



Brown Rice with Sizzling Chicken and Vegetables

Serves: 4

Ingredients:

- 3 cups hot cooked brown rice
- 3 tbsp. low-sodium soy sauce
- ¼ cup water
- 1 tbsp. honey
- 1 tbsp. cornstarch
- 1 ½ tbsp. canola or corn oil
- 1 lb. boneless chicken breast, cut into 1-inch cubes
- 2 cloves garlic, minced
- 1 small white onion, cut into small wedges (about 1/8-inch thick)
- 3 medium carrots, peeled and thinly sliced diagonally (1 cup total)
- 1 ½ cups small broccoli florets
- 1 medium red bell pepper, cut into 1-inch pieces



Directions:

1. Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside.
2. Heat oil in a wok or large skillet. Add minced garlic; sauté about 1 minute until garlic is golden.
3. Add chicken; cook about 5-6 minutes, then push chicken to the side.
4. Add onions to center of skillet; cook until slightly tender and push to the side.
5. Continue with carrots, broccoli, and peppers separately, placing each in center of pan, cooking until slightly tender and pushing to the side.
6. Pour soy sauce mixture into center of skillet. Leaving other ingredients at the sides of the pan, stir sauce until it thickens.
7. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.

Nutrition Facts: Calories, 410; Calories from fat, 90; Total fat, 10g; Saturated fat, 1.5g; Trans fat 0g; Cholesterol, 75mg; Sodium, 580mg; Total Carbohydrate, 49g; Fiber, 6g; Protein, 30g; Vit. A, 190%; Vit. C, 110%; Calcium, 6%; Iron, 10%.

Source: www.choosemyplate.gov



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