

# Blue is Better Recipe (Serves 6) Almond Chicken Stir-Fry

## Ingredients

- 1 1/2 lb. boneless, skinless chicken breast cut into strips
- 3 Tbsp. canola oil
- 2 lb. bag frozen mixed vegetables
- 1-8 oz. can sliced water chestnuts, rinsed & drained
- 3 c. low-sodium chicken broth
- 3 Tbsp. soy sauce
- 1/3 c. cornstarch
- 1/2 c. water
- 1/3 to 1/2 cup slivered almonds, toasted

## Preparation Instructions

1. In a skillet or wok, stir-fry chicken in oil until no longer pink. Stir in vegetables, broth & soy sauce. Bring to a boil. Reduce heat to low; cover & cook until vegetables are crisp-tender.
2. Combine cornstarch & water until smooth; stir into chicken mixture. Bring to a boil cook & stir for 2 minutes or until thickened.
3. Serve over rice. Sprinkle with almonds.



## NUTRITION FACTS

### Serving Size

1 cup, without rice

### Amount Per Serving:

|                           |        |
|---------------------------|--------|
| <b>Calories</b> .....     | 331    |
| Calories from Fat.....    | 135    |
| <b>Total Fat</b> .....    | 15 g   |
| Saturated Fat.....        | 2 g    |
| <b>Cholesterol</b> .....  | 66 mg  |
| <b>Sodium</b> .....       | 843 mg |
| <b>Carbohydrate</b> ..... | 19 g   |
| Dietary Fiber.....        | .5 g   |
| <b>Protein</b> .....      | 29 g   |