



GIHC2

GLOBALLY INSPIRED HOME COOKING

# Chicken – A Healthy Protein Choice Across the Globe

*Time: 75 Minutes (1 recipe prepared); 95 Minutes (2 recipes prepared)*

Learn why chicken is a healthy protein choice. Discuss healthier cooking techniques and seasonings for chicken. Learn how various countries make this protein choice their own with unique preparations.

## OBJECTIVES:

*Describe the nutritional benefits of eating chicken.*

*List two healthy cooking tips for chicken.*

*Describe cooking traditions for chicken in other countries.*

## SETUP

- Review the resource list and print it out. Purchase all necessary supplies after reviewing the [HFL Cost Calculator](#).
- Set up stations for participants with the necessary activity supplies.
- Provide computer, internet access, and projector, if available.

## INTRO (10 Minutes)

- Welcome participants and introduce yourself.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the [Welcome Toolkit](#).

## DEMO (20 Minutes)

- Ask participants if they've prepared a chicken dish before. If so, do they have a family recipe they'd like to share with the group?
- Demonstrate content (see demo script). Or, play both videos as indicated in script.

## ACTIVITY (20-40 Minutes)

- The class will divide into two groups. Each will prepare the same or a different chicken recipe.

## RECAP (10 Minutes)

- Pass out handout(s) and invite participants to taste the healthy dish or dishes. Ask each participant to share one learning from the lesson.

## GOAL SETTING/CLOSING (15 Minutes)

- Engage in a goal setting activity from the bank of options provided in the [Welcome Toolkit](#). Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.)



NOTES: Read legal liability disclaimers before activity: [Food Liability Disclaimer](#). Refer to Resource List for all necessary supplies and handouts. This Healthy for Life® Educational Experience was created by Aramark and the American Heart Association as part of our Healthy for Life® Initiative. We are proud to be working together to help improve the health of all Americans.

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# Chicken – A Healthy Protein Choice Across the Globe Resource List

## HANDOUTS/VIDEOS

Find these resources on [AHA's YouTube channel](#) or [heart.org/healthyforgood](#)

- Video – [Globally Inspired Home Cooking with Chicken](#)
- Video – [Trimming Chicken](#)
- Video – [Cutting A Whole Chicken](#)
- Handout – [Protein Portion](#)

Find these resources in this lesson

- Handout – [Protein Portion Infographic](#)
- Recipe – [Szechuan Chicken Stir-Fry](#)
- Recipe – [Chicken Gumbo](#)
- Handout – [World Map – Chicken Recipes Inspired by Global Flavors](#)
- Handouts – [Chicken Recipes for Globally Inspired Home Cooking](#)
- Handout – [Setting SMART Goals](#)

## SPACE SETUP

- Chairs and tables for participants
- Demo table
- Pens for participants
- Folders
- Computer, internet access and projector, if available

**DEMO SUPPLIES** (Optional if you choose to play videos provided.)

- Chicken breast or tenders (with visible fat to be removed)
- Paring knife
- Kitchen scissors
- Whole chicken
- Chef's knife or boning knife

## ACTIVITY INGREDIENTS\* AND SUPPLIES\*\*

### For Szechuan Chicken Stir-Fry

- Cooking spray
- 1 pound boneless, skinless chicken breasts or tenderloins, all visible fat discarded, cut into 1-inch cubes
- 1 tablespoon soy sauce (lowest sodium available)
- 2 teaspoons cornstarch
- 1 teaspoon bottled minced garlic
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon ground ginger
- 16 ounces frozen stir-fry vegetables
- ¼ cup fat-free, low-sodium chicken broth
- 1 ½ cups brown rice (cooked using the package directions, omitting the salt and margarine)
- 2 tablespoons chopped, unsalted, unoiled peanuts
- Chef's knife
- Paring knife
- Measuring spoons
- Measuring cup
- Saucepan (for cooking the rice)
- Fine-mesh sieve or colander (for draining the rice)
- Electric burner
- Medium skillet or wok
- Large spoon (for stirring while cooking)

### For Chicken Gumbo

- 2 tablespoons canola or corn oil
- 2 tablespoons all-purpose flour
- 1 14.5-ounce can no-salt-added stewed tomatoes, undrained
- 1 cup fat-free, low-sodium chicken broth or water
- 8 ounces boneless, skinless chicken breasts (all visible fat discarded), cut into bite-size pieces
- 1 cup frozen okra, thawed
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 2 medium dried bay leaves
- 1 teaspoon Worcestershire sauce (lowest sodium available)
- ½ teaspoon dried thyme, crumbled
- ¼ teaspoon salt
- 1 teaspoon Louisiana hot sauce or red hot-pepper sauce
- Electric burner
- Large nonstick skillet with lid
- Large spoon (for stirring during cooking)
- Measuring spoons
- Measuring cup
- Chef's knife
- Paring knife
- Ladle
- 
- Bowls (for tasting)
- Forks (for tasting)
- Spoons (for tasting)

\*Szechuan Chicken Stir-Fry serves 4 and Chicken Gumbo serves 4; please multiply ingredients as necessary for your participants.

\*\*Purchase appropriate number of supplies for your participants. Participants will divide into 2 teams and share supplies and ingredients.

# Chicken – A Healthy Protein Choice Demo Script



## SAY:

Have you prepared a chicken dish before? Is there a family recipe you'd like to share with the group?



The ancestors of the contemporary chicken were wild fowl that roamed the Asian continent. Over many thousands of years, the chicken became domesticated. As recently as the early part of the 20th century, roast chicken was still considered more of a delicacy and reserved for Sunday dinners. Nowadays, chickens are an accessible and affordable source of meat and eggs. In fact, it's not uncommon for people to have a coop and a tiny flock that's thriving right in their own backyard. Chicken is popular globally as a centerpiece for all our meals—from morning to evening. This lean protein has a mild flavor that lends itself to countless delicious preparations.

**Show the video: Globally Inspired Home Cooking with Chicken.**

## CHICKEN IS A HEALTHY CHOICE



## SAY:

When it comes to animal protein, chicken is a healthy choice. The American Heart Association recommends choosing poultry and fish and limiting red meat.



In general, red meats (beef, pork, and lamb) have more saturated (bad) fat than chicken, fish, or vegetable proteins. Saturated fat can cause your liver to generate more cholesterol than it normally would. Trans fat can, too. Trans fats are found in tropical oils—palm, palm kernel, and coconut oils—often used in baked goods. When the liver is triggered to produce that extra cholesterol, some people can be pushed from a normal cholesterol level to one that's unhealthy.



What is cholesterol? It's a waxy substance in your blood, but it's not actually "bad." In fact, your body needs cholesterol to build cells. It's just that too much of it can cause a problem.



High cholesterol increases your risk of heart disease and stroke. There are two types: LDL cholesterol, which is bad, and HDL, which is good. If you have too much of the bad cholesterol, LDL, it can build a fatty plaque in the arteries.



Cholesterol comes from two sources.

- Your liver makes all the cholesterol you need.
- The remainder of the cholesterol in your body comes from foods derived from animals, such as meat, poultry, and full-fat dairy products. This type of cholesterol is called dietary cholesterol. It's important to follow a heart-healthy eating plan that includes lean protein like chicken to help you manage your blood cholesterol levels and reduce your risk of heart disease and stroke.
- It's also important to have your cholesterol tested, so you know your levels.

## TIPS FOR PURCHASING POULTRY



## SAY:

Now let's talk about how to purchase your poultry with care. Follow these heart-healthy tips:

- Always look for leaner chicken pieces with less visible fat. For ground chicken or turkey, check the label and select at least 90% or 95% lean.
- Of course, skinless chicken or turkey with any visible fat removed are your best options. If there's any skin or visible fat, remember to remove it before cooking.
- Look for unenhanced poultry products. This means you should read the label, especially the fine print. Even if the label says "natural"—in any form, such as "100% natural" or "all natural"—the poultry may have been injected with ingredients such as salt or chicken broth, or both. Processors are required to disclose such injections to consumers.

## Chicken – A Healthy Protein Choice Demo Script (Continued)

- Choose chicken or turkey rather than duck or goose, which are higher in fat. And choose white meat most often when eating poultry.
- To be budget-conscious, you can buy chicken or turkey parts with skin-on or bone-in. These tend to be less expensive. Just remove the skin and all visible fat before cooking.
- Or, even better, buy an entire chicken or turkey and cut it apart. Look for birds that haven't been injected with a lot of sodium.

### HEALTHY COOKING WITH CHICKEN



#### SAY:

Let's watch a quick video about how to trim fat from chicken. (OR Here's how to trim fat from chicken.)

Show the [video](#) or [demo trimming chicken](#) following the script.



#### Trimming Chicken



When you're working with any meat, you want to make sure and trim off excess fat. You can use a paring knife or kitchen scissors.

Show both the [knife](#) and [scissors](#). Use the [paring knife](#) for the demo.



Use the knife to dig in, loosen the fat, and push it to the side. Flip over the chicken breast. You may have to use the paring knife in a sawing motion to free stringier pieces of fat. For food safety, any time you're working with raw meat (or fish), thoroughly wash your hands and cutting board with hot, soapy water before moving on to any other ingredients. In fact, it's recommended that you use one cutting board for produce and bread and a separate one for raw meat and fish.



Now, let's watch a slightly longer video about how to properly cut a whole chicken into eight pieces. (OR Here's how to properly cut a whole chicken into eight pieces.) If you buy the whole chicken and know how to cut it, you'll save money and have a variety of chicken pieces for your cooking. You can also make healthy, rich stock using the chicken bones.

Show the [video](#) or [demo cutting a whole chicken](#) following the script.



#### Cutting a Whole Chicken



We're going to cut this chicken into eight parts: two wings ([Point to the wings.](#)), two thighs ([Point to the thighs.](#)), and two drumsticks ([Point to the drumsticks.](#)). The breast meat is here. ([Point to the breast meat.](#)) We'll cut this in half to make two breasts. Before cutting, rinse the chicken and pat it dry with paper towels, so you can get a good grip on the bird.



First, remove the giblets and neck from inside the cavity. ([Remove the giblets and neck.](#))



The best knives to use for cutting the chicken are a Chef's knife or a boning knife. ([Hold up the knife.](#)) Make sure it's sharp. ([Point to the edge of the knife.](#))




Wings ([Demo cutting the wings following the instructions.](#))




Let's start with the wings. Hold the chicken up by one wing, letting gravity help pull the wing away from the chicken. See where the wing connects to the breast? Make a gentle cut here until you can see the in-bone of the wing. Then cut under the end of the exposed bone to fully separate the wing. Here's one wing. Cut off the wing tips because there's not much meat there. We'll do the same on the other side.


## Chicken – A Healthy Protein Choice Demo Script (Continued)


 Thighs and Drumsticks (**Demo cutting the thighs and drumsticks following the instructions.**)

 Now we'll cut the thighs and drumsticks. Hold the chicken by the leg and cut gently along the skin until you can see where the thigh connects to the backbone. Next, pop the thigh bone out of the joint. Pull and cut along the back to remove the thigh from the chicken. Do the same on the other side. To separate the drumstick from the thigh, cut along the fat line between the pieces on both thighs.


 Now we have six pieces: two wings, two thighs, and two drumsticks. (**Point to the pieces.**) It's time to cut the breast.

 Breasts (**Demo cutting the breast following the instructions.**)

 Here is where the backbone is. (**Slide your finger along the backbone.**) Cut along the backbone on both sides. Pull the backbone out and discard it. Now, place the breast with the breastbone on the cutting board. Split it down the center with the knife (you'll hear a crunch). Here are the two breast pieces.

 The final step is removing the skin from each piece of chicken. Most of the fat is in the skin and we don't want to eat that unhealthy fat. Grasp the skin and pull back. It should come off easily, but a slip of the knife between the skin and the meat will help get it going.


 **Healthy Cooking Techniques and Preparations**

 When you're cooking chicken, give healthier techniques a try. You don't have to deep-fry to create fabulous flavor!

- **Pan-fry** chicken in a small amount of liquid oil. Use canola, corn, safflower, sunflower, soybean, or olive oils instead of solid fats, such as butter, lard, or shortening.
- **Roast** chicken in an oven without direct exposure to a flame, surrounding it with dry heat. Roasting uses

higher temperatures than baking. When roasting whole birds, discard as much fat as you can before the bird goes in the oven. Leave the skin on until it's cooked. Discard the skin before serving.

- **Braise** chicken in a small amount of liquid on low heat and tightly covered (on the stovetop or in the oven); you can brown it first.
- **Poach** chicken by gently immersing it in a simmering liquid (keep the liquid simmering—it shouldn't boil). Although you can use water, you can also use 100 percent fruit juice, tea, or fat-free, low-sodium broth to infuse the chicken with flavor.
- **Stir-fry** small pieces of chicken in a wok or large pan using a very small amount of liquid or oil. This cooking technique goes very quickly and requires constant stirring, so the food doesn't stick or burn.

 And finally, here are some healthy ways to season and coat your chicken without adding extra sodium.

- **Fresh and dried herbs** contain no sodium and impart great flavor to chicken. Rosemary, thyme, basil, and dill are all good options. Since the fresh herbs aren't concentrated like their dried counterparts, you'll need to use three times as much of the fresh herb as you would of the dried.
- Season your chicken to perfection with an **herb rub**, which provides a quick and healthy alternative to the excessive sodium that can be found in many marinades.
- Coat chicken with **panko**, or Japanese-style bread crumbs. Panko is coarser and crunchier than regular bread crumbs, as well as being much lower in sodium. Either whole-wheat or plain panko is preferable to the seasoned panko to keep the sodium down.

## Chicken – A Healthy Protein Choice Demo Script (Continued)

### CHICKEN AROUND THE WORLD



**SAY:**

Here are some ways chicken is prepared around the world.



**In North America:** The quintessential American chicken dish is *Fried Chicken*. Everyone has their own favorite recipe. *Barbecue Chicken*, glazed with its tomatoey, spicy sauce is beloved all over the U.S. The Canadians make their own glaze for chicken, which contains, of course, maple syrup. And we can't forget *Chicken and Dumplings*, a hearty one-pot meal that originated in the American South.



**In Mexico, Central, and South America:** Mexicans have an abundance of chicken dishes, including *Enchiladas Suizas*, enchiladas covered with a green salsa and cream sauce, and *Chicken Flautas*, tacos filled with chicken, rolled tightly, and fried. *Chicken with Mole Sauce* has infinite variations. Mole sauce is made from onions, garlic, chiles, seeds, and a bit of Mexican chocolate, but cooks add whatever spices they have on hand. *Arroz con Pollo* (chicken with rice) is popular in both Central and South America. In Argentina, chicken is served with chimichurri sauce, a blend of chopped parsley, onion, garlic, olive oil, vinegar, and seasonings.



**In Europe:** The Italians can claim many chicken dishes, including *Chicken Parmigiana* (baked breaded chicken with tomato sauce and mozzarella), *Chicken Cacciatore* (with mushrooms, onions, tomatoes, and herbs – hunter-style), and *Chicken Piccata* (chicken with a sauce of lemon juice, butter, and capers). In Greece, *Chicken Gyros* are sandwiches made from rotisserie meat and served with a creamy yogurt-based sauce, tzatziki.



**In Africa:** *Doro Wat* is an Ethiopian chicken stew that's seasoned with berbere, a fiery spice mixture. Angolans enjoy *Piri-Piri Chicken*. Piri-piri is the Swahili word for hot peppers that flavor the chicken.



**In Asia:** *Kurnik* is a Russian chicken pie, served at weddings. *Chicken Paprikash* is from Hungary and so named because of the large amount of paprika used in making it. *Chicken Satay*, served in Indonesia and many southeast Asian countries, consists of grilled chicken on skewers accompanied by a peanut sauce.

**Divide participants into groups to practice making Szechuan Chicken Stir-Fry and/or Chicken Gumbo.**

**Invite group members to pick up their resources (recipe, ingredients, and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)**



**SAY:**

Today, we are going to make Szechuan Chicken Stir-Fry and/or Chicken Gumbo. Once everyone is finished making their dish, we'll taste what we've created.

# PROTEIN PORTION

Our bodies need protein to be healthy and strong, but a serving is probably smaller than you think. Here's what a healthy serving of some common protein foods looks like.



**FISH**  
3 ounces



**LEAN BEEF**  
3 ounces



**SKINLESS CHICKEN**  
3 ounces



**BEANS & LEGUMES**  
1/2 cup cooked



**EGGS**  
1 egg or  
2 egg whites



**YOGURT**  
(low-fat or fat-free)  
6 ounces



**MILK**  
(low-fat or fat-free)  
1 cup

## Szechuan Chicken Stir-Fry

Makes 4 servings; 1 ½ cups per serving  
Per serving: 455 Calories; 1.5 g Saturated Fat; 265 mg Sodium



### INGREDIENTS

- Cooking spray
- 1 pound boneless, skinless chicken breasts or tenderloins, all visible fat discarded, cut into 1-inch cubes
- 1 tablespoon soy sauce (lowest sodium available)
- 2 teaspoons cornstarch
- 1 teaspoon bottled minced garlic
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon ground ginger
- 16 ounces frozen stir-fry vegetables
- ¼ cup fat-free, low-sodium chicken broth
- 1 ½ cups brown rice, cooked using the package directions, omitting the salt and margarine
- 2 tablespoons chopped, unsalted, unroasted peanuts

### DIRECTIONS

1. Lightly spray a medium skillet or wok with cooking spray. In the skillet or wok, stir together the chicken, soy sauce, cornstarch, garlic, red pepper flakes, and ginger.
2. Cook the chicken over medium-high heat for 5 minutes, or until no longer pink. Stir in the vegetables and broth. Reduce the heat to medium. Cook, covered, for 20 minutes, stirring occasionally. Serve over the rice. Sprinkle with the peanuts.

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Makes 4 servings; 1 cup per serving  
Per serving: 197 Calories; 0.5 g Saturated Fat; 275 mg Sodium



### INGREDIENTS

- 2 tablespoons canola or corn oil
- 2 tablespoons all-purpose flour
- 1 14.5-ounce can no-salt-added stewed tomatoes, undrained
- 1 cup fat-free, low-sodium chicken broth or water
- 8 ounces boneless, skinless chicken breasts (all visible fat discarded), cut into bite-size pieces
- 1 cup frozen cut okra, thawed
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 2 medium dried bay leaves
- 1 teaspoon Worcestershire sauce (lowest sodium available)
- ½ teaspoon dried thyme, crumbled
- ¼ teaspoon salt
- 1 teaspoon Louisiana hot sauce or red hot-pepper sauce

### DIRECTIONS

1. In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Stir in the flour. Cook for 3 minutes, or until dark brown, stirring constantly. Stir in the tomatoes with liquid, broth, chicken, okra, onion, bell pepper, bay leaves, Worcestershire sauce, and thyme. Bring to a simmer. Reduce the heat and simmer, covered, for about 45 minutes, or until the okra is very tender, stirring occasionally. Stir in the salt.
2. Discard the bay leaves. Ladle the gumbo into bowls. Sprinkle each serving with the hot sauce.

**Cook's Tip:** If possible, make the gumbo the day before you plan to eat it so the flavors have more time to blend.

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## Chicken Recipes for Globally Inspired Home Cooking

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- ❑ Spicy Oven-Fried Chicken (**Southern U.S.A.**)
- ❑ Jerk Chicken (**Jamaica**)
- ❑ Chilean Chicken and Vegetable Stew (**Chile**)
- ❑ Chicken Cacciatore (**Italy**)
- ❑ Chicken, Sweet Potato, and Kale Stew (**Zimbabwe**)
- ❑ Yemeni Lemon Chicken (**Yemen**)
- ❑ Grilled Curry Chicken (**India**)
- ❑ Chicken and Green Onion Kebabs (**Japan**)

## Spicy Oven-Fried Chicken (Southern U.S.A.)

Makes 4 servings; 3 ounces chicken per serving  
Per serving: 195 Calories; 0.5 g Saturated Fat; 264 mg Sodium

### INGREDIENTS

- Cooking spray
- ¼ cup low-fat buttermilk
- ¼ cup cornflake crumbs
- ¼ cup yellow cornmeal
- 2 tablespoons all-purpose flour
- 1 teaspoon salt-free extra-spicy seasoning blend
- 1 teaspoon garlic powder
- ½ teaspoon paprika
- ¼ teaspoon cayenne
- ¼ teaspoon salt
- ⅛ teaspoon dry mustard
- 4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded

### DIRECTIONS

1. Preheat the oven to 375°F. Lightly spray an 8- or 9-inch square baking pan or a baking sheet with cooking spray.
2. Pour the buttermilk into a pie pan or shallow bowl.
3. In a shallow dish, stir together the remaining ingredients except the chicken.
4. Set the pie pan, dish, and baking pan in a row, assembly-line fashion. Dip the chicken in the buttermilk and then in the cornflake mixture, turning to coat at each step and gently shaking off any excess. Using your fingertips, gently press the coating so it adheres to the chicken. Place in the baking pan. Lightly spray the chicken with cooking spray. Bake for 30 minutes, or until the chicken is no longer pink in the center and the coating is crisp.

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## Jerk Chicken (Jamaica)

Makes 4 servings; 3 ounces chicken per serving  
Per serving: 131 Calories; 0.5 g Saturated Fat; 334 mg Sodium

### INGREDIENTS

- 4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded
- Cooking spray

#### Marinade:

- 2 tablespoons fresh lime juice (about 1 ½ medium limes)
- 1 medium fresh jalapeño pepper, seeds and ribs discarded, chopped
- 1 tablespoon red wine vinegar
- 1 tablespoon rum, or ⅛ teaspoon rum extract
- 1 tablespoon canola or corn oil
- 1 medium shallot, peeled and chopped
- 2 teaspoons ground allspice (freshly ground preferred), dry-roasted
- 1 ½ to 2 teaspoons soy sauce (lowest sodium available)
- 2 medium garlic cloves, minced
- ½ teaspoon ground gingerroot
- ¼ teaspoon dried thyme, crumbled
- ¼ teaspoon salt
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon pepper

### DIRECTIONS

1. In a blender or food processor, process the marinade ingredients for 20 to 30 seconds. Pour into a shallow glass bowl. Add the chicken, turning to coat. Cover and refrigerate for 2 to 10 hours, turning occasionally.
2. Preheat the grill on medium high.
3. Drain the chicken, discarding the marinade. Lightly spray both sides of the chicken with cooking spray. Grill for 6 to 8 minutes on each side, or until the chicken is no longer pink in the center.

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## Chilean Chicken and Vegetable Stew (Chile)

Makes 6 servings; 3 ounces chicken and 1 cup vegetable mixture per serving  
Per serving: 296 Calories; 1.0 g Saturated Fat; 155 mg Sodium

### INGREDIENTS

- ❑ 1 large onion, cut into 1-inch wedges
- ❑ 12 ounces small red potatoes, cut into 1-inch wedges
- ❑ 1 large sweet potato, cut into 1 ½-inch pieces
- ❑ 1 large red bell pepper, cut into 1 ½-inch pieces
- ❑ 4 ounces green beans, trimmed and cut into 1 ½-inch pieces
- ❑ 1 cup frozen whole-kernel corn, thawed
- ❑ 1 2 ½- to 3-pound chicken, cut into serving pieces, skin, all visible fat, neck, and giblets discarded
- ❑ 3 cups fat-free, low-sodium chicken broth
- ❑ ⅓ cup cornmeal
- ❑ 2 tablespoons ground cumin
- ❑ 1 tablespoon ground coriander
- ❑ ½ teaspoon pepper
- ❑ ½ cup chopped fresh cilantro

### DIRECTIONS

1. In a 3- to 4 ½-quart round or oval slow cooker, make one layer each, in order, of the onion, potatoes, sweet potato, bell pepper, green beans, and corn. Place the chicken on the corn.
2. In a large bowl, whisk together the remaining ingredients except the cilantro. Pour into the slow cooker. Gently press down on the chicken so it's partially covered by the broth mixture. Cook, covered, on low for 6 to 8 hours or on high for 3 to 4 hours, or until the chicken is no longer pink in the center, the onion is soft, and the vegetables are tender.
3. Just before serving, sprinkle with the cilantro.

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## Chicken Cacciatore (Italy)

Makes 4 servings; 1 ¼ cups per serving  
Per serving: 240 Calories; 1.0 g Saturated Fat; 468 mg Sodium

### INGREDIENTS

- ❑ 1 teaspoon dried oregano, crumbled
- ❑ 1 teaspoon dried basil, crumbled
- ❑ ½ teaspoon salt
- ❑ ¼ teaspoon pepper
- ❑ 4 boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded
- ❑ ¼ cup all-purpose flour
- ❑ 2 teaspoons olive oil
- ❑ 2 medium ribs of celery, chopped
- ❑ 2 medium leeks, cut into thin strips (white part only)
- ❑ 4 medium garlic cloves, minced
- ❑ 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- ❑ 1 cup fat-free, low-sodium chicken broth
- ❑ ½ cup dry white wine (regular or nonalcoholic), or ½ cup fat-free, low-sodium chicken broth

### DIRECTIONS

1. In a small bowl, stir together the oregano, basil, salt, and pepper. Sprinkle all over the chicken. Using your fingertips, gently press the mixture so it adheres to the chicken. Put the flour in a shallow dish. Dip the chicken in the flour, turning to coat and gently shaking off any excess. Transfer the chicken to a large plate.
2. In a large skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the chicken for 2 to 3 minutes on each side, or until browned. Transfer to a separate large plate (the chicken won't be done at this point).
3. Reduce the heat to medium. In the same skillet, cook the celery and leeks for 2 to 3 minutes, or until soft, stirring occasionally. Stir in the garlic. Cook for 1 minute, or until the garlic is fragrant, stirring frequently. Stir in the tomatoes with liquid, broth, and wine. Return the chicken to the skillet, spooning the vegetables over the chicken.
4. Bring to a simmer over medium-high heat. Reduce the heat and simmer, covered, for 20 minutes, or until the chicken is no longer pink in the center.

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## Chicken, Sweet Potato, and Kale Stew (Zimbabwe)

Makes 4 servings; 1 ½ cups per serving  
Per serving: 284 Calories; 1.0 g Saturated Fat; 247 mg Sodium

### INGREDIENTS

- ❑ 1 tablespoon olive oil
- ❑ 1 pound boneless, skinless chicken breasts, all visible fat discarded, cut into ¾-inch pieces
- ❑ ½ cup chopped onion
- ❑ 1 medium garlic clove, minced
- ❑ 3 cups fat-free, low-sodium chicken broth
- ❑ 1 large sweet potato, peeled and cut into ½-inch cubes
- ❑ 1 medium red bell pepper, chopped
- ❑ 3 cups loosely packed, coarsely chopped kale, any large stems discarded
- ❑ 1 teaspoon chopped fresh thyme or ¼ teaspoon dried thyme, crumbled

### DIRECTIONS

1. In a large saucepan, heat the oil over medium-high heat, swirling to coat the bottom. Cook the chicken for 5 minutes, stirring occasionally. Stir in the onion and garlic. Cook for 4 to 5 minutes, or until the onion is soft, stirring occasionally.
2. Stir in the broth, sweet potato, and bell pepper. Bring to a boil. Reduce the heat and simmer, covered, for 10 minutes. Stir in the kale and thyme. Simmer, partially covered, for 8 to 10 minutes, or until the chicken is no longer pink in the center and the vegetables are tender, stirring occasionally.

**Cook's Tip:** If you prefer your stew thick rather than soupy, reduce the amount of chicken broth to 1 ½ to 2 cups.

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## Yemeni Lemon Chicken (Yemen)

Makes 4 servings; 3 ounces chicken per serving  
Per serving: 188 Calories; 1.0 g Saturated Fat; 121 mg Sodium

### INGREDIENTS

- ❑ 2 medium lemons, cut into wedges
- ❑ 1 2 ½- to 3-pound chicken, all visible fat, neck, and giblets discarded
- ❑ Cooking spray

### Paste

- ❑ 2 tablespoons grated lemon zest
- ❑ ¼ cup fresh lemon juice (about 1 large lemon)
- ❑ 3 to 4 garlic cloves, crushed or minced
- ❑ ½ teaspoon pepper
- ❑ ½ teaspoon ground cardamom
- ❑ ½ teaspoon ground cinnamon
- ❑ ½ teaspoon ground cumin

### DIRECTIONS

1. Preheat the oven to 425°F.
2. In a small bowl, whisk together the paste ingredients.
3. Rub the lemon wedges over the outside of the chicken and in the chicken cavity. Put the lemon wedges in the cavity. Carefully loosen the skin from the breast and drumsticks by gently inserting your fingers between the skin and the meat, making a pocket for the paste. Don't break the skin. Discard any fat beneath the skin. Still working carefully, spread the paste under the loosened skin as well as possible. Using kitchen twine, tie the legs together.
4. Lightly spray a roasting pan with cooking spray. Put the chicken in the pan. Roast for 1 hour to 1 hour 15 minutes, or until the chicken registers 165°F on an instant-read thermometer. The chicken should be golden brown and its juices should run clear when the thigh is pierced with the tip of a sharp knife. Remove from the oven. Let stand, loosely covered, for 5 minutes.
5. Transfer the chicken to a serving platter. Discard the twine. Discard the lemon wedges. Discard the skin before carving the chicken. To make gravy, skim and discard the fat from the cooking liquid in the roasting pan. Pour the remaining liquid into a small saucepan. Bring to a boil over medium-high heat. Boil for 5 minutes, stirring occasionally. Serve the chicken with the gravy.

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## Grilled Curry Chicken (India)

Makes 4 servings; 3 ounces chicken per serving  
Per serving: 150 calories; 1.5 g Saturated Fat; 80 mg Sodium

### INGREDIENTS

- ❑ 32 ounces boneless, skinless chicken breasts, all visible fat discarded, cut into 8 4-ounce servings

### Marinade

- ❑ ½ cup fat-free, plain yogurt
- ❑ 1 tablespoon plus 1 teaspoon fresh lemon juice
- ❑ 2 teaspoons canola or corn oil
- ❑ 1 teaspoon no-salt-added tomato paste
- ❑ ½ teaspoon curry powder
- ❑ ½ teaspoon ground turmeric
- ❑ ⅛ teaspoon kosher salt
- ❑ ⅛ teaspoon ground cumin
- ❑ ⅛ teaspoon ground cloves
- ❑ ⅛ teaspoon ground cinnamon

### DIRECTIONS

1. In a large, shallow glass dish, whisk together the marinade ingredients. Add the chicken, turning to coat. Cover and refrigerate for 2 hours to overnight, turning twice while marinating.
2. Preheat the grill on medium heat. Drain the chicken, discarding the marinade.
3. Grill the chicken for 5 to 8 minutes. Turn over the chicken. Grill for 4 to 8 minutes, or until the internal temperature reaches 165°F on an instant-read thermometer.

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## Chicken and Green Onion Kebabs (Japan)

Makes 6 servings; 2 skewers per serving  
Per serving: 146 Calories; 0.5 g Saturated Fat; 397 mg Sodium

### INGREDIENTS

- ❑ 1 ½ pounds boneless, skinless chicken breasts, all visible fat discarded, cut into 24 1-inch cubes
- ❑ 1 medium bunch of green onions (green part only), cut crosswise into 24 1-inch pieces
- ❑ Cooking spray

### Marinade

- ❑ ¼ cup soy sauce (lowest sodium available)
- ❑ 1 ½ tablespoons sugar or honey
- ❑ 1 teaspoon canola or corn oil
- ❑ 1 teaspoon minced peeled gingerroot
- ❑ 1 medium garlic clove, minced

### DIRECTIONS

1. In a shallow glass dish, whisk together the marinade ingredients. Add the chicken and green onions, turning to coat. Cover and refrigerate for 30 minutes, turning occasionally.
2. Meanwhile, soak twelve 8-inch wooden skewers in cold water for at least 10 minutes to keep them from charring, or use metal skewers.
3. Drain the chicken and green onions, discarding the marinade. Alternate threading the chicken cubes and green onion pieces onto the skewers.
4. Preheat the broiler. Lightly spray a broiler pan with cooking spray. Arrange the skewers in a single layer in the pan. Broil about 4 inches from the heat for 3 minutes on each side, or until the chicken is no longer pink in the center.

**Cook's Tip on Soy Sauce:** Be sure to check the milligrams of sodium per serving on the nutrition facts panel before you purchase soy sauce. Surprisingly, some brands of regular soy sauce may contain less sodium than some brands that are labeled "light" soy sauce.

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## **SPECIFIC**

- What exactly do you want to accomplish?

## **MEASURABLE**

- How will you track your progress towards your goal?

## **ACHIEVABLE**

- Is reaching your goal possible with your full effort?

## **REALISTIC**

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

## **TIME-BOUND**

- When will your goal be achieved?

## **EXAMPLE OF A SMART GOAL:**

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:

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