15-Minute Chicken Adobo

Prep Time: 15 min.  Cook Time: 15 min.  Yield: 3

Ingredients:
- **Rice & Vegetables:**
  - 1 cup long-grain rice
  - 2 ½ cups water
  - ½ tsp. salt
  - 1 medium carrot, peeled and sliced into thin disks
  - ½ head of broccoli, trimmed into individual florets
  
  1. Stir together rice, water, and salt, and microwave for 5 minutes, covered.
  2. Stir the rice, and microwave for another 10 minutes.
  3. Place the carrots and broccoli on top of the rice and microwave for 5 more minutes.
  4. Let it sit for about 3 min, covered.

- **Chicken:**
  - 2 Tbsp vegetable oil
  - 2 chicken thighs cubed, about 1-in. pieces
  - salt
  - 2 Tbsp. white vinegar
  - ½ c. soy sauce
  - ½ tsp black pepper
  - 1 bay leaf
  - ¼ cup of brown sugar
  - 4 oz. of pineapple chunks + ½ can of pineapple water
  - ¼ onion, chopped
  - 2 cloves of garlic, minced
  - 1 green onion, sliced thinly
  
  1. On medium high heat, add the oil to a hot pan.
  2. Brown the chicken pieces on all sides, and season with a pinch of salt.
  3. Once the chicken has browned, add in the rest of the ingredients – except green onions.
  4. Simmer until the sauce has thickened and begins to coat the chicken pieces.
  5. Remove and discard the bay leaf.
  6. Serve over the rice and steamed vegetables – Garnish with the green onion.

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Broccoli is of the cruciferous family of vegetables and a 1 cup serving contains enough Vitamin K, C to meet daily requirements.

Have you ever noticed broccoli and other dark green vegetables turning yellow/orange after sitting for a long time in the fridge? Well, this is the chlorophyll breaking down and revealing the color of Vitamin A underneath.