Tangy Vinegar Chicken

Ingredients

- 100 grams chicken breast
- 1/4 cup hCG Diet approved chicken broth or water
- 1/4 cup apple cider vinegar
- 2 tablespoons lemon juice
- 1 tablespoon onion, chopped
- 1 clove garlic, diced
- Sea salt and pepper to taste

Directions

- 1. In a small saucepan combine vinegar, chicken stock, onion, garlic, salt, and pepper.
- 2. Add chicken and cook thoroughly.
- 3. Deglaze the pan periodically with a little water to create a sauce.



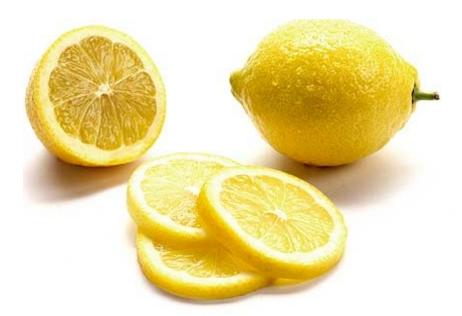
Chop up fresh herbs and spices and freeze with water in ice cube trays. Add these as needed when cooking to flavour your dishes. Works well with fresh herbs such as basil, Italian parsley, and cilantro.

Makes 1 serving

25 grams protein

(1 protein)

2 grams fat 145 calories





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