



## Lemon-Thyme Roasted Chicken with Fingerlings

START TO FINISH 30 minutes

- 4 tsp. canola oil or olive oil
- 1 tsp. dried thyme, crushed
- ½ tsp. kosher salt or ¼ tsp. regular salt
- ¼ tsp. freshly ground black pepper
- 1 lb. fingerling potatoes, halved lengthwise, and/or tiny new red or white potatoes, halved
- 4 skinless, boneless chicken breast halves (1 to 1¼ lb. total)
- 2 cloves garlic, minced
- 1 lemon, thinly sliced
- Snipped fresh thyme (optional)

1. In an extra-large skillet heat 2 teaspoons of the oil over medium heat. Stir in ½ teaspoon of the dried thyme, the salt, and pepper. Add potatoes; toss to coat. Cook, covered, for 12 minutes, stirring twice.

2. Stir potatoes; push to one side of skillet. Add the remaining 2 teaspoons oil to the other side of skillet. Arrange chicken in skillet alongside the potatoes. Cook, uncovered, for 5 minutes.

3. Turn chicken. Sprinkle with garlic and the remaining ½ teaspoon dried thyme; top with lemon slices. Cook, covered, for 7 to 10 minutes more or until chicken is no longer pink (170°F) and potatoes are tender. If desired, sprinkle with fresh thyme. **Makes 4 servings.**

**PER SERVING** 255 cal., 6 g fat (1 g sat. fat), 66 mg chol., 307 mg sodium, 21 g carb., 3 g fiber, 29 g pro.

## Almond-Crusted Chicken

START TO FINISH 35 minutes

- 4 skinless, boneless chicken breast halves (1 to 1¼ lb. total)
- 1 egg, lightly beaten
- 2 Tbsp. buttermilk
- ½ cup finely chopped almonds
- ½ cup panko bread crumbs or fine dry bread crumbs
- 2 tsp. snipped fresh rosemary
- ¼ tsp. salt
- 1 Tbsp. peanut oil or canola oil
- 2 Tbsp. sliced shallot (1 medium)
- 8 cups fresh spinach leaves
- ¼ tsp. salt
- Freshly ground black pepper
- Fresh mint leaves (optional)

1. Place each chicken breast half between two pieces of plastic wrap. Using the flat side of a meat mallet, pound chicken lightly until ¼ to ½ inch thick. Remove plastic wrap.

2. In a shallow dish combine egg and buttermilk. In another shallow dish stir together almonds, panko, rosemary, and ¼ teaspoon salt. Dip chicken into egg mixture, then into almond mixture, turning to coat evenly.

3. In a 12-inch nonstick skillet cook chicken, half at a time if necessary, in hot oil over medium heat for 4 to 6 minutes or until no longer pink, turning once. Remove chicken, reserving drippings in skillet. Keep chicken warm.

4. In the same skillet cook shallot in the reserved drippings for 3 to 5 minutes or just until tender, stirring frequently. Add spinach and ¼ teaspoon salt; cook and toss about 1 minute or just until spinach is wilted. Serve chicken with wilted spinach. Sprinkle with pepper and, if desired, garnish with mint.

**Makes 4 servings.**

**PER SERVING** 276 cal., 11 g fat (1 g sat. fat), 66 mg chol., 456 mg sodium, 11 g carb., 3 g fiber, 33 g pro.