



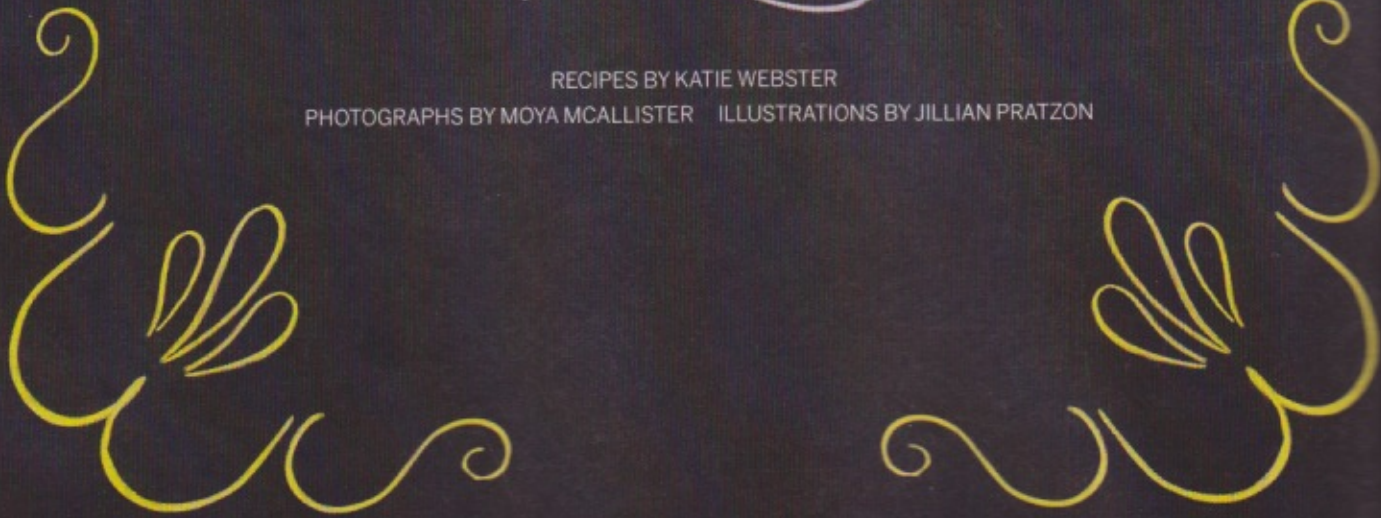
# Spring Chicken

YOU KNOW THAT CHICKEN IS A HEALTHY  
CHOICE, BUT IT CAN GET SO BORING. TRY THESE  
SIX SIMPLE WAYS TO TAKE IT FROM  
SNOOZEFEEST TO CLEAN-YOUR-PLATE GOOD.

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RECIPES BY KATIE WEBSTER

PHOTOGRAPHS BY MOYA MCALLISTER ILLUSTRATIONS BY JILLIAN PRATZON







### Grilled-Chicken Salad With Goat Cheese and Plums

**Serves:** 4

**Hands-on time:** 35 minutes

**Total time:** 1 hour

Nonstick cooking spray

1 pound boneless, skinless chicken breasts

$\frac{1}{4}$  teaspoon salt

2 tablespoons cider vinegar

1 tablespoon minced shallot

2 teaspoons honey mustard

3 tablespoons extra-virgin olive oil

Black pepper

1 5-ounce package mixed greens (about 8 cups)

2 cups thinly sliced pitted plums

2 ounces goat cheese, crumbled (about  $\frac{1}{2}$  cup)

**1.** Preheat a grill or grill pan misted with cooking spray to medium high. Separate chicken tenders from

breasts. Place chicken in a large resealable plastic bag; press air out of bag and seal. Pound chicken with the smooth side of a meat mallet or a rolling pin until about  $\frac{1}{2}$  inch thick. Remove chicken from bag and sprinkle both sides with  $\frac{1}{4}$  teaspoon salt.

**2.** Grill chicken until no longer pink in the center, 4 to 5 minutes a side on the grill or 5 to 7 minutes a side in a grill pan. Let rest 3 to 5 minutes before slicing into  $\frac{1}{2}$ -inch-thick strips.

**3.** Meanwhile, whisk together vinegar, shallot, mustard and remaining salt in a small bowl. Whisk in oil and season with pepper. Arrange mixed greens, plums, goat cheese and chicken on a large platter. Drizzle dressing over salad.

**Nutrition facts per serving:**

321 calories, 28 g protein, 11 g carbohydrate, 17 g fat (4.9 g saturated), 2 g fiber, 638 mg sodium



## Asian Chicken Lettuce Wraps

Makes: 4 servings

Hands-on time: 45 minutes

Total time: 1 hour 40 minutes

- 1 pound boneless, skinless chicken breasts
- 2 tablespoons canola oil
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons maple syrup
- 2 teaspoons white vinegar
- 1 teaspoon toasted sesame oil
- 1 teaspoon peeled, grated ginger

- ½ cup thinly sliced snow peas
- ½ cup shredded carrots
- ½ cup thinly sliced scallions
- ½ cup thinly sliced radishes
- ¼ cup roughly chopped unsalted roasted cashews
- 2 tablespoons basil and/or cilantro leaves
- 16 Boston lettuce leaves

1. Place chicken in a medium saucepan and cover completely with cold water. Bring to a simmer over high heat; reduce heat to medium low and cook, turning occasionally, until no longer pink in the center, 15 to

18 minutes. Remove chicken from poaching liquid, let cool and shred.

2. In a large bowl, whisk together canola oil, soy sauce, maple syrup, vinegar, sesame oil and ginger. Stir in chicken and refrigerate, covered, until cold, 40 minutes to 1 hour.

3. Stir snow peas, carrots, scallions, radishes, cashews and herbs into chicken mixture. Divide chicken salad among lettuce leaves.

### Nutrition facts per serving:

317 calories, 27 g protein, 15 g carbohydrate, 16 g fat (2.4 g saturated), 2 g fiber, 442 mg sodium





## Curried Chicken Kebabs With Minty Couscous

Serves: 4

Hands-on time: 40 minutes

Total time: 3 hours

- 1 garlic clove, minced
- ½ cup plain low-fat yogurt
- 3 tablespoons peeled, minced ginger
- 2 tablespoons honey
- 2 tablespoons plus 1 teaspoon fresh lime juice
- 2 tablespoons curry powder
- 1 teaspoon kosher salt
- 1 pound boneless, skinless chicken thighs, fat trimmed, cut into 1-inch chunks
- Nonstick cooking spray
- 2 cups low-sodium chicken broth
- 1 cup whole-wheat couscous
- 1 bunch scallions, thinly sliced
- 3 tablespoons chopped mint
- 1 teaspoon lime zest
- Cilantro sprigs (optional)

1. In a medium bowl, whisk together garlic, yogurt, ginger, honey, 2 tablespoons lime juice, curry powder and salt. Reserve ¼ cup yogurt mixture for serving.

2. Place chicken in a large resealable plastic bag. To marinate, add yogurt mixture, press air out of bag and seal. Turn to coat chicken; refrigerate 2 hours to 1 day.

3. Preheat the broiler, with the rack about 4 inches from heat. Line the bottom of the broiler pan with foil and coat the upper tray with cooking spray. Thread chicken onto 4 skewers and place on prepared pan; discard remaining marinade. Broil kebabs, turning once, until browned and cooked through, 8 to 10 minutes.

4. Meanwhile, bring broth to a boil in a medium saucepan over high heat. Add couscous and scallions; reduce heat and bring to a simmer. Cover, remove from heat and let sit until liquid is absorbed, about 5 minutes. Add mint, lime zest and remaining lime juice and fluff with a fork.

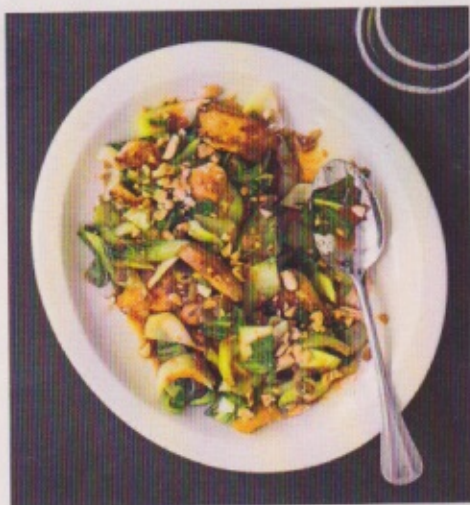
5. Serve couscous with chicken and reserved yogurt mixture and garnish with cilantro if desired.

### Nutrition facts per serving:

441 calories, 35 g protein, 63 g carbohydrate, 7 g fat (1.7 g saturated), 9 g fiber, 639 mg sodium







### Spicy Chicken and Bok Choy Stir-Fry

**Serves:** 4

**Hands-on time:** 40 minutes

**Total time:** 40 minutes

- 1 cup long-grain brown rice
- ¼ cup white wine
- 3 tablespoons no-salt-added tomato paste
- 3 tablespoons reduced-sodium soy sauce
- 4 teaspoons brown sugar
- 2 teaspoons cornstarch
- 1 teaspoon toasted sesame oil
- ½ to ¾ teaspoon red pepper flakes
- ¼ teaspoon salt
- 4 teaspoons canola oil
- 1 pound boneless, skinless chicken breasts, cut into bite-size pieces
- 1 medium red onion, diced
- 1 tablespoon chopped garlic
- 1 teaspoon peeled, grated ginger
- ½ cup low-sodium chicken broth
- 8 cups chopped bok choy
- ¼ cup roughly chopped unsalted roasted peanuts

1. Cook rice according to package directions. Meanwhile, whisk together wine, tomato paste, soy sauce, brown sugar, cornstarch, sesame oil, red pepper flakes and salt in a small bowl.

2. Heat a large skillet or wok over high heat. Add 2 teaspoons canola oil and swirl to coat. Add chicken in a single layer and cook, turning once or twice, until mostly browned, 4 to 6 minutes; set aside.

3. Add remaining canola oil, onion, garlic and ginger to skillet. Reduce heat to medium and cook, stirring often, until fragrant and onion begins to brown and soften, 2 to 4 minutes. Increase heat to high and add broth. Bring to a simmer, scraping up any browned bits. Add bok choy, cover and simmer, stirring once or twice, until bright green but still crisp, 2 to 3 minutes.

4. Add sauce, chicken and any accumulated juices to bok choy and continue cooking, stirring often, until chicken is cooked through and sauce is thickened, 3 to 5 minutes more. Sprinkle with peanuts.

**Nutrition facts per serving:** 489 calories, 34 g protein, 52 g carbohydrate, 15 g fat (2.1 g saturated), 5 g fiber, 821 mg sodium

### Chicken Parm Burgers

**Makes:** 4 servings

**Hands-on time:** 25 minutes

**Total time:** 25 minutes

- 1 pound ground chicken
- 1 cup shredded zucchini
- ⅓ cup panko bread crumbs
- ¼ cup grated Parmesan
- 1 teaspoon Italian seasoning
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 teaspoons extra-virgin olive oil
- ⅓ cup marinara sauce
- 4 slices reduced-sodium provolone (about 2 ounces)
- ¾ cup baby spinach
- 4 whole-grain hamburger buns, toasted

1. With clean hands, combine chicken, zucchini, bread crumbs, Parmesan, Italian seasoning, garlic powder, salt and pepper in a large bowl. Form into 4 patties.

2. Heat oil in a large nonstick skillet over medium heat. Add patties and cook until browned on one side, 4 to 6 minutes. Carefully flip. Pour equal amounts marinara over each patty, then top with 1 slice provolone apiece. Cover and continue cooking until patties are cooked through, 4 to 6 minutes more. Top with spinach and serve on buns.

**Nutrition facts per serving:** 390 calories, 30 g protein, 28 g carbohydrate, 17 g fat (5.5 g saturated), 3 g fiber, 692 mg sodium





## fitness

**Jade Alexis, NASM**, trainer, Reebok Sports Club/ NY, NYC; creator of Jade of Spades fitness app  
**Ashley Borden**, fitness and lifestyle consultant, Nike Elite Athlete  
**Kathie Davis**, executive director, Idea Health & Fitness Association  
**Joe Dowdell, C.S.C.S.**, founder and CEO, Peak Performance, NYC; coauthor of *Ultimate You*  
**Marty Jaramillo, P.T., A.T.C., C.S.C.S.**, \* founder and CEO, I.C.E. Sports Therapy in New York City  
**Jeanette Jenkins**, \* president, The Hollywood Trainer  
**Jean Knaack**, executive director, Road Runners Club of America  
**Cyndi Lee**, founder, Om Yoga, NYC  
**Jari Love**, \* certified personal trainer, fitness DVD star  
**Richard Miller**, owner and CEO, GymSource, NYC  
**Patricia Moreno**, \* body and mind coach, Intensati.com; author of *The IntenSati Method*  
**Michele S. Olson, Ph.D., FACSM**, professor of exercise science, Auburn University at Montgomery



## SPOTLIGHT ON...

**David Grotto, R.D.**, author of *The Best Things You Can Eat*  
**Hidden talent** "My first career goal was to be a rock-and-roll star. I played keyboards in a band when I was in my twenties. I still play the accordion. Neighbors get 'Happy Birthday' performances on their doorsteps even to this day."  
**Dinner do** "My wife and I have three teenage daughters, and the five of us try to have dinner around our table three to four nights a week. Our rule: You have to spend at least 30 minutes at the table and tell everyone about your day."  
**Heart-healthy scoop** "I top cereal and even salads with my Tuscan Berry Medley. To make it, mix three cups of your favorite berries with two tablespoons of red wine and two tablespoons of honey."

**Harley Pasternak**, celebrity trainer, nutrition expert, author of *The Body Reset Diet*  
**John Porcari, Ph.D.**, professor of exercise and sports science, University of Wisconsin-La Crosse  
**Keli Roberts, ACSM, ACE, AFSA**, \* trainer, Equinox Fitness Clubs, Pasadena, CA  
**Gary Scott**, president, East Coast Instructor Training School; vice president, ECA World Fitness  
**Alycea Ungaro, P.T.**, owner, Real Pilates, NYC; author of *Pilates Practice Companion*  
**Jackie Warner, ISSA, PROPTA**, celebrity trainer, author of *10 Pounds in 10 Days*  
**Vonda Wright, M.D.**, \* orthopedic surgeon, University of Pittsburgh Medical Center; author of *Dr. Vonda Wright's Guide to Thrive*

## health

**Jennifer Ashton, M.D.**, ABC News Senior Medical Contributor; ob-gyn in Englewood, New Jersey; author of *Your Body Beautiful*  
**James Beckerman, M.D.**, cardiologist at Providence St. Vincent Heart Clinic in Portland, Oregon; author of *The Flex Diet*  
**Sarah L. Berga, M.D.**, \* James Robert McCord professor, Department of Gynecology and Obstetrics, Emory University School of Medicine  
**Madelyn Fernstrom, Ph.D.**, founding director, University of Pittsburgh Medical Center's Weight Management Center; author of *The Real You Diet*  
**Sandra Adamson Fryhofer, M.D.**, \* clinical associate professor of medicine, Emory University School of Medicine

**Lori Mosca, M.D.**, director of preventive cardiology, New York-Presbyterian Hospital  
**Mark A. Moyad, M.D., M.P.H.**, Jenkins/Pokempner director of preventive and alternative medicine, University of Michigan Medical Center  
**Pamela Peeke, M.D., M.P.H., FACP**, Pew Foundation Scholar in Nutrition and Metabolism, assistant professor of medicine, University of Maryland; author of *The Hunger Fix*  
**Ira Sacker, M.D.**, \* eating-disorder specialist, Sacker M.D. Associates; clinical assistant professor, NYU Langone Medical Center  
**Nancy Snyderman, M.D.**, chief medical editor, NBC News; associate professor of otolaryngology, University of Pennsylvania  
**Carolyn Westhoff, M.D.**, \* professor of obstetrics and gynecology, College of Physicians and Surgeons, Columbia University

## nutrition

**Dawn Jackson Blatner, R.D.**, \* author of *The Flexitarian Diet*  
**Leslie Bonci, M.P.H., R.D.**, director of sports nutrition, University of Pittsburgh Medical Center

**Rocco DiSpirito**, celebrity chef, author of *Now Eat This! Italian: Favorite Dishes from the Real Mamas of Italy—All Under 350 Calories*  
**Ashley Koff, R.D.**, nutrition counselor; founder, Ashley Koff Approved; coauthor of *Mom Energy*  
**Kathy McManus, M.S., R.D.**, director, Department of Nutrition, Brigham and Women's Hospital  
**Brian Wansink, Ph.D.**, \* John S. Dyson professor of consumer behavior, Cornell University; director, Cornell University Food and Brand Lab  
**Lisa Young, Ph.D., R.D.**, adjunct professor of nutrition, New York University; author of *The Portion Teller Plan*

## beauty

**David Colbert, M.D.**, \* founder, New York Dermatology Group, NYC  
**Mona Gohara, M.D.**, \* assistant clinical professor of dermatology, Yale University; founder, K&J Sunprotective Clothing  
**Elissa J. Lunder, M.D.**, owner, Dermatology Partners Inc., Wellesley, MA  
**Howard Murad, M.D.**, associate professor of dermatology, UCLA; founder, Murad Inc.  
**Hema Sundaram, M.D.**, board-certified dermatologist and laser and cosmetic surgeon, Washington, DC

## psychology

**Margo Maine, Ph.D.**, author of *The Body Myth*  
**Nancy Redd**, \* body image expert, author of *Diet Drama*

\*exclusive member



## Kira Stokes

"You've got to shock the body to rock the body," trainer Stokes says. Her "Torch Fat

Fast" workout (page 67) includes explosive moves that raise your heart rate and target multiple muscle groups so you get better results in less time.



## Peg Rosen

Reporting "Can You Be Fat but Fit?" (page 104) changed how writer Rosen thinks of people

at the gym. "I made so many judgments," she says. "Now I'm much more enlightened about how fit you can be without looking like a cover model."



## Katie Webster

Bored with your go-to chicken dinners? "Chicken is like a blank canvas—you

can do whatever you want with it," says Webster, who developed the inventive recipes for "Spring Chicken" (page 130). Make her easy curried kabobs, Asian lettuce wraps and other tasty dishes part of your weeknight repertoire.



## Ture Lillegraven

Behind great photos, there's often great music. The upbeat sound track at this month's

cover shoot included plenty of Gang Starr and the Stooges. "It helped create energy, which made Damaris, the model, look even more athletic and beautiful," says Lillegraven, a photographer in Los Angeles and an avid surfer.