



Chicken & Mushroom Stir-Fry

Prep: 35 minutes • Cook: 15 minutes • Serves: 4

- 1 tablespoon vegetable oil
- 1¼ pounds boneless, skinless chicken breasts, cut into 2-inch pieces
- 1 red bell pepper, thinly sliced
- 1 small yellow onion, thinly sliced
- 1 package (8 ounces) sliced white mushrooms
- 1 package (3.5 ounces) sliced shiitake mushrooms
- 3 garlic cloves, crushed with press
- 1 teaspoon peeled and grated fresh ginger
- 4 green onions, cut into 2-inch pieces
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon sesame oil
- 2 cups cooked white rice

1. In large nonstick skillet, heat vegetable oil over medium heat 1 minute. Add chicken and cook 6 minutes or until lightly browned, stirring occasionally. With slotted spoon, remove chicken from pan.

2. Increase heat to medium-high. Add bell pepper and yellow onion, and cook 2 minutes, stirring frequently. Stir in mushrooms, garlic and ginger, and cook 3 minutes. Return chicken to skillet. Stir in green onions and soy sauce, and cook 3 minutes longer. Remove skillet from heat and stir in sesame oil. Serve stir-fry over rice.

Approximate nutritional values per serving: 339 Calories, 7g Fat (19% of total calories), 1g Saturated Fat (3% of total calories), 66mg Cholesterol, 382mg Sodium, 38g Carbohydrates, 3g Fiber, 32g Protein

*Dietary Exchanges:
2½ Starch; 4½ Protein; 1 Fat*