

Family Features

Chicken is one of America's favorite foods, so much so that every American ate an average of 84 pounds last year. Although it's a great go-to ingredient for a family dinner, it's easy to get tired of the same old chicken recipes. To help combat chicken fatigue, Hellmann's® mayonnaise has teamed up with Chef Tim Love to launch the "Chicken Change-Up," offering simple and family-friendly recipe ideas, tips and tricks to help inspire parents when preparing the nightly meal.

"Chicken dishes are a staple in my household," says celebrity chef, dad and author Tim Love. "I'm always looking for inspiration to create different types of chicken recipes and — no matter the dish — Hellman's® Real Mayonnaise made with simple ingredients like oil, vinegar and 30 percent cage-free eggs, is my secret for keeping chicken juicy and crispy."

Whatever your dinnertime challenge, with recipes such as Parmesan Crusted Chicken and Baked Buffalo Chicken, Hellmann's® can transform your chicken into a juicier, crispier, more delicious meal that the whole family will love.

Visit www.Facebook.com/Hellmanns to participate in the Chicken Change-Up, where you can find more dinnertime recipes, tips and tricks.



Parmesan-Crusted Bruschetta Chicken

Parmesan-Crusted Bruschetta Chicken

4 servings
Prep Time: 15 minutes
Cook Time: 20 minutes

1/2 cup Hellmann's® or Best Foods® Real Mayonnaise
1/4 cup grated Parmesan cheese
4 boneless, skinless chicken breast halves (about 1 1/4 pounds)
4 teaspoons Italian seasoned dry bread crumbs
2 medium tomatoes, seeded and chopped
1/4 cup chopped red onion
1/4 cup Wish-Bone Robusto Italian Dressing or Wish-Bone Italian Dressing
1 tablespoon chopped fresh basil leaves or 1 teaspoon dried basil leaves, crushed

Preheat oven to 425°F.
Combine mayonnaise with cheese in medium bowl.
Arrange chicken on baking sheet. Evenly top with mayonnaise mixture, then sprinkle with bread crumbs.
Bake 20 minutes or until chicken is thoroughly cooked.
Meanwhile, combine remaining ingredients in medium bowl.
To serve, evenly top chicken with bruschetta mixture.
Also terrific with Hellmann's® or Best Foods® Light or Canola Cholesterol Free Mayonnaise

Cost per recipe: \$10.02
Cost per serving: \$2.50
Based on average retail prices at national supermarkets.

Nutrition Information per Serving: Calories 430, Calories From Fat 260, Saturated Fat 5g, Trans Fat 0g, Total Fat 29g, Cholesterol 35mg, Sodium 640mg, Total Carbohydrate 8g, Sugars 4g, Dietary Fiber 1g, Protein 33g, Vitamin A 15%, Vitamin C 25%, Calcium 8%, Iron 6%

Parmesan Crusted Chicken

4 servings
Prep Time: 10 minutes
Cook Time: 20 minutes

1/2 cup Hellmann's® or Best Foods® Real Mayonnaise
1/4 cup grated Parmesan cheese
4 boneless, skinless chicken breast halves (about 1 1/4 pounds)
4 teaspoons Italian seasoned dry bread crumbs

Preheat oven to 425°F.
Combine mayonnaise with cheese in medium bowl. Arrange chicken on baking sheet. Evenly top with mayonnaise mixture, then sprinkle with bread crumbs.
Bake 20 minutes or until chicken is thoroughly cooked.

Cost per recipe: \$7.16
Cost per serving: \$1.79
Based on average retail prices at national supermarkets.

Timesaving Tip: Try making this dish with thin-cut boneless skinless chicken breasts. Prepare as above, decreasing bake time to 10 minutes or until chicken is thoroughly cooked through.

Nutrition Information per Serving: Calories 370, Calories From Fat 210, Saturated Fat 4g, Trans Fat 0g, Total Fat 23g, Cholesterol 100mg, Sodium 390mg, Total Carbohydrate 2g, Sugars 1g, Dietary Fiber 0g, Protein 35g, Vitamin A 2%, Vitamin C 2%, Calcium 8%, Iron 6%

Chicken Nuggets With BBQ Sauce

4 servings
Prep Time: 10 minutes
Cook Time: 15 minutes

3/4 cup Hellmann's® or Best Foods® Real Mayonnaise
1/2 cup barbecue sauce
1 tablespoon Dijon mustard

4 boneless, skinless chicken breasts (about 6 ounces each), cut into nuggets
1/2 cup Italian seasoned dry bread crumbs

Preheat oven to 375°F.
Combine mayonnaise, barbecue sauce and mustard in small bowl. Reserve 1/2 cup sauce; set aside.
Evenly coat chicken with sauce, then bread crumbs. Arrange chicken on baking sheet.
Bake 15 minutes or until thoroughly cooked. Serve with reserved sauce.

Cost per recipe: \$7.66
Cost per serving: \$1.92
Based on average retail prices at national supermarkets.

Nutrition Information per Serving: Calories 570, Calories From Fat 320, Saturated Fat 5g, Trans Fat 0g, Total Fat 35g, Cholesterol 125mg, Sodium 1210mg, Total Carbohydrate 24g, Sugars 10g, Dietary Fiber 1g, Protein 39g, Vitamin A 4%, Vitamin C 4%, Calcium 4%, Iron 8%

Baked Buffalo Chicken

4 servings
Prep Time: 15 minutes
Cook Time: 12 minutes

1/2 cup Hellmann's® or Best Foods® Real Mayonnaise
1/2 teaspoon cayenne pepper

(or to taste)
1/2 cup plain dry bread crumbs
1 tablespoon chopped fresh parsley
4 boneless, skinless chicken breast halves (about 1 1/4 pounds), cut into strips

Preheat oven to 400°F.
Combine mayonnaise and cayenne pepper in small bowl; reserve 1/2 for dipping.
Combine breadcrumbs with parsley. Coat chicken with remaining mayonnaise mixture, then coat with bread crumbs. Arrange chicken on baking sheet.
Bake chicken 12 minutes or until chicken is golden brown and thoroughly cooked. Serve with reserved dipping sauce.
For a fun twist, serve cooked chicken strips on wooden skewers.

Also terrific with Hellmann's® or Best Foods® Canola Cholesterol Free Mayonnaise.

Cost per recipe: \$6.95
Cost per serving: \$1.74
Based on average retail prices at national supermarkets.

Nutrition Information per Serving: Calories 450, Calories From Fat 210, Saturated Fat 3.5g, Trans Fat 0g, Total Fat 23g, Cholesterol 95mg, Sodium 510mg, Total Carbohydrate 20g, Sugars 1g, Dietary Fiber 1g, Protein 37g, Vitamin A 0%, Vitamin C 4%, Calcium 6%, Iron 15%



Baked Buffalo Chicken



Chicken Nuggets with BBQ Sauce

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Parmesan Crusted Chicken

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