

# Chicken Vegetable Stir-Fry

Recipe Type: Main Dish, Poultry

## Ingredients

1 ½ lb chicken breast, skinless cut into strips  
1 ½ Tbs canola oil, divided  
1 tsp Garlic powder  
2 tsp minced fresh ginger  
1 ½ cups Chicken broth  
3 Tbs reduced-sodium soy sauce  
2 Tbs cornstarch  
1 tsp Oriental sesame oil (optional)  
1 cup broccoli florets  
1 cup Red bell pepper cut into ¼-inch cubes  
½ tsp crushed red pepper (optional)  
1 cup mushrooms, sliced  
Salt to taste  
Pepper to taste



## Directions

- 1 Mix broth, soy sauce, garlic powder, ginger and cornstarch in a small bowl until smooth. Set aside.
- 2 In a large non-stick skillet, heat oil on medium-high.
- 3 Add chicken and stir fry for about 5 minutes (or until chicken is cooked through). Add additional oil if needed.
- 4 Remove chicken and set aside.
- 5 Place vegetables in skillet and stir fry for about 3 minutes.
- 6 Place chicken in skillet.
- 7 Stir the soy sauce mixture and pour into skillet.
- 8 While stirring constantly, bring to a boil. Continue to boil for about 1 minute or until sauce is slightly thickened.
- 9 Plate and serve (you can put over rice if desired).

## Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

## Nutrition Facts

Nutrition (per serving): 150 calories, 5.9g total fat, <1g saturated fat, 59.5mg cholesterol, 290mg sodium, 4.2g carbohydrates, <1g fiber, <1g sugar, 19.3g protein.

Servings: 8

Yield: 8, 1 cup servings

## Weight Watchers Points

Note: The Freestyle SmartPoints do not include nutrition for the chicken or veggies. The other points do not include the veggies.

Orig. WW Pts: 3

Points Plus: 4

Smart Points: 3

FreeStyle Smart Points: 1

## Tips

You can add, change or remove vegetables to your liking without changing the Weight Watchers points.