

Mexican Style Cilantro Chicken

Makes 1 serving (1 protein, 1 vegetable)
29 grams protein
3 grams fat
200 calories

Ingredients

- 100 grams chicken, cubed or sliced
- 100 grams (approx. 1½ cups) tomatoes, chopped
- ½ cup hCG Diet approved chicken broth or water
- 2 tablespoons lemon juice
- Fresh cilantro, chopped
- ¼ teaspoon dried oregano
- ¼ clove fresh garlic, minced
- ¼ teaspoon chili powder
- Cayenne pepper to taste
- Pinch of cumin
- Sea salt and pepper to taste



Directions

1. Lightly brown the chicken with a little lemon juice.
2. Add spices, additional lemon juice, and chicken broth.
3. When the chicken is cooked thoroughly, add fresh tomatoes and cilantro and cook for 5-10 more minutes.

