

## Philippines: Grilled Chicken Adobo

### Ingredients:

- 1 1/2 cups soy sauce
- 1 1/2 cups water
- 3/4 cup vinegar
- 3 tablespoons honey
- 1 1/2 tablespoons minced garlic
- 3 bay leaves
- 3 pounds skinless, boneless chicken thighs

### Preparation:

1. Preheat an outdoor grill for high heat, and lightly oil grate.
2. In a large pot, mix soy sauce, water, vinegar, honey, garlic, bay leaves, and pepper. Bring the mixture to a boil, and place the chicken into the pot. Reduce heat, cover, and cook 35-40 minutes.
3. Remove chicken, drain on paper towels, and set aside. Discard bay leaves. Return the mixture to a boil, and cook until reduced to about 1 1/2 cups.
4. Place chicken on the prepared grill, about 5 minutes on each side, until browned and crisp. Serve the remaining soy sauce mixture.

Source: allrecipes.com

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**Servings:** Makes 8 servings

**Prep time:** 15 minutes

**Cook time:** 35 minutes

**Nutrition Facts (per serving):**

255 calories, 6.7g fat, 10.8 g carbohydrates, 0g added sugar, 36.6 g protein, 0.5 g fiber, 2854 mg of sodium



For more information contact a specialist at **800.932.0034** or email [askthepros@acispecialtybenefits.com](mailto:askthepros@acispecialtybenefits.com)

