



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

10 HEALTHY CHICKEN RECIPES YOU'LL LOVE AGAIN AND AGAIN



If there's one staple for dinner that never goes out of style, it's chicken. Not only is it an awesome source of protein, but chicken – especially skinless chicken breast – is extremely lean as well, which is great for managing your calorie intake.

This recipe list has something for everyone—from updated classics to unique dishes like chicken spinach cauliflower casserole and mango walnut curry chicken salad.

There's also plenty here to help you eat healthy without straying from your comfort zone: quinoa-crusted chicken parm, chicken tortilla soup, chicken pot pie, and creamy lemon chicken.

01. Quinoa Chicken Parmesan

Serves 4

Instead of adding only carbs by coating the chicken breast with bread crumbs, use cooked quinoa for extra protein as well as a crispy crunchy texture.

Aside from that ingredient swap, this chicken Parmesan recipe is exactly what you would expect for a comforting Italian dinner: fresh basil, shredded mozzarella, and marinara sauce to complete the dish.

Nutrition Facts (Serving) 467 CALORIES | 38 g PROTEIN | 48 g CARBS | 13 g FAT

INGREDIENTS

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|--|---|
| ✓ 1 cup quinoa | ✓ 2 large eggs, beaten |
| ✓ 1 Tbsp. Italian seasoning | ✓ 1/2 cup shredded mozzarella |
| ✓ 2 boneless, skinless chicken breasts, sliced in half crosswise | cheese |
| ✓ Kosher salt and freshly ground black pepper to taste | ✓ 1/4 cup grated Parmesan |
| ✓ 1/2 cup white whole wheat flour (or all-purpose) | ✓ 1 cup marinara (homemade or store-bought) |
| | ✓ 1/4 cup basil leaves, chiffonade into thin strips |

DIRECTIONS

Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.

In a large saucepan of 1 1/2 cups water, cook quinoa according to package instructions. Stir in Italian seasoning.

Season chicken with salt and pepper, to taste. Working in batches, dredge chicken in flour, dip into eggs, then dredge in quinoa mixture, pressing to coat.

Place chicken onto the prepared baking sheet. Place into oven and bake for 20-25 minutes, or until golden brown. Top with cheeses and marinara. Place into oven and bake until cheeses have melted, about 5 more minutes.

Serve immediately, garnished with basil, if desired.

02. Honey Mustard Chicken Thighs

Serves 6

This recipe satisfies a simple craving for honey-mustard chicken. And it only takes 5 ingredients to put this together for dinner. Whisk together the sauce, coat the meat, and roast in the oven for 45 minutes. Then you just need to worry about making a healthy side, whether it's a simple green salad, baked French fries, or coleslaw.

Nutrition Facts (Serving) 317 CALORIES | 44 g PROTEIN | 6 g CARBS | 11 g FAT

INGREDIENTS

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|------------------------------|-------------------------------|
| ✓ 3 Tbsp. brown deli mustard | ✓ 1/2 tsp. salt |
| ✓ 2 Tbsp. honey | ✓ 6 boneless skinless chicken |
| ✓ 2 tsp. chopped fresh thyme | thighs (about 2 lb.) |

DIRECTIONS

Preheat oven to 375 degrees F. Line a large rimmed baking sheet with parchment.

Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and turn to coat. Arrange chicken on the parchment-lined baking sheet, tucking them into neat thigh shapes.

Roast chicken until cooked through and browned in spots, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

03. Chicken Spinach Cauliflower Casserole

Serves 6

Who says casseroles have to be stuck in the past? Forget about cream of mushroom soup, and try this unbelievably tasty and healthy dinner. The bulk of the dish is chicken, spinach, and cheese, but there's cauliflower too for good measure. But if you're not a big fan of the veggie, this is a safe starting point to try cauliflower without being overwhelmed by its distinctive flavor.

Nutrition Facts (Serving) 283 CALORIES | 26 g PROTEIN | 8 g CARBS | 17 g FAT

INGREDIENTS

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|--------------------------------|----------------------------------|
| ✓ 2 cups cooked chicken, cubed | ✓ 1 1/2 cups sharp cheddar, |
| ✓ 2 cups fresh spinach | grated |
| ✓ 1 large head cauliflower | ✓ 2 eggs, lightly beaten |
| florets | ✓ 2 Tbsp. extra-virgin olive oil |
| | ✓ Kosher salt and black pepper |

DIRECTIONS

Preheat oven to 350 degrees F and lightly grease a 9-13-inch baking dish with butter or non-stick spray.

Place cauliflower in a large saucepan with 1 inch of water over medium heat. Cover and steam until just tender. Drain cauliflower and place in a large bowl. Add chicken and cheese to bowl and toss together.

Heat olive oil in a medium pan over medium-high heat. Add spinach and garlic and cook until wilted. Season with salt and pepper. Add spinach to chicken and pour in beaten eggs. Season again with salt and pepper.

Pour mixture into baking dish and place in oven. Bake for 25-30 minutes, or until set and edges begin to brown and pull away from the side of the dish. Remove from oven and let cool 5 minutes before serving.

04. Chicken & Broccoli Stuffed Shells

Serves 4

Any dish that requires a bit of assembly can seem intimidating. The more steps to make dinner, the more appealing ordering takeout becomes.

However, this recipe with can be your saving grace whether you're having guests for dinner or want to make a large helping of something to have food now and more food ready later. You won't be able to get enough of the creamy chive sauce.

Nutrition Facts (Serving) 730 CALORIES | 57 g PROTEIN | 83 g CARBS | 18 g FAT

INGREDIENTS

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| ✓ 1 box (12 oz.) jumbo pasta shells | ✓ 2 Tbsp. all-purpose flour |
| ✓ 1 rotisserie chicken, shredded | ✓ 2 cups low-fat milk |
| ✓ 1 box (10 oz.) chopped broccoli, thawed and wrung dry | ✓ 1 container (8 oz.) chive and onion light cream cheese |
| ✓ 1 jar (4 oz.) pimentos | ✓ Freshly chopped chives, for garnish (optional) |
| ✓ 2 Tbsp. butter | ✓ Coarse salt and freshly ground black pepper to taste |

DIRECTIONS

Preheat your oven to 350 degrees F.

Boil the shells until they're al dente. Drain and set aside.

While the shells cook, prep the filling. In a large bowl, combine the chicken, broccoli, pimentos and a sprinkling of the salt and pepper.

In a small saucepan, melt the butter. Once the foam starts to subside, add the flour. Whisk on low until it becomes a medium brown color, about 5 minutes. You made a roux! Add the milk and whisk to incorporate. Add the chive and onion cream cheese

and whisk until the sauce becomes thick and creamy. Not crazy thick, just creamy. Like a cream sauce. You get it.

Add about half a cup of the sauce to the chicken mix. Stir to combine.

Using your fingers, stuff each shell with the chicken mix. Don't worry about using a fork to get the mix in. It will take way too long.

Pour a little of the sauce in the bottom of a 9×13 baking dish. Arrange the shells side by the side in the dish, pouring the remaining sauce evenly over the shells.

Bake for 30 minutes, until the sauce is a little bubbly. Garnish with freshly chopped chives and dig in.

05. Ginger Chicken Stir Fry with Summer Veggies, Pineapple & Cashews

Serves 4

Once you've made a few simple stir fry dishes, it's easy to throw whatever's in the fridge in the pan and sauté away. But once you've gotten the hang of stir frying, it's time to take it up another notch. This one uses a sweet Asian ginger peanut sauce, plus fresh pineapple and toasted cashews for a special stir fry that's sure to please.

Nutrition Facts (Serving) 711 CALORIES | 47 g PROTEIN | 57 g CARBS | 38 g FAT

INGREDIENTS

Honey-Ginger Sauce:

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| ✓ 1 cup soy sauce | ✓ 2 Tbsp. honey (adjust to |
| ✓ 1/2 cup hoisin sauce | taste) |
| ✓ 1/2 cup pineapple juice | ✓ 2 Tbsp. toasted sesame seeds |
| ✓ 1/4 cup rice wine vinegar | ✓ 2 Tbsp. grated ginger |
| ✓ 2 Tbsp. creamy peanut
butter, melted (optional) | ✓ 1–2 cloves garlic, minced or
grated |
| ✓ 2 Tbsp. hot chili sesame oil | ✓ 1/2 cup raw cashews |

Stir Fry:

- ✓ 2 Tbsp. sesame oil
- ✓ 1 lb. boneless skinless chicken, cut into 1" cubes
- ✓ 4 baby bok choy, halved
- ✓ 1 cup broccoli (fresh or frozen)
- ✓ 2 red peppers, sliced
- ✓ 2 carrots, shredded
- ✓ 2 zucchini, chopped
- ✓ 1 cup fresh pineapple, diced
- ✓ 4 green onions, sliced (optional garnish)
- ✓ Toasted same rice (optional garnish)

DIRECTIONS

In a bowl or large glass measuring cup combine the ingredients for the sauce. Whisk together the soy sauce, hoisin sauce, pineapple juice, rice wine vinegar, warmed creamy peanut butter (if using), hot chili sesame oil, honey, sesame seeds, ginger and garlic.

Heat a large skillet or wok over high heat. Add 1 tablespoon sesame oil and once hot add the cashews along with 1/4 cup of the sauce. Cook 1-2 minutes or until the cashews are lightly toasted and caramelized. Remove the cashews to a plate.

Return the skillet to the heat and add 1 tablespoon sesame oil. Once hot add the chicken. Stir fry the chicken for 5-8 minutes or until cooked through. Add a little of the stir fry sauce (maybe 1/2 a cup) and bring it to a boil, cook until the sauce thickens and coats the chicken. Slide the chicken out of the skillet and onto a plate.

Return the skillet to the heat and add another tablespoon of sesame oil. Once hot add the bok choy and sear on one side for 2-3 minutes. Drizzle with a little sauce and remove from the skillet and set with the chicken. Add the peppers and broccoli. Stir fry the veggies for 5 minutes then add the carrots, zucchini and pineapple. Add a little of the sauce (again maybe 1/2 cup) and cook until the sauce thickens and coats the veggies and the pineapple is beginning to caramelize, about 3 minutes.

Place some rice in a bowl or plate and top with the veggies. Add the chicken and drizzle with some of the sauce to taste. Sprinkle with cashews and green onions.

06. Whole Wheat Chicken Pot Pie

Serves 4

Any kind of pie can seem intimidating, but this one is easy to assemble in a square baking dish. No need to worry about rolling the pie dough into a circle or crimping the edges. It's easy to make too either using a food processor, pastry blender, or just a large fork to cut the cold butter into the flour, ensuring there are chunks of butter to make the crust tender and flaky.

Nutrition Facts (Serving) 366 CALORIES | 12 g PROTEIN | 30 g CARBS | 22 g FAT

INGREDIENTS

Pot Pie Filling:

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| ✓ 2 Tbsp. butter | ✓ 1/4 cup unbleached all-purpose flour |
| ✓ 1/2 cup carrots, diced | |
| ✓ 3 ribs celery, diced | ✓ 1 can (14 oz.) low-sodium chicken broth |
| ✓ 1/2 small onion, chopped | |
| ✓ Salt and pepper to taste | ✓ 1/2 cup boneless skinless chicken breasts, pre-cooked and diced |
| ✓ 2 garlic cloves, minced | |
| ✓ 2 tsp. fresh thyme (or 1/2 tsp. dried thyme) | ✓ 1/2 cup frozen peas |
| ✓ 2 Tbsp. low-fat milk | |

Whole Wheat Pie Crust:

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|------------------------------------|--------------------------------|
| ✓ 3/4 cup whole wheat pastry flour | ✓ 5 Tbsp. butter, well chilled |
| | ✓ 4–5 Tbsp. cold water |
| ✓ 1/2 tsp. salt | |

DIRECTIONS

First, prepare the crust: Mix salt with flour, cut in butter until well blended. Add enough water until the dough forms and scrapes away from the bowl (about 4-5 Tbsp). Roll out onto well-floured surface into the shape of your dish and set aside.

For the pot pie: Preheat oven to 425 degrees F and adjust a rack to the lower-middle position. Melt the butter in a large pot over medium heat. Add carrots, celery, onion, and about 1/4 tsp. salt and cook until soft (6-7 minutes). Stir in the garlic and thyme and stir, then add the flour and mix. Slowly whisk in the chicken stock, then add the milk. Simmer until the mixture is thickened (5-10 minutes).

Season the sauce with salt and pepper to taste. Stir the chicken into the sauce and continue to simmer. Stir in the peas and then pour into a 9×13 lightly-greased baking dish. Top with pie crust or biscuits and bake until the top is golden brown and the filling is bubbly (about 20-25 minutes). Let cool for 5-10 minutes before serving.

07. Spicy Chicken Tortilla Soup

Serves 4

Check the nutrition label on most soups, and you'll find that they have a shockingly low amount of protein. Even the chicken tortilla soup sitting on the grocery store shelf, such as Wolfgang Puck's organic version, only has 5 grams of protein per serving! Even with 10 grams in the whole can, that just doesn't cut it for a real meal.

This homemade recipe quadruples that for about 40 grams of protein per bowl – and fewer carbs too.

Nutrition Facts (Serving) 449 CALORIES | 39 g PROTEIN | 34 g CARBS | 18 g FAT

INGREDIENTS

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| ✓ 2 Tbsp. Olive oil, divided | ✓ 2 medium carrots, diced |
| ✓ 1 lb. boneless skinless chicken thighs | ✓ 1 jalapeno, seeds and ribs removed, minced |
| ✓ Sea salt to taste | ✓ 2 large garlic cloves, minced |
| ✓ 1 large red onion, diced | ✓ 1 tsp. ancho chili powder |

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|--|---|
| ✓ 1 tsp. ground cumin | ✓ 4 corn tortillas |
| ✓ 1 can (15 oz.) fire-roasted
diced tomatoes with green
chiles | ✓ 1 cup sweet corn kernels
✓ 1 cup sweet peas, or finely
sliced sugar snap peas |
| ✓ 2 quarts chicken stock | ✓ 2 Tbsp. lime juice |

DIRECTIONS

Preheat the oven to 350 degrees F.

In a large lidded stock pot or Dutch oven, heat 1 tablespoon of olive oil. Season the chicken thighs and sear them in the pan until both sides are nicely browned, about 3 minutes per side. Remove to a plate.

Add the onions and carrots to the pan. Saute the vegetables until soft and beginning to brown, 6 minutes. Stir in the jalapeno, garlic, chili powder, and cumin. Cook another minute, until fragrant. Carefully pour in the tomatoes and simmer until the liquid is reduced and the tomatoes are soft, 5 minutes. Add the chicken thighs back to the pot, along with the stock and 1 tablespoon of salt. Bring to a boil, reduce the heat, and simmer, covered, until the chicken is very tender, 15 to 20 minutes.

Meanwhile, on a clean work surface, brush each tortilla on both sides with olive oil. Stack the tortillas in a pile and cut them into thin strips. Arrange the strips in an even layer on a parchment-lined baking sheet. Bake in the oven until the tortillas are crispy and beginning to curl, 10 - 15 minutes. Remove from the oven and let stand on the baking sheet until cool enough to touch. Set aside.

Remove the chicken from the pot with tongs and shred into bite-sized pieces. Add back to the soup along with the corn, peas, and lime juice. Cook 5 minutes more.

Divide the tortillas between 4 bowls and top with the soup. Garnish with fresh cilantro leaves and diced avocado.

08. Creamy Lemon Chicken

Serves 4

Chicken breast is cooked in an incredibly luscious lemon sauce, but all that creaminess doesn't equal extra fat. The recipe uses a can of light coconut milk and a little Parmesan cheese to create the sauce.

Nutrition Facts (Serving) 327 CALORIES | 39 g PROTEIN | 7 g CARBS | 11 g FAT

INGREDIENTS

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|-------------------------------------|--|
| ✓ 4 chicken breasts (6 oz. each) | ✓ 2 garlic cloves, chopped |
| ✓ 1 can (14 oz.) light coconut milk | ✓ 1/3 cup fresh parsley, chopped |
| ✓ 1 Tbsp. butter | ✓ 1/3 cup Parmesan cheese |
| ✓ 2 Tbsp. flour | ✓ Salt and freshly ground black pepper |
| ✓ Zest and juice of 1 lemon | |

DIRECTIONS

Heat a large skillet over medium/high heat. I used a cast iron skillet. Once warm, mist the pan with cooking spray. Season your chicken breasts with salt and pepper (if using), and place in hot pan.

Brown chicken breasts on both sides (it will take about 5-6 minutes per side). Remove from pan and set aside. Chicken will not be cooked through yet.

Then, to your pan add the 1 Tbsp butter, 2 Tbsp flour, chopped garlic and whisk together. Allow to cook for 20-30 seconds. Then slowly whisk in the can of coconut milk. It will start to thicken.

Once your sauce starts to simmer and thicken, add in the lemon zest, lemon juice, parmesan and parsley. Whisk together until combined and it starts to simmer.

Add the chicken back into the pan. Simmer for 6-7 minutes on one side, then flip and simmer another 6 min. Simmer until the chicken is cooked through and the sauce has reduced down a little bit.

The sauce will be quite lemony at first, but it will mellow out a bit once its had a chance to simmer with the chicken.

09. Healthy Chicken Tikka Masala

Serves 6

It can be difficult to make a curry from scratch in your home kitchen, but using a slow cooker makes it a whole lot easier. Simply add most of the ingredients to the pot, reserving only the yogurt and cornstarch to thicken the sauce just before serving.

Nutrition Facts (Serving) 276 CALORIES | 25 g PROTEIN | 10 g CARBS | 16 g FAT

INGREDIENTS

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|--------------------------------------|--|
| ✓ 1 Tbsp. fresh ginger, grated | ✓ 1/2 Tbsp. chili powder |
| ✓ 3 cloves garlic, crushed or minced | ✓ 1 lb. boneless, skinless chicken breasts, cut into bite-sized pieces |
| ✓ 1 cup crushed tomatoes | |
| ✓ 1 cup unsweet coconut milk | ✓ 4 oz. non-fat plain Greek yogurt |
| ✓ 1 Tbsp. cumin | |
| ✓ 1 Tbsp. garam masala | ✓ 1 Tbsp. cornstarch |
| ✓ 1 tsp. turmeric | ✓ Salt to taste |
| ✓ 1 tsp. coriander | ✓ 4 Tbsp. chopped fresh cilantro leaves |
| ✓ 1/2 tsp. cardamom | |

DIRECTIONS

Combine the ginger, garlic, tomatoes, coconut milk, spices, and chicken in your slow cooker. Cook on high for 4 hours, or low for 8 hours. Uncover and let cool ten minutes.

Stir together the yogurt and cornstarch in a small bowl. Let it sit for 5 minutes to activate the thickeners. Stir few spoonfuls of the warm Tikka Masala sauce into the yogurt to bring the temperature up and prevent curdling. Pour the yogurt mixture

into the slow cooker, stir, then let thicken for 15 minutes. Taste and add salt as needed.

Serve over basmati rice with a sprinkling of cilantro leaves.

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