



Chicken and Vegetable Stir-Fry

Prep: 15 minutes | Cook: 15 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 1½ cups chicken-vegetable mixture over ½ cup rice

Ingredients

¼ cup lite (reduced-sodium) soy sauce
¼ cup water
1 tablespoon cornstarch
2 tablespoons rice wine vinegar
2 tablespoons honey
2 tablespoons grated fresh ginger (or
1 teaspoon ground dried ginger)
2 cloves garlic, minced (about 1 teaspoon)
2 tablespoons canola oil, divided
1 pound (16 ounces) boneless, skinless chicken
breasts, cut into bite-sized pieces
4 cups of fresh or frozen stir-fry vegetables,
trimmed and chopped as needed (e.g.
asparagus, broccoli, carrots, mushrooms,
onions, peppers, zucchini, snap peas, cabbage)
2 cups cooked brown rice, warmed if needed

Directions

1. In a medium mixing bowl, whisk together the soy sauce, water, cornstarch, vinegar, honey, ginger, garlic to create a sauce. Set aside.
2. Heat a medium skillet over medium heat.
3. Add 1 tablespoon of the oil and heat until shimmering.
4. Add the chicken and cook until cooked through (internal temperature of 165°F), about 5-7 minutes. Remove the chicken from pan and set aside.
5. Add the remaining 1 tablespoon of oil to the pan and heat until shimmering.
6. Add the vegetables and cook, stirring often, until fork-tender but still firm, about 6-10 minutes.
7. Add the sauce and cook, stirring often, until the sauce is heated through and slightly thickened, about 2-3 minutes.
8. Add the cooked chicken and stir to combine.
9. Serve warm over the cooked brown rice.

Recipe Notes

- Add ½ cup chopped fresh or canned pineapple with the sauce for a sweet twist.

Nutrition Facts Per Serving: Calories: 350 | Total Fat: 10 g | Saturated Fat: 0.5 g
Sodium: 600 mg | Total Carbohydrate: 37 g | Dietary Fiber: 5 g | Protein: 26 g

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