



## Advanced Exercise Sciences

Depending on your caloric intake and amount of fat you may substitute low-fat or fat-free for higher fat ingredients or vice versa in order to bring the calorie count in line with your own or add higher fat foods



### Spinach and Feta Stuffed Chicken Breast

**Ingredients:** (yields 2 servings)

- 1 tsp extra virgin olive oil
- 1/4 cup crumbled feta cheese
- 8 oz boneless skinless chicken breast (pounded)
- 1 cup spinach
- 2-3 cloves of minced garlic (to taste)
- 1 tsp black pepper
- 1 tsp sea salt
- 1 tsp lemon peel
- 1 small chopped onion

**Preparation:**

1. In a large non-stick skillet, heat olive oil and then sauté onion and garlic until golden brown @ 5 minutes.
2. Wilt spinach (steam or heat in a damp pan). Stir in the lemon zest, feta, sea salt, and pepper and then set aside
3. Divide spinach mixture evenly between chicken breast cutlets, Place in the chicken breast and then roll it up securing it with toothpicks.
4. In the same skillet heat remaining olive oil over medium heat.
5. Cook chicken, turning occasionally until golden brown and thoroughly cooked.
6. Remove toothpicks and serve.

\*Options: cook them over a nice charcoal fire using soaked wood chips for added flavor

Serving Size: 1 Calories: 191, Total Fat: 7g, Total Protein: 29g, Total Carbohydrate: 6g, Total Fiber: 1



### Crock Pot Ranch Chicken

**Ingredients:** (yields 4servings)

- 8 Tbsp garlic and herb marinade (Lawry's)
- 2 Tbsp dry ranch dressing mix
- 16 oz chicken breast, skinless and boneless
- 1/4 cup water

**Preparation:**

1. Pour water into crock pot.
2. Add chicken breasts.
3. Combine marinade, ranch dressing mix and then pour over the top of the chicken.
4. Cook on low for 8 hours.

Serving Size: 1 Calories: 318, Total Fat: 7.34g, Total Protein: 55.29g, Total Carbohydrate: 5.36g, Total Fiber: 1



### Chicken Capri

**Ingredients:** (yields 4 servings)

- 4 slices of mozzarella cheese
- 1 cup ricotta, skim
- 1/2 tsp garlic powder
- 1/2 tsp ground oregano
- 1/4 tsp black pepper
- 1/4 tsp sea salt
- 2 Tbsp extra virgin olive oil
- 16 oz chicken breast, no skin, no bone
- 1 cup chopped or sliced tomatoes

**Preparation:**

1. Pre-heat oven to 350°F (180°C)
2. In a blender or food processor, combine the ricotta with the oregano, sea salt, and pepper and process.
3. Rub each breast with garlic powder. Heat the oil in a large skillet over medium-high heat. Add the chicken and cook for 12 minutes per side.
4. Place the chicken breasts side by side in a large dish and allow to cool.
5. Spoon 1/4 cup of the cheese mixture and 1/4 cup tomatoes onto each chicken breast. Top each breast with 1 slice of mozzarella.
6. Bake for 20 minutes, or until a thermometer inserted in the thickest portion of the breast registers 170°F (75°C) and the juices run clear.

Serving Size: 1 Calories: 499, Total Fat: 21g, Total Protein: 68g, Total Carbohydrate: 6g, Total Fiber: 1