



Asian Chicken and Vegetable Stew

Serves 4

With this easy recipe, you can make a healthy entrée that has that great take-out flavor—and in next to no time at all. Another time, leave out the chicken and you'll have a first-course or side soup.

- 1 teaspoon toasted sesame oil
- 1 pound boneless, skinless chicken breasts, all visible fat discarded, cut into 3/4-inch cubes
- 1 14-ounce can fat-free, low-sodium chicken broth
- 1 8-ounce can bamboo shoots, rinsed and drained
- 4 ounces (about 1 cup) fresh snow peas, trimmed
- 1/3 cup water and 1 tablespoon water, divided use
- 4 medium green onions, sliced
- 3 tablespoons plain rice vinegar
- 2 tablespoons soy sauce (lowest sodium available)
- 1 tablespoon coarsely chopped peeled gingerroot
- 1 teaspoon light brown sugar
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon pepper
- 1 tablespoon cornstarch

Heat a large nonstick saucepan over medium-high heat. Pour in the oil, swirling to coat the bottom. Cook the chicken for 6 to 8 minutes, or until no longer pink in the center, stirring frequently.

Stir in the broth, bamboo shoots, snow peas, 1/3 cup water, green onions, vinegar, soy sauce, gingerroot, brown sugar, red pepper flakes, and pepper. Bring to a boil over high heat, stirring occasionally. Reduce the heat and simmer for 6 to 8 minutes, stirring occasionally.

Put the cornstarch in a cup. Add the remaining 1 tablespoon water, stirring to dissolve. Stir into the soup. Increase the heat to medium high and bring to a boil. Boil for 1 to 2 minutes, or until thickened, stirring occasionally.

Nutritional Analysis

1 ¼ cup serving size

Calories	186
Fat	3g
Saturated Fat	0.5g
Trans Fat	0g
Polyunsaturated Fat	1g
Monounsaturated Fat	1g
Cholesterol	66mg
Sodium	303 mg
Carbohydrates	9g
Fiber	2g
Sugar	4g
Protein	29g

Diabetic Exchanges:

1/2 carbohydrates, 3 very lean meat