Quick Chicken and Spring Vegetables

Ingredients:
- ¼ cup panko breadcrumbs
- 1-6 oz skinless chicken breast, cut into 1-inch strips
- 1 tablespoon canola oil

Spring Vegetables:
- 1 tablespoon canola oil
- ½ cup red onion, chopped
- ½ cup fresh carrot, sliced
- ½ cup fresh mushrooms
- 1 small zucchini, sliced
- 1 small yellow squash, sliced
- 2 tablespoons minced garlic
- ¼ teaspoon pepper
- 1/8 teaspoon salt
- 2 tablespoons shredded parmesan cheese

Directions:
1. Place bread crumbs in a large re-sealable plastic bag, and add chicken, and shake to coat. In a large skillet, cook chicken in 1 tablespoon of oil over medium heat until internal temperature reaches 165°F. Remove and keep warm in the oven.

2. Using the same skillet, sauté the onion and carrots in the 1 tablespoon of oil. Next, add the zucchini, squash, mushrooms, garlic, pepper and salt; sauté 5 – 7 minutes longer or until vegetables are tender. Return the chicken to pan, sprinkle with cheese and serve.

Makes 2 servings.

Prep time: 15 minutes
Cook time: 15 minutes
Serves: 2
Cost per serving: $1.85

Utensils Needed:
- Skillet
- Re-sealable Plastic Bag

Nutrition Facts
Serving Size 3 ounces chicken and 1 cup vegetables
Servings Per Container 2

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 370</th>
<th>Calories from Fat 170</th>
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<tbody>
<tr>
<td>Total Fat 19g</td>
<td>29%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 2.5g</td>
<td>13%</td>
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<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
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<tr>
<td>Cholesterol 75mg</td>
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<tr>
<td>Sodium 320mg</td>
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<tr>
<td>Total Carbohydrate 20g</td>
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<tr>
<td>Dietary Fiber 4g</td>
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<tr>
<td>Sugars 7g</td>
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<tr>
<td>Protein 30g</td>
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Vitamin A 110% ∙ Vitamin C 80%
Calcium 10% ∙ Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Calories: 2,000 ∙ 2,500

<table>
<thead>
<tr>
<th>Total Fat Less than 65g</th>
<th>Saturated Fat Less than 20g</th>
<th>Cholesterol Less than 300mg</th>
<th>Sodium Less than 2,400mg</th>
<th>Total Carbohydrate Less than 300g</th>
<th>Dietary Fiber 25g</th>
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<tbody>
<tr>
<td>Calories per gram</td>
<td>Fat 0 ∙ Carbohydrate 4 ∙ Protein 4</td>
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