



Super Veggie Stir-Fry with Chicken

6 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 2 Tablespoons less sodium soy sauce
- 2 Tablespoons rice vinegar
- 2 teaspoons toasted sesame oil
- 1 teaspoon onion powder
- 1 Tablespoon ginger, grated
- 2 cloves garlic, crushed
- 2 teaspoons Asian hot sauce
- 1 Tablespoon extra virgin olive oil
- 1 pound boneless skinless chicken breast or thigh, sliced into strips
- 1 celery stalk, chopped
- 2 cups broccoli florets
- 1 red bell pepper, thinly sliced
- 2 cups button mushrooms, sliced
- 4 mini bok choy, leaves separated
- 1 bunch green onions, sliced
- 1 cup edamame

DIRECTIONS

1. Combine soy sauce, rice vinegar, sesame oil, onion powder, ginger, garlic, and hot sauce into a small bowl. Set aside.
2. Heat a skillet or wok over medium-high heat. Once the skillet is warmed, add the oil. Add the chicken and stir until it becomes white on all sides.
3. Add the celery, broccoli, bell pepper, and mushrooms, stirring quickly, for about 3 minutes.
4. Add the stalk of the bok choy, the green onion, and the edamame. Stir for another 2 minutes.
5. Add the leaves of the bok choy and cook until just starting to wilt.
6. Add the sauce and let it boil. Stir, and then turn off the heat.

Nutrition Facts

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	310
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 690mg	30%
Total Carbohydrate 23g	8%
Dietary Fiber 8g	29%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 884mg	70%
Iron 6mg	35%
Potassium 1848mg	40%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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