 2 plates, then top with equal amounts of chicken mixture and serve.



2 Servings



Nutritional Analysis (Per Serving)

Protein: 31 g
Fat: 7 g
Carbohydrates: 21 g

Calories: 274



Flex Salad

Ingredients

- 1 cup spinach
- 1 large tomato
- 1 medium yellow bell pepper
- 1 can black beans
- 8 ounces cooked chicken
- 1 tbsp Extra Virgin Olive Oil (EVOO)
- 1 tbsp balsamic vinegar

Directions

1. Drain and rinse black beans and add cooked chicken to a bowl.
2. Mix in vegetables in bowl and add salt and pepper.
3. Mix together and dress with EVOO/vinegar.



1 Servings



Nutritional Analysis (Per Serving)

Protein: 62 g
Fat: 17 g
Carbohydrates: 40 g

Calories: 526



INDONESIAN CHICKEN





Indonesian Chicken

Ingredients

- 8 ounces boneless chicken breast
- 1 cup chopped raw onion
- ½ cup sliced raw jalapeno
- 4 cups shredded raw cabbage
- 2 cups sliced raw red pepper
- 2 cups 1% milk
- 4 teaspoons corn starch
- 4 teaspoons extra virgin olive oil
- 6 cloves raw garlic
- 2 teaspoons raw ginger root
- 1 teaspoon ground turmeric
- 1 teaspoon coriander leaf (which can be substituted with dried cilantro or Chinese parsley)
- 1 teaspoon curry powder

Directions

1. Combine the onion, jalapeno pepper, various spices, milk and chicken. Poach (and lightly simmer) the mix until the chicken is done.
2. Mix corn starch with a small amount of water to dissolve it, then add to pan and cook for 3 to 5 minutes.
3. In a separate pan, cook cabbage and red peppers in oil until they turn tender.
4. Divide the cabbage between 2 plates and top it with the chicken. Serve immediately.



2 Servings



Nutritional Analysis (Per Serving)

Protein: 37 g
Fat: 12 g
Carbohydrates: 21 g

Calories: 352



Turkey Stir-Fry

Ingredients

- 1 tablespoon olive oil
- ¼ teaspoon salt
- 2 tablespoons minced fresh peeled ginger
- 1 clove garlic, minced
- 1 lb lean ground turkey meat
- 1 cup carrots, sliced
- 1 cup chopped water chestnuts
- 2 cups cooked quinoa

Directions

1. Warm oil in a large pan over medium heat.
2. Add salt, ginger, garlic, turkey, carrots, and water chestnuts. Stir-fry for 2 minutes.
3. Reduce heat to medium, stirring, for 2-3 more minutes or until vegetables are cooked through. Serve with quinoa.



4 Servings



Nutritional Analysis (Per Serving)

Protein: 26 g
Fat: 13 g
Carbohydrates: 24 g

Calories: 326



Jerk Chicken

Ingredients

- 4 medium skinless boneless chicken breasts (1 lb)
- 1 ½ teaspoons jerk paste
- ½ cup chopped onion
- 1 ½ cup cooked brown rice
- ½ cup red lentils
- 2 large diced tomatoes
- 2 tablespoons minced parsley

Directions

1. Preheat oven to 350°F.
2. Lightly oil a large baking dish. Sprinkle chicken with curry powder, and place in baking dish.
3. In large bowl, combine onion, lentils, and tomatoes. Pour over chicken. Cover and bake 45 minutes. Uncover and bake 15 minutes longer, or until chicken is cooked through.
4. Sprinkle with parsley before serving.



4 Servings



Nutritional Analysis (Per Serving)

Protein: 34 g
Fat: 2 g
Carbohydrates: 25 g

Calories: 259



Muscle Building

Ingredients

- 12 ounces chicken breast
- 1-2 red bell peppers
- 2-3 cups broccoli
- 2-3 cups sliced mushrooms
- 2 tablespoons apple cider vinegar
- 2-4 slice tomatoes
- 1-2 tablespoons extra virgin olive oil
- 1 teaspoon ground basil
- 1 ½ cups condensed chicken broth
- 1 teaspoon ground oregano
- 2 garlic cloves

Directions

1. Combine the oil, broth, vinegar, basil, oregano and garlic in a baking dish, to create a marinade.
2. Pre heat the oven to 350 degrees. (You can also just grill these 20 minutes or so)
3. Prepare eight skewers (for the kabobs). Skewer chicken, bell pepper, broccoli, mushroom, and tomato. Repeat the process until each skewer has all of the ingredients.
4. Place skewers in marinade, and brush to cover. Tightly seal with foil, and bake for 20 minutes.
5. Remove foil and bake for another 10 to 15 minutes.
6. Place on 2 plates and serve.



2 Servings



Nutritional Analysis (Per Serving)

Protein: 42 g
Fat: 6 g
Carbohydrates: 14 g

Calories: 270



Southern Chicken

Ingredients

- 4 small skinless boneless chicken breast (1 lb)
- 1 ½ teaspoons Cajun seasoning
- ½ cup chopped onion
- 1 cup quinoa
- 6 ounces frozen black-eyed peas
- 1-12 oz can stewed tomatoes
- 2 tablespoons minced cilantro

Directions

1. Preheat oven to 350°F.
2. Lightly oil a large baking dish. Rub seasoning into the chicken, then set in oiled dish.
3. Combine onion, quinoa, black-eyed peas, and stewed tomatoes. Add mixture to dish.
4. Cover and bake for one hour.
5. Sprinkle with cilantro before serving.



2 Servings



Nutritional Analysis (Per Serving)

Protein: 63 g
Fat: 5 g
Carbohydrates: 36 g

Calories: 455



Anabolic Chicken and Spinach

Ingredients

- 12 ounces of chicken breast
- 1-2 cups raw spinach
- 2 small onions
- 2 shallots
- 4 teaspoons extra virgin olive oil
- 2 garlic cloves
- 1 dash black ground pepper
- 1 teaspoon ground nutmeg
- 4 sprigs parsley

Directions

1. In a sauce pan, cook spinach, onion, and garlic in 2 teaspoons of oil until they are tender. Just before they are finished, add pepper and nutmeg.
2. Remove from heat and set aside.
3. In another pan, cook diced chicken in 2 teaspoons of oil until it is lightly browned. Add spinach mixture to chicken and heat through.
4. Simmer the entire mix for 3 to 5 minutes. Place on 2 dinner plates, garnish with fresh parsley, and serve.



2 Servings



Nutritional Analysis (Per Serving)

Protein: 36 g
Fat: 7 g
Carbohydrates: 3 g

Calories: 219



CHICKEN STIR FRY





Chicken Stir Fry

Ingredients

- 6 ounces lean chicken breast
- 1 large chopped broccoli head
- 1 medium chopped onion
- ½ diced yellow bell pepper
- 1 small Zucchini Squash
- 1 dash reduced sodium soy sauce

Directions

1. Heat wok or large saucepan
2. Toss in ingredients
3. Stir for 10 minutes or until chicken thoroughly cooked
4. Eat with Rice to add more calories



1 Servings

Nutritional Analysis (Per Serving)

Protein: 44 g
Fat: 3 g
Carbohydrates: 20 g

Calories: 265





Spicy Turkey Chili

Ingredients

- 6 ounces chicken breast
- 12 oz turkey breast
- 2 cups kidney beans
- 2 cups stewed tomatoes
- 16 ounces tomato sauce
- 4 ounces chopped green chilies
- 1 medium onion
- 5-8 tablespoons chili seasoning (depending on your tastes)

Directions

1. Combine all the ingredients in one large sauce pan.
2. Simmer for at least an hour.
3. Remove from the heat. Serve hot with shredded cheese.



4 Servings

Nutritional Analysis (Per Serving)

Protein: 48 g
Fat: 3 g
Carbohydrates: 31 g

Calories: 352





Chicken with Apple and Basil

Ingredients

- 4 small skinless boneless chicken breasts (1 lb)
- 2 teaspoons olive oil
- 1 ½ cups apple juice
- 4 sprigs fresh basil
- 1 medium apple, sliced thinly
- 1 ½ cups cooked brown rice

Directions

1. Make an incision in the thick side of each chicken breast. Insert two pieces of apple into each pocket. Place a sprig of basil into each cavity.
2. Add olive oil to a skillet; heat over medium-high heat. Cook breasts till brown on one side. Sprinkle lightly with salt and pepper; turn. Cook till second side is brown.
3. Pour apple juice over breasts; heat to boiling. Reduce heat; cover and simmer 7 to 10 minutes or till just tender and no pink remains.
4. Remove breasts from skillet; cover to keep warm. Heat cooking liquid to boiling; boil gently about 5 minutes or till reduced to 1 cup. Serve over chicken and rice. Garnish with a sprig of basil, if desired.



2 Servings



Nutritional Analysis (Per Serving)

Protein: 58 g
Fat: 8 g
Carbohydrates: 53 g

Calories: 537