

XCentric Ideas



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Skinless chicken breast benefits

Skinless chicken breast is high in protein and the quantity of protein found in 100 grams of chicken breast equals to 18 grams.

Skinless chicken breast is excellent for weight loss. Since chicken breast is high in protein, it keeps your stomach full.

Studies have shown that eating chicken breast can reduce the risk of cancer, especially colon cancer. Consuming chicken breast more often compared to red meat can lower the risk of cancer to a certain level.

Eating chicken breast can reduce the risk of high cholesterol and different kinds of heart diseases.

Chicken breast is rich in amino acids known as tryptophan, which relaxes your body instantly. If you are feeling depressed, sad or suffering with tension and pressure, eating chicken breast will boost your brain's serotonin levels, and thereby improve your mood and eliminate stress.



Chicken corn chowder

1 skinless, boneless chicken breast, raw, cubed / sliced
1 onion, cubed
1 can whole kernel corn, drained
400 ml chicken stock
Soy/Worcestershire sauce to taste
Herbs to taste
1 large egg, beaten

In saucepan (pot) with lid on stove, add all the ingredients EXCEPT the egg.

On medium heat, with lid on, cook till chicken is soft.

Stir in the raw egg, mix, cook for few minutes and serve.



Chicken breast pizza crust

500 g ground skinless, boneless chicken *(note below)
¼ cup Parmesan Cheese
¼ cup grated Cheddar Cheese
¼ cup Blue cheese, crumbled (optional)
¼ Teaspoon Black Pepper
1 Teaspoon Italian Seasoning Blend
Sauce of your choice (*I used ketchup/All Gold tomato sauce*)
Toppings of your choice (*I didn't use anything except cheeses*)

Really good!!
MUST TRY!

Pre-heat the oven to 200oC.

In a medium bowl combine the ground chicken and herbs/spices. Line your pizza pan or cookie sheet with Parchment/baking paper sprayed with non-stick cooking spray.

Place the ground chicken mixture onto the pan/sheet.
Place piece of parchment/baking paper or plastic wrap on top of the chicken mixture. Evenly press the mixture into the pizza pan.
If you want you can even use your rolling-pin to get it nice and even.
Remove the parchment/plastic wrap once done.

Bake in the oven for 20 min or until the crust is golden. (Pic 1)

Place whatever sauce, toppings and cheese you like on the chicken crust then return to the oven to bake for an additional 10 min until the cheese and toppings are melted heavenly goodness. (Pic 2)

**Note: Use chicken mince. Or simply buy chicken breasts and chop it real fine in your food processor.*



Chicken breast 'muffins'

½ cup smooth cottage cheese
Few finely chopped gherkins
1 teaspoon dried oregano
1 teaspoon garlic powder
½ teaspoon black pepper
6 boneless, skinless chicken breasts, pounded thin
1 teaspoon olive oil
1/8 teaspoon paprika (or other spice)

Preheat oven to 180 oC. Coat a medium-sized muffin tin with cooking spray.

In a medium-sized bowl, combine cottage cheese, gherkins, oregano, garlic and pepper, mix well. Spoon about tablespoon mixture evenly onto center of each chicken breast.

Roll each chicken breast tightly, tucking in sides as you roll. Place each roll seam side down in its own cup prepared muffin tin.

In a small bowl, combine oil and paprika, then brush it over tops of chicken. Place muffin tin on a cookie sheet and bake 25 to 30 minutes, or until no pink remains and juices run clear.

This is a fabulous idea – even as a starter! Of course you can use different filling ... basil pesto & sundried tomatoes / ricotta & olives.

Or serve with pasta & sauce.



Chicken green curry with cashews

500 g skinless, boneless chicken breasts, chopped
1 - 3 tablespoons green curry paste
(according to taste)
1 can coconut milk
Cauliflower florets
Salted and roasted cashews

In frying pan, over medium heat, sauté green curry paste for 1 minute. Add chopped chicken pieces and cauliflower and cook, stirring occasionally, for about 5 minutes. Add the coconut milk and simmer for 10 - 20 minutes.

Serve with rice (or banting options), sprinkle cashews over.



Chicken red curry

500 g skinless, boneless chicken breasts, chopped
2 - 3 tablespoons red curry paste
2 tablespoons smooth peanut butter (optional)
1 can coconut milk
Cauliflower florets

In frying pan, over medium heat, saute red curry paste for 1 minute. Add chopped chicken pieces, peanut butter and cauliflower florets and cook, stirring occasionally, for about 5 minutes.

Add the coconut milk and simmer.

Serve with rice (banting options).



Nut crusted chicken schnitzel



Really good!!
MUST TRY!

4 skinless, boneless, chicken breasts
2 egg whites, beaten
About 100 g salted (or unsalted) peanuts / other nuts
Herbs and spices to taste

Preheat oven to 180 oC.

Crush the peanuts in processor with the herbs.
Flatten the chicken breasts. Dip into the egg whites,
then into crushed peanuts / other nuts – layer on
greased baking sheet and bake for 20 minutes
(or till done).



Serve with veg / salad / mash / sauce.