



DILLY GRILLED CHICKEN TENDERS WITH TATERS AND BEANS

MACROS | SERVING SIZE

Protein 36g | Fat 13g | Carbs 50g

% CALORIES OF MACROS | SERVING SIZE

Calories 447 | Protein 17% | Fat 25% | Carbs 44%

NUTRIENTS | SERVING SIZE

Fiber 6g | Sodium 623mg | Sat. Fat 3g

INGREDIENTS (serves 4)

Grilled Dilly Chicken Tenders

1 lb. boneless, skinless chicken breasts or thighs
½ cup nonfat Greek yogurt
1 dill pickle spear, minced
2 tbsp. dill pickle juice
1 tbsp. hot sauce
½ tsp. garlic powder
½ tsp. onion powder
½ tsp. dried dill (or 2 tsp. fresh dill)
¼ cup grated Parmesan cheese

Air Fried Taters

4 medium russet potatoes, cubed
1 tbsp. olive oil
¼ tsp. salt
1 tbsp. nutritional yeast (optional)

Steamed Green Beans

1 lb. green beans (fresh or frozen)
1 tbsp. low-sodium soy sauce
¼ tsp. garlic powder
2 tsp. sesame oil (optional)

DIRECTIONS

1. Pound the chicken to ½ inch thick and slice into 1-inch strips. Mix all chicken marinade ingredients in a bowl, add chicken, and toss to coat. Marinate for 30 minutes to 2 hours in the refrigerator.
2. Soak cubed potatoes in cold water for 10 minutes, then pat dry. For easy clean-up, line the air fryer with foil. Preheat the air fryer to 400°F. Toss potatoes with olive oil, salt, and nutritional yeast. Arrange in a single layer and air fry for 15-20 minutes, shaking every 5 minutes.
3. Preheat the grill to medium-high (400°F). Grill chicken strips for 5-7 minutes per side. To avoid over cooking remove the chicken from the grill when the temperature reaches 160°F (the residual heat will raise the temperature to 165°F). Let rest for 5 minutes before slicing.
4. For the green beans, combine all ingredients in a microwave-safe dish with 2 tablespoons of water. Cover and microwave for 8 minutes.
5. Serve each plate with a quarter of the chicken, potatoes, and green beans.

NOTES

- Take advantage of starting up the grill and double the batch of chicken. Use the extra chicken for wraps or salads later in the week.

DIETITIAN TIP

Whether you are an athlete or someone who stays active, balanced protein choices fuel a stronger, healthier body. Utilize a variety of food sources to ensure you're getting enough protein along with necessary fiber, vitamins, and minerals.

NUTRITION EDUCATION

Protein isn't found only in animal products; vegetables and grains also provide some protein. Animal-based proteins are considered complete proteins because they contain all the essential amino acids. In contrast, most plant-based proteins lack one or more essential amino acids and are thus not complete proteins. However, just because a plant-based protein may not provide all the amino acids doesn't mean it's not beneficial for protein metabolism. By eating a variety of foods and combining them strategically, you can ensure that any limiting amino acids from one plant-based source are complemented by other foods resulting in complete proteins.

To effectively meet your protein needs in an economical and easy manner, consider these tips:

1. Diversify Your Sources: Mix animal and plant-based proteins (for example, chicken with green beans and cheese).
2. Time It Right: Aim for 20-40 grams of protein after your workout. If you work out before dinner, the protein from your meal will contribute to your recovery.
3. Portion Awareness: For reference, 3 ounces of cooked chicken (approximately the size of a deck of cards) provides about 26 grams of protein, while ½ cup of legumes (about the size of a tennis ball) offers about 8 grams.