

CHICKEN ADOBO

INGREDIENTS:

2 T vegetable oil
4 boneless skinless chicken breasts
1/2 onion, finely chopped
2 t minced garlic
3/4 cup vinegar (white or apple cider)
1/2 cup soy sauce
1/2 tsp ginger
1/2 tsp crushed black peppercorns
3 bay leaves



DIRECTIONS:

1. Heat the vegetable oil in a large skillet over medium-high heat. Add the onion, garlic and chicken. Cook the chicken pieces until golden brown on both sides, then remove to a separate dish and keep warm.
2. To the skillet, pour in vinegar and soy sauce, and season with garlic powder, black pepper, and bay leaf. Add the browned chicken, increase the heat to high, and bring to a boil. Reduce heat to medium-low, cover, and simmer until the chicken is tender and cooked through, about 35 to 40 minutes.
3. When the chicken reaches 165-degrees, remove from the pan and keep warm. Transfer the sauce to a small saucepan and begin simmering the sauce at medium heat, uncovered, until it is reduced by half.
4. When the sauce is just about finished, reheat the skillet used previously, using medium-high heat, and re-brown the cooked chicken. Just a couple minutes per side.
5. Strain the reduced sauce to remove the particles. Serve the chicken along with rice, drizzling the reduced sauce over the top. Enjoy!

Serving size = 1 breast

Nutrition Facts	
Serving Size 247 g	
Amount Per Serving	
Calories 377	Calories from Fat 160
% Daily Value *	
Total Fat 17.8g	27%
Saturated Fat 4.4g	22%
Trans Fat 0.0g	
Cholesterol 130mg	43%
Sodium 1926mg	80%
Total Carbohydrates 5.9g	2%
Dietary Fiber 0.9g	4%
Sugars 1.3g	
Protein 44.6g	
Vitamin A 3%	Vitamin C 4%
Calcium 5%	Iron 18%
Nutrition Grade B-	
* Based on a 2000 calorie diet	

Nutritional Analysis

Good points

- Low in sugar
- High in niacin
- High in selenium
- High in vitamin B6

Bad points

- High in cholesterol
- Very high in sodium