

Stir Fry Chicken & Vegetables

INGREDIENTS:

3 T canola oil
12 oz cooked chicken breast, cut into 1/8 inch slices
10 oz frozen vegetables (mix of broccoli, green beans, red bell peppers and mushrooms)
2 T water
2 T low sodium soy sauce
10 oz fresh spinach

DIRECTIONS:

Heat a large, heavy skillet or wok over high heat until water sizzles when dropped into pan. Add 1 ½ T of oil and tilt pan in all directions until oil has coated the surface. When oil is hot (not at the point of smoking), add the chicken breast slices and stir-fry for 2 minutes. Remove the chicken to a bowl.

Add remaining oil to skillet. When hot, add the frozen vegetable mix and stir-fry for 4 minutes. Return the chicken to the skillet, add the water and soy sauce. Stir-fry for an additional 2 minutes. Add the spinach. Cover the pan and steam over medium heat for 2 minutes. Stir lightly to heat spinach evenly. Cover and steam for additional 2 minutes. Serve into bowl using a slotted spoon.

Makes 4 servings
Calories: 239/serving

NUTRITIONAL INFORMATION PER SERVING:

19g protein
12g carbohydrates
12g fat
413mg sodium
40mg cholesterol
5g fiber