



Honey-Ginger Glazed Grilled Chicken

Modified from The Phytopia Cookbook
 (www.healthstepsrx.com/shops/phytopia.htm)

Number of Servings: 4
Calories Per Serving: 192
CPF Ratio: 16-66-18

Cooking Instructions

- 1) Combine first 7 ingredients for marinade and mix well.
- 2) Remove all visible fat from chicken.
- 3) Place chicken in large covered container and coat with marinade; refrigerate 4 to 8 hours.
- 4) Soak wood chips in water 10 to 20 minutes. Heat grill until very hot. When grill is ready, place wood chips on fire. If using a whole chicken, secure chicken on rotisserie over medium heat and cook for 1 hour to 1 hour 15 minutes. Brush chicken with leftover marinade as it cooks. Chicken will become darker the last 10 minutes.
- 5) If using breasts, coat with cooking spray and place bone-side down about 8 minutes over medium-high heat; turn and continue to cook about 8 to 10 minutes. Remove when meat is firm and coating is very dark brown.

Note: Nutritional Analysis is based on the use of the breast of the chicken.

Exhcanges per Recipe:

4 Meats
 1/2 Carbohydrate

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.
GINGER ROOT, RAW	grated	3 tbsp	18
GARLIC CLOVES	minced	4 cloves	12
SESAME OIL		1 tsp	5
SOY SAUCE	reduced sodium	2 tbsp	36
WORCESTERSHIRE SAUCE		2 tbsp	34
HONEY		1 tbsp	14
VINEGAR, RED WINE		1 tbsp	15
CHICKEN	skinless	20 oz	567
COOKING SPRAY	olive oil flavor	4 servings	1
Recipe Total:			702
Single Serving Total:			176

Nutrition Information	
Serving Size: 1/4 of recipe--4 ounces cooked meat	
Servings: 1	
Amount Per Serving	
Calories 192	Calories from Fat 34
% Daily Value*	
Total Fat 4g	7%
Saturated Fat 1g	3%
Cholesterol 99mg	33%
Sodium 419mg	17%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	1%
Sugars 6 g	
Protein 36 g	
Vitamin A 0%	■ Vitamin C 2%
Calcium 1%	■ Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet	