

# “CHICK-CUTERIE”

## Boards with Nutrition Benefits for Entertaining Occasions

Reviewed by Jordan Mazur, MS, RD and Jessica Levinson, MS, RDN, CDN



Charcuterie boards are a favorite way to entertain and fuel your guests. Chicken is a favorite, versatile food that all ages enjoy. Put them together and you have “chick-cuterie” boards!

### JUST 2 STEPS TO BUILDING A NUTRITIOUS AND DELICIOUS “CHICK-CUTERIE” BOARD.

**1** Given you can purchase chicken already cooked – and in a wide variety of preparations – **make it the central protein on any board.**

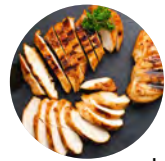
**2** **Build out your board with delicious accompaniments** including fruits and vegetables, cheeses, spreads, dips, nuts and seeds, whole grains and flavor boosters and you’ve got a well-rounded board for entertaining.



### RETIREMENT PARTIES

Do your retirement-age friends have more time to focus on healthful eating? Chicken is an excellent contributor to a heart-healthy, low-fat, low-cholesterol diet, such as the DASH diet.<sup>1-3</sup>

Pairings to consider: orange slices, grape tomatoes, cucumber and carrot sticks, peanut dressing dip, toasted walnuts, figs.



### PLANT-FORWARD GUESTS

Chicken is a versatile, nutritious and popular protein, common to many entertaining menus, but it also pairs well with an abundance of plant-based foods and recipes, and flexes to meet many popular diets.

Pairings to consider: raspberries, baby bella mushrooms, lemon garlic bean dip, walnuts, whole grain pretzel twists, olives.



### GYM CROWD

Chicken is one of the most nutrient-dense protein sources you can consume, providing protein, with all the essential amino acids, as well as other essential vitamins and minerals like niacin, choline, iron, vitamin B12, selenium, phosphorus. Help keep your guests on track with their nutrition goals, including those who may be in training mode.

Pairings to consider: strawberries, sugar snap peas, seasoned almonds, honey Dijon mustard dip, grain toast points, green olives.

Here are some ways that chicken can be a nutrition powerhouse on your board for different events and celebrations.



### HOLIDAYS

Lean chicken meat is an excellent source of protein that the body can use easily. Research shows foods high in protein may be a tool for managing weight and a normal blood sugar, which we can all use a bit of as we may overindulge in eating and sweets through the holiday season.<sup>4</sup>

Pairings to consider: light spinach and artichoke spread, cauliflower florets, raisins and sunflower seeds, cinnamon dried apple rings.



### BBQ/HANGOUT

When it comes to hanging with friends, there’s nothing better than raising the mood! And it’s a fact that chicken contains tryptophan, an amino acid that is responsible for raising serotonin levels in your brain, which is the “feel-good” neurochemical linked with mood.<sup>5</sup>

Pairings to consider: pineapple cubes, blanched asparagus, celery, cheddar cubes, salsa, corn chips.



### BABY SHOWERS

Did you know both dark and white meat chicken contains vitamin B12 and choline, which together may promote brain development in children and perfect for the mom(s)-to-be attending.<sup>7-8</sup> Think: chicken sausage links for a brunch-style event!

Pairings to consider: hard-boiled eggs, raspberries, smashed avocado, peanut butter + banana tea sandwiches.

Check out these new Registered Dietitian-developed recipe ideas as inspiration for your own entertaining board.

Find more information about the nutritional benefits of chicken.

What are the health benefits of eating chicken?



**Jessica Levinson**  
MS, RDN, CDN  
Registered Dietitian and  
Culinary Nutrition Expert

### FOR FAMILY GET-TOGETHERS

“ Chicken is a family favorite protein and when you put it on a stick it's even more fun for the kids! Parents can feel good knowing their kids are getting an excellent source of protein and a variety of other nutrients, especially ones not found in many foods kids typically eat, including iron, zinc, choline, and vitamin B12. You also can't beat the price point and versatility of chicken, not to mention how accessible it is and quick and easy to prep! Pair already prepared chicken breast, cut to cubes, with my Ranch-Style Dip, fruits, veggies, whole grains, healthy fats, nuts or seeds, like I do here, for a fantastic way to balance out your kids' plate with a combination of foods that will help them grow big and strong! ”



### Easy Ranch-Style Chicken Skewers & Snack Board by Jessica Levinson, MS, RDN, CDN

Chicken is an excellent low-calorie and low-fat source of high-quality protein, that provides important nutrients and is a true crowd pleaser through all stages of life, which is perfect with a broad range of ages.

#### For the Ranch-Style Dip:

- 1 cup non-fat or low-fat plain Greek yogurt (or dairy-free yogurt)
- 2 teaspoons lemon juice
- ½ teaspoon Kosher salt
- ¼ teaspoon dried parsley
- ¼ teaspoon dried dill or chives
- ¼ teaspoon garlic powder
- ⅛ teaspoon onion powder
- Freshly ground black pepper

#### Directions:

In a medium mixing bowl, whisk together all the dip ingredients. Taste and adjust seasonings as desired. Refrigerate until ready to serve.



**Jordan Mazur**  
MS, RD Director of Nutrition  
for a Professional  
Football Team

### FOR GAME WATCHING EVENTS

“ Chicken is a versatile, nutritious, and popular protein option to prepare for your next social gathering. Chicken is full of lean protein and important nutrients like vitamin B6, B12, and choline. The convenience of prepared chicken in stores makes it even easier to enjoy, simple to serve, and a perfect, more healthful addition to entertaining boards when watching the big game with family and friends. Paired here with my Healthy Green Goddess dressing alongside carrots, celery, cherry tomatoes, pistachios, red grapes, and a flavor boost from the olives and pickles, chicken is a perfect protein centerpiece. ”



### Jordan's "Chick-Cuterie" Board by Jordan Mazur, MS, RD

This sharing board is fun to eat and perfect for fueling while entertaining, but with a healthy spin. It's perfectly curated with ingredients for athletes and active people of all ages (and non-athletes alike) to watch the big game with friends and family.

#### For the Healthy Green Goddess Dressing Dip:

- 2 cup plain Greek yogurt (2% or full-fat)
- ½ medium ripe avocado
- ½ cup roughly chopped parsley (some stems are okay)
- ⅓ cup packed chopped basil
- 2 tablespoons chopped fresh dill
- 1 tablespoon chopped tarragon
- 1 clove garlic, chopped
- 1 tablespoon apple cider vinegar

- ½ teaspoon kosher salt
- ¼ teaspoon coarse ground black pepper
- 1 teaspoon lemon zest
- 2 tablespoons lemon juice
- Water (to desired consistency)

#### Directions:

Blend all ingredients in a blender or a food processor, scraping down sides as needed, until desired consistency.

