

Chicken with Chinese Veggies

Adapted from: Heather Banks
Category: Entrée-Poultry

Servings: 4
Prep time: 1 hour

Ingredients

3 (8-oz) chicken breasts (*boneless, skinless*)
1 package organic Chinese vegetables, frozen
3 Tablespoons dry sherry
1 Tablespoon cornstarch
¼ cup organic chicken broth

2-3 garlic cloves, crushed
1 teaspoon fresh ginger (*1/8 teaspoon dried*)
1 Tablespoon extra-virgin olive oil
Black pepper (*optional*)
1 Tablespoon low-sodium soy sauce

Instructions

Slice chicken lengthwise into 1" strips and sprinkle with black pepper. Heat oil in a large pan over medium-high heat. Add cut-up chicken and cook until white throughout. Add ginger and garlic and stir for 30-45 seconds. Stir in package of vegetables and heat through for about 2 minutes.

Nutritional Facts Per Serving

Serving Size: 2 cups

Sugar:Fiber = 1:1
Mono:Sat = 3:1
Calories: 190
Carbohydrates (g): 8
Fat (g): 6
Cholesterol (mg): 60
Protein (g): 23
Sodium (mg): 780

