



Chinese Chicken Stir Fry

Serves 6

1 1/2 cups uncooked instant brown rice
3 tablespoons cornstarch
1 1/3 cups fat-free, low-sodium chicken broth
3 tablespoons dry sherry or fresh orange juice
2 tablespoons soy sauce (lowest sodium available)
1 tablespoon plain rice vinegar
2 teaspoons chili oil
1 tablespoon grated peeled gingerroot
3 medium garlic cloves, minced
1 pound boneless, skinless chicken breasts, all visible fat discarded, cut into 1-inch cubes
2 teaspoons toasted sesame oil
8 ounces mushrooms, sliced
1 cup diced red bell pepper
1 8-ounce can water chestnuts, drained
3/4 cup sliced green onions
1/2 cup pecan halves, dry-roasted
1/4 teaspoon crushed red pepper flakes

Prepare the rice using the package directions, omitting the salt and margarine. Set aside. Cover to keep warm.

Put the cornstarch in a medium bowl. Add the broth, sherry, soy sauce, and vinegar, whisking to dissolve. Set aside.

In a large skillet or wok, heat the chili oil over high heat, swirling to coat the bottom. Cook the gingerroot and garlic for 1 minute, stirring constantly. Reduce the heat to medium high. Stir in the chicken. Cook for 4 minutes, or until the chicken is lightly browned, stirring constantly. (The chicken won't be done at this point.) Transfer to a plate. Wipe the skillet with paper towels.

In the same skillet, still over medium-high heat, heat the sesame oil, swirling to coat the bottom. Cook the mushrooms, bell pepper, and water chestnuts for 5 to 7 minutes, stirring frequently.

Whisk the broth mixture. Stir it into the mushroom mixture. Stir in the chicken. Cook for 3 to 4 minutes, or until the chicken is no longer pink in the center.

Stir the green onions, pecans, and red pepper flakes into the chicken mixture. Cook for 2 minutes, stirring frequently. Serve over the rice.

Nutritional Analysis

Serving Size: 1 cup chicken mixture and ½ cup rice

Calories	317
Fat	12g
Saturated Fat	1.5g
Trans Fat	0.0g
Polyunsaturated Fat	3.5g
Monounsaturated Fat	5.5g
Cholesterol	48mg
Sodium	248mg
Carbohydrates	30g
Dietary Fiber	4g
Sugars	4g
Protein	21g

Diabetic Exchanges: 1 ½ starch, 1 vegetable, 2 ½ lean meat, ½ fat