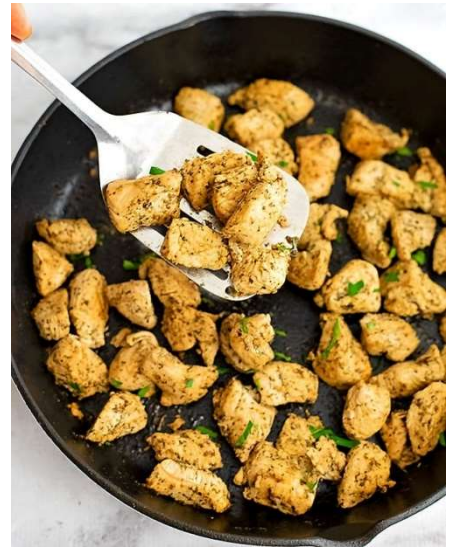


Asian Chicken

3 tablespoons Bragg's liquid aminos
1 tablespoon apple cider vinegar
1 tablespoon olive oil +
1 teaspoon garlic powder
1 green onion, chopped
1/2 tablespoons fresh grated ginger
1 pound boneless skinless chicken breast



1. In a small bowl combine the coconut aminos, apple cider vinegar, garlic + olive oil, green onion, fresh grated ginger. Set to the side.
2. Using kitchen shears or a knife, cut the chicken breast into bite-size pieces. Place the chicken in a bowl.
3. Pour the Asian marinade over the chicken and stir well.
4. Preheat a large cast iron skillet over medium heat for 5 minutes or so until hot.
5. Once the cast iron skillet is hot, add the chicken and make sure it's in one layer. Don't touch the chicken for 5 minutes.
6. After 5 minutes, stir well and often until all sides of the chicken are brown and the chicken reaches 165F internal temperature.

Serving Size = 3 ounces, enjoy with Sundried Tomato & Broccoli recipe & fresh melon