



BeFit

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Weekday RD Recipes: Chicken Vegetable Stir-fry

From Tara Lintz, MS, RD, LDN

Ingredients:

2 tbsp reduced sodium soy sauce
1 tsp brown sugar or honey
1 tsp minced ginger
1 pound chicken breasts, raw
2 tbsp olive (or canola or peanut) oil, divided
½ cup sliced onion
1 cup sliced red, orange, or green peppers
1 cup roughly chopped broccoli florets
2 cloves garlic, minced
1 cup frozen peas
4 cups cooked brown rice (such as quick-cooking Uncle Ben's Ready Brown Rice—90 second)

Instructions:

In a medium bowl, combine soy sauce, brown sugar, and ginger. Add chicken to the soy sauce mixture; set aside.

Heat 1 tbsp oil in a large sauté pan over medium-high heat; add chicken breasts. Cook 4-6 minutes per side (until each side is browned). Remove the cooked chicken and set aside.

Wipe out the inside of your pan with a paper towel to remove any overly browned bites. Add 1 tbsp oil and then add the remaining vegetables (except peas) to the pan, including the garlic.

Stir vegetables occasionally until they are tender-crisp; add the peas and cook until warmed through. Cut the cooked chicken into strips and add to the vegetables; stir to combine.

Serve with 1 cup cooked rice per person.

Notes:

-Short on time? Fill up a container with already cut veggies from your grocery store salad bar. Or keep frozen vegetables, such as broccoli, on hand to use in a pinch.

-Substitute tofu for the chicken for a meatless option.

Yield: 4 servings

NUTRITION INFORMATION PER SERVING:

CALORIES: 455 calories

PROTEIN: 32 g

SODIUM: 400 mg

CARBOHYDRATE: 49 g

FIBER: 5 g

FAT: 14 g

SAT FAT: 2 g