

# THINKING OUTSIDE THE BOX

## PUMPKIN WAFFLES & CHICKEN DINNER



You may have even heard we should aim to vary the colors of our produce and “eat the rainbow.” The guidance to vary produce is just as important as guidance on the number of servings. Each color of produce provides the body with different key vitamins, minerals, and many other beneficial compounds.

Vegetables are grouped into 5 subcategories, based on their nutrients: dark green, red and orange, beans and peas, starch, and other. A recommended weekly intake is suggested from each group. These recommendations are given as amounts to eat weekly. It is not necessary to eat vegetables from each subgroup daily. However, over a week, Americans are encouraged to consume the advised amounts from each subgroup.

The red and orange vegetables are full of essential nutrients like beta-carotene, which is a key antioxidant that helps to keep the immune system strong and assists in protecting against heart disease. Beta carotene is a precursor to vitamin A which is shown to assist with eye health as well as helps promotes healthy skin and hair amongst other benefits. Most red and orange vegetables are nearly fat-free and low in protein, with about 1 to 2 grams per serving. The recommended weekly intake is 5 1/2 cups for adult women and 6 cups for adult men.

This meal takes a Southern favorite, Chicken and Waffles, to a new level by adding pureed pumpkin into the mix to increase the nutritional quality and topping it with an orange fruit to help you meet the weekly recommendation.

### MACROS / SERVING SIZE:

Protein 32 g | Fat 27 g | Carbs 106 g

### % CALORIES OF MACROS / SERVING SIZE:

Calories 779 | Protein 16 % | Fat 30 % | Carbs 54 %

### NUTRIENT / SERVING SIZE:

Fiber 5 g | Sodium 1,680 mg | Sat. Fat 6 g

### INGREDIENTS (Serves 5)

#### *The Chicken*

- 1 lb. boneless chicken tenders
- 3 tbsp. Parmesan Cheese
- ¾ tsp. garlic powder
- ¼ tsp. pepper
- ¼ tsp. paprika
- 1 egg plus 2 egg whites
- ¼ cup skim milk
- 2 cups bread crumbs or panko
- ½ cup whole wheat flour
- 1 tsp. onion powder (optional)

#### *The Waffles*

- Cooking spray
- 2 ½ cups pancake mix (whole wheat preferable)
- ½ cup plus 2 tbsp. canned pumpkin puree (not pumpkin pie mix or filling)
- 2 eggs
- ¼ cup canola oil
- ¼ tsp. cinnamon
- 3 dashes of nutmeg
- ¼ cup of chopped walnuts
- 2 tbsp. brown sugar
- 2 14.5 oz. cans of sliced peaches (no sugar added)

### DIRECTIONS:

1. In a large resealable bag, combine 2 cups of panko or bread crumbs, 3 tbsp. of Parmesan cheese, 1 tsp. onion powder (optional), ¾ tsp. garlic powder, ¼ tsp. pepper, ¼ tsp. paprika. In a shallow dish, mix together ¼ cup of skim milk and 1 egg.
2. Lightly salt 1 lb. of boneless, raw chicken tenders and then coat with flour. Dip the coated tenders in the egg mixture and then place in the bag of spices. Seal the bag and then shake to coat the tenders.
3. Begin heating a waffle iron. Meanwhile, in a large bowl pour in, to combine, 2 ½ cups pancake mix with 1 ¼ cup of skim milk, ½ cup plus 2 tbsp. canned pumpkin puree (not pumpkin pie mix or filling), 2 eggs, ¼ cup canola oil, ¼ tsp. cinnamon, 3 dashes of nutmeg, ¼ cup of chopped walnuts and 2 tbsp. brown sugar. Mix with a wire whisk until the ingredients are blended.
4. Lightly coat a waffle iron with cooking spray. Pour the batter into the center of the iron and close the lid. Continue cooking for about 5 minutes or until steam no longer is coming out of the iron. Remove the waffle and repeat until the batter is used up.
5. While the waffles are cooking, begin cooking the chicken tenders. In a large skillet, heat ¼ cup of canola oil over medium heat. Add the tenders and cook 2-3 minutes on each side or until a meat thermometer reads 165 degrees F. Drain the tenders on a paper towel to absorb excess oil.
6. To serve, place 2 waffles on each plate, top with ½ cup of drain unsweetened canned peaches, and ¼ of the chicken strips. Sprinkle with a little extra walnuts, if desired.

### DIETITIAN TIP

Remember, you don't have to see your vegetables and fruits for them to count. Use baked goods, casseroles and sauces to add a little extra to up the nutrition quality. Mashing and pureeing them, is a great way to hide the from picky eaters too.



A list of recipes on [commissaries.com/healthy living](https://www.commissaries.com/healthy-living) also has nutrition education.