

Szechwan Chicken with Cabbage

Makes 1 serving (1 protein, 1 vegetable)
28 grams protein
2 grams fat
200 calories

Ingredients

- 100 grams chicken breast
- 100 grams (approx. 1½ cups) cabbage, chopped
- 1 cup chicken broth or water
- 2 tablespoons Bragg's liquid aminos
- 1 teaspoon hot sauce
- Pinch of crushed red pepper flakes
- Pinch of fresh or powdered ginger
- 1 clove garlic, crushed and minced
- 1 tablespoon green onion, chopped
- Stevia to taste



Directions

1. Brown chicken in Bragg's liquid aminos and a little water.
2. Add chicken broth and spices.
3. Simmer for 5 minutes.
4. Add the cabbage and allow to cook for 10 minutes or until cabbage is tender.
5. Add additional water if necessary.
6. Top with additional green onions for garnish and sprinkle with lemon juice and additional Bragg's.

HCG Diet Tip

"Deglaze" a recipe by allowing the meat, spices, and liquids to reduce until the pan is dry and starting to brown. Add a small amount of water or broth to create a rich, flavourful sauce for your dish.