



# CHICKEN AND QUICK DUMPLINGS

## MACROS | SERVING SIZE

Protein 31g | Fat 11g\* | Carbs 42g

## % CALORIES OF MACROS | SERVING SIZE

Calories 393 | Protein 31% | Fat 25% | Carbs 43%

## NUTRIENTS | SERVING SIZE

Fiber 4g | Sodium 882mg | Sat. Fat 2g

### INGREDIENTS

12 oz. frozen boneless, skinless chicken breast, thawed according to package directions and cut into cubes.  
2 tbsp. olive oil (divided)  
2 cups mixed vegetables (corn, peas, carrots, green and/or lima beans, etc.), canned, frozen or fresh

4 cups low sodium chicken broth  
1 1/3 cup all-purpose flour  
3/4 tsp. baking soda  
2 tsp. white vinegar  
1/4 tsp. poultry seasoning (optional)  
2/3 cup skim milk  
Pepper to taste

### DIRECTIONS

Mix the vinegar and milk in a small bowl and set aside.  
In a large Dutch oven (large saucepan), heat 1 tbsp. olive oil over medium heat. Add the cubed chicken breast and cook for 4-5 minutes, until the outside of the chicken turns white. Toss constantly to prevent burning.  
Pour the chicken broth into the pot with the chicken and turn the heat up to medium-high. Add the vegetables.  
While the mixture comes to a boil, make the dumpling batter by adding the flour, baking soda, and seasoning (if using) to a medium-sized bowl and mix with a fork. Add the milk and the remaining oil. Stir with a fork until all the dry mix is dampened.  
Drop the mixture by heaping tablespoons into the boiling broth. Make sure the dumplings don't touch each other or drop them onto one another.  
Reduce the heat to medium and cook for 10 minutes. Stir gently on occasion to prevent the dumplings from touching or sticking to the bottom. Cover and reduce heat to medium-low. Cook for an additional 10 minutes. Add pepper to taste.

### NOTES

\*Nutrition analysis based on the use of frozen vegetables and excludes optional ingredients.  
If using fresh or frozen vegetables, microwave for 6-8 minutes before adding to the broth. Do this before beginning step 1.  
Cooked leftover or rotisserie chicken can be used. Just skip step 1 and add it with step 2.  
Can use "low sodium chicken bouillon, and make according to package directions to yield 4 cups.

### NUTRITION EDUCATION

Fruits and vegetables (produce) have been known for thousands of years as important tools to ward off ailments. Christopher Columbus ensured that before he left port, he had limes, lemons, and potatoes to prevent scurvy among his crew, which was caused by a lack of Vitamin C in his diet. During some of our Nation's challenges, such as the Great Depression, the rationing of supplies during the World Wars, and the harsh winters the early settlers faced, consuming fruits and vegetables to promote optimal health was complex. Both types of malnourishment, caused by a lack of overall calories, vitamins, and minerals, were prevalent during those times. Yet today, when our food supply is ample, and produce is available fresh, frozen, and canned year-round, Americans consume far less than the recommended amount. It is very plausible to be nourished in calories (even overly nourished-overweight) and still be malnourished due to lacking vitamins and minerals. Producing is still the best tool to prevent ailment, and starting young is vital. Aim for at least.

Children who don't eat a variety of vegetables and fruits are less likely to do so as adults. The number of obese children is at an all-time high. Some point to decreased activity as the cause, while others point to reduced home-prepared meals as the other. Both of these reasons play a large part, but so does a low intake of fruits and vegetables. "Children learn from watching you. Prepare and eat your vegetables and fruit; your kids will, too!"

Produced does not have to be fresh. Canned and frozen choices that are low in sodium and free of

added fats and sugars are acceptable and often are higher in nutrients than their new counterparts. The amount of produce recommended per day depends on age, sex, weight, activity, etc., and MyPlate, our food guidance system, can assist you in determining your needs. Yet, a great start is to aim for at least 8 servings per day.

#### Here are some tips:

- Fill half your plate with fruits and vegetables for most meals
- Choose fruits and veggies for snacks
- Vary the colors and variety of produce
- Try to eat a green vegetable with another color of produce at each meal
- Limit starch vegetables (legumes, corn, lima beans, potatoes) to one serving per meal
- Use a combination of fresh, frozen, and canned produce
- This one-pot meal uses "mixed vegetables" to make a stick-to-your-ribs comfort food. A combination of fresh, frozen, and canned can be used, and the amounts and types of vegetables can be adjusted to whatever is on hand or what needs to be used up.

**Dietitian Tip:** Fill your plate with half fruits and vegetables for most meals to increase your vitamins, minerals, and fiber while also likely decreasing the number of calories in your meal.

