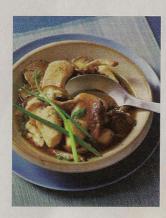
## eatright



## Chicken With Mushrooms and Scallions

Makes: 4 servings Prep time: 10 minutes Cook time: 12 minutes

- 1 tablespoon toasted sesame oil
- small bunch scallions, sliced, whites and greens separated
- small garlic clove, finely chopped
- 4 ounces shiitake mushrooms, stems removed and caps thinly sliced
- 4 cups water
- 1/4 cup low-sodium soy sauce
- 1 2-inch piece gingerroot, peeled and cut into 14-inch rounds
- 1 pound boneless, skinless chicken breasts, cut into 34-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
- 21/2 tablespoons olive oil
- 4 chipotle chiles in adobo sauce, minced
- 2 garlic cloves, minced
- 2 tablespoons honey
- 2 teaspoons cider vinegar
- 11/4 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

