

Heart Healthy chicken recipes: How to keep it healthy and tasty.

Chicken has become an integral part of our daily diet and the fact that it makes some very tasty meals is not up for argument. But it also is important to make sure that one does not over indulge and follows strict **recipes chicken breasts** that contain low fat and low cholesterol.

Following a balanced diet does have numerous advantages especially for anyone who is keen on **eating heart healthy** food. This is a fact that most people are realizing. But having to follow a balanced diet does not necessarily mean dull and boring food. There are numerous recipes which can enhance your experience of **heart healthy eating**. But before we proceed any further, it is important to have a clear understanding on what is actually meant by **heart healthy chicken recipes**. You may probably know that any food with excessive amounts of fat is definitely off the list for anyone concerned with **eating heart healthy** food. But it does not necessarily mean that one has to remove all foods with fat content from their diet. One obviously requires some amount fat in the diet for it to be a balanced diet. So let's take a closer look at **heart healthy chicken recipes**.

Heart healthy chicken recipes are essentially chicken recipes that have less than 10gms of overall fat. It is also important to make sure that such **heart healthy chicken recipes** do not contain any additional trans fat to what may already be present in the food. **Healthy chicken recipes** also need to have less than 3gms of saturated fat per serving. Additionally such **heart healthy chicken recipes** should contain low sodium and low cholesterol. Ideally, a single serving must have less than 100mg cholesterol and 500mg sodium. These attributes provide a clear definition of **heart healthy chicken recipes**.

Now that we have a proper understanding of what is actually meant by **eating heart healthy**, let us now look at the various ways to add flavor to **heart healthy chicken recipes**.

1. It is beneficial to note the fact that chicken breasts contain the lowest amount of cholesterol. Hence one should try to find and learn **healthy chicken breast recipes** and implement them as much as possible.
2. One of the easiest and also one of the most effective ways to add flavor to a **healthy chicken breast recipe** would be to roast the chicken with lemon instead of relying only on salt. It also helps to use some herbs. This simple method adds great taste to any **healthy chicken breast recipe** while making sure that daily salt intake is minimized.
3. Using olive oil instead of other cooking oils is another effective way to ensure **heart healthy eating**. Olive oil is not only low on cholesterol and fat, but it also has a flavor of its own which can enhance the taste of any **heart healthy chicken recipe**. Extra-virgin olive oil is probably the best substitute to other high cholesterol oils and makes a worthy replacement in all **heart healthy chicken recipes**.