



# GINGER TURMERIC CHICKEN

## ingredients:

- |                                   |   |
|-----------------------------------|---|
| 1 inch piece fresh ginger, peeled | 3 Tablespoons canola oil                                |
| 1 teaspoon ground turmeric        | 3 Tablespoons white vinegar                             |
| 4 cloves garlic, peeled           | 2 Tablespoons low sodium soy sauce                      |
| 1 Tablespoon cumin                | 2 pounds thinly sliced skinless boneless chicken breast |
| 1 Tablespoon paprika              |   |
| 1 teaspoon dried oregano          |   |

## directions:

1. Combine all herbs and spices in food processor or blender and process until finely chopped. Add oil, vinegar and soy sauce and stir to combine.
2. Add marinade to chicken breasts in glass bowl (or plastic zipper bag) and marinate overnight in refrigerator.
3. Heat frying pan to medium heat.
4. Remove chicken from marinade and place on the pan, turning occasionally until fully cooked, about 10-12 minutes.

Yield: 8 servings

## Nutrition Information Per Serving:

180 Calories  
7 grams Fat  
1 gram Saturated Fat  
66 mg Cholesterol  
157 mg Sodium  
2 grams Carbohydrates  
0 grams Sugar  
1 gram Fiber  
27 grams Protein

Food exchanges:  
4 lean protein



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