

POMEGRANATE CHICKEN

SERVES 4 | Calories: 750 | Protein: 54 grams | Carbohydrates: 89 grams | Fiber: 4 grams | Fat: 24 grams | Sodium: 132 milligrams

12 ounces clear rice noodles
6 tablespoons canola oil
Salt and pepper to taste
4 8-ounce boneless, skinless chicken breast
8 green onions (cut into ¼" diagonal slices)
4 garlic cloves (fine chopped)
1 navel orange (skin julienned and reserved, juice reserved)
2 cups pomegranate seeds (reserve ¼ cup to garnish)

GET THE EDGE

All the ingredients in this recipe are naturally gluten-free! As a bonus, this recipe is packed with antioxidants, which provide your body with the nutritional support it needs to keep strong and full of energy during the weight-loss process.

1. Soak rice noodles in warm water for 5 minutes or until soft. Drain noodles well.
2. Heat a medium sauté pan to medium-high heat and add canola oil, wait 30 seconds, then add rice noodles to pan and flatten with a spatula into a pancake. Sauté until light brown on both sides and remove to a plate lined with paper towels to drain oil.
3. Sprinkle salt and pepper on chicken breast and add to already heated sauté pan. Sear for 1 minute per side.
4. Turn heat down to medium low and add green onions, garlic, ¼ cup julienned orange skin, orange juice, and ¼ cup of pomegranate seeds and cover. Cook for 7 minutes or to desired doneness.
5. Place rice noodle pancake on serving plate. Pour contents of sauté pan on top, sprinkle with remaining pomegranate seeds. Repeat until all pancakes are made, then serve.