



Chicken With Mushrooms and Scallions

Makes: 4 servings

Prep time: 10 minutes

Cook time: 12 minutes

- 1 tablespoon toasted sesame oil
- 1 small bunch scallions, sliced, whites and greens separated
- 1 small garlic clove, finely chopped
- 4 ounces shiitake mushrooms, stems removed and caps thinly sliced
- 4 cups water
- ¼ cup low-sodium soy sauce
- 1 2-inch piece gingerroot, peeled and cut into ¼-inch rounds
- 1 pound boneless, skinless chicken breasts, cut into ¾-inch cubes

1. In a very large skillet or soup pot, heat the sesame oil over medium heat. Add the scallion whites and garlic; cook, stirring, about 1 minute. Add the mushrooms and cook until softened, about 3 minutes.

2. Pour the water into the pan. Stir in the soy sauce and ginger and let simmer for 2 minutes. Gently place the chicken pieces in the broth. Reduce heat to low; cover and poach until the chicken is just cooked through, about 7 minutes.

3. Transfer the chicken pieces to wide, shallow bowls. Ladle broth over the chicken. Garnish with the scallion greens and serve.

Nutrition facts per serving:

190 calories, 28 g protein, 7 g carbohydrate, 5 g fat (0.9 g saturated), 1 g fiber

Chipotle-Glazed Roast Chicken With Sweet Potatoes

Makes: 6 servings

Prep time: 15 minutes

Cook time: 35 minutes

- 4 sweet potatoes (10 ounces each), peeled and cut into 1-inch pieces
- 2½ tablespoons olive oil
- 4 chipotle chiles in adobo sauce, minced
- 2 garlic cloves, minced
- 2 tablespoons honey
- 2 teaspoons cider vinegar
- 1¼ teaspoons salt, plus additional to taste
- 1 teaspoon cumin
- ½ teaspoon cinnamon
- 6 boneless, skinless chicken breasts (2 pounds), rinsed and patted dry
- Chopped cilantro, for garnish (optional)

1. Preheat the oven to 400°. In a medium bowl, toss the sweet potatoes in the olive oil and scatter on the bottom of a roasting pan. Roast for 15 minutes.

2. In a small bowl, mix together the chiles, garlic, honey, vinegar, salt, cumin and cinnamon to make a paste. Rub the paste evenly over each breast.

3. Place the chicken breasts on top of the sweet potatoes and roast until the chicken is just cooked through, about 25 to 30 minutes. Serve garnished with cilantro if desired.

Nutrition facts per serving:

407 calories, 38 g protein, 45 g carbohydrate, 8 g fat (1.3 g saturated), 6 g fiber

