

# Chicken and Vegetable Stir-Fry



**CHOICES**  
Steps Toward  
Health

Serves 4

1/2 cup carrots, sliced  
3 green onions, sliced  
1 cup cabbage, sliced  
1 cup broccoli, cut into bite-size pieces  
1 pound chicken meat, skin removed, cut into bite-size cubes (about 1/2 inch)  
2 tablespoons soy sauce, low-sodium  
1-2 tablespoons olive or vegetable oil  
1 tablespoon cornstarch  
1/8 teaspoon garlic powder (optional)  
1/8 teaspoon ginger, ground  
1 cup chicken broth, low-fat, low-sodium

1. Wash and prepare vegetables.
2. Cube chicken and marinate for 30 minutes in soy sauce in the refrigerator.
3. Heat oil in skillet. Cook chicken pieces, stirring constantly for 5 minutes until thoroughly cooked. Remove from pan using a slotted spoon.
4. Add carrots to skillet. Stir-fry for 3 minutes. Add green onions, cabbage, and broccoli. Cook until vegetables are tender-crisp, about another 2 minutes. Remove from skillet.
5. Mix cornstarch, garlic powder and ginger into chicken broth. Pour into skillet.
6. Stir until thickened and bubbly.
7. Return chicken and vegetables to skillet. Cook until heated through, about 1 minute. Serve hot.

**TIP:** Wash hands and everything that comes in contact with raw chicken before touching other ingredients.

**Nutrition Facts:** Serving size: 1 cup; Calories: 220; Fruits and Vegetables: 1; Fat 9 g; Fiber 2 g



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