



Poached Chicken Breasts with Cucumber Salad

Serves 4

4 chicken breasts
1 cup green onions, chopped
2 sprigs rosemary
10 sprigs thyme
3 garlic cloves, coarsely chopped
20 pepper corns
4 cups low fat chicken stock

1. Place chicken breasts into a 9 X 13 cake pan and pour chicken stock over chicken. Add spices to chicken stock and place in a 350-degree oven for about 20 minutes. Chicken internal temperature should be 160 degrees.

Cucumber Salad

2 cucumbers, peeled and thinly sliced
1 small Spanish onion, thinly sliced
½ cup diced red bell pepper
½ cup thinly sliced radishes
2 Tbsp extra virgin olive oil
1 Tbsp rice wine vinegar
Salt and pepper to taste

1. Combine cucumbers, onions, bell peppers, and radishes into a large bowl and gently toss to mix.
2. Mix together vinegar and oil and pour over cucumber salt. Salt and pepper to taste and toss to coat.
3. Serve with poached chicken breasts. Enjoy!

Nutritional Analysis

Serving Size: One 3-4 oz poached chicken breast with ¼ cucumber salad recipe

Calories	271
Fat	10g
Saturated Fat	2g
Cholesterol	73mg
Sodium	940mg
Carbohydrates	14g
Dietary Fiber	4g
Protein	31g

Diabetic Exchanges:

Protein	4
Fat	2
Carbohydrates	1