

- » Nonstick vegetable cooking spray
- » 2 1/2 tsp sesame seeds
- » 1 tsp vegetable oil, divided
- » 1 tsp cornstarch
- » 1 tsp brown sugar
- » 1 tsp grated fresh ginger
- » 1 tbsp soy sauce, reduced sodium
- » 1/2 tbsp seasoned rice vinegar
- » 1 (6-oz) chicken breast, boneless, skinned, cut into thin strips
- » 1/4 cup snow peas, sliced in half
- » 1/4 cup carrots, diagonally sliced
- » 1 green onion, diagonally sliced
- » 1/2 cup broccoli florets
- » 1/4 cup red bell pepper, cut into strips
- » 1/3 cup long-grain white rice, cooked according to directions without salt or fat

Nutritional Content

Per Serving

Calories	578 cal	Cholesterol	97mg
Protein	47g	Sodium	732mg
Carbohydrate	64g	Calories from Fat	18%
Fat	11g	Fiber	5g
Saturated Fat	2g		

In a small skillet sprayed with nonstick vegetable cooking spray, over medium-low heat, combine 1/2 tsp vegetable oil with sesame seeds. Stir continually until sesame seeds are lightly browned and toasted (about 3 to 4 minutes). Remove from heat and set aside. In a small bowl, combine cornstarch, brown sugar, grated fresh ginger, soy sauce, and vinegar. Set aside. In a skillet, sprayed with nonstick vegetable cooking spray, add 1/2 tsp vegetable oil. When hot, add chicken strips and cook 3 to 4 minutes until done. Remove from skillet. Add snow peas, carrots, green onion, broccoli florets, and red bell peppers. Stir-fry vegetables 3 to 5 minutes until they are tender. Add chicken back to skillet and add soy sauce mixture, stirring constantly until thickened. Add sesame seeds and serve over rice. Serves 1.

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