

## Five Spice Chicken

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- 3 tbs dry sherry
- 2 tbs light soy sauce
- 2 tbs brown sugar substitute
- 1 tsp finely chopped ginger
- 1 clove garlic, minced
- 1/2 tsp Chinese five spice powder
- 4 boneless, skinless chicken breast halves
- 1 tsp cornstarch
- 1 tbs cold water
- 2 scallions, thinly sliced, for garnish cut into 12 pieces

### Nutritional Facts:

Calories = 165

Protein = 28g, Carbs = 6g

Fiber = 0g, Fat = 2g

Sat. Fat = 0g

### *Instructions:*

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In a shallow 1 1/2-quart microwavable dish, combine the sherry, soy sauce, sugar substitute, ginger, garlic, and five spice powder. Add the chicken and turn to coat. Cover with vented plastic wrap and microwave for 5 minutes on high power. Turn the chicken and cook for 5 minutes longer, or until thermometer inserted in the thickest portion of a breast registers 170°F and the juices run clear. Place chicken on a serving platter. Do not discard the juices in the dish.

In a cup, dissolve the cornstarch in the water and stir into the juices in the dish. Cover with vented plastic wrap and microwave on high power for 1 1/2 minutes. Stir and pour over the chicken. Sprinkle the scallions over the top for garnish.

Makes 4 servings

Note: Sugar twin brown sugar replacement is available in stores and at [www.lowcarb.com](http://www.lowcarb.com).

Source: The South Beach Diet Cookbook