

# The Healthy Cook

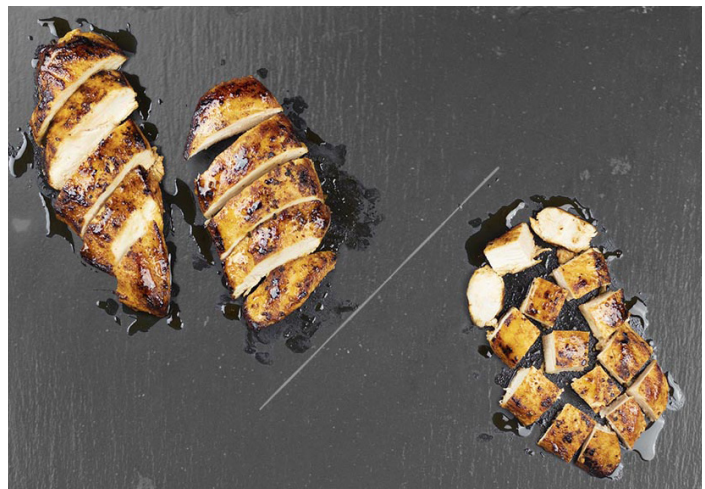
## Cook Once, Eat Twice

*This smoky, juicy chicken tastes like it just came off the grill. That's why you're going to want to sauté enough for tonight's dinner (for two) and tomorrow's lunch (for one). Mmm.*

### Smokin' Paprika Chicken

 SERVES 3

- 1/2 tsp. smoked paprika
- 1/2 tsp. ground coriander
- 1/4 tsp. kosher salt
- 1/4 tsp. black pepper
- 1 tsp. Worcestershire sauce
- 2 Tbs. olive oil
- 3 6 oz. boneless, skinless chicken breasts



1. In a medium bowl, whisk together all the ingredients except the chicken. Add the chicken and turn to coat.
2. In a large non-stick pan, sauté the chicken over medium heat until cooked through, about 5-8 minutes, turning once.

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PER SERVING (1 chicken breast): calories 290 | total fat 13 g | sat fat 2.5 g | carbs 1 g | fiber 0 g | total sugar 0 g | added sugar 0 g | protein 38 g | sodium 270 mg

**Dinner for two.** Add a quick-cooking whole grain like quinoa and some colorful stir-fried veggies to two of the chicken breasts. Dinner in under 30 minutes!



**Lunch for one.** Cut up the leftover chicken breast and add it to a salad. Try leaf lettuce, red onion, cherry tomatoes, and cucumbers. Toss with a creamy dressing like green goddess, ranch, or Caesar.



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