



Chicken Stir Fry

Ingredients

- 1 cup chicken broth, reduced sodium
- 2 Tablespoons lite soy sauce
- 1½ Tablespoons corn-starch
- ½ cup cold water
- 2 Tablespoons vegetable oil
- 2 chicken breast halves
- 1 medium sweet potato, thinly sliced
- 2 carrots, thinly sliced
- ½ green pepper, sliced
- 2 stalks celery, thinly sliced
- 1 medium onion, sliced
- 2 cups shredded cabbage

Makes 6 servings

Notes:

- Stir frying is a method of cooking ingredients at a high temperature, stirring continuously.
- Try other vegetables such as: red pepper, green beans, snow peas or frozen peas, Chinese cabbage, broccoli, etc.
- Serve with hot cooked rice.

Instructions

1. To prepare blended mixture; in a small bowl combine 1 cup chicken broth, soy sauce, corn starch and cold water. Stir to combine, reserve.
2. Wash, prepare, slice and shred vegetables as described in ingredient list, reserve.
3. In a large skillet, heat oil over medium-high heat. Add chicken. Using a large spatula, stir-fry 5 minutes or until chicken turns white. Remove from skillet, reserve.
4. In same skillet toss together sweet potato, and carrots. Stir fry 3-4 minutes. Add green pepper, celery, and onion; continue stir-frying 2-3 minutes.
5. Add cabbage, toss. Cover and steam for 3 minutes.
6. Add reserved cooked chicken, stir fry 1 minute.
7. Make a well in center of stir fry, pour in blended sauce mixture, and cook until clear and thickened. Stir gently to combine all ingredients.

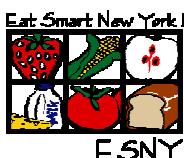
Nutrition Facts

Serving Size 1 cup		Servings Per Container 6	
Amount Per Serving			
Calories 170	Calories from Fat 60		
% Daily Value*			
Total Fat 6g	9%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 30mg	10%		
Sodium 450mg	19%		
Total Carbohydrate 16g	5%		
Dietary Fiber 3g	12%		
Sugars 5g			
Protein 13g			
Vitamin A 170% • Vitamin C 50%			
Calcium 6% • Iron 4%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

32% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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