

Chicken w/Baby Bok Choy & Soy-Ginger Vinaigrette

2 pounds baby bok choy
Salt
1 tbs finely diced ginger
2 tbs finely diced shallots
1 tbs oyster sauce
2 tbs sherry vinegar
4 tbs canola oil
1 tbs light soy sauce
1/2 tsp fresh lime juice
Small pinch ground red pepper

1/4 cup water
2 tbs unsalted butter
fine sea salt
ground white pepper
2 tbs canola oil
4 skinless chicken breasts
1 tbs toasted sesame seeds

Nutritional Facts: Calories = 470, Fat= 30g, Sat. Fat = 6g
Protein = 42g, Carbs= 7g, Fiber = 2g

Instructions:

Bring large pot of water to a boil. Trim off the root ends of the bok choy, separate leaves, and wash them well. Salt the water and add the bok choy. Blanch until just tender, about 1 - 2 minutes. Immediately plunge the bok choy into a bowl of ice water until cool. Drain and set aside.

Put the ginger and shallots in a mixing bowl and whisk in the oyster sauce and vinegar. Whisk in 4 tbs of canola oil, the soy sauce, lime juice, and red pepper. Set aside

Bring the 1/4 cup of water to a boil in large saucepan over med-high heat. Whisk in the butter and lower the heat to medium-high. Season the bok choy with salt and pepper, add it to the pan, and cook until heated through, about 2 minutes.

Meanwhile, divide the 2 tbs of canola between 2 10" nonstick skillet. Place over high heat until the oil is just smoking. Season both sides of the chicken with salt and pepper. Place 2 breasts in each skillet and saute' until it is browned on the bottom, about 3 minutes. Turn and saute' about 3 minutes more, until the chicken is done.

Lift the bok choy out of the pan with slotted spoon and arrange it in center of four dinner plates. Top with the chicken. Whisk the sauce lightly and spoon it around the bok choy. Sprinkle the sesame seeds over the sauce and serve immediately.

Makes 4 servings

Source: The South Beach Diet Cookbook – substituted chicken for grouper