

GINGER SPICED CHICKEN

Adapted from Cooking Light

Ingredients

- 2 teaspoons ground ginger
- ¼ teaspoon nutmeg
- ¼ teaspoon cinnamon
- ¼ teaspoon allspice
- ¾ teaspoon salt
- ½ teaspoon pepper
- 1 pound boneless skinless chicken thighs
- 2 tablespoons olive oil
- ¼ cup white wine

Instructions

Combine the first 6 ingredients in a small bowl and 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 heat to medium low. Cook 5 minutes more or until the internal temperature of the chicken reaches 165 degrees.

Yield: 4 servings

NUTRITION FACTS PER SERVING

CALORIES: 210

PROTEIN: 22 grams

SODIUM: 390 milligrams

CARBOHYDRATE: 0 grams

FIBER: 0 grams

FAT: 12 grams

SATURATED FAT: 2 grams