

Chicken and Broccoli

Serves 4

2 skinless, boneless chicken breasts (16 oz), thinly sliced
3 tbsp soy sauce
1 tbsp vegetable oil
4 cups (1 pound) broccoli flowerets or use 1 20-ounce package frozen broccoli, rinsed
1 cup low salt chicken broth
Dash garlic powder
8 ounces sliced fresh mushrooms or use 1 8 -ounce can
1 6-ounce can sliced bamboo shoots, drained
1 tbsp lemon juice
1 tbsp cornstarch
1 tbsp sesame seeds, toasted (optional)

In a small bowl, combine chicken, soy sauce and vegetable oil
Place broccoli and ½ cup of chicken broth in wok or deep skillet
Cook 5 minutes on medium heat, stir- fry once every minute. Push to the side of the skillet.

Increase heat to medium-high, add chicken mixture and garlic powder to middle of the skillet, stir-fry for 3 minutes and push to the side.

Add mushrooms and stir-fry for 1 minute. Push to the side.

Add bamboo shoots and stir-fry 1 minute.

Combine all the ingredients cooked in the skillet.

Combine the lemon juice, cornstarch and remaining ½ cup chicken broth in a small bowl.

Stir it into chicken mixture and heat until sauce thickens, about 2 minutes.

Garnish with sesame seeds.

Per serving:

303 calories

12 g carbohydrates

2 g fiber

42 g protein

10 g fat

2 g sat fat

96 mg cholesterol

869 mg sodium