Chicken Picatta with Sweet Potatoes & Green Beans with Almonds

Serves 4. Total time- 50 minutes

Baked Sweet Potatoes

4 small sweet potatoes (5” long x 2” diameter each)  
½ tsp. cinnamon

Directions:
1. Preheat oven to 400° F. Scrub sweet potatoes well. Pierce skins with a fork. Place on a baking sheet. Bake for 45 minutes or until a fork can be inserted through the potato with very little resistance. Serve with cinnamon.

Chicken Piccata (Lemon Chicken)

¼ cup whole wheat flour, divided  
1 egg + 2 egg whites  
2 T. lemon juice (about ½ of a lemon)  
¼ tsp. garlic powder  
½ cup grated Parmesan cheese  
½ cup finely chopped fresh parsley  
¼ tsp. salt  
freshly ground black pepper to taste  
4 (4 oz.) chicken cutlets or boneless, skinless chicken breasts  
pounded to ¼ inch thickness  
1 T. olive oil

Directions:
1. Set three shallow dishes on the counter. In the first dish, sprinkle ¼ cup of flour. In the second, whisk together the egg, egg whites, lemon juice, and garlic powder. In the third, combine ½ cup flour, Parmesan, parsley, and salt. Dredge each chicken breast in the flour, then egg mixture, then Parmesan mixture; set aside.
2. Warm the olive oil in a large nonstick skillet over medium-high heat. Sauté the chicken breasts in oil 3-5 minutes on each side or until cooked through.

Green Beans with Almonds

1 pound fresh green beans, trimmed  
1 T. olive oil  
4 T. slivered almonds  
1/8 tsp. salt  
Freshly ground black pepper to taste

Directions:
1. Steam or microwave green beans for about 5-7 minutes or until crisp tender. In a large skillet, warm olive oil and almonds over medium heat for 30 seconds. Add green beans, salt, and pepper. Toss until coated and heated through. Serve immediately.

Total Meal Nutrition Information (per ¼ of each recipe): 430 calories, 23 g protein, 15 g fat, 4 g saturated fat, 52 g carbohydrate, 12 g fiber, 79 mg cholesterol, 459 mg sodium

1 serving equals: 1.5 carbohydrate (whole grain), 1.5 protein/ dairy, 2 vegetable, 1.5 fat

By Kelly Frazier, M.A., Furman University, Department of Health Sciences
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Shopping List

Produce Department
- 4 small sweet potatoes
- 1 pound fresh green beans, trimmed
- ¼ cup finely chopped fresh parsley
- 2 T. lemon juice (about ½ of a lemon)

Dry Goods Department
- ¾ cup whole wheat flour, divided
- 4 T. slivered almonds
- 2 T. olive oil
- nonstick cooking spray
- ½ tsp. cinnamon
- ¼ tsp. garlic powder

Meat/Dairy Department
- 4 (4 oz.) chicken cutlets or boneless, skinless chicken breasts (see tip #1)
- 1 egg + 2 egg whites (see tips #2 & 3)
- ½ cup grated Parmesan cheese

Smart Shopper Tip #1:
Chicken cutlets are thinner cuts of meat and cook quickly and evenly. If you can’t find them, substitute boneless, skinless chicken breasts pounded down to ¼ inch thickness. To do this, place the chicken on a poultry cutting board and cover with heavy duty plastic wrap. Use a meat mallet, rolling pan, or can of beans to pound the chicken to ¼ inch thickness.

Smart Shopper Tip #2:
Egg yolks are high in cholesterol and need to be limited. Since egg whites are fat and cholesterol free, they can be eaten more liberally. You can purchase pasteurized egg whites in cartons or use egg substitute if you prefer. A less expensive and more natural alternative is to simply remove the yolks from fresh eggs. (see below) One large egg equals 2 egg whites or ¼ cup of egg substitute.

Smart Shopper Tip #3:
Separating an egg white & yolk: To separate the egg white from the yolk, crack the egg sharply on its equator. Position the egg over a small bowl and pass the egg yolk back and forth from one shell half to the other, letting the white slip into the bowl.

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