

Personal Charcuterie Board (with chicken)

**HENRY
FORD
HEALTH**SM

in partnership with

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FRESH FOR EVERYONESM

Yield: 1 servings



Ingredients:

3-ounce chicken breast, raw
1/4 teaspoon garlic powder
1/8 teaspoon paprika
1/8 teaspoon onion powder
1/4 yellow bell pepper, cut into strips
1/2 small pear, sliced
1 ounce low-fat cheddar cheese cubes
2 Tablespoons hummus
4 baby carrots, fresh
4 grape tomatoes, cut in half
7 grapes, any color
5 low-sodium multigrain crackers
1 Tablespoon unsalted dry roasted almonds

Directions:

1. Preheat oven to 350° F. Pat chicken dry and place on oven-safe tray.
2. Combine garlic, paprika, and onion powder and coat chicken with spice blend. Bake in oven for 20 minutes or until internal temperature reaches 165° F.
3. Allow chicken to cool and slice into strips.
4. Arrange chicken, bell pepper, pear, cheese, hummus, baby carrots, grape tomatoes, grapes, crackers, and almonds on a large plate or board.

Nutritional information per serving:

Calories: 468	Carbohydrates: 16 grams	Food exchanges: 4 1/2 protein
Fat: 18.5 grams	Fiber: 6 grams	1 vegetable
Saturated fat: 5 grams	Protein: 34 grams	1/2 fruit
Cholesterol: 83 mg		1/2 carbohydrate
Sodium: 384 mg		

For a demo of this recipe, and for more wellness information, visit HenryFord.com/recipes