

Elizabeth's Healthy Pick of the Week



Fiber One Cereals

Why It's Healthy:

<ul style="list-style-type: none"> Low in calories – 60 for the original; 80 for Honey Squares and Chocolate cereals; 110-120 Made from whole grain wheat 	<ul style="list-style-type: none"> High in fiber between 9-14 grams Provides 10-40% of the RDV for calcium Good source of iron and folic Acid
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I love these cereals because they pack in up to 57% of your RDA of fiber. They do an even better job than Cheerios at helping to lower your cholesterol since they have more fiber. Try the Bran Cereal with Greek yogurt and berries for a perfect post-workout meal. Bring the Fiber One 80 Calorie Cereal to the movies as a healthy alternative to popcorn. Try this great recipe using the Fiber One Bran Cereal:

Dijon-Parmesan Chicken Breasts



4 servings | **Active Time:** 15 minutes | **Total Time:** 40 minutes

Ingredients

¾ cup Fiber One® original bran cereal 2 tablespoons grated Parmesan cheese 1 teaspoon dried basil leaves ¼ teaspoon garlic salt ¼ teaspoon coarse ground black pepper	1 egg white, beaten 2 tablespoons Dijon mustard 4 boneless skinless chicken breasts (about 1 1/4 lb) 1 tablespoon canola or vegetable oil
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Preparation

- Heat oven to 400°F. Spray 15x10x1-inch pan with cooking spray. Place cereal in resealable food-storage plastic bag; seal bag and finely crush with rolling pin or meat mallet (or finely crush in food processor).
- In shallow bowl, mix cereal, cheese, basil, garlic salt and pepper. In another shallow bowl, mix egg white and mustard until blended.
- Dip chicken pieces into egg white mixture, then coat well with cereal mixture; place in pan. Drizzle oil over chicken.
- Bake 20 to 25 minutes or until juice of chicken is clear when center of thickest part is cut (170°F).

Nutrition Per serving: 270 Calories; 10 g Fat; 2 g Sat Fat; 4 g; 90 mg Cholesterol; 10 g Carb; 34 g Protein; 2 g Fiber; 430 mg Sodium

Recipe from <http://www.fiberone.com/recipes>

Recipe Provided by Elizabeth M. Madison, **Locust Valley** In-Store Registered Dietitian.

Want more recipes or meal planning ideas? Contact Elizabeth at: emadisonrd@gmail.com or call 718-598-0617