



Chicken and Vegetable Stir-Fry

4 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 Tablespoon olive oil, divided
- 1 pound boneless, skinless chicken breasts, cut into strips
- 1 onion, sliced
- 1 green bell pepper, sliced
- 1 cup carrots, chopped
- 1 pound frozen spinach, thawed
- 2 cloves garlic, minced
- 1 teaspoon toasted sesame oil
- 1 Tablespoon less sodium soy sauce
- 1 teaspoon red pepper flakes
- 2 cups cooked, brown rice

DIRECTIONS

1. Heat a large skillet over medium-high heat. Add in 2 teaspoons olive oil and sauté chicken until cooked through. Remove from pan.
2. Add the remaining olive oil to the pan. Add the onions, bell pepper, and carrots. Cook until softened, about 4 minutes. Add in the spinach and garlic and cook for about 1 minute more.
3. Return the chicken to the pan and add the sesame oil, soy sauce, and red pepper flakes.
4. Serve over brown rice.

Nutrition Facts

4 servings per container
Serving size 1 cup

Amount per serving
Calories 450

% Daily Value*

Total Fat 10g 13%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 120mg 40%

Sodium 320mg 14%

Total Carbohydrate 49g 18%

Dietary Fiber 9g 32%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 44g

Vitamin D 0mcg 0%

Calcium 204mg 15%

Iron 4mg 20%

Potassium 1304mg 30%

*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.

Recipe developed by the San Antonio Food Bank



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