

Spicy Chicken Stir-Fry

Right for Tonight™ Healthy Meals



Spicy Chicken Stir-Fry

Prep Time: 10 minutes

Cook Time: 5 minutes

Easy Recipe:

- 2 tsp. ground ginger
 - 1 tsp. minced garlic
 - 1/2 tsp. crushed red pepper flakes
 - 3 tbsp. less-sodium soy sauce
 - 3 tbsp. white vinegar
 - 2 tbsp. **ShopRite vegetable oil**
 - 1 lb. boneless, skinless chicken breast, cut into 2-inch-wide strips
 - 1 (16-oz.) bag frozen **ShopRite Broccoli Stir-Fry Blend**
- Easy Steps:**
1. In small bowl combine ginger, garlic and red pepper flakes. Add soy sauce and vinegar; set aside.

2. Heat wok over very high heat 20 seconds. Drizzle oil around sides and heat until oil is almost smoking.
3. Add chicken to wok; stir-fry 2 to 3 minutes. Add soy sauce mixture and continue to stir 1 to 2 minutes. Transfer chicken to platter; set aside.
4. Add stir-fry vegetables to wok and cook until heated through. Return chicken to wok and stir to combine. Remove wok from heat. Serve over whole-grain brown rice, if desired.

Serves 4

Per Serving: 292 calories, 9g carbohydrate, 38g protein, 3g fiber, 11g fat, 2g saturated fat, 0g trans fat, 96mg cholesterol, 483mg sodium



Milk with Meals: Serve this meal with an 8-ounce glass of lowfat milk to boost daily nutrition value by 8g protein, 30% calcium, 25% Vitamin D, 11% potassium, 10% Vitamin A and 23% phosphorus.

See a more nutritious table.



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