

Boneless Chicken Hot Wings

QTY	ITEM	CALORIES
100 Grams	Chicken Breast cut into tenders	110
1 Tbs	Chili powder	24
1 Tbs	Pepper, cayenne	17
1/4 Cup	Vinegar [Distilled, Red or Rice]	12
1/4 Cup	Water	0

1	Create marinade in bowl, mix vinegar, water & cayenne pepper
2	Add chicken to marinade and refrigerate for 1-2 hrs
3	Preheat oven to 350 degrees
4	Place chicken in glass dish & coat with chili powder
5	Bake 15-20 mins turning halfway through
6	Serve immediately

TOTAL CALORIES:	163
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Breaded Chicken Cutlet

QTY	ITEM	CALORIES
100 Grams	Chicken	110
1/2 Cup	Chicken broth [homemade or canned]	5
1/4 tsp	Garlic powder	2
1	Grissini Bread Stick	20
1/4 tsp	Paprika	2
To Taste	Pepper, cayenne	0
1/4 tsp	Poultry Seasoning: [see Recipe]	2
To Taste	Salt & Pepper	0



1	Preheat sauce pan over Med heat
2	Grind Grissini to powder
3	Combine ingredients in zip lock bag [grissini, garlic, paprika, poultry seasoning, cayenne and salt & pepper]
4	Add chicken to bag and coat
5	Add 1/4 cup broth and chicken to pan
6	Cook 3-4 mins each side and add more broth as it cooks off
7	Serve immediately

TOTAL CALORIES:	141
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Broiled Cinnamon Grapefruit

QTY	ITEM	CALORIES
1/2	Grapefruit	50
To Taste	Cinnamon	4
1 Pkt	Truvia [Sugar Substitute]	0

1	Cut Grapefruit in half
2	Cut & Remove Grapefruit sections
3	Squeeze Grapefruit juice and pour over sections
4	Remove veins left inside Grapefruit
5	Mix sugar substitute, Cinnamon and Grapefruit sec-
6	Replace Grapefruit back in Grapefruit shell
7	Broil for about 3-5 mins until caramelized

TOTAL CALORIES:	54
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Cajun Seasoning

QTY	ITEM	CALORIES
1 Tbs	Chili powder	24
1 tsp	Garlic powder	9
1 tsp	Onion powder	6
1/2 tsp	Oregano, dried	3
1 Tbs	Paprika	10
1/2 tsp	Pepper, Black	3
1/2 tsp	Pepper, cayenne	3
1/2 tsp	Thyme, dried	2
1 tsp	Cajun Seasoning	10
1 Tbs	Cajun Seasoning	30
TOTAL CALORIES:		100