

Filipino Chicken Adobo

A lighter take on the Filipino classic: chicken braised in vinegar, soy and garlic, then broiled. 26 g protein and 8 g net carbs.

Makes 4 servings | Serving: ½ cup | Cost: Budget-friendly | 10 min + 1 hr 30 min | 8 g net carbs

Ingredients

- 1 teaspoon olive oil
- 2 cloves fresh garlic, crushed
- 2 medium onions, chopped
- 1 lb boneless, skinless chicken breasts
- 2 tablespoons lite soy sauce
- ¼ cup vinegar
- 1 teaspoon paprika
- 2 tablespoons ground black pepper
- 1 bay leaf, broken in half
- 1 medium red tomato (optional)

Nutrition Facts

Per serving (½ cup)

Calories	**190**
Total Fat	5 g
Saturated Fat	1 g
Sodium	330 mg
Total Carbohydrate	10 g
Dietary Fiber	2 g
Protein	26 g
Potassium	370 mg

Method

1. Warm the olive oil, garlic and onion in a skillet, add the chicken and brown it.
2. Stir in the soy sauce, vinegar, paprika, pepper and bay leaf.
3. Bring to a boil, then simmer 45-60 minutes, until the chicken is done.
4. Lift out the chicken and broil it until browned. Keep the pan liquid.
5. Boil the sauce uncovered until reduced by half, pour it over the chicken and garnish with tomato wedges, if you like.

Swaps: Serve over cauliflower rice. Use bone-in thighs for a richer, higher-fat adobo.

Storage: Refrigerate up to 4 days; the flavor is even better the next day.

Why it's good for you

- Chicken provides protein.[1]
- Onions and garlic add flavor and antioxidants.[2]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Protein, https://nutritionsource.hsph.harvard.edu/what-should-you-eat/protein/ [2] Harvard T.H. Chan School of Public Health, The Nutrition Source: Vegetables and Fruits, https://nutritionsource.hsph.harvard.edu/what-should-you-eat/vegetables-and-fruits/

Recipe adapted from National Heart, Lung, and Blood Institute (NIH), Healthy Eating Recipes: https://www.nhlbi.nih.gov/health/heart-healthy-living/healthy-foods/healthy-eating-recipes/marinated-chicken-adobong-manok. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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