

THINKING OUTSIDE THE BOX

BBQ CHICKEN AND BISCUITS



"Shop the perimeter" is believed to be the best strategy to find nutritious foods. While this is "okay" guidance, it does not really provide the whole story. Actually, it is not the best public health messaging in meeting most where they are with regards to, time, cooking skills, storage space, finances and most importantly tastes.

The Dietary Guidelines for Americans and the American Heart Association both recommend building a healthy eating pattern that provides adequate levels of fiber (25-30 grams per day from a variety of food sources), healthy fats, lean sources of protein, and limits both sodium and added sugar. This can be done with using the whole store keeping in mind that some of the best sources of fiber are grain products, such as whole grain/wheat varieties of pastas, tortillas and breads, and cereals.

MyPlate recommends filling your plate with half fruits and vegetables for most meals. Studies show frozen vegetables are as nutritious their "unprocessed" versions in the fresh produce aisle. Some canned vegetables may be even higher in some nutrients over fresh. The key is to choose canned and frozen items that are low-sodium, with no added sugar or fats and then use a combination of all types.

Leans sources of protein such as canned fish, chicken and plant -based proteins are also found in the center of the store. Dried and canned legumes provide protein and tend to be low in fat and great sources of fiber. They are a much less expensive source of protein, than animal sources. It is best to meet your protein needs via a variety of food, to even include items from the center of the store or "processed items" that are chosen wisely. Our Dietitian Approved Thumb will assist you.

Carefully selected, pantry and freezer staples can be used for many different nutritious meals, especially for those with limited cooking ability and or storage space. For those living in dorms or barracks these items can assist with keeping your nutrition on track when hunger hits vs. ordering take-out.

This meal features mostly items from the center of the store for a quick, nutritious meal. For those that do not have an oven and want to try whipping up something tasty in the microwave, use instant, brown rice in place of the biscuit mix and then top the rice with the warmed canned chicken, mixed with the microwaved frozen vegetables and a bit of BBQ sauce.

DIETITIAN TIP

Nutrition is not about what you take away. Sometimes it is about what you can add that is nutritious to your recipe or meal to improve the nutrition quality. It is okay to start with semi-prepared packaged products from time to time, just take care in using other nutritious ingredients that limit empty calories and sodium. All processed foods are not "bad" either. Use our dietitian approved thumb to guide you.

MACROS / SERVING SIZE:

Protein 35 g | Fat 31 g | Carbs 80 g

% CALORIES OF MACROS / SERVING SIZE:

Calories 736 | Protein 19 % | Fat 38 % | Carbs 44 %

NUTRIENT / SERVING SIZE:

Fiber 5 g | Sodium 1,537 mg | Sat. Fat 14 g

INGREDIENTS (Serves 4)

- 2 1/3 cups dry biscuit mix (preferably whole wheat)
- 2/3 cup skim milk
- 10 oz. canned chunk chicken
- 1/4 cup BBQ sauce
- 8 oz. shredded cheddar cheese
- 5 oz. fresh baby spinach leaves
- 16 oz. plain nonfat Greek yogurt
- 1 banana, sliced
- 1/2 tsp. vanilla extract
- 3 tbsp. fresh cilantro leaves, chopped
- 10 oz. frozen California blend vegetable mix

DIRECTIONS:

1. Pour the Greek yogurt into a medium-sized bowl. Mix in the vanilla, honey or maple syrup, and sliced banana. Cover and place in the refrigerator to chill.
2. Make the biscuits according to package directions.
3. While the biscuits are baking, microwave the California blend vegetables according to package directions.
4. In a medium-sized sauce pan, pour in the canned chunk chicken (drained) and BBQ sauce. Warm over medium heat.
5. Place two biscuits that have been cut in half on a plate. Top each biscuit with 1/8th of the chicken mixture and top with 1/8th of the cheese. Scoop 1/4th of the vegetables onto the plate.
6. In a small bowl scoop 1/4th of the yogurt and bananas to be served alongside your meal.



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