

Entrées:

Tip: pick 2-3 entrées per week and prepare them on the day before your work-week starts. Have premade meals prepped and packed in the fridge so you can take them to work rather than ordering takeout.

**Chicken Couscous**

Courtesy of: [Fitnessmagazine.com](http://www.fitnessmagazine.com)

[<http://www.fitnessmagazine.com/recipe/chicken-couscous/>]

Makes: 4 servings

Prep time: 15 mins

Cook time: 36 mins

*Ingredients*

- 2 tablespoons olive oil
- ¼ cup sliced almonds
- ¾ pound boneless, skinless chicken thighs, fat trimmed, cut into 1/2-inch pieces
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 bunch scallions, white and light green parts only, thinly sliced
- 1 zucchini, cut in half lengthwise and thinly sliced
- 2 carrots, cut in half lengthwise and thinly sliced
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ¼ teaspoon turmeric
- 1 ¼ cups low-sodium chicken stock
- 1 large tomato, chopped
- ½ cup canned chickpeas, drained
- ½ lemon, zest peeled into 1/2-inch- thick strips, juice to taste
- 1/3 cup raisins
- ¾ cup whole-wheat couscous
- ¼ cup chopped parsley

*Directions*

1. Warm the oil in a Dutch oven over medium-high heat. Add the almonds; toast until golden, 2 minutes. Using a slotted spoon, transfer them to a bowl.
2. Season the chicken with the salt and black pepper, add to pot and cook until browned, 10 minutes. Using a slotted spoon, transfer chicken to a plate. Add the scallions, zucchini and carrots; cook 6 minutes. Mix in the cinnamon, cumin, coriander and turmeric; sauté 1 minute.
3. Add the chicken stock, tomato, chickpeas, lemon zest and raisins; bring to a simmer. Return chicken to pot, cover and simmer 10 minutes. Using a slotted spoon, transfer chicken and vegetables to a serving bowl. Season with lemon juice. Cover and keep warm.
4. Add the couscous to the liquid remaining in pot, cover and turn off heat. Let rest 5 minutes; fluff couscous with a fork. Serve chicken and vegetables over couscous, garnished with almonds and parsley.

## Spicy Honey-Brushed Chicken Thighs

Courtesy of: "MyRecipes.com" [<http://www.myrecipes.com/recipe/spicy-honey-brushed-chicken-thighs-10000001591042/>]

Yield: 4 servings (serving size: 2 chicken thighs)

### Ingredients

- 2 teaspoons garlic powder
- 2 teaspoons chili powder
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon ground red pepper
- 8 skinless, boneless chicken thighs
- Cooking spray
- 6 tablespoons honey
- 2 teaspoons cider vinegar

### Directions

Preheat broiler.

1. Combine first 6 ingredients in a large bowl.
2. Add chicken to bowl; toss to coat.
3. Place chicken on a broiler pan coated with cooking spray. Broil chicken 5 minutes on each side.
4. Combine honey and vinegar in a small bowl, stirring well.
5. Remove chicken from oven; brush ¼ cup honey mixture on chicken. Broil 1 minute.
6. Remove chicken from oven and turn over. Brush chicken with remaining honey mixture. Broil 1 additional minute or until chicken is done.

Suggested: serve with a side salad and Crispy Baked Potato Wedges

### Nutritional Facts per serving

Calories	321
Calories from Fat	31%
Fat	11g
Saturated Fat	3g
Monounsaturated Fat	4.1g
Polyunsaturated Fat	2.5g
Cholesterol	99mg
Carbohydrates	27.9g
Protein	28g
Fiber	0.6g
Sodium	676mg
Iron	2.1mg

## Creamy Cajun Chicken Pasta

Courtesy of: "eatingwell.com"

[[http://www.eatingwell.com/recipes/creamy\\_cajun\\_chicken\\_pasta.html](http://www.eatingwell.com/recipes/creamy_cajun_chicken_pasta.html)]

Makes: 6 servings, about 1 1/2 cups each

Active Time: 30 minutes

Total Time: 30 minutes

### Ingredients

- 8 ounces whole-wheat fusilli or rotini
- 1 tablespoon canola oil
- 2 slices bacon, chopped
- 1 large sweet onion, halved and thinly sliced
- 1 pound boneless, skinless chicken breast, trimmed and cut into 1-inch pieces
- 1 medium green bell pepper, sliced
- 3 cloves garlic, minced
- 4 teaspoons Cajun seasoning (see Tip)
- 1/2 teaspoon freshly ground pepper
- 1 tablespoon all-purpose flour
- 1 28-ounce can crushed tomatoes
- 1/3 cup reduced-fat sour cream
- 1/2 cup sliced scallions for garnish

### Directions

1. Bring a large pot of water to a boil.
2. Cook pasta until just tender, 8 to 10 minutes or according to package directions.
3. Drain.
4. Meanwhile, heat oil in a Dutch oven over medium heat.
5. Add bacon and onion and cook, stirring occasionally, until beginning to brown, about 2 minutes.
6. Add chicken, bell pepper, garlic, Cajun seasoning and pepper. Cook stirring, until the onion and bell pepper are beginning to soften, about 4 minutes.
7. Add flour and stir to coat.
8. Add tomatoes and their juice; bring to a simmer. Cook, stirring often, until the sauce is bubbling and thickened and the chicken is cooked through, about 2 minutes.
9. Remove from the heat.
10. Stir in sour cream.
11. Stir the pasta into the sauce. Serve sprinkled with scallions, if desired.

### TIPS & NOTES

Tip: We used a Cajun spice blend that contains salt. If you have a blend without salt (check the ingredients label), season the sauce with salt to taste.

### Nutritional Facts per serving

Calories	329
Fat	8 g ( 2 g sat , 3 g mono );
Cholesterol	50 mg
Carbohydrates	43 g
Added Sugar	0 g
Protein	25 g
Fiber	6 g
Sodium	656 mg
Potassium	691 mg

Nutrition Bonus: Vitamin C (53% daily value), Vitamin A (23% dv), Iron (21% dv), Magnesium & Potassium (20% dv).

## Rosemary Chicken with Vegetables

Courtesy of "Men'sHealth.com" [<http://recipes.menshealth.com/Recipe/rosemary-chicken-with-vegetables.aspx>]

Serves: 4

Prep time: 10min

Cook time: 1hr 10min

Total time: hr 20min

### Ingredients

- 1 teaspoon extra-virgin olive oil
- 2 potatoes, peeled and cut into cubes
- 1 can (14 ounces) no-salt chicken broth
- 4 boneless, skinless chicken breasts, rinsed, dried, and trimmed of fat
- 12 grape or cherry tomatoes
- 1 handful fresh green beans, trimmed of stems
- 1 yellow onion, finely chopped
- 1 rib celery, finely chopped
- 1/4 cup dry white wine
- juice of 1/2 lemon
- 1/2 teaspoon dried sage
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried or fresh parsley
- 1/4 teaspoon ground black pepper

### Directions

1. Preheat the oven to 450°F.
2. In a 13" x 9" baking dish, combine the oil and potatoes. Toss to lightly coat the potatoes with oil.
3. Bake for 15 minutes or until the potatoes are slightly browned.
4. Add the broth, chicken, tomatoes, beans, onion, celery, wine, and lemon juice. Sprinkle with the sage, rosemary, parsley, and pepper.
5. Cover with foil and bake for 40 minutes.
6. Uncover and bake for 10 to 15 minutes longer, or until a thermometer inserted in the thickest portion of the chicken registers 160°F and the juices run clear.

### Nutritional Facts per serving

Calories	251.7 cal
Fat	3.5 g
Saturate Fat	0.8 g
Cholesterol	68.4 mg
Carbohydrates	22.2 g
Sugar	5 g
Protein	32.6 g
Fiber	3.9 g
Sodium	120.9 mg