

Classic Chicken Stir-Fry



Makes 4 servings

Active time: **30 minutes**

Total time: **30 minutes**

Course: **Dinner**

In just 30 minutes, you can whip up this better-than-takeout veggie-packed stir-fry for a satisfying weeknight meal.

Ingredients

- 12 ounces skinless, boneless chicken breasts
- ⅓ cup cold water
- 2 teaspoons cornstarch
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon dry sherry or reduced-sodium chicken broth
- 1 tablespoon vegetable oil
- 2 teaspoons grated fresh ginger
- 1 clove garlic, minced
- ¼ teaspoon crushed red pepper
- 1 cup thinly sliced carrots (2 medium)
- 1 cup fresh snow pea pods, trimmed and halved lengthwise
- 1 8-ounce can water chestnuts, drained
- ½ cup thinly sliced green onions

Preparation

1. Thinly slice chicken into bite-size strips; set aside. In a small bowl stir together the cold water and cornstarch; stir in soy sauce and dry sherry. Set aside.
2. Heat a wok or large skillet over medium-high heat. Add oil. Add ginger, garlic, and crushed red pepper; stir-fry for 30 seconds. Add carrots; stir-fry about 10 minutes or until carrots are nearly tender. Add pea pods and water chestnuts; stir-fry for 2 to 3 minutes or until pea pods are crisp-tender. Remove from wok.
3. Add chicken strips; stir-fry 2 minutes or until cooked through. Add soy sauce mixture to wok, stirring to coat chicken. Cook and stir until thickened and bubbly.
4. Stir in carrot mixture and heat through. Sprinkle with green onions and additional crushed red pepper.

Tips & Notes

Tip: Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

Nutrition

Per serving: 185 calories; 12 g carbohydrates; 6 g fat (1 g sat, g mono); 20 g protein; 54 mg cholesterol; 2 g dietary fiber; 407 mg sodium. Nutrition bonus: 9 mg Niacin, 17 mg Vitamin C, 24 µg Folate, 34 mg Calcium, 5442 IU Vitamin A

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