High Protein Chicken Breast Recipes

High Protein Chicken Breast Recipes uses chicken with green beans and Greek-yogurt sauce. Cook chicken to 165°F (74°C); times are estimates and depend on thickness and equipment.



Prep	Cook (estimate)	Rest	Servings	Difficulty
15 min	22 min	5 min	4	Easy

Ingredients

- 1 1/4 pounds chicken breast cutlets / 570 g
- 1 tablespoon olive oil / 15 ml
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon sweet paprika
- 4 cups green beans / 400 g
- 1/4 cup water / 60 ml
- 1/2 cup plain Greek yogurt / 120 g
- 1 tablespoon lemon juice / 15 ml
- 1/2 teaspoon garlic powder

Ingredient Notes

Protein: Chicken and yogurt contribute protein, but no calculated per-serving total is supplied.

Sauce: Keep away from raw-meat utensils.

Instructions

1. Mix yogurt, lemon and garlic powder in a clean bowl and refrigerate until serving.

2. Flatten chicken to 1/2 inch and season with salt, pepper and paprika.

3. Sear in oil over medium heat 3 to 5 minutes per side to 165°F (74°C), then rest 5 minutes.

4. Steam green beans with the listed water in a separate covered saucepan 5 to 8 minutes; drain.

5. Divide chicken and beans into four portions and add chilled yogurt sauce. No protein grams are calculated.

Time, Temperature & Doneness

Use a thermometer to check every chicken portion for 165°F (74°C) in its thickest center, avoiding bone. Exterior color, browning and clear juices are not reliable safety tests. Listed times vary with thickness and equipment.

Tips & Mistakes to Avoid

Tips: Use plain yogurt. Check chicken separately. Keep sauce cold until serving.

Avoid: Inventing protein amounts. Using sweet yogurt. Contaminating chilled sauce with raw chicken.

Variations & Serving

Vegetable: Use broccoli. Herb: Add dill to sauce. Dairy-free: Use a suitable unsweetened yogurt alternative; nutrition differs.

Divide chicken and green beans into four portions and add the chilled yogurt sauce after cooking.

Storage, Freezing & Reheating

Storage: Refrigerate promptly in shallow containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Follow the oldest ingredient's original deadline; mixing or reheating does not restart the storage clock. Keep the yogurt sauce separately refrigerated.

Freezing: Freeze cooked chicken separately for up to 3 months for best quality; make yogurt sauce fresh after refrigerator thawing.

Reheating: Reheat chicken and beans separately to 165°F (74°C). Keep yogurt sauce cold and add it after heating.

Recipe & References

Recipe: https://howtocookchickenrecipes.com/high-protein-chicken-breast-recipes/

FoodSafety.gov - safe temperatures

FoodSafety.gov - cold storage chart