

HONEY CHICKEN *STIR-FRY*

INGREDIENTS

- 2 teaspoons cornstarch
- 1 tablespoon cold water
- 3 teaspoons olive oil, divided
- 1 pound boneless skinless chicken breasts, cut into 1-inch pieces
- 1 garlic clove, minced
- 3 tablespoons honey
- 2 tablespoons reduced-sodium soy sauce
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 package (16 ounces) frozen broccoli stir-fry vegetable blend
- 1 tablespoon minced ginger
- Hot cooked rice, optional

DIRECTIONS

Step 1

Mix cornstarch and water until smooth. In a large nonstick skillet, heat 2 teaspoons of oil over medium-high heat. Allow oil to heat up then stir-fry chicken and garlic 1-2 minutes. Add honey, soy sauce, ginger, salt and pepper; cook and stir until chicken is no longer pink, 2-3 minutes. Remove from pan.

Step 2

In same pan, stir-fry vegetable blend in remaining oil just until tender, 4-5 minutes. Return chicken to pan. Stir cornstarch mixture and add to pan; bring to a boil. Cook and stir until thickened, about 1 minute. Serve with rice if desired.

Nutrition Facts

Serving Size: About 1 1/2 Cups

Per Serving:

1 cup stir-fry: 250 calories, 6g fat (1g saturated fat), 63mg cholesterol, 455mg sodium, 22g carbohydrate (15g sugars, 3g fiber), 25g protein. Diabetic Exchanges: 3 lean meat, 2 vegetable, 1/2 starch.



Wisconsin Athletic Club

www.thewac.com/nutrition