



FIVE-MINUTE MEAL RECIPES

1. Almond Chicken Salad

1-8 can pineapple tidbits (in its own juice)

1-15 oz can Mandarin oranges

2 cups diced cooked chicken or turkey or 1-10 oz can white chicken rinsed & drained

¼ cup Miracle Whip light

¼ cup plain yogurt

¼ cup slivered almonds

- Open cans or pineapple and oranges. Drain.
- Place meat in a medium bowl with the fruit.
- In a separate 2 cup measuring cup, mix together Miracle Whip and yogurt.
 - Fold this into fruit and chicken.
 - Gently mix in slivered almonds.
- Use this to make a sandwich, stuff a pita, top lettuce, or fill half a cantaloupe.

2. Black Bean and Corn Salad

2 cups frozen corn or 1-16 oz can corn

1-16 oz can black beans

1 cup salsa

Optional additions

½ tsp. cumin

½ tsp. chili powder

3 dashes cayenne pepper

- Place corn in a strainer to drain. If using frozen corn, run warm water over it to thaw. Transfer to medium bowl.
 - Rinse black beans in a strainer, and then add to corn.
 - Add in salsa and optional spices and mix contents gently.
- Eat as a salad or rolled up in a tortilla as a quick sandwich. Also makes a wonderful accompaniment for outdoor-grilled chicken or fish.

3. Baked Chicken Breast

Figure one 5-6 ounce chicken breast piece per serving

-Place fresh or thawed boneless, skinless chicken breasts flat in a baking dish (not a cookie sheet

- Be careful not to crowd, with about a 1" space between breasts.

- Season with salt and pepper.

- You can also use any combination of the following to give them additional flavor:

seasoned salt instead of regular salt, garlic powder, onion powder, poultry seasoning, paprika, parmesan cheese, ginger, ground cumin, thyme, oregano, rosemary, lemon juice or peel, etc.

- Bake in a 400°F oven for 20-25 minutes or until you get an internal temperature of 165°F.

Note: Chicken breast is also great to marinate before cooking, whether you are grilling, baking, or sautéing on top of the stove. Some easy marinades are Italian salad dressing, bottled teriyaki sauce, fruit juices such as lemon, orange, pineapple or lime, prepackaged marinade, etc.