

Recipes for Healthy Living

Food for Thought

Maintaining weight is important to reduce the risk of cancer and other chronic diseases. Being overweight increases one's chances of breast (woman over 50), colon, uterine, esophageal, and kidney cancers.

Use this delicious recipe as part of a healthier diet!

Chicken Stir-Fry

Ingredients

6	8 oz. Chicken Breast halves, skinned, boned, and cut into 1-1/2 inch pieces
1/4 cup + 1 tbsp	Light Soy Sauce
2	Small Green Bell Peppers, cored, seeded, and cut into 1-inch strips
1	Large Onion, Coarsely Chopped
1/2 cup	Fresh Mushrooms or
1 4 oz. can	Mushrooms, Sliced
1 8 oz. can	Water Chestnuts Drained & Sliced
1 tsp	Cornstarch
3/4 tsp	Granulated Sugar
1/8 tsp	Red Pepper
3 cups	Cooked Rice
	Nonfat Cooking Spray



Nutrition Information: Amount Per Serving

Calories 469
Total Fat 7g

Recipe Yields 6 Servings

Preparation Instructions

1. Spray wok or skillet with vegetable cooking spray. Heat over medium-high heat for 1–2 minutes.
2. Add chicken and soy sauce. Stir-fry for 3 to 4 minutes or until light brown, then remove chicken from wok with slotted spoon.
3. Add green peppers and onion to wok and stir-fry for 4 minutes or until tender-crisp.
4. Drain mushrooms, reserving any liquid.
5. Add chicken, mushrooms, and water to chestnuts to stir-fried vegetables.
6. In a small bowl, combine reserved mushroom liquid, cornstarch, sugar, and red pepper. Mix well. Stir into chicken mixture.
7. Reduce and simmer for 2 to 3 minutes or until slightly thickened, stirring constantly.
8. Serve over rice.



This recipe is from:
Healthy Eating Cookbook,
published by the American Cancer Society.

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