

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Chicken Stir Fry with Vegetables and Brown Rice

Makes: 4 servings • **Prep Time:** 10 minutes • **Cook Time:** 30 minutes

Ingredients

- 8 oz (approx ½ lb) Chicken Breast meat or Tenderloins
- 2 cups Brown long grain rice
- 2 Red Bell peppers (or any color you like)
- 2 cups chopped carrots (bite sized)
- 1 cup of chopped onion
- 1 1/2 cup of sugar snap green beans
- 3/4 cup of low sodium chicken broth
- 1 ½ cloves of garlic, minced (optional)
- 2 tablespoons of low sodium Teriyaki Sauce (low sodium soy sauce can be substituted)



Preparation

- Cook rice until tender
- Cut up all the vegetables and chicken into bite size pieces
- Spray non-stick cooking spray in your pan and add carrots let cook for 5 minutes
- Then add chicken
- Cook until there is no more pink or it is cooked through
- Add bell pepper and onion
- Once the onions and bell pepper are tender add cooked rice and snap green beans stir and serve!

Nutrition

Per serving : 388 calories; 3g fat; 50g carbohydrates; 21g protein; 11 g fiber; 230mg sodium; 32mg cholesterol

Tips & Notes: **Tip:** When cooking brown rice, double the water and cooking time as appose to cooking white rice

Note: Any vegetables can be added or substituted try Broccoli, yellow squash or bean sprouts for added nutrition. Also, to turn this into a simple Thai Dish; add 1-2 tablespoons of peanut butter and sprinkle with red paper flake!