



SHOPPING LIST

Aviva Goldfarb's Dijon Chicken With Zucchini Fries and Red Potatoes

FRESH PRODUCE

- Chives, fresh - 1 tsp.
- Red potatoes - 1 lb.
- Rosemary, fresh - 1 tsp.
- Thyme, fresh - 1 tsp.
- Tomato - 2 large
- Zucchini - 2

BREAD AND GRAINS

- Bread crumbs - ¼ cup
- Panko bread crumbs - ¼ cup

CANNED FOODS

- Marinara or pizza sauce, lower sodium - ¾ cup

MEAT, POULTRY, AND FISH

- Chicken cutlets or chicken breasts, boneless, skinless - 4

DAIRY AND EGGS

- Eggs, whites only - 2
- Parmesan cheese, grated - 1 Tbsp.

CONDIMENTS, SEASONING, AND BAKING NEEDS

- Basil, dried - 1 tsp.
- Black pepper - ⅛ tsp.
- Cornmeal - ¼ cup
- Dijon mustard - 5 Tbsp.
- Extra-virgin olive oil - 1 Tbsp.
- Flour, whole wheat - ¼ cup
- Oregano, dried - 1 tsp.
- Paprika - ½ tsp.
- Salt - ⅜ tsp.
- Trans fat-free margarine or butter - 1 Tbsp.



¼ plate **Dijon Chicken** (1 serving)

¼ plate **Red Potatoes Tossed With Fresh Herbs** (1 serving)

½ plate **Zucchini Fries** (1 serving) and **4 medium slices tomato**

YOUR PLATE NUTRITION

Choices

Starch 3, Nonstarchy Vegetable 2, Lean Protein 3, Fat 1

Calories	450
Calories from Fat	110
Total Fat	12 g
Saturated Fat	2.4 g
Trans Fat	0 g
Cholesterol	65 mg
Sodium	725 mg
Potassium	1330 mg
Total Carbohydrate	55 g
Dietary Fiber	7 g
Sugars	8 g
Protein	34 g
Phosphorus	380 mg



RECIPE



DIJON CHICKEN

Originally suggested by our friend Kristen Donoghue, this simple chicken has been a popular and kid-friendly Scramble recipe for years. Serve it with Red Potatoes Tossed With Fresh Herbs and Zucchini Fries.

Makes: 4 servings

Serving Size: 1 breast
(about 3 oz. cooked)

Preparation Time: 15 minutes

Cooking Time: 15 minutes

INGREDIENTS

- 4** boneless, skinless chicken cutlets or chicken breasts
- 5 Tbsp.** Dijon mustard
- 1 Tbsp.** water
- 1/8 tsp.** salt
- 1/8 tsp.** black pepper
- 1/4 cup** bread crumbs
- 1/4 cup** whole wheat flour
- 1/2 tsp.** paprika
- 1 Tbsp.** Trans fat-free margarine or butter

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DIRECTIONS

- 1.** Start the zucchini and the potatoes first.
- 2.** Preheat the oven to 425 F. Line a baking sheet with foil and spray it with nonstick cooking spray. If you aren't using chicken cutlets, cover the chicken breasts with plastic wrap and pound them with a mallet to uniform thickness (about 1/2 inch). This is important so they cook quickly and evenly.
- 3.** In a shallow bowl or on a plate, combine the mustard, water, salt, and pepper. In another shallow bowl, combine the bread crumbs, flour, and paprika. Coat both sides of the chicken with the mustard mixture, then the bread crumb mixture, and place it on the baking sheet.
- 4.** Melt the butter or margarine in the microwave (about 30 seconds on high) or on the stove top, and drizzle it over the chicken. Bake the chicken for 10–15 minutes, without flipping it, until the chicken is lightly browned and no longer pink inside the thickest part.

Do Ahead or Delegate:

Prepare both the mustard and the bread crumb mixtures.

Flavor Booster:

Stir 1/2 tsp. dry mustard powder or 1 tsp. Chinese spicy mustard into the mustard combination.

Tip:

You may find that the mustard mixture adheres to the chicken breasts more easily if you first pat the chicken breasts lightly with a paper towel to get rid of any excess moisture.

PER SERVING

Dijon Chicken

Makes: 4 servings

Serving Size: 1 breast (3 oz. cooked)

Calories	214
Total Fat	6 g
Saturated Fat	1 g
Trans Fat	0 g
Carbohydrate	15 g
Fiber	2 g
Sugars	1 g
Cholesterol	66 mg
Sodium	411 mg
Potassium	255 mg
Protein	26 g
Phosphorus	220 mg

Choices: Carbohydrate 1, Lean Protein 3



RECIPE



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RED POTATOES TOSSED WITH FRESH HERBS

Makes: 4 servings

Serving Size: 4 oz.

Cooking Time: 25 minutes

INGREDIENTS

- 1 lb.** red potatoes
- 1 Tbsp.** extra-virgin olive oil
- ¼ tsp.** salt
- 1 tsp.** fresh thyme, leaves only
- 1 tsp.** fresh rosemary, chopped
- 1 tsp.** fresh chives, finely chopped

DIRECTIONS

Boil the potatoes in water for 15–20 minutes, until they are fork tender. Drain them, cut them in halves or quarters, and toss them in a serving bowl with the oil, salt, thyme, rosemary, and chives, or other fresh herbs of your choice.

PER SERVING

Red Potatoes Tossed With Fresh Herbs
Makes: 4 servings
Serving Size: 4 oz.

Calories	126
Total Fat	3 g
Saturated Fat	1 g
Trans Fat	0 g
Carbohydrate	22 g
Fiber	2 g
Sugars	1 g
Cholesterol	0 mg
Sodium	151 mg
Potassium	425 mg
Protein	2 g
Phosphorus	50 mg

Choices: Starch 1.5, Fat 0.5

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ZUCCHINI FRIES

Makes: 4 servings

Serving Size: 6 fries

Preparation Time: 5 minutes

Cooking Time: 20 minutes

INGREDIENTS

- 2** zucchini
- 2** eggs, whites only
- ¼ cup** panko bread crumbs
- ¼ cup** cornmeal
- 1 Tbsp.** grated Parmesan cheese
- 1 tsp.** dried oregano
- 1 tsp.** dried basil
- ¾ cup** lower-sodium marinara or pizza sauce

DIRECTIONS

- 1.** Heat the oven to 425 F. Spray a large baking sheet with nonstick cooking spray. Cut the ends off of the zucchini and slice them in quarters lengthwise (so you have 8 long strips), then cut each strip into 3 shorter pieces.
- 2.** Beat the egg whites in a shallow bowl until they are frothy. In another shallow bowl, combine the panko, cornmeal, cheese, oregano, and basil. Dip each zucchini strip into the egg whites, then into the panko mixture. Place them on the baking sheet, spray the tops with nonstick cooking spray, and bake for 20 minutes, flipping once, until they are browned. Serve with marinara sauce.

PER SERVING

Zucchini Fries

Makes: 4 servings

Serving Size: 6 fries

Calories	97
Total Fat	3 g
Saturated Fat	0 g
Trans Fat	0 g
Carbohydrate	15 g
Fiber	2 g
Sugars	4 g
Cholesterol	1 mg
Sodium	160 mg
Potassium	445 mg
Protein	5 g
Phosphorus	75 mg

Choices: Carbohydrate 1, Nonstarchy Vegetable 1, Fat 0.5