



## Healthy Living at Hannaford



### Ragú (no frying) Chicken Parmesan

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

#### Ingredients:

4 boneless, skinless chicken breast halves (about 1 1/4 lb.)

1 egg, beaten

3/4 cup Italian seasoned dry bread crumbs

1 jar (1 lb. 10 oz.) Ragú® Old World Style® Pasta Sauce

1 cup shredded Cabot® 50% Reduced Fat Cheddar Cheese

#### Directions:

1. Preheat oven to 400°. Dip chicken in egg, then crumbs.
2. Arrange chicken in 13 x 9-inch baking dish. Bake 20 minutes.
3. Pour pasta sauce over chicken; top with cheese. Bake an additional 10 minutes or until chicken is thoroughly cooked. Serve, if desired, with hot cooked pasta.



### Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](mailto:hannaford.com/asknutritionist).



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### Broccoli-Rice Stir-Fry

Servings: 4

#### Ingredients:

- 4 cups cooked brown rice
- 2 tsp. canola oil
- 3 cups fresh broccoli
- 1 red pepper, chopped
- 2 minced garlic cloves
- 1/2 cup sliced green onion
- 1/2 cup egg substitute or whites
- 2 Tbsp. light soy sauce
- 1/2 tsp. chili powder
- 1/2 tsp. garlic powder

#### Directions:

1. Prepare brown rice according to package directions.
2. Heat a large nonstick skillet over medium-high heat. Add oil and broccoli and pepper sauté until crisp, about 3 minutes.
3. Add garlic and green onions and sauté until nutty brown, about 2 minutes.
4. Add the egg whites to the center of the pan and scramble until done.
5. Add the seasoning. Serve over hot brown rice.



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