

LUNCH OR DINNER — MAIN DISH

Santa Fe Chicken

Makes 6 servings · 1 breast each

SATIETY SCORE 5 / 5	NUTRITION HIGH
Per serving (approx.): Protein 33 g · Fiber 1 g · Calories 250	

Ingredients

- 6 boneless, skinless chicken breast halves
- 1 bottle Italian salad dressing, for marinade (or your favorite healthy marinade)
- 2 cups Roma tomatoes, seeded and chopped
- ½ cup green onions, chopped
- 6 mozzarella cheese slices
- 1 can sliced black olives (optional)

Directions

1. Marinate the chicken in about ¼ of the dressing (enough to coat); refrigerate several hours or overnight.
2. Grill the chicken thoroughly and evenly.
3. Just before removing from the heat, top each breast with a cheese slice and let it melt.
4. Move to a platter and top with the chopped tomato and green onion (and olives, if using). Serve immediately.

Note: A homemade vinaigrette works well as the marinade — see the NuStart dressings guide.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Adapted from the Body for God Cookbook by Lisa Young.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 4 Roma tomatoes (about 2 cups chopped)
- ☐ 1 bunch green onions (about ½ cup)

MEAT & POULTRY

- ☐ 6 boneless, skinless chicken breast halves

DAIRY & EGGS

- ☐ 6 mozzarella cheese slices

PANTRY & DRY GOODS

- ☐ 1 bottle Italian salad dressing, for marinade
- ☐ 1 can black olives