



Big Green Stir-Fry



1/2 of recipe (about 3 cups): 310 calories, 6g total fat (1g sat fat), 560mg sodium, 22g carbs, 8g fiber, 8g sugars, 43.5g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

Prep: 10 minutes **Cook:** 15 minutes



Ingredients

10 oz. raw boneless skinless chicken breast, cut into strips
1/8 tsp. each salt and black pepper
3 cups sugar snap peas
2 cups chopped asparagus
1 cup sliced mushrooms
1 tbsp. lite/low-sodium soy sauce
1 tsp. chopped garlic
1/2 tsp. crushed ginger
3 cups chopped spinach leaves
1/2 cup canned sliced water chestnuts, drained
1/2 oz. (about 2 tbsp.) sliced almonds

Directions

Bring a wok (or large skillet) sprayed with nonstick spray to medium-high heat.

Add chicken, and season with salt and pepper. Add snap peas, asparagus, mushrooms, soy sauce, garlic, and ginger. Add 2 tablespoons water, and cook and stir until veggies are soft and chicken is cooked through, 7 - 9 minutes.

Add spinach and water chestnuts. Cook until spinach has wilted, 1 - 2 minutes.

Sprinkle with almonds, and serve!

MAKES 2 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.