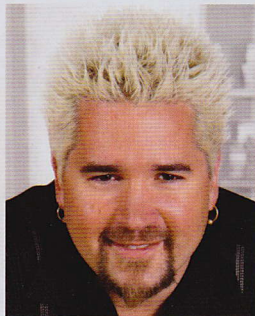


**food**  
network

**magazine**

**COOK LIKE A STAR!**



**Guy's**  
NEW  
RESTAURANT



**Bobby's**  
SHRIMP  
AND GRITS



**Anne's**  
SPICY  
NACHOS



A DOZEN  
**FUN**  
BIRTHDAY  
CAKES

**Great**  
**DINNERS**

**under 500 calories!**  
(like these stuffed peppers)

**121**  
NEW RECIPES

**SUPER**  
**SUPER BOWL**  
**SNACKS**

Wings, Dips and More

**Amazing Kitchen Makeover (page 39)**



JAN/FEB 2013 \$3.99



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"This is a great example of how to cook healthy food with real, natural ingredients."

# He Made

We asked **Ted Allen** of *Chopped Champions* and **Melissa d'Arabian** of *Ten Dollar Dinners* to share their best healthy chicken dinner. Whose dish comes out on top?



## TED ALLEN'S BAKED CHICKEN BREASTS WITH PARMESAN CRUST

ACTIVE: 15 min | TOTAL: 35 min | SERVES: 4

- 2 tablespoons dijon mustard
- ½ teaspoon thyme leaves, chopped
- Kosher salt
- ¼ teaspoon cayenne pepper
- 4 boneless, skinless chicken breast halves (about 8 ounces each)
- ¾ cup freshly grated **parmesan cheese**
- ¾ cup panko or dried coarse baguette breadcrumbs
- Cooking spray

*Ted's  
secret  
weapon*

1. Preheat the oven to 450°.
2. Mix the mustard, thyme, ½ teaspoon salt and the cayenne in a medium bowl. Add the chicken breasts and turn to coat completely; set aside.
3. In a medium shallow bowl, combine the parmesan and panko. Dredge the chicken pieces in the panko mixture, coating evenly and heavily, and pressing the coating into the meat.
4. Put the chicken on a rack set over a baking sheet, spray with a quick burst of cooking spray and put the sheet in the middle of the oven. Bake until the chicken is golden and cooked through, 15 to 20 minutes. Let rest 5 minutes before cutting or serving.

**Per serving:** Calories 402; Fat 14 g (Saturated 6 g); Cholesterol 155 mg; Sodium 885 mg; Carbohydrate 8 g; Fiber 1 g; Protein 54 g

**VOTE!**  
Tell us which chef is  
the chicken champion  
at [foodnetwork.com/magazine](http://foodnetwork.com/magazine).



# She Made



"My four-step chicken was the first dish I cooked for my husband!"



## MELISSA D'ARABIAN'S FOUR-STEP LEMON-ONION CHICKEN

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

- 4 boneless, skinless chicken breast halves (about 8 ounces each), sliced in half horizontally
- 1 teaspoon dried thyme
- Kosher salt and freshly ground pepper
- 3 tablespoons extra-virgin olive oil
- ¼ cup all-purpose flour
- 1 red onion, thinly sliced
- 1 small bunch fresh thyme, leaves chopped
- ¼ cup white wine (optional)
- 1 cup low-sodium chicken broth
- Juice of 2 lemons
- 2 tablespoons unsalted butter
- 1 9-ounce bag spinach

*Melissa's  
secret weapon*

1. Season the chicken with the dried thyme, and salt and pepper to taste. Heat a large sauté pan over medium heat and add the olive oil. Put the flour in a shallow dish. Working in batches, dredge the chicken in the flour and add to the pan; sauté until cooked through, about 3 minutes per side. Transfer to a plate and tent with aluminum foil.
2. Add the red onion and fresh thyme to the pan and cook over low heat, stirring occasionally, until aromatic, about 5 minutes.
3. Combine the wine, chicken broth and the juice of 1 lemon in a bowl. Turn the heat under the pan to high and deglaze with the broth mixture, scraping up the pan with a wooden spoon. Cook until the liquid starts to reduce, about 10 minutes. Remove from the heat and whisk in 1½ tablespoons butter. Season with salt and pepper.
4. Meanwhile, put the spinach in a microwave-safe dish and add 3 tablespoons water; cover loosely with plastic wrap and microwave until hot and wilted, 5 to 6 minutes. Drain and toss with the remaining ½ tablespoon butter, the juice of the remaining lemon, and salt and pepper to taste. Arrange on a platter and top with the chicken. Spoon the sauce on top.

**Per serving:** Calories 467; Fat 19 g (Saturated 6 g); Cholesterol 153 mg; Sodium 282 mg; Carbohydrate 16 g; Fiber 3 g; Protein 56 g