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