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®