

Middle Eastern Spiced Chicken

Ingredients

- 100 grams chicken
- 1½ cups fresh tomatoes, chopped
- 1 cup chicken broth or water
- 3 tablespoons lemon juice
- 1 tablespoon onion, minced
- 1 clove garlic, crushed and minced
- ⅛ teaspoon fresh ginger, grated
- ¼ teaspoon allspice
- Dash of cumin
- Dash of cinnamon
- Sea salt and black pepper to taste

Directions

1. Combine spices with liquid ingredients.
2. Bring to a boil.
3. Add tomatoes and chicken to the sauce.
4. Simmer for 20-30 minutes and serve.

Makes 1 serving
(1 protien, 1 vegetable)
Make multiple servings
using whole 100 gram
chicken breast pieces.

29 grams protein

2 grams fat

200 calories

