

Recipe of the week from skinnytaste.com:

[Weeknight Skillet Sazon Chicken Tenders](#)



Yield: 4 servings

INGREDIENTS

- (8) 1.25 lb chicken tenders
- 1 1/2 tsp dry sazon seasoning
(use this recipe for sazon: [homemade sazon](#))
- kosher salt, to taste
- 2 tsp olive oil, divided
- 1/2 cup diced scallions
- 3 cloves garlic, crushed
- 1 medium tomato, diced
- 1/3 cup reduced sodium chicken broth, check your labels for Whole 30 Compliant and Gluten Free

INSTRUCTIONS

1. Season chicken with dry sazon seasoning and salt.
2. Heat 1 tsp of oil in a large nonstick skillet over medium high heat and add chicken, cook 4 minutes, turn and cook 3 to 4 minutes until golden brown. Set aside on a dish.
3. Add remaining teaspoon of oil and scallions and cook over medium heat 2 to 3 minutes.
4. Add garlic and cook 1 minute. Add tomato, season with salt and cook 3 to 4 minutes until soft and thickened.
5. Add the broth, mix and return the chicken; cover and simmer 1 to 2 minutes to loosen the sauce.

Serving: 2 tenders with sauce Calories: 208kcal, Carbohydrates: 4g, Protein: 33g, Fat: 6g, Saturated Fat: 0.5g, Cholesterol: 104mg, Sodium: 187mg, Fiber: 1g, Sugar: 1g

Anti-inflammatory recipe of the week from allrecipes.com, by Ingrid:

Tuna Steaks with Melon Salsa

Tuna has omega-3 fats, which may help reduce inflammation. In addition, cantaloupe has vitamin A, and since vitamin A deficiency has been potentially linked to inflammation, cantaloupe is also helpful in controlling inflammation.

Servings: 2 Yield: 2 steaks



Ingredients

- 1 small cantaloupe, flesh removed and finely diced
- ½ red chile pepper, seeded and chopped
- 10 fresh basil leaves, cut into thin strips
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lime juice
- 1 pinch salt
- 1 pinch white sugar
- 2 tablespoons extra-virgin olive oil
- 2 (5 ounce) tuna steaks
- salt and ground black pepper to taste

Directions

Step 1

Combine the cantaloupe, chile pepper, basil, 2 tablespoons olive oil, lime juice, salt, and sugar in a bowl.

Step 2

Heat 2 tablespoons olive oil in a skillet. Season tuna steaks with salt and pepper. Cook tuna in oil for 3 minutes per side. Spoon cantaloupe mixture over each steak to serve.

Per Serving: 482 calories; protein 35.3g; carbohydrates 20.8g; fat 28.8g; cholesterol 63.8mg; sodium 89.1mg