

Sweet Mustard Chicken

Makes 1 serving (1 protein)
26 grams protein
2 grams fat
145 calories

Ingredients

- 100 grams chicken breast
- ¼ cup hCG Diet approved chicken broth or water
- tablespoon Bragg's liquid aminos
- 1/8 teaspoon mustard powder or to taste
- ¼ teaspoon fresh ginger or sprinkle of ginger powder
- 1 tablespoon onion, chopped
- ½ teaspoon garlic powder
- Sea salt and pepper to taste
- Stevia to taste

Directions

1. Dissolve spices in chicken broth.
2. Add chicken, broth, and onion to a small saucepan and cook on medium heat for about 5-10 minutes or until chicken is tender.
3. Periodically deglaze the pan with a little water to create a richer sauce.

HCG Diet Tip

Weigh out individual 100 grams of meat, chicken or fish, put in plastic bags and freeze for later use. Freeze individual servings pre-seasoned with marinades or spice blends for added flavor. This saves time when preparing meals.

