

Chicken and steamed Bok Choy

1 ½ pounds bok choy
2 cups rotisserie chicken, chopped
2 cups chicken broth
2 garlic cloves, minced
1 small onion, thinly sliced
½ orange, cut into wedges
1 can (4 ounces) sliced water chestnuts, drained
¼ cup fresh cilantro, chopped
2 tablespoons soy sauce
Salt and black pepper to taste

Directions:

If the bok choy heads are small, cut into halves or quarters. If it is a large head, chop into bite-size pieces. In a medium saucepan over high heat, bring the broth, garlic, onion, and orange wedges to a boil. Reduce the heat to low, cover, and simmer for 5 minutes. Add chicken and bok choy and simmer for 5 minutes, or until tender. Add the water chestnuts, cilantro, and soy sauce. Simmer for 1 minute. Remove and discard the orange wedges. Season with salt and pepper to taste.

Serves 8

Nutrient Analysis, per serving: 188 calories, 10g. carbohydrate, 18g. protein, 8g. fat, 633mg. sodium