Lemon Chicken Stir-Fry

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size: ~1½ cups

Ingredients

- 1 lemon
- 4 ounces (1/2 cup) reduced-sodium chicken broth
- 3 tablespoons reduced-sodium (lite) soy sauce
- ¼ teaspoon ground ginger
- 2 teaspoons cornstarch
- 1 tablespoon oil

1 pound boneless, skinless chicken breasts, cut into 1-inch pieces

8 ounces mushrooms, halved or quartered

2 medium carrots, peeled and cut on the bias (diagonally-sliced)

2 cups snow peas, stems and strings removed

1 bunch scallions (green onions), cut into 1-inch pieces, white and green parts separated

3 cloves garlic, minced (about 1½ teaspoons)

Directions

- 1. Grate 1 teaspoon lemon zest from the peel of the lemon and set aside.
- 2. Juice the entire lemon. Whisk the juice with the broth, soy sauce, ginger, and cornstarch in a small bowl. Set aside.
- 3. Heat a large nonstick skillet or wok over medium-high heat.
- 4. Add the oil and heat until shimmering.
- 5. Add the chicken and cook, stirring occasionally, until partially cooked, about 1-2 minutes. Transfer the chicken to a plate.
- 6. Add the mushrooms and carrots to the now-empty pan and cook until the carrots are just tender, about 2-3 minutes.
- 7. Add the snow peas, white portion of the scallions, garlic, lemon zest, and the broth mixture. Stir to combine.
- 8. Bring to a rapid simmer and cook, stirring often, until the sauce is thickened, about 2 to 3 minutes.
- 9. Add the partially cooked chicken back to the pan, along with the green portion of the scallions.
- 10. Cook, stirring constantly, until the chicken is fully cooked.

Recipe Notes

- For a more potent flavor, try using 1 tablespoon minced fresh ginger root instead of dried.
- If you are out of lemons, substitute 3 tablespoons lemon juice for the lemon (zest and juice).

Nutrition Facts Per Serving: Calories: 255 | Total Fat: 7 g | Saturated Fat: 0.5 g Sodium: 530 mg | Total Carbohydrate: 16 g | Dietary Fiber: 5 g | Protein: 30 g

Adapted from www.eatingwell.com | Submitted by Jessica Long MS, RDN, CD For more recipes, please visit <u>www.nutrition.va.gov</u>

