

KOREAN CHICKEN

This is one of my family's favorite dishes. The flavors are amazing together. The original version of this recipe was named Olympics Chicken, as it was a contest winner for the Seoul Olympics. The original recipe used honey to sweeten the dish, but here a low-glycemic sweetener is used to lower the carbs. I have also doubled the sauce, because we can never get enough of it, plus it provides more to spoon over our cauliflower rice. *One serving of this recipe is 3 oz of the chicken and covers your protein for one meal.*





INGREDIENTS

- 2 Tbs. cold-pressed, unrefined coconut or avocado oil
- 8-10 organic chicken thighs, skinless
- 10 garlic cloves, peeled and coarsely chopped
- 1 tsp. crushed red pepper (this is only moderately spicy-add more if you like it spicier or 1/2 tsp. for mild)
- 1/2 cup white vinegar
- 6 Tbs. Coconut Aminos or organic Tamari sauce (gluten-free soy sauce)
- 4-5 Tbs. Swerve Granular
- 1/2 tsp. ground ginger



DIRECTIONS

In a large stainless steel or cast iron skillet, heat the oil until moderately hot. Add the chicken thighs, browning on both sides – roughly 10 minutes. May need to brown in two batches, as overcrowding will cause the chicken to steam rather than brown.

Add garlic and red pepper to pan, sautéing for 2 minutes. (Note: the garlic mellows greatly and will not overpower the dish.)

In a 2-cup measuring cup, add the vinegar, Tamari, sweetener and ginger, stirring well. Pour over chicken. Cover and reduce heat to a simmer, cooking for 15-20 minutes or until chicken is tender. Turn chicken half-way through cooking to coat in sauce.

For a thicker sauce, remove cover and simmer until desired thickness.

NOTE: Serve with cauliflower rice and/or sautéed broccoli, cabbage, asparagus or Bok Choy.