

Chicken Stir-Fry

Makes: 6 Servings

This stir-fry is delicious for lunch or dinner. It is very quick to fix. It may also be served over spaghetti, rotini, and other macaroni products.

Ingredients

- 2 tablespoons** vegetable oil
- 1/2 cup** carrots, peeled, sliced thinly (or 1/2 can, about 8 ounces, low-sodium carrots, drained)
- 1/2 cup** celery, sliced thin
- 1/4 cup** onion, cut into strips
- 1** green pepper, cut into strips
- 1 tablespoon** garlic, finely chopped
- 1 tablespoon** ginger, finely chopped (optional)
- 1 pound** chicken, cooked, skin removed, sliced into strips
- 1/2 teaspoon** sugar
- 3 tablespoons** soy sauce (optional)
- 3 cups** cooked white rice (or brown rice)

Directions

1. Heat a large pan with vegetable oil over high heat.
2. Add vegetables and garlic to the hot pan. Stir until garlic is slightly brown. If using ginger, add that too.
3. Add the chicken and sugar to the pan. If using soy sauce, add that too.
4. Stir the food for about 1 minute in the pan.
5. Serve with cooked rice.

Notes



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	247	
Total Fat	7.2 g	
Protein	19 g	
Carbohydrates	25 g	
Dietary Fiber	2 g	
Saturated Fat	1 g	
Sodium	423 mg	

Tip for cooking chicken: The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured by a food thermometer.