



## Cook for the Heart with Celebrity Chef Ingrid Hoffmann

February is American Heart Month, and the perfect time to consider how to cook for your heart. Mazola® Corn Oil and Ingrid Hoffmann have teamed up to provide simple and delicious ways to be kind to your heart this month and beyond.

Kick your healthy cooking into high gear this February with the below tips and an exclusive recipe from Ingrid!

**Tip 1: Add color.** Incorporating a rainbow of fruits and vegetables like spinach, tomatoes and peppers into a meal makes the plate look more appetizing, and adds nutritional value.

**Tip 2: Downsize your plate.** Ditch the giant dinner plate for something more moderately sized to stick to proper portions. This can help stop overeating and the pressure to clean one's plate.

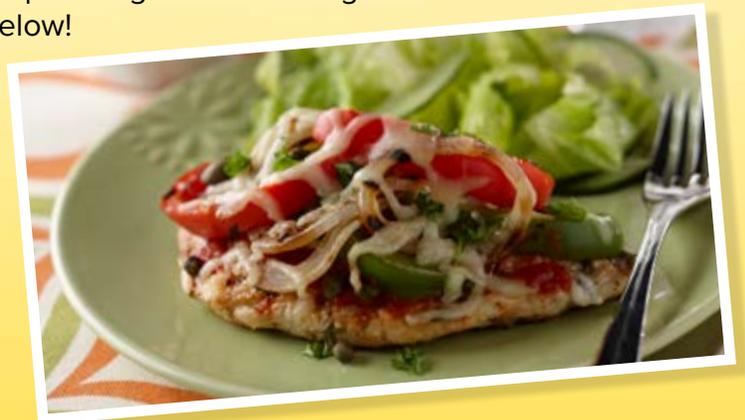
**Tip 3: Swap pantry staples.** Choose cooking oils with added health benefits. Mazola® Corn Oil has four times more cholesterol-blocking plant sterols than olive oil and a recent study has found Mazola® Corn Oil lowers cholesterol more than extra virgin olive oil. It is ideal for sautéing, stir-frying, grilling and baking, making it a great choice no matter what your favorite dish.

**Tip 4: Plan on Sundays.** Make a weekly menu on Sunday outlining your meal plan for the week and grocery shop accordingly. This will limit the number of nights you eat out, and save time and money. Why not pick up the ingredients for Ingrid's newest recipe, Chicken a la Pizza? Find the recipe below!

### CHICKEN A LA PIZZA

A customizable twist on a family favorite!

For more health information or recipes, visit [Mazola.com/Heart](http://Mazola.com/Heart)





# Chicken A La Pizza

By Celebrity Chef Ingrid Hoffmann



A customizable twist on a family favorite!

Yield: 4 servings  
 Prep Time: 15 minutes  
 Marinate Time: 30 minutes  
 Cook Time: 6 to 8 minutes



## Ingredients

### Chicken:

- 2 boneless, skinless, split chicken breasts (about 1 lb.)
- 2 cloves garlic, peeled and crushed
- 4 small sprigs of rosemary, stemmed and roughly chopped
- 2 tablespoons sherry vinegar OR white wine vinegar
- 2 tablespoons Mazola® Corn Oil
- 1/4 teaspoon salt
- Freshly ground Spice Islands® Whole Black Pepper

Start with chicken, then add your favorite toppings!

## Topping Variations

Mediterranean		Hawaiian		Mexican	
1/2	Red and green bell pepper, seeded and sliced	1 cup	Cubed fresh pineapple	1	Jalapeno pepper, sliced and seeded
1/2	Yellow onion, thinly sliced	1/2 med.	Red onion, thinly sliced	1 cup	Canned crushed tomatoes
1 cup	Canned crushed tomatoes with oregano, basil, garlic	1 cup	Canned crushed tomatoes with oregano, basil, garlic	1/4 cup	Chopped scallions
2 tsp.	Capers	1/4 cup	Sliced black olives	1/2 cup	Shredded reduced-fat Monterey Jack cheese
1/2 cup	Shredded reduced-fat mozzarella cheese	1/2 cup	Shredded reduced-fat mozzarella cheese	2 tbsp.	Chopped fresh cilantro
2 tbsp.	Finely chopped fresh parsley	2 tbsp.	Finely chopped fresh parsley	1 tbsp.	Finely chopped fresh oregano

## Chicken a la Pizza

### Instructions

Place one chicken breast between two pieces of plastic wrap on a cutting board. Pound chicken with a flat meat mallet or rolling pin until the chicken is 1/2-inch thick. Cut the pounded breast in half and repeat with the other piece of chicken. You will end up with 4 pieces of chicken.

Place the chicken, garlic, rosemary, sherry vinegar, oil, salt and pepper in a large resealable bag. Seal and place in the refrigerator for at least 30 minutes and up to 4 hours.

Preheat grill pan or large skillet to medium hot. Remove the chicken from the marinade and drain; discard any remaining marinade. Cook the chicken for about 3 to 4 minutes on one side.

**Mediterranean Topping Option:** While the chicken cooks, grill the peppers and onions on the same grill pan or in a skillet sprayed with cooking spray for 2 to 3 minutes.

Flip the chicken and top each piece with an equal amount of crushed tomatoes, grilled peppers and onions, capers, cheese and parsley. Cook for an additional 3 to 4 minutes until chicken is cooked through and cheese is starting to melt. Serve immediately.

**Hawaiian Topping Option:** While the chicken cooks, grill the pineapple and onions on the same grill pan or in a skillet sprayed with cooking spray for 2 to 3 minutes.

Flip the chicken and top each piece with an equal amount of crushed tomatoes, grilled pineapple and onions, black olives, cheese and parsley. Cook for an additional 3 to 4 minutes until chicken is cooked through and cheese is starting to melt. Serve immediately.

**Mexican Topping Option:** While the chicken cooks, grill the jalapeno peppers on the same grill pan or in a skillet sprayed with cooking spray for 2 to 3 minutes.

Flip the chicken and top each piece with an equal amount of crushed tomatoes, grilled jalapeno peppers, scallions, cheese, cilantro and oregano. Cook for an additional 3 to 4 minutes until chicken is cooked through and cheese is starting to melt. Serve immediately.