

# “Cook Once Eat Twice” with Chicken

## Ingredient

- 2 ½ pounds boneless, skinless chicken breasts



## Instruction

1. Separate the chicken into 1 ½ pounds for baked chicken nuggets and 1 pound for chicken stir-fry to serve the next day.

## Day 1: Baked Chicken Nuggets

### Ingredients

- Vegetable Cooking Spray
- 1 ½ pound chicken breast, boneless, skinless
- 1 cup corn flake crumbs or Italian bread crumbs
- 1 teaspoon paprika
- ½ teaspoon Italian herb seasoning
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder

### Instructions

1. Preheat oven to 400 degrees Fahrenheit. Lightly grease a baking dish or cookie sheet with cooking spray, set aside.
2. Cut chicken into bite-size pieces.
3. Place corn flakes in a plastic bag and crush them into crumbs.
4. Add paprika, Italian herb seasoning, garlic powder and onion powder to the crushed corn flakes. Close the bag and shake well. If you have kids, this is a great way to get them involved by letting them crush up the corn flakes.
5. Add a few pieces of chicken at a time to the crumb mixture. Shake to coat evenly.
6. Arrange coated nuggets on the cookie sheet so they are not touching. Bake until golden brown, about 12-14 minutes.

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>(119g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 26g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 2mg	10%
Potassium 401mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Day 2: Chicken Stir Fry

### Ingredients

- 2 tablespoons vegetable oil
- 1 tablespoon garlic, finely chopped
- 1 pound chicken breast, boneless, skinless, cut into strips
- ½ teaspoon sugar
- 3 tablespoons less sodium soy sauce
- ½ cup carrots, peeled and sliced thin or ½ can (about 8 ounces) of low-sodium carrots, drained
- ½ cup celery, sliced thin
- ¼ cup onion, cut into strips
- ½ cup green bell pepper, cut into strips

- ¼ teaspoons ground ginger (optional)
- 3 cups cooked brown rice

### Instructions

1. Heat vegetable oil in a large pan over medium heat.
2. Sauté garlic until it is slightly brown.
3. Add the chicken and cook thoroughly until done.
4. Add sugar, soy sauce, carrots, celery, onions and bell pepper.  
Cook until vegetables are tender.
5. Serve with cooked brown rice.

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>(128g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 18g	
Vitamin D 0mcg	<b>0%</b>
Calcium 16mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 344mg	<b>8%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Find the video for this recipe and more at [LSUAgCenter.com/BuildAHealthyMeal](http://LSUAgCenter.com/BuildAHealthyMeal). The Build a Healthy Video Series and recipe cards are made possible through an LSU AgCenter partnership with Louisiana Healthcare Connections. Learn more about Healthy Louisiana Medicaid and Louisiana Healthcare Connections at [www.ChooseLouisianaHealth.com](http://www.ChooseLouisianaHealth.com)



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