

SKILLET GINGER CHICKEN WITH CILANTRO AND LIME



NUTRIENTS PER 1 ½ CUP SERVING:

CALORIES: 408

FAT: 8 g

CARBS: 49 g

PROTEIN: 35 g

SUGARS: 3 g

Serves 4

INGREDIENTS:

- 8 oz vermicelli or whole-wheat angel hair pasta (dry)
- 2 tsp peanut oil
- 3 cloves garlic, minced
- 1 tbsp minced fresh ginger
- 1 lb boneless, skinless chicken breasts, cut into 1-inch pieces
- ¼ cup reduced-sodium soy sauce
- 2 tsp toasted sesame oil
- 2 tbsp fresh lime juice
- ¼ cup chopped fresh cilantro
- ¼ cup chopped scallions (white and green parts)
- Lime wedges for garnish (optional)

INSTRUCTIONS:

1. Cook pasta according to package directions. Drain, reserving ¼ cup of cooking water.
2. Meanwhile, heat peanut oil in a large skillet over medium-high heat. Add garlic and ginger, and cook 1 minute. Add chicken and cook until golden brown on all sides, about 3 to 5 minutes. Add reserved cooking water, soy sauce, sesame oil and lime juice. Bring to a simmer. Add pasta and cook 1 minute to heat through, stirring frequently.
3. Remove from heat and stir in cilantro and scallions. Serve with lime wedges on the side, if desired.

NUTRITIONAL BONUS:

Chicken is an essential source of vitamin B3 (aka niacin), which is necessary for the body to convert protein, fats and carbs into usable energy. You should have no trouble converting the macronutrients in Miller's skillet dish – one serving offers over 66 percent of your daily need of the B vitamin.