

BRC Healthy Meal of the Week

Stir Fried Chicken with Gingered Vegetables - A Delicious, Well Balanced Meal Under 400 Calories!

Ingredients (Single Serving)

Total Prep Time 10 minutes

- 1/2 boneless, skinless chicken breast, about 6 ounces, sliced into strips
- salt to taste
- freshly ground black pepper
- 1/2 teaspoon vegetable oil or peanut oil
- 1/2 cup broccoli florets
- 1/2 teaspoon sesame oil
- 1/2 clove garlic, peeled
- 1 teaspoon freshly grated ginger
- 1/3 cup sliced carrots
- 1/3 cup snow peas
- 1/4 large red bell pepper, sliced into strips
- 1 pinch (or to taste) hot pepper flakes
- 1 teaspoon rice vinegar or sherry vinegar

Cooking Instructions—Total Cooking Time 10 minutes

1. Bring a medium pot of salted water to a boil.
2. Meanwhile, season the chicken with salt and pepper. Heat the vegetable oil in a nonstick wok or large nonstick skillet over high heat. When the oil is hot, add the chicken and cook, tossing with a wooden spoon, until the chicken begins to brown. Turn off the heat and transfer the chicken to a plate.
3. Blanch the broccoli in the boiling water until the stems just begin to get tender, about 1 or 2 minutes. Drain and set aside.
4. Add the sesame oil and garlic cloves to the wok. Turn the heat to medium and cook until the garlic is fragrant and lightly golden. Remove the garlic, add the ginger and cook for another minute.
5. Turn the heat to high, add the carrots and cook, tossing with a wooden spoon, for 2 minutes. Add the peas, red peppers and hot pepper flakes, continue tossing with the spoon and cook for 1 minute more. Add the chicken, broccoli, vinegar and soy sauce and cook for 2 minutes more. Serve immediately over a bed of whole-grain brown rice.

Nutrition Facts (Chicken and Vegetables Only)

Serving Size is about 2 1/2 cups of chicken and vegetables

*one serving of whole-grain brown rice (about 1 cup cooked) is 180 calories

Amount Per Serving

Calories 200
Protein 22 g
Total Carbohydrate 13 g
Dietary Fiber 4 g
Soluble Fiber 1 g
Insoluble Fiber 1 g
Sugar 4 g
Total Fat 7 g
Saturated Fat 1 g
Monounsaturated Fat 3 g
Polyunsaturated Fat 2 g
Cholesterol 210 mg
Percent Calories from Fat 31 %
Percent Calories from Protein 43 %
Percent Calories from Carbohydrate 26 %

