



SWEET TURMERIC CHICKEN

By Dr. Cindy Tanzar
(Standard/Maintenance)

Traditionally made with honey, this dish substitutes Swerve (a natural low-glycemic sweetener) as a low-carb alternative to the sweet and savory flavor of this recipe. Turmeric is highly- prized for its anti-inflammatory properties and unique flavor. This recipe was submitted by one of our clients who enjoyed it, so we tried it and loved it, as well! You can grill, pan-fry, bake or low-broil this recipe. It pairs very well with roasted cauliflower or other roasted vegetables.

Makes 8-12 servings. One serving of this recipe is 3 oz cooked protein and covers your protein for one meal.



INGREDIENTS

2-3 lbs. chicken thighs, drumsticks or breasts

6 cloves garlic, minced

4-1/2 Tbsp Swerve Granular or Brown

3 Tbsp Coconut Amino or Liquid Amino (can use organic Tamari soy sauce)

2-1/4 tsp turmeric powder (in spice aisle)



1/8 tsp cayenne pepper, or to taste
Pink Himalayan Salt, to taste
Avocado or Extra Virgin Coconut oil

INSTRUCTIONS

Mix together the garlic, Swerve, coconut amines, turmeric powder, cayenne and salt in a medium bowl. (Coconut Amines contain much less sodium than Liquid Amines or Tamari, so adjust salt accordingly.)

Pour over chicken, turning to coat well. Ways to cook:

To roast, preheat oven to 400 °F. Bake 20-30 minutes, depending on the thickness of your chicken. Internal temperature should be 165°F.

To broil (pictured), low broil is best, or set rack lower for high broil. (Not all ovens have low/high settings). Broil 20- 25 minutes, turning once halfway through. Internal temperature should be 165°F.

To grill, heat to medium high heat and oil grates well. Grill 20-25 minutes, turning once.

To pan fry, a cast-iron skillet is preferred. Heat to medium-high, then add oil. Add chicken to skillet, cooking on both sides until golden brown and crispy. Internal temperature should be 165°F.

Roasting, broiling and pan-frying will leave you with extra sauce for serving over your chicken or drizzling over vegetables, as well. Very tasty!