

# Winner Winner Chicken Dinner



*This blend is high in protein from the chicken and cottage cheese.*

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## Nutrition Info

- **Makes:** fluid ounces  
= cups  
= milliliters (mL)
- **Calories:** 1100 kcal
- **Kcals/ mL:** kcal/ mL
- **Carbohydrate:** 50.7%
- **Protein:** 22%
- **Fat:** 27.3%

## Make it for the whole family:

*This recipe can be served with apple and cottage cheese to the whole family or blended for your tubie.*

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## Ingredients

- ½ cup cooked brown rice
- 1 cup 1% cottage cheese
- 3 ounces boneless, skinless chicken breast, cut into 1 inch pieces
- 1 ½ fresh apples, sliced
- 2 cups broccoli florets
- 1 cup cubed sweet potatoes
- 2 tablespoons high heat oil such as canola, sunflower or safflower
- 1 teaspoon dried rosemary
- 1 clove garlic, minced
- 1 teaspoon ground black pepper
- Water (optional)

## Kitchen Gear

Sheet pan

Large mixing bowl

Chef knife

Cutting board

Food scale

Measuring tools:

- 1 cup, ½ cup
- Tablespoon, Teaspoon

## Preparation

1. Preheat oven to 475 degrees F.
2. Spray baking sheet (half sheet pan) with cooking spray.
3. In a large mixing bowl, combine chicken, veggies, and sweet potato.. Stir in garlic, rosemary, black pepper and salt to taste.
4. Evenly spread chicken and veggie mixture on the baking sheet. Bake for 25 minutes.

To Blend:

1. Add all ingredients to blender and blend completely. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

## Tips

Substitute yogurt or kefir for the cottage cheese.

Swap out chicken for tofu to make this recipe vegetarian.



For more recipes and information visit [www.CookingForTubies.com](http://www.CookingForTubies.com)  
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