

Senior Food Fare

Chicken Stir-fry

You'll Need:

1 pound boneless, skinless chicken breast
cut into 1-inch pieces
2 clove of garlic, chopped
1 medium onion, sliced into wedges
1 cup baby carrots, sliced in half
2 cup broccoli florets
1 cup sliced mushrooms
½ cup red bell pepper, diced
(green bell pepper can be substituted)
1 cup chicken broth, reduced sodium
3 tablespoons reduced sodium soy sauce
2 teaspoons sugar
2 teaspoons cornstarch
Vegetable or cooking spray
1 ½ cups uncooked instant brown rice

Take Out:

12-inch non-stick skillet or wok
Wooden spoon
Small bowl
Paring knife
Cutting board
Garlic press (optional)
Measuring cups and spoon
Saucepan with lid
Platter
Mixing spoon

Wash your hands for at least 20 seconds with soap under warm running water. Clean and sanitize the bowl, utensils, and any other surface that may have come in contact with the chicken.

1. Cut up vegetables and set aside. Then cut up chicken breast and keep separate.
2. Spray the 12-inch skillet or wok with cooking spray and heat over medium high heat.
3. Add chicken and garlic to the skillet and stir-fry for 2-3 minutes or until chicken is brown.
4. Add onions, carrots, 1/2 cup chicken broth, soy sauce, and sugar. Cover skillet and cook over medium heat for 5 minutes. Stir occasionally during cooking.
5. If you are serving the stir-fry over minute rice, follow the box instructions and begin cooking them so they will be ready when your stir-fry is done cooking.
6. Add broccoli, mushrooms, bell pepper. Stir, cover, and cook 5 minutes or until chicken is no longer pink and the vegetables are still a little crisp.
7. In a small bowl, mix the remaining 1/2 cup broth and the cornstarch.
8. Stir cornstarch mixture into your stir-fry and cook until sauce is thickened.
9. Serve over rice.

6 Servings

Nutrition Analysis:

Calories: 280

Fat: 4 grams

Sodium: 723 milligrams

Carbohydrate: 34 grams

Saturated fat: 1 gram

Fiber: 5 grams

Protein: 27 grams

Cholesterol: 56 milligrams