

# 400 Calorie Chicken Easy MixandMatch Recipes for a Skinnier You by Good Housekeeping

400 Calorie Chicken: Easy Mix-and-Match Recipes for a Skinnier You!

By: Good Housekeeping

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From America's iconic lifestyle magazine, "this handy . . . collection of chicken recipes focuses on quick meal solutions for calorie-counting cooks." ( Library Journal) Chicken remains the most popular dish on the menu and the perfect food when you're going low calorie. Here are recipes that will satisfy your appetite without expanding your waistline: quick, easy-to-make, and flavorful stir-fries, stews, grills, roasts, salads, and sandwiches, along with inspiring mix-and-match sides (even desserts). Try favorites like Chicken Tortilla Soup, Barbecue Chicken Cutlets with Citrus Slaw, and Healthy Makeover Chicken and Dumplings! Everything tastes so good you won't believe they're under 400 calories! "All of the titles in this series can help families plan easy, healthful meals." — Library Journal

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