

February is American Heart Month. Heart Disease is the number #1 killer of both men and women. Regular exercise and healthy eating are key factors in the fight against heart disease. However, some may find it challenging to prepare a heart healthy meal. The following is a heart healthy chicken recipe from the staff of the Mayo Clinic:

Dietitian's tip: By using skinless, boneless chicken breast instead of chicken wings, you cut fat and saturated fat by half and save more than 100 calories.

By Mayo Clinic staff
Serves 4

Ingredients

4 skinless, boneless chicken breasts, each 4 ounces and cut into 3 strips
1/4 cup fat-free milk
1/4 cup all-purpose (plain) flour
1/4 teaspoon salt
1/4 teaspoon cracked black pepper
2 tablespoons canola oil

For the dipping sauce
1/2 cup honey
1/4 cup Dijon mustard

Directions

In a large bowl, add the chicken strips. Pour milk over the chicken and mix to coat well. Place in a single layer on wax paper.

In a small bowl, mix together the flour, salt and pepper. Sprinkle over the chicken strips, turning the chicken to coat evenly. Shake to remove excess.

In a large, nonstick frying pan, heat the canola oil over medium-high heat. Place the chicken strips in an even layer in the pan. Saute, turning once on each side until golden brown, about 2 minutes. Remove and place on paper towels to drain.

To make the dipping sauce, combine the honey and Dijon mustard in a small bowl. Stir to mix evenly.

Nutritional Analysis

(per serving)

**Serving size: 3 chicken strips and 3
tablespoons sauce**

Calories	380	Cholesterol	75 mg
Protein	30 g	Sodium	210 mg
Carbohydrate	42 g	Fiber	0 g
Total fat	10 g	Potassium	274 mg
Saturated fat	2 g	Calcium	35 mg
Monounsaturated fat	4 g		