



Family Plan

Chicken Vegetable Stir-Fry

Serving Size : 6 Preparation Time :0:00

Categories : Main Dish

Amount Measure Ingredient -- Preparation Method

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- 1 pound boneless chicken breasts -- thinly sliced
 - 1 clove garlic -- minced
 - 1 tablespoon vegetable oil
 - 1 16-ounce package frozen oriental-style vegetables
 - 1 jar Chicken Tonight Light Cooking Sauce for Chicken — Honey Mustard
 - 1/4 cup low-sodium soy sauce
 - 1 teaspoon grated fresh ginger
 - OR
 - 1/4 teaspoon dry ginger
 - 1 teaspoon hoisin sauce
 - Hot cooked rice
 - Toasted sesame seeds

In a large skillet, stir-fry chicken and garlic in hot vegetable oil about 10 minutes. Add vegetables, stir and cook 5-8 minutes or until vegetables are tender-crisp. Add sauce, soy sauce, ginger and hoisin sauce. Stir to mix well. Simmer covered, 5 minutes or until heated through. Serve over rice; sprinkle with sesame seeds.



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Source: "Ragú"

S(Internet address): "<http://www.eat.com/index.html>"

Per Serving (excluding unknown items): 149 Calories; 3g Fat (20.9% calories from fat); 20g Protein; 8g Carbohydrate; 2g Dietary Fiber; 44mg Cholesterol; 556mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates.