

Chicken Stir-fry

1 tablespoon peanut oil
2 teaspoon garlic, finely chopped
¼ tsp crushed red pepper (optional)
1 teaspoon fresh ginger
2 cups asparagus, chopped
1 cup edamame, beans only
1 cup carrots, sliced
½ c red onion, sliced
6 oz skinless, boneless chicken breasts, grilled and sliced
2 tablespoons lite soy sauce
3 Tablespoons water
½ tablespoon cornstarch
½ t sugar
2 cups bean sprouts
¼ c unsalted peanuts
1 tsp ground fresh pepper
2 cups instant brown rice, cooked

Heat peanut oil in large skillet. Add garlic, crushed red pepper and ginger. Simmer over medium heat for 2 minutes. Add asparagus, edamame, carrots, onion and cook over medium to high heat until vegetables are soft but crisp, about 5 minutes. Add chicken and soy sauce. In small bowl, stir together remaining water, cornstarch and sugar. Add to skillet, bring to a simmer and simmer until sauce thickens. Add sprouts and peanuts. Season with black pepper. Serve over brown rice immediately.

Serves 4. One serving=1 cup stir fry and ½ cup brown rice

Calories 410 Fat 12g Carbohydrate 53g Dietary Fiber 7g Protein 26g Sodium 580mg