

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**Stir Fry Chicken with Vegetables**  
**Serves 2**

**Ingredients:**

- 2 teaspoons oil
- 8 ounces boneless, skinless chicken thighs or breast, cut into thin strips
- 1 small onion, chopped
- 1 teaspoon garlic, minced
- 1 teaspoon fresh ginger, minced
- 1 carrot, peeled and sliced thin
- ½ green or red pepper, julienne
- 1 cup chopped broccoli florets
- ½ cup low sodium chicken broth or water
- 1 teaspoon cornstarch
- 2 teaspoons low-sodium soy sauce
- ½ teaspoon sesame oil
- 1 tablespoon chopped fresh cilantro (optional)

**Directions:**

1. Heat 1 teaspoons of oil in a large skillet over medium-high heat. Add chicken and stir-fry until the chicken is lightly browned and cooked through, about 2 minutes. Remove from the pan and transfer chicken to a plate. Set aside.
2. Heat the remaining 1 teaspoon of oil. Add the onion, garlic and ginger. Stir-fry for 1 minute until soft.
3. Add the carrot, pepper and broccoli and stir fry 2 minutes.
4. In a small bowl, mix the chicken broth, cornstarch soy sauce and sesame oil.
5. Add the cooked chicken and broth mixture to the pan. Heat through until sauce thickens, about 2 minutes.

**Recipe note:** Instead of using fresh carrots, pepper and broccoli, a 10-ounce bag of frozen and thawed Oriental vegetables may be substituted.

**Nutritional Information per serving:**

Calories: 226	Carbohydrates: 11g
Total Fat: 8g	Cholesterol: 107mg
Saturated Fat: 2g	Dietary Fiber: 3g
Sodium: 304mg	Protein: 24g