



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

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



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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

HG FYI: Not all soy sauce is gluten free, so read labels carefully if that's a concern.

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