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Chicken Stir Fry

Ingredients:

- 1 cup chicken broth, reduced sodium
- 2 Tablespoons lite soy sauce
- 1½ Tablespoons cornstarch
- ½ cup cold water
- 2 Tablespoons vegetable oil
- 2 chicken breast halves, cut into bite size pieces
- 1 medium sweet potato, thinly sliced
- 2 carrots, thinly sliced
- ½ green pepper, sliced
- 2 stalks celery, thinly sliced
- 1 medium onion, sliced
- 2 cups shredded cabbage

Makes 6 servings - 32% calories from fat

Instructions:

1. To prepare blended mixture; in a small bowl combine 1 cup chicken broth, soy sauce, corn starch and cold water. Stir to combine, reserve.
2. Wash, prepare, slice and shred vegetables as described in ingredient list, reserve.
3. In a large skillet, heat oil over medium-high heat. Add chicken. Using a large spatula, stir-fry 5 minutes or until chicken turns white. Remove from skillet, reserve.
4. In same skillet toss together sweet potato, and carrots. Stir fry 3-4 minutes. Add green pepper, celery, and onion; continue stir-frying 2-3 minutes.
5. Add cabbage, toss. Cover and steam for 3 minutes.
6. Add reserved cooked chicken, stir fry 1 minute.
7. Make a well in center of stir fry, pour in blended sauce mixture and cook until clear and thickened. Stir gently to combine all ingredients.

Notes:

- Stir frying is a method of cooking ingredients at a high temperature, stirring continuously.
- Try other vegetables such as: red pepper, green beans, snow peas or frozen peas, Chinese cabbage, broccoli, etc.
- Serve with hot cooked rice, or pasta

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| Nutrition Facts | |
|--|------------------------------|
| Serving Size 1 cup | |
| Servings Per Container 6 | |
| Amount Per Serving | |
| Calories 170 | Calories from Fat 60 |
| % Daily Value* | |
| Total Fat 6g | 9% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 30mg | 10% |
| Sodium 450mg | 19% |
| Total Carbohydrate 16g | 5% |
| Dietary Fiber 3g | 12% |
| Sugars 5g | |
| Protein 13g | |
| Vitamin A 170% • Vitamin C 50% | |
| Calcium 6% • Iron 4% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300 mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

