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Ground Chicken with Basil

Serves 2

Serves 4 with vegetables

1	large chicken breast: boneless, skinless, and chopped or ground
2	cloves garlic, chopped finely
1	small onion, chopped
1 tsp.	soy sauce
1 tsp.	fish sauce
1 tsp.	sugar
1 tsp.	olive oil
1- 2	jalapeño peppers
2	sprigs fresh basil
1 T	pepper

Heat olive oil and sauté garlic, onion and chicken. Season with soy sauce, fish sauce, pepper and sugar. Add the jalapeno and basil.

Optional: add vegetables like 1-cup string beans or 2 eggplants.

Nutrient Facts *Based on two servings.*

Calories	342.1 calories
Percent calories from fat	23
Protein	55.19gm
Carbohydrate	7.863 gm
Cholesterol	148.0mg
Sodium	526.7 mg
Total Fat	8.638gm
Saturated	2.068 gm
Polyunsaturated Fat	1.565 gm
Monounsaturated Fat	3.819 gin