



Apple Chicken Stir Fry

Serves: 4

Ingredients:

- 1 pound cubed boneless, skinless, chicken breast
- ½ cup onion, vertically sliced
- 1 ¾ cups (3-4 medium) carrots, thinly sliced
- 1 ½ teaspoon vegetable oil
- 1 teaspoon dried basil, crushed
- 1 cup fresh or frozen Chinese pea pods
- 1 tablespoon water
- 1 medium baking apple, cored and thinly sliced
- 1 tablespoon oil
- 2 cups cooked brown rice



Directions:

1. Stir-fry cubed chicken breast in 1 tablespoon vegetable oil in non-stick skillet until lightly browned and cooked. Remove from skillet.
2. Stir-fry onion, carrots and basil in oil in same skillet until carrots are tender.
3. Stir in pea pods and water. Stir-fry 2 minutes.
4. Remove from heat; stir in apple.
5. Add to chicken, serve hot over cooked rice.

Nutritional Information per Serving: Calories: 330, Carbohydrates: 30g, Total Fat: 7.7g, Cholesterol: 66mg, Saturated Fat: 1.1g, Dietary Fiber: 5g, Sodium: 117mg, Protein: 29g

Source: www.fruitsandveggiesmorematters.org

