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Chicken recipes

Chicken can get kind of boring some times. We eat chicken all of the time, and it is not all ways the healthiest food option. But here are five chicken recipes that are both healthy and taste awesome!

Chicken and veggies may be your go-to healthy meal, but frankly, it's a snooze. We added taste and slashed calories to turn the dull duo into a lean dream team.

[Chicken recipes: Food & Diet: Self.com](#)

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