



Working On Wellness (WOW) Recipe Card

PREP TIME

COOK TIME

YIELD

20
minutes

20
minutes

4
servings



Sesame Chicken & Vegetable Stir Fry

INGREDIENTS

- 1 tbsp. dark sesame oil
- 1 lb. boneless, skinless chicken breasts, cut into bite size chunks
- 2 c. broccoli florets
- 1 medium red bell pepper, sliced
- 1/2 c. onion slices (about 1 small)
- 1 c. snow peas
- 1 can (8 oz.) sliced water chestnuts, drained
- 2 cloves garlic, minced
- 1 tsp Chinese 5-spice powder
- 1 c. fat-free reduced-sodium chicken broth
- 3 tsp. cornstarch
- 2 tbsp. cold water
- 2 c. hot cooked brown rice

DIRECTIONS

1. Heat sesame oil in wok or large nonstick skillet over medium heat until hot. Add chicken; stir-fry about 8 minutes or until chicken is no longer pink in center. Remove chicken from wok.
2. Add broccoli, bell pepper, onion, snow peas, water chestnuts and garlic to wok; stir-fry 5 to 8 minutes or until vegetables are crisp-tender. Sprinkle with five-spice powder; cook and stir 1 minute.
3. Return chicken to wok. Add chicken broth; heat to a boil. Combine cornstarch and water in small bowl; stir into broth. Boil 1 to 2 minutes, stirring constantly.
4. Let stand for about 2 minutes prior to serving to allow mixture to thicken slightly. Serve over rice or alone.

Nutrition Report Card

<p>388.4 calories</p>		6.1	grams total fat
		65.7	milligrams cholesterol
		219.5	milligrams sodium
		50.5	grams carbs
33.1	grams protein	7.5	grams dietary fiber
3	grams sugar	9	Weight Watchers SmartPoints

Recipe Source: <http://www.sparkpeople.com>
www.michigan.gov/workingonwellness