



Miso Chicken

Serves 4

INGREDIENTS

Chicken

- 4 boneless, skinless chicken breasts (about 4 oz each)
- 1 teaspoon canola oil

Marinade

- 2 tablespoons miso paste (preferably Kochujang)
- 1 teaspoon light sesame oil
- 1 1/2 teaspoons chopped ginger
- 1 1/2 teaspoons chopped garlic
- 1/4 teaspoon red pepper flakes

PREPARATION

Place chicken in a shallow dish. Combine marinade ingredients with 1 tablespoon water; pour over meat. Chill, covered, 1 to 2 hours. Remove chicken from marinade; drain excess. Heat canola oil in a large skillet over medium-high heat. Cook chicken until no longer pink in the center, about 4 minutes per side.

Nutrition Facts

- 155 calories
 - 3 grams of fat
 - 2 grams of carbs
 - 27 grams of protein
-