

LEMON CHICKEN STIR-FRY

Lower Saturated Fat, Lower Sodium

Serves: 1.5 cups

Nutrition (per serving)

Calories: 419

Total Carbohydrate: 53 g

Total Fat: 10 g

Dietary Fiber: 5 g

Saturated Fat: 1.5 g

Protein: 28 g

Sodium: 327 mg

Ingredients

2 cups instant brown rice, uncooked

1 Tbsp. canola oil

8 oz. boneless, skinless chicken, cut into small strips (~2 breasts)

7 oz. extra-firm tofu (~1/2 pkg)

1 pkg. (14 oz.) frozen stir-fry veggies

1 cup sliced, fresh mushrooms

1 pkg. (4-serving size) lemon flavor gelatin

1 Tbsp. cornstarch



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- ½ cup low-sodium chicken broth
- 2 Tbsp. zesty Italian dressing
- 1 tsp garlic powder

Directions

1. Prepare rice according to package directions.
2. Heat oil in large skillet on medium-high heat. Add chicken; cook 4 min. or until cooked through, stirring occasionally. Remove chicken from skillet and set aside.
3. Add frozen vegetables to skillet, and stir-fry for 4 min. (turn heat up if necessary). Add tofu and mushrooms, and stir-fry for another 2-4 min. until cooked through.
4. Return chicken to the skillet.
5. Mix dry gelatin mix and cornstarch in small bowl. Add broth, dressing, and garlic powder; stir until gelatin is dissolved. Add to skillet. Reduce heat to medium; cook 3 min. or until sauce is thickened, stirring frequently.
6. Serve over hot, cooked rice.
7. TIP: To make this a vegetarian dish, omit steps 2 and 4, and use a whole package of extra-firm tofu in place of the chicken.



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