

# Orange-Ginger Skillet Chicken

- 1 cup chopped orange sections
- 1/2 cup orange juice
- 1/4 cup chopped green onions
- 1/4 cup low-sodium soy sauce
- 3 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 1 tablespoon honey
- 2 teaspoons grated peeled fresh ginger
- 1 teaspoon ground coriander seeds
- 1 1/2 pounds chicken breast tenders
- 8 cups cooked whole wheat rotini (about 1 pound uncooked corkscrew pasta)



Photography: Becky Luigart-Stayner;  
Styling: Lydia DeGaris-Pursell

## **Directions:**

Combine first 10 ingredients in a large heavy-duty zip-top plastic bag and seal. Marinate ingredients in the refrigerator for 3 hours. Heat a large cast-iron skillet or regular skillet over medium-high heat. Add the chicken mixture, and cook 15 minutes. Add the cooked pasta, and simmer 5 minutes or until the chicken is done and the pasta is thoroughly heated.

Yield: 6 servings (serving size: 2 cups)

## **Nutrition per serving:**

|   |                     |
|---|---------------------|
| Calories 473 (14% from fat)                   | Sodium 433 mg       |
| Fat 7.3 g (sat 1.2 g, mono 3.8 g, poly 1.2 g) | Fiber 3.7 g         |
| Protein 36.2 g                                | Iron 3.8 mg         |
| Cholesterol 66 mg                             | Carbohydrate 63.7 g |
| Calcium 45 mg                                 |                     |

## **MyPyramid amounts:**

Grains: 3 oz-eq (3 oz-eq whole grain)  
Vegetables: 0.2 cups  
Fruit: 0.3 cups  
Milk: 0 cups  
Meat & Beans: 3 oz-eq

Modified recipe from *Cooking Light*, October 2003

# Salmon with Roasted Cherry Tomatoes



- 2 cups cherry tomatoes
- 1 1/2 teaspoons chopped fresh thyme
- 1 teaspoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 garlic cloves, minced
- Cooking spray
- 2 (6-ounce) salmon fillets (about 1 inch thick)
- 2 tablespoons fresh lemon juice
- 2 cups cooked brown rice

Preheat oven to 400°.

## **Directions:**

Combine first 6 ingredients in a jelly roll pan coated with cooking spray; toss to coat tomatoes. Bake at 400° for 15 minutes. Add fish to pan. Bake an additional 10 minutes or until fish flakes easily when tested with a fork. Serve the tomato mixture over fish and rice. Drizzle with lemon juice.

Yield: 4 servings (serving size: 1/2 fillet, 1/4 cup tomato mixture, 1/2 cup rice)

## **Nutrition per serving**

|   |                     |
|---|---------------------|
| Calories 240 (27% from fat)                 | Sodium 477 mg       |
| Fat 7.2 g (sat 1.6 g, mono 3 g, poly 1.4 g) | Fiber 2.9 g         |
| Protein 16.4 g                              | Iron 1.0 mg         |
| Cholesterol 33 mg                           | Carbohydrate 26.8 g |
| Calcium 28.8 mg                             |                     |

## **MyPyramid amounts:**

Grains: 1 oz-eq (1 oz-eq whole grain)  
Vegetables: 0.5 cups  
Fruit: 0 cups  
Milk: 0 cups  
Meat & Beans: 3 oz-eq

Modified recipe from *Cooking Light*, April 2004