



Poached Chicken

Here's yet another way to create a delicious and band friendly moist chicken recipe. You can use chicken breasts or thighs - note that the calories/protein are based on boneless, skinless breasts. Just add a low carb veggie of your choice...how about asparagus...and you have a lovely dinner ready to go quickly and easily.

Ingredients:

- 4 boneless, skinless chicken breasts (about 4 oz each)
- ½ medium yellow onion coarsely sliced
- 1 stalk of celery cut into quarters
- 2 garlic cloves peeled
- ½ lemon sliced
- 1 teaspoon sea salt
- 1 teaspoon black peppercorns
- 3-4 sprigs of parsley or thyme

Directions:

1. Combine all ingredients except chicken in a large pot
2. Cover with water by ½ inch
3. Bring to a boil over high
4. Add chicken and return to a boil
5. Cook for 3 minutes then cover skillet and remove from heat
6. Let stand covered until chicken is cooked through, about 16 - 18 minutes, turning the chicken once at the halfway point.
7. Immediately remove chicken from poaching liquid and serve.

Nutritional info: Each chicken breast (4 oz) is approximately

- **120 calories and**
- **22 grams protein.**