

POULTRY

Chinese Chicken Stir-Fry

1 lb. 021 chicken, skinned (breast)

1 1/3 c. low-sodium chicken broth ²²⁵

3 Tbl. cornstarch

3 Tbl. sherry

← 2 Tbl. light soy sauce

1 Tbl. rice vinegar

1 tablespoon hot pepper oil

1 tablespoon grated fresh ginger

3 cloves garlic, minced

1 tablespoon sesame oil

1 8-ounce package fresh mushrooms, sliced

1 cup diced red bell pepper

3/4 cup sliced green onion

1/3 cup unsalted dry-roasted pecan halves

Rinse chicken and pat dry. Cut into 1-inch cubes. Set aside.

In a small bowl, combine broth, cornstarch, sherry, soy sauce and vinegar. Set aside.

Heat hot pepper oil in a nonstick skillet or wok over high heat. Add ginger and garlic and sauté 1 minute. Add chicken and stir-fry until lightly browned. Transfer chicken to plate and set aside.

Add sesame oil to skillet. Stir in mushrooms and pepper. Cover pan, reduce heat to medium-high and steam 5 to 7 minutes. Add chicken broth mixture. Return chicken to pan and cook until sauce is thickened. Add onions and pecans and cook 2 minutes more.

Serve over rice if desired.

CHINESE BEEF STIR-FRY

In place of chicken, use 1 pound thinly sliced sirloin steak, all visible fat removed. Use walnuts in place of pecans. Follow instructions for Chinese Chicken Stir-Fry.

Chinese Chicken Stir-Fry Nutrient Analysis

Calories	216 kcal	Cholesterol	41 mg	Saturated Fat	2 gm
Protein	19 gm	Sodium	253 mg	Polyunsaturated Fat	4 gm
Carbohydrate	11 gm	Total Fat	11 gm	Monounsaturated Fat	5 gm

Chinese Beef Stir-Fry Nutrient Analysis

Calories	247 kcal	Cholesterol	45 mg	Saturated Fat	3 gm
Protein	20 gm	Sodium	256 mg	Polyunsaturated Fat	4 gm
Carbohydrate	11 gm	Total Fat	14 gm	Monounsaturated Fat	5 gm

American Heart Association

Cookbook
5th edition,
1991

