

Chicken & Veggie Stir-Fry

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 25 minutes

Serves: 4

CChints: Wash and dry the squash and lemon before using them. The other half of the lemon can be saved for a few days in the refrigerator.

The rind from the one you squeezed can be frozen in a plastic bag and used later when you need lemon zest for a recipe. Be sure to put the remaining chicken broth in an airtight container in the refrigerator and use within a week. Hoisin sauce is like Asian BBQ sauce and it can be found in your supermarket. Ponzu sauce is a citrus soy sauce that is lower in sodium and not as strong as low sodium soy sauce.



4 servings cooked rice noodles or brown or whole grain rice

1 tablespoon + 2 tsp. vegetable oil divided

1 pound skinless, boneless chicken breast
cut into bite size pieces

2 gloves minced garlic, fresh or jarred

1 med. yellow squash cut into half moons
about 1-1/2 cups

8 ounce container fresh, sliced mushrooms

1-1/2 cup Chinese pea pods, ends trimmed

1 small onion, thinly sliced

Garnish: 1-2 teaspoons sesame seeds and 1/4 cup sliced green onion, about 2 onions)

Sauce:

1/4 cup reduce fat chicken broth

1 tablespoon cornstarch

2 tablespoons hoisin sauce

2 tablespoons Ponzu sauce

1 tablespoon lemon juice

1/2 teaspoon ground ginger

1 teaspoon sesame oil

Cook the noodles or rice according to package directions. The noodles will cook quickly but the rice may take 5 - 25 minutes depending on what you select. If using rice that takes 25 minutes, start is now. Otherwise, try to time the noodles or rice so that it is done with the stir-fry is completed.

Heat 1 tablespoon of oil in a large nonstick skillet or wok over medium-high heat. Add the chicken and stir-fry for 5 minutes or until the chicken is no longer pink in the center. Add the garlic and cook for 1 minute. Transfer this mixture to another container and cover to keep warm.

Add the 2 teaspoons of oil to the same skillet. Add the squash through onions and cook for 5 minutes. Reduce the heat to medium and cook for 3 minutes. During this time prepare the sauce in a separate bowl. Whisk the chicken broth through sesame oil together and set aside.

Add the chicken and sauce to the skillet, stirring constantly for 3 minutes. Drain your noodles/rice and serve the stir-fry over them.

Garnish with sesame seeds or sliced green onions. Take the opportunity to strengthen your Asian skills by eating with chop sticks, but have a knife and fork handy.