



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Ginger Spiced Chicken

Adapted from Cooking Light

2 tsp ground ginger
1/4 tsp nutmeg
1/4 tsp cinnamon
1/4 tsp allspice
3/4 tsp salt
1/2 tsp pepper
1 pound boneless, skinless chicken thighs
2 tbsp olive oil
1/4 cup white wine

Instructions:

Combine the first 6 ingredients in a small bowl; mix well. Place each chicken thigh into the spice mixture and toss to combine, shaking off any excess; set each piece aside and let stand for 5 minutes.

Heat a skillet or sauté pan on medium heat and add olive oil. Add the chicken pieces and cook about 2 minutes on each side, or until browned. Add wine; cover and reduce the heat to medium low and cook 5 minutes more or until the internal temperature of the chicken reaches 165 degrees.

Yield: 4 servings

NUTRITION INFORMATION PER SERVING:

CALORIES: 210 calories	PROTEIN: 22 g	SODIUM: 390 mg
	CARBOHYDRATE: 0 g	FIBER: 0 g
	FAT: 12 g	Sat Fat: 2 g

MAKE IT A MEAL:

Entree: 1 serving ginger spiced chicken

Starch: 1/2 cup brown rice (110 calories) and 1/2 cup black beans (115 calories)

Fruit: 1 cup cubed mango (100 calories)

GROCERY SHOPPING LIST

1 pound boneless, skinless chicken thighs
Mango (fresh or frozen)
Canned black beans
Brown rice
Spices: ground ginger, nutmeg, cinnamon, and allspice
White wine
Condiments: olive oil; salt; pepper

USE OF LEFTOVERS

Place ginger spiced chicken into 1/2 a whole wheat pita with sliced cucumbers, lettuce, mint, and a tbsp of tangy Greek yogurt for a quick lunchtime sandwich.