

THINKING OUTSIDE THE BOX

HONEY MUSTARD GLAZED GRILLED CHICKEN



There may be times when you need to go grocery shopping but do not have the time to do. In these times, it is a good idea to have a few meal ideas that can be made from a few items kept regularly in the pantry or freezer. Canned or frozen vegetables, beans, pasta and even meat. You might prefer using fresh vegetables or meat but keeping some frozen, when they have a long shelf life, can help save you time when there is not enough to make a grocery stop. These are low cost and lower calorie methods that can help salvage a meal without reverting to take out or delivery.

Canned beans/legumes such as kidney, pinto, navy, black, lentils, etc. are available at a moment's notice and they are healthy additions to any of your meals. In addition, because they are from plants, they usually don't have saturated fat (the fat known to cause heart disease), and are an inexpensive source of protein, especially when compared to fresh meat. Carefully selected, pantry and freezer staples can be used for many different nutritious meals, especially for those with limited cooking ability and or storage space.

Getting enough protein on a daily basis is an important part for your overall health. What we think of protein does not always come from animal products but it often can. How much protein is needed depends on a number of factors to include body size, level of activity, age, and other medical needs. One way to help meet your protein needs is to look toward foods that are considered 'good source of proteins.' To qualify for the nutrient claim of good source of protein, the food must contain 10-19% of the daily value of the Regular Amount Commonly Consumed (RACC), or 5 to 9.5 g of protein per RACC.

Some foods that qualify for this attribute include eggs, almonds, chicken breast, cottage cheese, Greek yogurt, milk, lentils, lean beef, fish, quinoa, protein powders, certain types of sprouted breads and wraps, pumpkin seeds, turkey breast, shellfish, and peanuts and peanut butter. This recipe includes just one of those in this list but challenge yourself this week to include some of the others in some of your already planned meals. Like add almonds to your salad, swap sour cream for Greek yogurt or have some cottage cheese with berries for breakfast.

MACROS / SERVING SIZE:

Protein 31 g | Fat 17 g | Carbs 54 g

% CALORIES OF MACROS / SERVING SIZE:

Calories 486 | Protein 25 % | Fat 30 % | Carbs 44 %

NUTRIENT / SERVING SIZE:

Fiber 3 g | Sodium 571 mg | Sat. Fat 2 g

INGREDIENTS (Serves 4)

- 4 -Boneless Skinless Chicken Breast (see thawing instructions)
- 2 tbsp. Extra virgin olive oil
- ¼ cup Honey
- 2 tbsp. Yellow mustard or Spicy mustard
- 2 tsp. Steak sauce
- 2 tsp. Apple cider vinegar
- ¼ tsp. Onion powder
- 1 dash of ground pepper
- 1 dash of red pepper (optional)
- 2 dash of table salt

DIRECTIONS:

1. Set chicken in the fridge in a covered container the night before planning to cook to thaw or use the microwave to thaw the chicken just before preparing the recipe. (does not have to be completely thawed for this recipe) by following package instructions.
2. Preheat the grill to medium heat.
3. In medium-sized bowl, add the ingredients (less the chicken) in the order listed. Whisk the items together until well blended. Split this mixture in half for dipping and the other for basting.
4. Dip the chicken breasts in the sauce and set aside.
5. Lightly coat the grill using a water-dampened paper towel that was then dipped in a cooking oil. Use tongs to rub the towel quickly on the grill grates.
6. Place the chicken on the grill over indirect heat. Turning occasionally and basting with remaining sauce from the bowl the chicken was dipped in. Grill for a total of 18 minutes or until the juices run clear and the meat thermometer reads 165 degrees F.

DIETITIAN TIP

Added sugars (to include table sugar, honey, agave, etc.) are considered "empty calories" because they add little to no nutritional value. However, they do not need to be avoided completely, just consumed in moderation with intake to not exceed 50 grams per day. It is okay to use them sparingly to enhance the flavor of foods and marinades when you cook more meals at home.



A list of recipes on [commissaries.com/healthy living](https://www.commissaries.com/healthy-living) also has nutrition education.