

Lemon Chicken Stir-Fry

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size: ~1½ cups

Ingredients

1 lemon
4 ounces (½ cup) reduced-sodium chicken broth
3 tablespoons reduced-sodium (lite) soy sauce
¼ teaspoon ground ginger
2 teaspoons cornstarch
1 tablespoon oil
1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
8 ounces mushrooms, halved or quartered
2 medium carrots, peeled and cut on the bias (diagonally-sliced)
2 cups snow peas, stems and strings removed
1 bunch scallions (green onions), cut into 1-inch pieces, white and green parts separated
3 cloves garlic, minced (about 1½ teaspoons)

Directions

1. Grate 1 teaspoon lemon zest from the peel of the lemon and set aside.
2. Juice the entire lemon. Whisk the juice with the broth, soy sauce, ginger, and cornstarch in a small bowl. Set aside.
3. Heat a large nonstick skillet or wok over medium-high heat.
4. Add the oil and heat until shimmering.
5. Add the chicken and cook, stirring occasionally, until partially cooked, about 1-2 minutes. Transfer the chicken to a plate.
6. Add the mushrooms and carrots to the now-empty pan and cook until the carrots are just tender, about 2-3 minutes.
7. Add the snow peas, white portion of the scallions, garlic, lemon zest, and the broth mixture. Stir to combine.
8. Bring to a rapid simmer and cook, stirring often, until the sauce is thickened, about 2 to 3 minutes.
9. Add the partially cooked chicken back to the pan, along with the green portion of the scallions.
10. Cook, stirring constantly, until the chicken is fully cooked.

Recipe Notes

- For a more potent flavor, try using 1 tablespoon minced fresh ginger root instead of dried.
- If you are out of lemons, substitute 3 tablespoons lemon juice for the lemon (zest and juice).

Nutrition Facts Per Serving: Calories: 255 | Total Fat: 7 g | Saturated Fat: 0.5 g
Sodium: 530 mg | Total Carbohydrate: 16 g | Dietary Fiber: 5 g | Protein: 30 g

Adapted from www.eatingwell.com | Submitted by Jessica Long MS, RDN, CD
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