

Chicken Stir-fry

- 2 Tbsp. vegetable oil
- ½ cup carrots, peeled and thinly sliced
- ½ cup celery, thinly sliced
- ¼ cup onion, cut into strips
- 1 green pepper, cut into strips
- 1 Tbsp. garlic, finely chopped
- 1 Tbsp. ginger, finely chopped
- 1 lb. cooked chicken, skin removed, cut into strips
- ½ tsp. sugar
- 3 Tbsp. soy sauce
- 3 cups cooked rice (white or brown)

Directions

Add vegetable oil to a large pan over high heat. Then add the vegetables, garlic and ginger. Stir until the garlic is slightly brown.

Add the chicken, sugar and soy sauce. Stir for one minute or until heated through. Serve over rice.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	247
Total Fat	7.2 g
Protein	19 g
Carbohydrates	25 g
Dietary Fiber	2 g
Saturated Fat	1 g
Sodium	423 mg

*Percent Daily Values are based on a 2,000 calorie diet.

Source: USDA