



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities®**
Central Ohio

Chicken Adobo

Chicken adobo, a popular dish from the Philippines, uses several pantry staples including soy sauce, apple cider vinegar, brown sugar and bay leaves — all cooked in one pot — resulting in a sweet and tangy flavor.

Active Time: 10 Mins | Total Time: 30 mins | Servings: 4

NUTRITION NOTES

- Known for both its bold flavor and health benefits, **garlic** contains powerful sulfur compounds that may help reduce blood pressure, support heart health, and boost immune function. It also has antioxidant and anti-inflammatory properties that can benefit overall wellness.
- A flavorful staple in many dishes, **onion** is rich in antioxidants—especially quercetin—which may help reduce inflammation and support heart health. It also provides small amounts of vitamin C, fiber, and prebiotics that support gut health and digestion.
- Tangy and versatile, **apple cider vinegar** has been linked to potential blood sugar control and digestive support. While low in calories, it can enhance flavor without added fat or sodium, making it a heart-smart addition to meals.
- A lean source of high-quality protein, **canned chicken** provides essential amino acids needed for muscle maintenance and repair. Choosing a low-sodium version helps support heart health while delivering important nutrients like niacin and selenium.



Chicken Adobo

Printing
Courtesy of:



INGREDIENTS

- 2 tablespoons (30 milliliters) vegetable oil
- 3 garlic cloves, minced
- 1 small yellow onion, sliced
- 7 bay leaves
- ½ teaspoon whole black peppercorns
- 15 ounces canned no-salt or low-salt chicken, chopped into bite-sized pieces
- 1 tablespoon brown sugar
- ¼ cup (60 milliliters) low-sodium soy sauce
- ¼ cup (60 milliliters) apple cider vinegar

INSTRUCTIONS

1. Heat oil in a large pan over medium heat. Add minced garlic and sauté for 1 minute. Add sliced onions, bay leaves and whole peppercorns and sauté for 4 to 5 minutes, stirring occasionally, until onions are translucent.
2. Transfer to a plate and cover with foil.
3. Add canned chicken to the pan and warm for about 5 minutes, stirring occasionally. Once chicken is thoroughly heated and slightly browned, add the onion mixture back to the pan and stir.
4. Sprinkle on brown sugar and stir to incorporate. Add soy sauce and apple cider vinegar. Stir well, then reduce heat to low and simmer for about 5 minutes.
5. Pair with rice or preferred grain.

Nutrition Profile: High-Protein | Dairy-Free | Nut-Free | Gluten-Free | Low-Carb | Low-Calorie

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 4 | Serving Size: 1 cup (110 grams) | Calories: 127

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|--------------------|-------------------|-----------------|
| • 4g total fat | • 7g carbohydrate | • NA potassium |
| • 0g saturated fat | • 1g fiber | • NA phosphorus |
| • 47mg cholesterol | • 3g sugar | |
| • 667mg sodium | • 16g protein | |

**Nutrition information provided directly by Eat Right and reflects values listed at the time of publication. Recipe sourced from: www.eatright.org*