

[HEALTHY CHICKEN LUNCH RECIPES](#)



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Americans love chicken and healthy chicken recipes. The lean protein is quick cooking, reliable, and affordable. Chicken breasts in particular are a must for busy families. Chicken breasts are versatile, and they're easy to incorporate into a variety of family favorites, from stir-fries to fajitas. Here, we've pulled together nearly 50 ways you can bring new life to chicken.

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While the chicken is heating, combine couscous with spinach and beets in a mixing bowl. And in a separate mixing bowl, whisk the olive oil, lemon juice, salt, pepper and thyme. Pour the dressing over the couscous salad and toss until well incorporated. Serve the chicken strips over the salad.

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One of our most healthy chicken recipes, with only 170 calories. This fresh and zesty chicken piccata is quick and easy to make, low-calorie, easy to freeze and also paleo diet-friendly. Serve with a green salad and cauliflower rice for a super healthy dinner or lunch option.

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The ultimate weeknight dinner, chicken recipes will never get boring with these 100 recipes. Whether it's grilled, sautéed, baked, or roasted, everyone is sure to find a favorite in this collection.

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