

# Reduced-Fat *Adobong Manok* (Marinated Chicken) Recipe

This is a delicious low-cost recipe with low-sodium ingredients. Keep this recipe lower in fat by not adding meat fat (lard) or other fat.

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|----------------|--|---|
| 1 pound (½ kg) | chicken breasts, no skin                 | 1. Combine olive oil, garlic, and onion in a frying pan. Add chicken, and saute together until chicken has browned.   |
| 1 teaspoon     | olive oil                                | 2. Add light soy sauce, vinegar, paprika, black pepper, and bay leaves, and stir.   |
| 2 tablespoons  | light soy sauce                          | 3. Bring to a boil. Simmer for 45–60 minutes or until chicken is done.  |
| ¼ cup          | vinegar                                  | 4. Remove the chicken, and save the liquid in the pot. Arrange the chicken on a broiler pan. Broil until the chicken has nicely browned. Remove from the broiler, and place it in a serving bowl. |
| 1 teaspoon     | paprika                                  | 5. Continue to boil the sauce in the uncovered pan until volume is reduced to about half and the sauce is thick.  |
| 2              | cloves fresh garlic, crushed             | 6. Pour the thickened sauce over broiled <i>adobo</i> (chicken), and garnish with red tomatoes. Garnish <i>adobong</i> with red tomatoes, if desired.   |
| 2              | medium onions, chopped                   |   |
| 2 tablespoons  | black pepper, ground                     |   |
| 1              | bay leaf, broken in half                 |   |
| 1              | medium red tomato<br>( <i>optional</i> ) |   |

## Quick Facts

This recipe is lower in saturated fat and cholesterol because:

- The dish is made using chicken without the skin, and any extra fat is removed.
- Only 1 teaspoon of unsaturated fat (olive oil) is added.
- The dish is flavored with vegetables and herbs and is boiled and broiled slowly in moist heat instead of fat.

Yield:	Serving size
4 servings	½ cup:
Calories	190 kcal
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	70 mg
Sodium	330 mg
Total Fiber	2 g
Protein	26 g
Carbohydrates	10 g
Potassium	370 mg

Source: Filipino-American Nutrition and Fitness Teachers Guide, Kalusugan Community Services, San Diego, CA.