



Chinese Chicken Oh My Stir-Fry



Entire recipe: 350 calories, 7g total fat (1g sat. fat), 730mg sodium, 33.5g carbs, 7g fiber, 20g sugars, 32.5g protein

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

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Ingredients

Sauce

2 1/2 tsp. reduced-sodium/lite soy sauce
1 1/2 tsp. brown sugar (not packed)
1 tsp. Asian-style chili garlic sauce
1/4 tsp. sesame oil or olive oil

Stir-Fry

2 1/2 cups frozen Asian-style stir-fry vegetables
4 oz. raw boneless skinless chicken breast, cut into bite-sized pieces
1/8 tsp. garlic powder
1/8 tsp. black pepper
2 tbsp. canned sliced water chestnuts, drained and roughly chopped
1/4 cup mandarin orange segments packed in juice, drained
2 tbsp. chopped scallions
1/4 oz. (about 1 tbsp.) sliced almonds

Directions

Place sauce ingredients in a small bowl. Add 1 tbsp. water, and thoroughly mix.

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir frozen veggies until thawed, 4 - 6 minutes.

Add chicken pieces, and season with garlic powder and pepper. Cook and stir until veggies are hot and chicken is fully cooked, about 4 minutes.

Remove skillet from heat. Stir sauce mixture, and add to the skillet, along with water chestnuts. Mix well.

Serve topped with orange segments, scallions, and almonds.

MAKES 1 SERVING

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