**Chicken Stir-Fry in a new light**

Makes: 8 servings  
Prep Time: 15 minutes  
Cook Time: 25 minutes  
Difficulty: Easy

**Ingredients:**
- 1 cup no-salt-added chicken broth or cooking stock
- 3 tablespoons hoisin sauce
- 4 teaspoons cornstarch
- 2 teaspoons vegetable oil
- 1 1/2 pounds skinless boneless chicken breasts, cut into 1/2-inch pieces
- 1 medium onion, chopped into 1/2-inch pieces
- 1 medium red bell pepper, cut into 1/2-inch pieces
- 1 (5-ounce) package sliced shiitake mushrooms
- 2 teaspoons Asian (dark) sesame oil
- 3 medium carrots, thinly sliced
- 1 bunch broccoli, cut into florets
- 2 teaspoons minced peeled fresh ginger

**Directions:**

In small bowl or 2-cup measure, whisk together the broth, hoisin sauce, and cornstarch; set aside (you'll have about 1 1/4 cups).

In large nonstick skillet, heat the oil over medium-high heat. Add the chicken and cook, turning occasionally, until lightly browned, 5 minutes. Transfer with a slotted spoon to a plate.

Heat the sesame oil in the same skillet over medium heat. Add the onion, bell pepper, and mushrooms, and cook, stirring occasionally, until any liquid is evaporated and the vegetables are lightly browned, about 10 minutes. Add the carrots, broccoli, ginger, and water; cook, stirring until vegetables are tender-crisp, about 5 minutes.

Stir in the reserved chicken (and any juices), water chestnuts and the reserved broth mixture; bring just to a boil. Reduce the heat and simmer, stirring gently, until the sauce bubbles and thickens, about 5 minutes. Serve at once (try with brown rice or hot cooked rice noodles).

**Nutritional Information:** Per serving (1 cup): 250 calories, 7 g fat (1.5 g saturated, 0 g trans), 75 mg cholesterol, 410 mg sodium, 19 g carbohydrate, 5 g fiber, 18 g protein.

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Ingredients (cont’d)

- 1/2 cup water
- 1 (8-ounce) can sliced water chestnuts, drained

Chicken Stir-Fry in a new light (cont’d)

Nutritional Information: Per serving (1 cup with 1/3 cup of cooked brown rice): 350 calories, 8 g fat (1.5 g saturated, 0 g trans), 75 mg cholesterol, 410 mg sodium, 39 g carbohydrate, 7 g fiber, 30 g protein.

Nutritional Information: Per serving (1 cup with 1/3 cup cooked rice noodles): 340 calories, 8 g fat (1.5 g saturated, 0 g trans), 75 mg cholesterol, 420 mg sodium, 38 g carbohydrate, 6 g fiber, 28 g protein.