

Spring Stir Fry with Chicken

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22311&news_iv_ctrl=1262

Ingredients

- 1 Tbsp. peanut oil
- 5 cloves garlic, minced
- 1 tsp. grated fresh ginger
- 1/4 tsp. ground ginger
- 6 spring onions, chopped, including the green stems
- Salt to taste
- 1 lb. chicken, boneless and skinless, cut into about 1/2-inch strips
- 1 large onion, chopped
- 1 cup chopped cabbage
- 1 medium each, red and green bell peppers, chopped
- 2 Tbsp. reduced-sodium soy sauce
- 1 1/2 tsp. sugar, optional
- 1 Tbsp. cornstarch
- 1/2 cup water
- 3 cups of cooked brown rice

Instructions

1. Heat oil over medium-high heat in wok or large skillet. When oil is almost smoking, add garlic, ginger, ground ginger, spring onions and salt to taste. Stir-fry about 2 minutes. Add chicken. Stir fry an additional 3 to 4 minutes.
2. Add chopped onion and cabbage and cook, stirring occasionally, for about 5 minutes. Add peppers and cook for 2 minutes.
3. Mix soy sauce, sugar and cornstarch into water; add to wok or skillet. Cook uncovered until sauce thickens. Serve over hot rice.

Makes 4 servings (1 1/2 cups per serving)

Nutrition information per serving

Calories: 276
Total fat: 7 g
Saturated fat: 1.5 g
Carbohydrates: 38 g
Protein: 16 g
Dietary fiber: 5 g
Sodium: 349 mg