

**RECIPE CREDIT: TERRY WRIGHT, HEART TRANSPLANT RECIPIENT, NOVEMBER 19, 2017**

### **CHICKEN AND VEGETABLE STIR FRY**

*This chicken stir fry is loaded with fresh vegetables and coated with a delicious light sauce. It's the perfect weeknight entree when you don't have time to cook. Besides being tasty, you get a generous portion of vegetables in one meal.*

**YEILD:** 4 servings

#### **INGREDIENTS**

TOASTED SESAME OIL NO STICK COOKING SPRAY (I use HEB brand. Can also find on Amazon)

**1** LB BONELESS, SKINLESS CHICKEN BREAST CUT INTO 1" PIECES

**1** 12 OZ PACKAGE STIR FRY MEDLEY FRESH VEGETABLES (I use HEB or Dole brand)

$\frac{1}{2}$  CUP EGG SUBSTITUTE (I use Egg Beaters brand)

**1** TSP GARLIC POWDER

**1** TSP ONION POWDER

**1** TSP DRY GINGER

BLACK PEPPER TO TASTE

**2** TBLS SESAME OIL

$\frac{1}{2}$  CUP 3 DRAGONS CLASSIC SWEET & SOUR SAUCE

#### **DIRECTIONS**

- 1)** Generously coat large skillet with Toasted Sesame Oil cooking spray.
- 2)** Over medium heat, cook chicken 3-5 minutes, or until cooked thru to 165 degrees F.
- 3)** Remove chicken, discard any liquid. Apply another coat of Toasted Sesame Oil cooking spray to pan.
- 4)** Add fresh vegetables, stirring occasionally, until crisp tender, or to your liking.
- 5)** Add chicken back to the skillet and stir to combine.
- 6)** Add garlic powder, onion powder, dry ginger, pepper, Sesame Oil and Sweet & Sour Sauce over chicken and vegetables. Stir gently to combine. Serve immediately.

#### **NUTRITION** (approximate per serving)

CALORIES 267, TOTAL FAT 9.4g, SATURATED FAT 1g, CHOLESTEROL 64mg, SODIUM 187mg,  
CARBOHYDRATE 17.6g, DIETARY FIBER 2.2g, TOTAL SUGARS 12.6g, PROTEIN 27.2g, VITAMIN D 0.0mcg,  
CALCIUM 65mg, IRON 2mg, POTASSIUM 456mg