

## Spicy Chicken

(Makes 4 servings)

*Stumped for a new, but simple, way to prepare your old weeknight standby: boneless chicken breasts? Try our super easy way to prepare chicken that's not too hot, but spiced just right for most everyone's taste. And, you'll have it on the table in no time – even on the busiest of days.*

### **Ingredients:**

- 12 ounces boneless, skinless chicken breasts, trimmed of all fat
- 1 teaspoon paprika
- 1 garlic clove, minced
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon onion powder
- ¼ teaspoon dried thyme
- ¼ teaspoon dried oregano
- ⅛ teaspoon cayenne
- 2 tablespoons fresh lime juice
- chopped fresh flat-leaf parsley (optional)

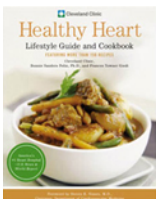
### **Directions:**

- 1) Cut the chicken breasts crosswise into 2-inch strips. In a small bowl, combine the paprika, garlic, black pepper, onion powder, thyme, oregano and cayenne. Toss with chicken strips.
- 2) Place the chicken in a microwave-safe dish. Sprinkle with lime juice.
- 3) Cover and microwave on High for 4 minutes. Check for doneness. If not opaque throughout, microwave on High for another 1 to 2 minutes (juices should run clear when the chicken is pierced with a knife).
- 4) Sprinkle with chopped parsley, if using, and serve.

### **Nutritional Analysis:** (per serving)

- Calories: 100 (9% calories from fat)
- Total Fat: 1 g
- Saturated Fat: 0%
- Protein: 20 g
- Carbohydrates: 2 g
- Dietary Fiber: 0 g
- Cholesterol: 50 mg
- Sodium: 55 mg
- Potassium: 250 mg

### **Source:**



*This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).*

*The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.*