**Chicken Broccoli Stir-Fry**

Schezuan sauce adds heat to this Chinese favorite. Look for it near the soy sauce in grocery stores.

1/3 cup orange juice  
1 tablespoon low-sodium soy sauce  
1 tablespoon Schezuan sauce  
2 teaspoon cornstarch  
1 tablespoon canola oil  
1 lb. of boneless chicken breast, cut into 1-inch cubes  
2 cups of frozen broccoli florets  
1 6-oz. package of frozen peas  
2 cups of shredded cabbage  
2 cups of cooked brown rice  
1 tablespoon sesame seeds (optional)

1. Mix orange juice, soy sauce, Schezuan sauce and cornstarch in a small bowl. Set aside.  
2. Heat oil in a wok and add chicken. Stir fry for about 5-7 minutes.  
3. Add cabbage, broccoli, snow peas and sauce mixture. Cook for about 5 minutes until vegetables are heated through.  

Makes 4 servings

Preparation time: 25 minutes

Per serving:  
Calories 340 kcal  
Fat 8g  
Sodium 240mg  
Carbohydrates 35g  
Fiber 5g  
Protein 28g

Source: Fruits and Veggie More Matters®