

from Mula sa Pusong: Heart Healthy Traditional Filipino Recipes by American Heart Association, Western States Affiliate, San Francisco Division

1 clove Garlic, minced  
1 tbsp. Fresh ground ginger  
1 tsp. Olive oil  
2 pieces Chicken drumsticks, de-boned & skinless  
1 cup Day old cooked rice  
2 cup Chicken stock  
1 tsp. Fish sauce  
A dash Fresh ground pepper  
1 stalk Green onions  
Saffron

Sauté garlic and ginger in hot olive oil. Add the chicken then the rice. Pour in the chicken stock. Bring to a boil. Season with fish sauce and ground pepper. Serve hot with green onions and saffron.

Variation: For thicker soup, use 1/2 cup raw rice instead of cooked rice.

Serves 3

#### Single Serving Nutrient Values

Calories 178.1 kcal  
% calories from fat 26  
Protein 11.51 gm  
Carbohydrate 20.58 gm  
Cholesterol 27.27 mg  
Sodium 205.8 mg  
Total Fat 5.112 gm

Saturated 1.377 gm  
Polyunsaturated 0.592 gm  
Monounsaturated 1.714 gm