



Sautéed Zucchini with Lemon-Thyme Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound chicken cutlets
- ☐ 0.3 cup couscous uncooked
- ☐ 0.3 cup chicken broth fat-free low-sodium
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 4 servings thyme leaves fresh chopped for garnish
- ☐ 1 tablespoon lemon zest
- ☐ 1 tablespoon olive oil

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup water
- ☐ 0.5 pound summer squash yellow halved lengthwise (2 medium)
- ☐ 0.8 pound zucchini halved lengthwise (2 medium)

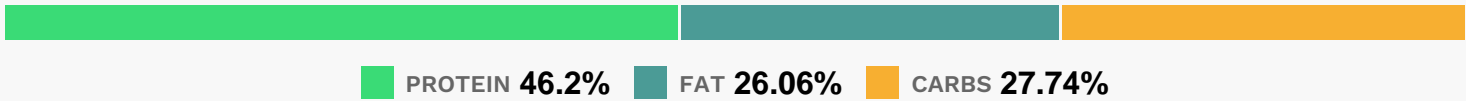
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ cutting board

Directions

- ☐ Place the lemon zest and thyme in a small bowl; toss.
- ☐ Sprinkle the chicken with salt and pepper on both sides.
- ☐ Sprinkle half of the lemon-and thyme mixture evenly onto one side of each cutlet.
- ☐ Heat the olive oil in a large nonstick skillet over medium-high heat; cook the chicken, herb side down, turning after 2 minutes. When the chicken is golden and cooked through (about 4 minutes), transfer to a cutting board. Cover chicken, and keep warm.
- ☐ Bring 1/2 cup water to a boil in a small saucepan; gradually stir in the couscous.
- ☐ Remove pan from heat; cover and let stand 5 minutes. Fluff with a fork. Cover couscous, and keep warm.
- ☐ Saut the zucchini and squash (in the same skillet used for the chicken) over medium heat, stirring frequently, until golden and tender (about 4 minutes). Stir in the remaining lemon-and-thyme mixture, chicken broth, and couscous.
- ☐ Spoon the couscous mixture evenly among 4 plates; top each with a chicken cutlet.
- ☐ Garnish with thyme.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:7.61, Inflammation Score:-10, Nutrition Score:19.155652098034%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 244.11kcal (12.21%), Fat: 7.05g (10.84%), Saturated Fat: 1.28g (8%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 14.11g (5.13%), Sugar: 3.46g (3.84%), Cholesterol: 72.57mg (24.19%), Sodium: 292.6mg (12.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.11g (56.23%), Vitamin B3: 13.25mg (66.25%), Vitamin B6: 1.14mg (57.07%), Selenium: 36.59µg (52.27%), Vitamin C: 32.56mg (39.47%), Phosphorus: 324.23mg (32.42%), Potassium: 847.59mg (24.22%), Manganese: 0.44mg (22.14%), Vitamin B5: 2.07mg (20.74%), Vitamin B2: 0.3mg (17.88%), Magnesium: 66.06mg (16.52%), Folate: 45.73µg (11.43%), Fiber: 2.77g (11.08%), Vitamin B1: 0.16mg (10.93%), Iron: 1.64mg (9.13%), Vitamin A: 449.6IU (8.99%), Zinc: 1.29mg (8.58%), Copper: 0.17mg (8.54%), Vitamin K: 7.9µg (7.52%), Vitamin E: 0.89mg (5.96%), Calcium: 46.55mg (4.65%), Vitamin B12: 0.24µg (4.03%)