

chicken breast recipes for dinner

Chicken Breast Recipes for Dinner: Delicious Ideas to Spice Up Your Evening Meals

chicken breast recipes for dinner are a staple in many households thanks to their versatility, lean protein content, and ability to absorb flavors beautifully. Whether you're aiming for a quick weeknight meal or something more gourmet to impress guests, chicken breast offers a blank canvas that can be transformed into countless delicious dishes. From creamy sauces to spicy marinades, the possibilities are endless, making it one of the most popular choices for dinner around the world.

If you've ever found yourself stuck in a dinner rut, relying on the same old grilled chicken breast, this article will introduce you to a variety of creative, flavorful, and healthy ways to prepare chicken breast for dinner. Along the way, you'll also pick up handy cooking tips and flavor combinations that elevate this humble ingredient.

Why Chicken Breast Makes an Excellent Dinner Choice

Chicken breast is widely favored not just for its mild flavor but also for its nutritional benefits. It's low in fat, high in protein, and incredibly versatile. This makes it ideal for anyone looking to maintain a balanced diet without sacrificing taste. Additionally, chicken breast cooks relatively quickly, which is perfect for busy evenings when you want a satisfying homemade meal without spending hours in the kitchen.

One of the challenges with chicken breast, however, is that it can easily become dry or bland if not cooked properly. The key to great chicken breast recipes for dinner lies in marinating, seasoning, and choosing the right cooking method to retain moisture and enhance flavor.

Creative Chicken Breast Recipes for Dinner

1. Creamy Garlic Parmesan Chicken

This recipe is a crowd-pleaser that combines tender chicken breasts with a luscious garlic parmesan sauce. The creamy texture and cheesy flavor make it feel indulgent without being overly complicated.

- Start by seasoning the chicken breasts with salt, pepper, and Italian

herbs.

- Sear them in a hot skillet until golden brown on both sides.
- Remove the chicken and prepare a sauce using minced garlic, heavy cream, grated Parmesan, and a splash of chicken broth.
- Let the sauce simmer until thickened, then return the chicken to the pan to soak up the flavors.
- Serve with a side of steamed vegetables or over pasta for a complete meal.

This dish is perfect when you want something rich and comforting but still relatively simple.

2. Spicy Honey Lime Chicken

If you're craving something with a bit of a kick and a hint of sweetness, spicy honey lime chicken is an excellent option. The balance of heat, citrus, and sweetness creates a vibrant dinner that pairs well with rice or a fresh salad.

- Marinate chicken breasts in a mixture of honey, lime juice, chili powder, cumin, and garlic.
- Grill or pan-fry the chicken until cooked through and slightly charred.
- Garnish with fresh cilantro and lime wedges for extra zing.

This recipe highlights how a simple marinade can transform the flavor profile of chicken breast dramatically.

3. Stuffed Chicken Breast with Spinach and Feta

For a more elegant dinner, stuffed chicken breast recipes offer both flavor and visual appeal. Stuffing chicken breasts with spinach and feta cheese adds moisture and a Mediterranean flair.

- Butterfly the chicken breasts carefully to create a pocket.
- Sauté spinach with garlic and mix in crumbled feta cheese.
- Stuff the chicken pockets with this mixture and secure with toothpicks.
- Bake in the oven at 375°F (190°C) until the chicken is cooked through and the filling is warm.
- Serve alongside roasted potatoes or a crisp green salad.

This recipe is perfect for special dinners or when you want to impress without too much fuss.

Tips for Perfectly Cooking Chicken Breast Every

Time

Cooking chicken breast flawlessly can be tricky, but a few simple tips can make a huge difference.

Don't Skip the Marinade

Marinating chicken breast not only adds flavor but also helps tenderize the meat. Even a quick 30-minute soak in a mixture of olive oil, lemon juice, herbs, and spices can enhance juiciness and depth of flavor.

Use a Meat Thermometer

Overcooking is the most common reason chicken breast becomes dry. Using a meat thermometer to check for an internal temperature of 165°F (74°C) ensures your chicken is safe to eat but still moist and tender.

Let It Rest

After cooking, let your chicken breast rest for a few minutes before slicing. This helps the juices redistribute and prevents them from spilling out, keeping the meat juicy.

Healthy and Flavorful Sides to Complement Chicken Breast Dinners

Choosing the right side dishes can elevate your chicken breast dinner into a wholesome and satisfying meal. Here are some ideas that pair well with a variety of chicken recipes:

- **Roasted Vegetables:** A mix of carrots, zucchini, bell peppers, and red onions tossed with olive oil and herbs.
- **Quinoa Salad:** Light and nutritious, with cucumbers, cherry tomatoes, fresh herbs, and a lemon vinaigrette.
- **Mashed Cauliflower:** A low-carb alternative to mashed potatoes, creamy and smooth.
- **Brown Rice or Wild Rice Pilaf:** Nutty flavors that complement grilled or

baked chicken.

- **Steamed Asparagus or Green Beans:** Simply seasoned with lemon and garlic for freshness.

Incorporating colorful vegetables and whole grains helps round out the meal and adds essential nutrients.

Exploring Global Flavors with Chicken Breast

One of the joys of cooking chicken breast for dinner is how easily it adapts to different cuisines. Trying international recipes can bring excitement to your weekly meal planning.

Chicken Tikka Masala

Originating from Indian cuisine, this dish features chicken breast marinated in yogurt and spices, then simmered in a creamy tomato sauce. The blend of spices like garam masala, turmeric, and cumin creates a rich, aromatic profile.

Chicken Piccata

An Italian favorite, chicken piccata involves sautéed chicken breasts served in a tangy lemon, butter, and caper sauce. This recipe is bright and flavorful, perfect for a lighter yet satisfying dinner.

Teriyaki Chicken

From Japan, teriyaki chicken involves marinating chicken breast in a sweet soy sauce glaze, then grilling or pan-frying it. It's often served with steamed rice and stir-fried vegetables for a balanced meal.

Quick and Easy Chicken Breast Recipes for Busy Weeknights

When time is limited, having reliable chicken breast recipes for dinner that require minimal preparation is a lifesaver.

One-Pan Baked Chicken and Veggies

Simply arrange chicken breasts and your favorite chopped vegetables on a baking sheet, drizzle with olive oil, and season with herbs and spices. Bake everything together for about 25-30 minutes for a hands-off, nutritious meal.

Sheet Pan Fajitas

Toss chicken strips with fajita seasoning, sliced bell peppers, and onions. Spread on a baking sheet and roast until cooked. Serve with tortillas, salsa, and guacamole for a festive and fast dinner.

Chicken Stir-Fry

Cut chicken breast into thin strips and quickly stir-fry with colorful vegetables like broccoli, snap peas, and bell peppers. Add a simple sauce made from soy sauce, garlic, and ginger for a vibrant dinner ready in under 30 minutes.

Chicken breast is a versatile ingredient that can fit into nearly any flavor profile or cooking style. Exploring different chicken breast recipes for dinner not only adds variety to your meals but also ensures you enjoy healthy, protein-packed dinners that satisfy your taste buds. Whether you prefer creamy, spicy, stuffed, or grilled, there's a chicken breast recipe waiting to become your next favorite dinner.

Frequently Asked Questions

What are some easy chicken breast recipes for a quick dinner?

Some easy chicken breast recipes include grilled lemon herb chicken, baked garlic parmesan chicken, and skillet chicken with creamy mushroom sauce. These recipes typically require minimal ingredients and can be prepared in under 30 minutes.

How can I make juicy and tender chicken breasts for dinner?

To make juicy and tender chicken breasts, marinate them for at least 30 minutes, avoid overcooking by using a meat thermometer (internal temperature

of 165°F), and consider cooking methods like baking wrapped in foil, poaching, or pan-searing with a lid.

What are healthy chicken breast dinner recipes I can try?

Healthy chicken breast recipes include grilled chicken with steamed vegetables, baked chicken with quinoa and roasted veggies, and chicken stir-fry with lots of fresh vegetables and a light soy or teriyaki sauce.

Can I use chicken breasts in slow cooker recipes for dinner?

Yes, chicken breasts work well in slow cooker recipes. You can make dishes like slow cooker chicken chili, chicken curry, or shredded chicken tacos by cooking the breasts on low for 4-6 hours until tender.

What are some flavorful ways to season chicken breasts for dinner?

Flavorful seasonings for chicken breasts include garlic and herb blends, lemon pepper, Cajun spices, Italian seasoning, or marinades with soy sauce, honey, and ginger. Using fresh herbs and citrus zest can also enhance flavor.

Are there any low-carb chicken breast dinner recipes?

Yes, low-carb chicken breast recipes include grilled chicken with avocado salsa, chicken Alfredo with zucchini noodles, stuffed chicken breasts with spinach and cheese, and chicken fajitas served with lettuce wraps instead of tortillas.

Additional Resources

Chicken Breast Recipes for Dinner: A Culinary Exploration of Versatility and Flavor

chicken breast recipes for dinner have long been a staple in kitchens worldwide, valued for their lean protein content and adaptability to countless cooking styles. Whether one seeks quick weeknight meals or dishes worthy of entertaining guests, chicken breast offers a canvas on which diverse culinary techniques and flavor profiles can be applied. This article delves into the multifaceted nature of chicken breast recipes for dinner, examining popular cooking methods, flavor pairings, nutritional considerations, and practical tips to elevate this common ingredient into memorable meals.

The Versatility of Chicken Breast in Dinner Preparations

Chicken breast, known for its mild flavor and tender texture when properly cooked, serves as a foundational ingredient that complements a broad range of cuisines. Its relatively neutral taste makes it an ideal candidate for absorbing marinades, spices, and sauces, facilitating endless recipe variations. From grilling and baking to sautéing and poaching, the cooking technique directly influences both the texture and flavor outcome, making it critical to select appropriate methods based on the desired dish and dining occasion.

Popular Cooking Techniques for Chicken Breast

- **Grilling:** A favored method that imparts a smoky char and caramelized exterior. Grilled chicken breast often benefits from marinating beforehand to prevent dryness and enhance juiciness.
- **Baking:** Offers a hands-off approach, suitable for recipes involving stuffing, breading, or layered casseroles. Baking allows for even cooking and can be combined with vegetables or grains for a one-pan dinner.
- **Sautéing:** Quick and effective, sautéing chicken breast slices or medallions in a hot pan with minimal oil preserves tenderness and is ideal for dishes requiring a sauce reduction.
- **Poaching:** A gentle method that keeps the meat moist and tender, especially useful for salads or shredded chicken recipes.

Understanding these techniques is essential for home cooks aiming to optimize both flavor and texture while ensuring the chicken remains moist and palatable.

Flavor Profiles and Marinades Enhancing Chicken Breast Recipes for Dinner

Chicken breast's subtle taste serves as a blank slate for an array of seasoning blends and marinades. Incorporating herbs, spices, acidic components, and fats can dramatically transform the end result.

- **Mediterranean-inspired:** Utilizing olive oil, garlic, lemon juice, oregano, and thyme creates a bright, herbaceous profile that pairs well with roasted vegetables and grains like quinoa or couscous.
- **Asian-style:** Soy sauce, ginger, sesame oil, and chili flakes contribute umami and heat, often accompanied by stir-fried vegetables or steamed rice.
- **Classic American:** BBQ sauces, mustard glazes, and smoky rubs deliver a familiar and comforting flavor, frequently served alongside mashed potatoes or corn on the cob.

- ****Indian-influenced:**** Incorporating garam masala, turmeric, cumin, and yogurt marinades infuses the chicken with warm spices and tenderizes the meat.

Marinating chicken breast before cooking not only enhances flavor but also can improve moisture retention, a crucial factor given the lean nature of the meat.

Nutritional Considerations in Chicken Breast Dinner Recipes

Chicken breast is widely recognized for its high protein content coupled with low fat, making it a preferred choice for health-conscious individuals and athletes. A standard 3.5-ounce (100g) serving provides approximately 31 grams of protein and just 3.6 grams of fat, with negligible carbohydrates. Incorporating chicken breast into dinner recipes allows for nutrient-dense meals that support muscle maintenance and weight management.

However, the overall nutritional profile depends heavily on cooking methods and accompanying ingredients. For instance, breading and frying chicken breast increases calorie and fat content, whereas grilling or baking with minimal added fats preserves its lean quality. Additionally, pairing chicken with nutrient-rich vegetables, whole grains, and healthy fats can create balanced meals that satisfy both taste and dietary goals.

Balancing Flavor and Health in Chicken Breast Dinners

To maintain the health benefits of chicken breast while delivering robust flavors, consider these strategies:

- Opt for grilling or baking over frying.
- Use herbs and spices liberally instead of heavy sauces.
- Incorporate vegetables high in fiber and antioxidants, such as spinach, broccoli, or bell peppers.
- Limit added sugars and excessive sodium in marinades and sauces.

These practices help retain the nutritional integrity of chicken breast dishes without sacrificing taste.

Innovative Chicken Breast Recipes for Dinner

Worth Trying

In recent years, culinary innovation has expanded the repertoire of chicken breast recipes for dinner beyond traditional preparations. Here are several distinctive ideas that showcase versatility and creativity:

1. Stuffed Chicken Breast with Spinach and Feta

This recipe involves butterflying the chicken breast and filling it with a mixture of sautéed spinach, crumbled feta cheese, garlic, and herbs. Baking the stuffed breast results in a visually appealing and flavorful entrée that combines protein with nutrient-rich greens and calcium.

2. Chicken Piccata

An Italian-inspired dish featuring lightly floured and pan-seared chicken breasts served with a tangy sauce of lemon juice, capers, and white wine. This preparation is lauded for its bright acidity and quick cooking time, making it suitable for sophisticated yet accessible dinners.

3. Asian-Inspired Chicken Lettuce Wraps

Ground or finely chopped chicken breast is stir-fried with garlic, ginger, soy sauce, and water chestnuts, then served wrapped in crisp lettuce leaves. This low-carb, flavorful option emphasizes textural contrast and freshness.

4. Honey Garlic Baked Chicken

A simple combination of honey, garlic, soy sauce, and mustard creates a sticky glaze when baked over chicken breasts. This recipe balances sweetness and savory elements, appealing to a broad range of palates.

5. Mediterranean Chicken Bowls

Grilled chicken breast slices are served atop a bed of couscous or brown rice, accompanied by hummus, olives, cucumbers, and tomatoes. This bowl-style meal facilitates customization and integrates diverse textures and flavors.

Practical Tips for Cooking Perfect Chicken Breast Dinners

Given chicken breast's lean composition, it is prone to drying out if overcooked. To ensure optimal results, the following guidelines are recommended:

- **Use a meat thermometer:** Aim for an internal temperature of 165°F (74°C) to guarantee food safety without overcooking.
- **Marinate adequately:** Allow chicken to sit in marinades for at least 30 minutes to enhance flavor and moisture retention.
- **Don't overcrowd the pan:** When sautéing or grilling, cook chicken in batches if necessary to promote even cooking and browning.
- **Let it rest:** After cooking, allow the chicken to rest for a few minutes to redistribute juices, improving tenderness.
- **Consider pounding:** Even thickness ensures uniform cooking and reduces the risk of dry edges.

These techniques help home cooks achieve consistently succulent chicken breast dinners, encouraging experimentation with various recipes and flavor combinations.

The expanding variety of chicken breast recipes for dinner reflects ongoing culinary trends emphasizing health, convenience, and global flavors. Whether preparing a simple grilled chicken salad or an elaborate stuffed breast, this ingredient's adaptability continues to make it a reliable and nutritious centerpiece for evening meals.

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chicken breast recipes for dinner: Boneless Chicken Breast Recipes: Best Way to Cook Chicken Breast Victor Gourmand, As any seasoned home chef knows, chicken breasts are a versatile and delicious protein that can be used in a wide variety of dishes. Whether you're looking

for a hearty weeknight meal, a quick and easy dinner solution, or something to impress your dinner guests, boneless chicken breast recipes offer endless possibilities. This is why I wrote “Boneless Chicken Breast Recipes: Best Way to Cook Chicken Breast.” With so many recipes to choose from, it can be overwhelming to know where to begin. That's why this cookbook is an essential addition to any kitchen. Packed with mouthwatering recipes that are sure to please even the pickiest eaters, this cookbook is a must-have for any home chef. One of the great things about boneless chicken breast recipes is that they can be prepared in a multitude of ways. From grilling and roasting to sautéing and baking, the options are endless. And with the right techniques and seasonings, you can take your chicken dishes to the next level. Whether you're a fan of classic comfort food like chicken and dumplings or you prefer more exotic flavors like Thai or Indian cuisine, this cookbook has something for everyone. With recipes ranging from straightforward to more complex and challenging, you're sure to find something that suits your taste buds. Beyond the recipes themselves, the “Boneless Chicken Breast Recipes: Best Way to Cook Chicken Breast” cookbook is also a valuable resource for home chefs of all skill levels. From expert tips on how to properly prepare and season your chicken to advice on what kitchen tools and equipment you'll need to get the job done right, this cookbook covers all the bases. In addition, this cookbook also includes information on the nutritional benefits of boneless chicken breast recipes. For those looking to maintain a healthy diet, chicken breast is a great choice as it is low in fat and packed with protein. Whether you're an experienced home chef looking to expand your culinary horizons or a novice cook just starting, the “Boneless Chicken Breast Recipes: Best Way to Cook Chicken Breast” cookbook is the perfect resource for anyone looking to elevate their chicken dishes to the next level. With its wide range of recipes and comprehensive information, it's sure to become a go-to resource in your kitchen for years to come. So why wait? Pick up a copy of this cookbook today and start cooking up some delicious boneless chicken breast recipes!

chicken breast recipes for dinner: *Chicken Cookbook: 50 Delicious Air-Fryer Chicken Breast Recipes* Victor Gourmand, Cooking Chicken Breast at Home Cookbook Series As the author of this cookbook, “Chicken Cookbook: 50 Delicious Air-Fryer Chicken Breast Recipes”, I am thrilled to share my passion for air-fryer cooking with you. The inspiration for this book came from my love of chicken breasts, which are not only healthy but also incredibly versatile in terms of flavor and texture. With an air fryer, you can enjoy all the deliciousness of fried chicken breasts without the extra calories and unhealthy fats. Throughout the years, I've experimented with a wide range of air-fryer recipes, and I've compiled my favorite creations into this comprehensive guide. On these pages, you'll find 50 recipes that will suit every taste bud and occasion, from appetizers to main courses to healthy options to international flavors. Whether you're looking for a quick weeknight dinner or an impressive dish for your next dinner party, this cookbook has got you covered. One of the things that I love most about air-fryer cooking is how easy it is to use. You don't need to be a professional chef to create delicious and healthy meals with an air fryer. In fact, with a few simple tips and tricks, anyone can become an air-fryer pro. I've included a section on tips and tricks for using an air fryer in this cookbook, which will help you get the most out of your appliance and ensure that your dishes turn out perfectly every time. Another thing that sets air-fryer cooking apart from other methods is how fast it is. Unlike traditional oven cooking or stovetop methods, air-frying requires little to no preheating time, and the cooking process is much faster overall. This means that you can have a delicious, healthy meal on the table in minutes, perfect for busy weeknights or last-minute dinner parties. I've also included a section on selecting and preparing chicken breasts, which is an essential step in creating delicious air-fryer meals. Not all chicken breasts are created equal, and choosing the right cut can make all the difference in the final result. I've included tips on buying chicken breasts, how to trim and cut them, and different marinating techniques to enhance their flavor. The recipes in the “Chicken Cookbook: 50 Delicious Air-Fryer Chicken Breast Recipes” are bursting with flavor and creativity. From classic fried chicken to international flavors like Thai basil chicken and chicken tikka masala, each recipe is designed to showcase the versatility of chicken breasts and the air fryer. I've included a wide range of recipes to suit every taste, whether

you prefer spicy or mild, sweet or savory, or healthy and low-calorie options. Overall, the “Chicken Cookbook: 50 Delicious Air-Fryer Chicken Breast Recipes” is a celebration of the versatility and deliciousness of chicken breasts and air-fryer cooking. It's perfect for anyone who wants to eat healthily without sacrificing taste or convenience. With easy-to-follow recipes and expert tips, you'll be able to create restaurant-quality meals in the comfort of your own home. So why wait? Grab your air fryer and start cooking!

chicken breast recipes for dinner: Low Carb the Right Way! 120 Brilliant Recipes & Your 30-Day Plan to Get Started Jonathan Hill Jonathan Hill, 2025-05-07 Low Carb – aber richtig! 120 geniale Rezepte & dein 30-Tage-Plan zum Durchstarten Vergiss langweilige Diäten und unrealistische Ernährungspläne – Low Carb – aber richtig! ist dein ultimativer Ratgeber für leckere, sättigende und wirkungsvolle Low-Carb-Ernährung, die wirklich funktioniert! Egal, ob du abnehmen, mehr Energie haben oder deine Gesundheit verbessern möchtest – dieses Buch gibt dir alles an die Hand, was du brauchst, um erfolgreich zu starten. Das erwartet dich im Buch: □ 120 köstliche Low-Carb-Rezepte – von schnellen Frühstücksideen bis zu herzhaften Abendessen □ Ein Schritt-für-Schritt-Plan für 30 Tage, mit dem Low Carb ganz einfach wird □ Die Wissenschaft hinter Low Carb – warum es wirkt und wie du es richtig machst □ Smarte Einkaufslisten & Meal-Prep-Tipps, um Zeit zu sparen und am Ball zu bleiben □ Profi-Tricks, um typische Fehler zu vermeiden und motiviert zu bleiben Kein Hungern, keine komplizierten Regeln – nur echtes Essen, echte Ergebnisse und ein Lebensstil, den du lieben wirst! Hol dir jetzt dein Exemplar und starte deine Reise zu einem gesünderen, glücklicheren Ich!

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treats for festive occasions. Featuring a photo and how-to video for every recipe (follow the QR code), readily available ingredients, Nagi's famously helpful notes, and Dozer, Australia's best-loved food tester, this is a kitchen-shelf must-have for the novice cook, the expert seeking to perfect technique (straight to the Beef Wellington!), and everyone in between. WINNER OF THE ABIA BOOK OF THE YEAR 2023 WINNER OF THE ABIA ILLUSTRATED BOOK OF THE YEAR 2023 SHORTLISTED FOR THE INDIE BOOK AWARDS 2023 FOR ILLUSTRATED NON-FICTION

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<https://www.instagram.com/simple.home.edit> <https://www.tiktok.com/@simple.home.edit>

chicken breast recipes for dinner: Living the Good Long Life Martha Stewart, 2013-04-23 Martha Stewart's engaging handbook for living your healthiest life after 40—with expertise from doctors and specialists on eating, exercise, wellness, home, and organizing, as well as caring for others. Martha Stewart's Living the Good Long Life is a practical guide unlike any other: honest and upbeat, with clear and motivating charts, resources, and tips from doctors and wellness specialists. From the best ways to organize your home to protecting your mental well-being and appearance as you age, this book gives accessible ideas that you can incorporate every day. And when it's time to explore caregiving for others, you'll know how to enrich their quality of life while preventing your own fatigue. Martha's 10 Golden Rules for Successful Aging provide a framework for chapters that cover your changing needs with every decade, including: -Healthy Eating: Stock a healthy pantry for

your dietary needs. -Healthy Fitness: Stand strong on your feet by increasing your balance, endurance, and flexibility. -A Healthy Brain: Stimulate new brain activity to prevent memory loss. -A Healthy Outlook: Maintain a sense of daily purpose by strengthening social connections. -Healthy Living Every Day: Medicate wisely while paying attention to aches and pains. -Healthy Looks: Take care of your skin and match your makeup to your age. -Healthy Home: Create a home that is a reflection of how you want to live. -Healthy Living into the Future: Be your own wellness CEO to prevent future illness. -Healthy Caring: Prepare for helping others while caring for yourself, and much more! Healthy living begins with establishing small habits, and with Living the Good Long Life you'll have a dependable source for thriving in your 40s, 50s, 60s, and beyond. In my Foundation's health initiatives—and in my own life—I've seen again and again how even small measures to improve your health can make a big difference. Living the Good Long Life is full of simple ideas that can be incorporated into daily routines to help you feel better and keep on doing what you love. —President Bill Clinton For thirty years, Martha Stewart has carefully coached us on how to take care of our homes, our menus, our crafts. And now in Living the Good Long Life, she has brought her brilliant skills to the mission of helping us take care of ourselves. With sparkling prose, no-nonsense instruction, and, as always, oceans of wisdom, Martha implores readers not to recoil from their advancing years, but to embrace and celebrate them—with invaluable tips on keeping our diets healthy, our bodies pumping, and our outlook forever sunny. I just loved this book. —Marlo Thomas

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