

ASIAN CHICKEN STIR FRY

Makes 4 Servings

INGREDIENTS:

- 1 large egg
- 1/4 cup plus 2 tablespoons cornstarch, divided
- 1 teaspoon ground ginger, divided
- 1/2 teaspoon black pepper
- 1 pound boneless, skinless chicken breast halves, cut into 3/4-inch pieces
- 2 tablespoons canola oil, divided
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon toasted sesame oil
- 3 tablespoons honey
- 1 cup water
- 1 1/4 pounds head broccoli, trimmed and cut into bite-size florets (about 5 cups)
- 1 large carrot, peeled and cut on the diagonal into thin rounds (about 1 cup)
- 2 cloves garlic, minced
- Thinly sliced scallions, optional
- Sesame seeds, optional
- 2 cups cooked brown rice, optional

DIRECTIONS:

1. In a large bowl, whisk together the egg, 1/4 cup cornstarch, 1/2 teaspoon ginger, and black pepper until well combined. Add the chicken and toss until evenly coated.
2. Heat 1 tablespoon of the oil in a wok over medium-high heat. Carefully add half of the chicken in a single layer. Cook until the meat is no longer pink, about 3 minutes per side. Stir occasionally. Place the cooked chicken on a plate and cover with aluminum foil. Repeat with the remaining oil and chicken.
3. While the chicken cooks, place the soy sauce, rice vinegar, sesame oil, the remaining 1/2 teaspoon ginger, and the remaining 2 tablespoons cornstarch in a medium bowl and whisk until well combined. Whisk in the honey. Set aside.
4. When the chicken is done, remove from heat and carefully wipe out the wok to remove excess oil. Return to medium-high heat, carefully add the water and garlic and bring to a boil. Add the broccoli and carrot, cover, lower the heat, and simmer until crisp tender, 3 minutes.
5. Uncover, add the sauce and stir until it thickens and bubbles, about 1 minute. Stir in the chicken until well coated with the sauce and heated through, about 1 more minute. Garnish with scallions and sesame seeds as desired and serve over rice as desired. (Yields 6 1/2 cups chicken/veggie mixture.)

Nutrition Information per Serving (about 1 1/2 cups):

390 calories, 16g fat (2.5g saturated, 0.8g omega-3), 550mg sodium, 33g carbohydrate, 4g fiber, 28g protein, 90% vitamin A, 100% vitamin C, 10% iron



Recipe Created by Liz Weiss, MS, RD, Meal Makeover Moms (<http://mealmakeovermoms.com>)

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