

Chicken Cabbage Stir Fry

This recipe is a good source of Vitamin C, which keeps gums and blood vessels healthy.

Ingredients:

- 3 **chicken breast** halves
- 1 teaspoon **vegetable oil**
- 3 cups **green cabbage**, shredded
- 1 tablespoon **cornstarch**
- 1/2 teaspoon **ground ginger**
- 1/4 teaspoon **garlic powder**
- 1/2 cup **water**
- 1 tablespoon **soy sauce**

Directions:

1. Cut chicken breasts into strips.
2. Heat oil in a frying pan.
3. Add chicken strips and stir fry over medium-high heat, turning constantly until done.
4. Add cabbage and sauté 2 minutes until cabbage is crisp-tender.
5. Mix cornstarch and seasonings; add water and soy sauce and mix until smooth.
6. Stir sauce into chicken/cabbage mixture.
7. Cook until sauce has thickened and chicken is coated, about 1 minute.
8. Refrigerate leftovers within 2-3 hours.

Nutrition Facts

Serving Size 1 cup (365g)	
Servings Per Container 4	
Amount Per Serving	
Calories 210	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 440mg	18%
Total Carbohydrate 18g	6%
Dietary Fiber 6g	24%
Sugars 10g	
Protein 24g	
Vitamin A 0%	• Vitamin C 220%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

4 servings, 1 cup each

Bright Ideas:

Source: Adapted from Recipe America.

For more recipes and other resources on eating well for less, see our web site at: <http://www.healthyrecipes.oregonstate.edu>