

HARVEST CHICKEN & APPLE SKILLET

FOR INFLAMMATORY BOWEL DISEASE

INGREDIENTS

- 2 tablespoons olive oil, divided
 - may use garlic infused olive oil for extra flavor
- 1.5lb chicken breast (about 2 breasts), cubed
- 1 medium sweet potato, peeled and diced
- 2 apples, peeled and diced
- 1 bunch collard or turnip greens, stems removed and sliced into thin ribbons
- 1 cup apple cider or 100% apple juice
- 2 teaspoon fresh thyme, chopped or ½ teaspoon dried thyme
- ¼ teaspoon ground cinnamon
- ¼ teaspoon each salt and pepper
- 4 tablespoons apple cider vinaigrette for serving (optional)

INSTRUCTIONS

1. Heat 1 tablespoon olive oil in an oven safe pan over medium heat.
2. Cook chicken breast until browned on all sides. about 7-10 minutes, then remove and set aside.
3. In the same pan, heat the remaining tablespoon olive oil.
4. Sauté the sweet potato, apples, and greens for 5-7 minutes until they begin to soften.
5. Return chicken to pan.
6. Add in apple cider, thyme, cinnamon, salt, and pepper.
7. Stir well to combine.
8. Simmer over low to medium heat until vegetables are tender, and most of the chicken stock has evaporated, 5-7 minutes.
9. Confirm chicken is cooked through and the internal temperature reaches 165°F prior to serving.
10. Top each bowl with 1-2 tablespoons vinaigrette right before serving (optional)

OPTIONAL VINAIGRETTE

Whisk together: 1/4 cup of olive oil, 1/3 cup apple cider vinegar, 1 teaspoon Dijon mustard, 1/8 teaspoon garlic powder, 1/8 teaspoon each salt and pepper.



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IBD APPROVED



4 SERVINGS



30 MIN



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NUTRITION FACTS

CHECK THE LABEL

How can this meal be helpful with IBD?

With both Crohn's and UC, insoluble fiber can worsen symptoms during a flare. Patients should still be encouraged to consume processed grains and some fruits and vegetables. However, they should be peeled and cooked until soft which is the case with the apples and sweet potatoes in this meal.

As with any dietary limitations, macro and micronutrient deficiencies are common. During an active flare of CD or UC, patients need high amounts of protein (1.5g/kg) and this recipe has 45g per serving. With a lactose free diet, alternate calcium sources are needed. Thanks to Ca rich collard greens, this recipe has 434mg of Ca (35% DV). Anemia is also a risk with frequent blood loss, but the chicken and collard greens provide 2mg iron (10% DV).

Essential Nutrients

While food itself does not induce inflammation with IBD, it can worsen symptoms like diarrhea, abdominal pain, and bloating. Certain foods are common triggers, but each patient will need to explore their own tolerances. This recipe avoids common triggers including:

- Lactose
- Added sugar and sugar alcohol
- Raw vegetables and vegetable skins
- Caffeine
- Excess fat

Nutrition Facts

servings per container	
Serving size	(513g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 210mg	9%
Total Carbohydrate 29g	11%
Dietary Fiber 9g	32%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 45g	
Vitamin D 0mcg	0%
Calcium 434mg	35%
Iron 2mg	10%
Potassium 627mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.