



Lemon Chicken Stir Fry



Marshfield Clinic
Health System

PREP/COOK TIME: 40 minutes • **SERVINGS:** 4 1½-cup servings

INGREDIENTS

- 1 lemon
- ½ cup reduced-sodium chicken broth
- 3 tablespoons reduced-sodium soy sauce
- 2 teaspoons cornstarch
- 1 tablespoon canola oil
- 1 pound boneless, skinless chicken breasts, trimmed and cut into 1-inch pieces
- 10 ounces mushrooms, halved or quartered
- 1 cup diagonally sliced carrots, (¼ inch thick)
- 2 cups snow peas, (6 ounces), stems and strings removed
- 1 bunch scallions, cut into 1-inch pieces, white and green parts divided
- 1 tablespoon chopped garlic

NUTRITION INFORMATION

Each serving contains 223 calories; 7 g fat (1 g sat); 3 g fiber; 14 g carbohydrates; 28 g protein; 53 mcg folate; 63 mg cholesterol; 5 g sugars; 0 g added sugars; 5,984 IU vitamin A; 37 mg vitamin C; 62 mg calcium; 3 mg iron; 555 mg sodium; 716 mg potassium

INSTRUCTIONS

Grate 1 teaspoon lemon zest and set aside. Juice the lemon and whisk 3 tablespoons of the juice with broth, soy sauce and cornstarch in a small bowl.

Heat oil in a large skillet over medium-high heat. Add chicken and cook, stirring occasionally, until just cooked through, 4-5 minutes. Transfer to a plate with tongs. Add mushrooms and carrots to the pan and cook until carrots are just tender, about 5 minutes. Add snow peas, scallion whites, garlic and reserved lemon zest. Cook, stirring, until fragrant, 30 seconds. Whisk broth mixture and add to the pan; cook, stirring, until thickened, 2 to 3 minutes. Add scallion greens, chicken and any accumulated juices; cook, stirring, until heated through, 1-2 minutes.

People with celiac disease or gluten-sensitivity should use soy sauces labeled “gluten-free,” as soy sauce may contain wheat or other gluten-containing sweeteners and flavors.

Source: Recipe modified from EatingWell.com
Find more recipes at shine365.marshfieldclinic.org