



## Southwest Chicken Stir-Fry

**Prep: 25 minutes plus marinating**

**Cook: 10 minutes • Serves: 4**

- 1 garlic clove, finely chopped
- 5 tablespoons extra virgin olive oil
- 3 tablespoons fresh lime juice
- 2 teaspoons chopped fresh cilantro leaves plus additional for garnish
- 1½ teaspoons ground coriander
- ¼ teaspoon dried chipotle pepper (or other dried red chile pepper), seeded and chopped
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 pound boneless, skinless chicken breasts, cut into ½-inch strips
- 2 red, yellow and/or orange bell peppers, sliced
- 1 small jalapeño pepper, sliced
- 3 green onions, sliced
- 1 cup Mandarin orange segments in light syrup, drained
- 3 cups cooked instant brown rice
- Lime wedges for garnish (optional)

**1.** In small bowl, whisk together garlic, 4 tablespoons oil, lime juice, cilantro, coriander, dried pepper, salt and black pepper. Place chicken in large zip-top plastic bag. Pour marinade over chicken. Seal bag and refrigerate 1 hour to marinate.

**2.** Remove chicken from marinade; discard marinade. Heat large skillet or wok over high heat. Add remaining 1 tablespoon oil and chicken, and cook 4 minutes, stirring occasionally. Add bell peppers and jalapeño, and cook 3 to 4 minutes or until peppers are crisp-tender. Stir in green onions and cook 1 minute, stirring. Add orange segments and cook just until chicken loses its pink color throughout and internal temperature reaches 165°, stirring occasionally.

**3.** Serve stir-fry over brown rice garnished with cilantro and lime wedges, if desired.

*Approximate nutritional values per serving: 404 Calories, 13g Fat (29% of total calories), 2g Saturated Fat (4% of total calories), 49mg Cholesterol, 200mg Sodium, 46g Carbohydrates, 5g Fiber, 24g Protein*

*Dietary Exchanges:  
3 Starch; 3 Protein; 3 Fat*

### Chef Tips

*Try substituting fresh Mandarin orange segments (tangerines, clementines, etc.) in place of canned.*

*Stir-frying is a healthy cooking method in which small pieces of food are cooked quickly over high heat in a small amount of oil, preserving the crisp textures, bright colors and nutrients of the vegetables.*