

# Mark's Kitchen

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## Chile Verde Chicken

Ready in: 45 minutes

Serves: 4

This warm, spicy dish is filled with flavor and comforting nourishment. Not only are the spices in this dish tasty, but they are also filled with phytochemicals and antioxidants.

Ingredients:

For the Verde Sauce:

- 3 cups low-sodium, organic chicken broth
- 16 small tomatillos, husked
- 2 jalapeño peppers, seeded and halved
- 3 garlic cloves, peeled
- 1 large white onion, chopped
- 1 bunch cilantro (about 3 ounces)
- 1 teaspoon ground cumin
- juice of 2 limes
- sea salt and freshly ground black pepper to taste

For the Chicken:

- 2 tablespoons extra-virgin olive oil
- 4 (5-ounce) boneless, skinless organic chicken breasts
- sea salt and freshly ground black pepper

Make the Verde Sauce:

Step 1: Heat the broth in a medium pot over high heat. Once it boils, reduce the heat to medium-low and add the tomatillos, jalapeños and garlic cloves. Cook at a brisk simmer until the vegetables are soft, 5 to 6 minutes.

Step 2: Transfer the contents of the pot to a blender. Start to blend on low speed. While the blender is running, add the onion, cilantro, cumin, lime juice, salt and pepper through the feeder. Continue to blend until smooth, about 2 minutes. Set aside.

Make the Chicken:

Step 1: Heat the oil in a large sauté pan over medium-high heat. Season the chicken breasts generously with salt and black pepper and add them to the hot pan. Cook until the chicken is browned, about 3 minutes per side.

Step 2: Reduce the heat to low and add the blended verde sauce. Cover the pan and simmer until the chicken is very tender, 20 to 25 minutes.

Step 3: Transfer the chicken to a platter and using two forks, shred the meat. Return the chicken to the pan and toss with the sauce and serve immediately.

Note: Any leftover chicken can be refrigerated for up to 3 days in an airtight container.

Nutritional analysis per serving: calories 272, fat 11 g, saturated fat 2 g, cholesterol 73 mg, fiber 3 g, protein 30 g, carbohydrate 12 g, sodium 188 mg