

### **Chicken or Fish Meals**

- 1) Choose Chicken Breasts or mild White Fish like cod, sole, talapia or halibut.
- 2) Choose a marinade. Reserve 1/4 cup in a separate container to brush on meat after broiling.
- 3) Marinate chicken for at least 30 minutes and up to 6 hours. Marinate fish for no more than 15 minutes. Discard soaking marinade before broiling.
- 4) Spray broiler pan with cooking spray and place chicken on broiler pan. Broil chicken about 4 inches from element for 12 to 15 minutes, turning halfway through the cooking time (Or until juices run clear). Spray broiler pan with cooking spray and place fish on a broiler pan. Broil fish 4 to 6 inches from the element, 5 minutes for every inch thickness of fish or until fish flakes easily with a fork.
- 5) Brush reserved marinade on cooked chicken or fish prior to serving.
- 6) Serve with steamed vegetables (chosen from Shopping List #1 on page 5-6 in section 2 of the Trinity Health student workbook or Healthy for Life desirable carbohydrates) and a salad.

(Meal ideas by Louise Hughes)