

## CHICKEN STIR-FRY

Make this orange-flavored chicken to go! Fast cooking keeps chicken tender, vegetables crisp and nutritious.



- Snow peas provide vitamins A and C
- Reduced-sodium soy sauce and broth lower overall salt content
- Skinless chicken is low-fat protein

***Skillet Supper***



**PREPARATION TIME**  
20 minutes plus marinating  
**COOKING TIME**  
10 minutes

**SERVES 4**

- ¼ cup orange juice
- 1½ tablespoons cornstarch
- 1 pound skinless, boneless chicken breasts, cut into strips
- ¾ cup reduced-sodium chicken broth
- 1½ tablespoons reduced-sodium soy sauce
- 2½ teaspoons vegetable oil
- 1 clove garlic, minced
- 1 tablespoon minced fresh ginger or 1½ teaspoons ground ginger
- 1½ cups snow peas or green beans
- 1 medium red bell pepper, cut into thin strips (about 1 cup)
- ¾ cup sliced green onion
- 2 cups cooked white rice

**1** In a shallow glass bowl, combine the orange juice and

cornstarch; mix well. Stir in chicken. Cover bowl with plastic wrap and refrigerate for 2 hours.

**2** Drain chicken; discard juice mixture. In a small bowl, combine broth and soy sauce. Set aside.

**3** In a wok or large nonstick skillet, heat oil over medium heat. Add garlic and ginger; stir-fry for 30 seconds. Add chicken; stir-fry for 3 minutes. Add vegetables; stir-fry until crisp-tender, about 5 minutes. Stir in broth mixture.

**4** Place ½ cup of rice on each serving plate. Top with the chicken mixture, dividing evenly.



**SHORT CUT**

Use precut vegetables from the produce or salad bar section of the supermarket.

**COOK'S TIPS**



*In recipes calling for soy sauce, choose a reduced-sodium or low-sodium version. You will save 145 to 215 milligrams of sodium per teaspoon.*



*To prepare fresh ginger, use a paring knife to remove the skin. Thinly slice the peeled ginger, then cut into matchstick pieces. Chop or mince as directed.*

**PER SERVING: Calories 368 (13% from fat) Carbohydrates 43 g Protein 31 g Sodium 303 mg Fat 5 g Cholesterol 66 mg**