



Stir-Fried Chicken and Vegetables

Recipe Source: Robin Miller, Food Network

Ingredients:

1 Tbsp peanut or canola oil
2-3 garlic cloves, minced
1 Tbsp minced fresh ginger
1 lb boneless, skinless chicken breasts, cut into strips
1 medium onion, diced
2 cups sliced carrots
1 red bell pepper, seeded and sliced into thin strips
1 (15-oz) can baby corn, drained (optional)
2 cups broccoli florets
¼ cup reduced-sodium soy sauce
2 tsp cornstarch
1 cup reduced-sodium chicken broth (cold or room-temperature)
Hot cooked brown rice, for serving.

Steps:

- Dissolve cornstarch in chicken broth in a small bowl to create a slurry. Set aside.
- Heat oil in a wok or large skillet over medium-high heat.
- Add garlic and ginger and cook 1 minute, stirring constantly (don't let garlic burn).
- Add chicken and cook 3-4 minutes until starting to brown, stirring constantly.
- Add onions, carrots, and peppers and cook 1 minute.
- Add remaining vegetables and cook 2 minutes.
- Add soy sauce and cook 2 minutes, until vegetables are crisp-tender.
- Give the cornstarch slurry a quick stir and add to wok. Simmer 2 minutes until sauce thickens, stirring to coat vegetables and chicken.
- Serve over hot cooked brown rice.

Tips from the Test Kitchen: A sprinkle of crushed red pepper flakes for some heat is a great addition. Vegetables to add or substitute could be zucchini, mushrooms, bean sprouts, and celery.

Nutritional Facts: per serving Calories: 414, Carbohydrates: 51 grams, Protein: 35 grams, Total Fat: 9 grams, Saturated Fat: 1 grams, Cholesterol: 83 mg, Sodium: 702 mg, Fiber: 7 grams, Total Sugars: 11 grams.