

Blue is Better Recipe (Serves 4) Lemon Chicken

Ingredients

- 2 tsp. cornstarch, divided
- 1/4 c. low-sodium soy sauce, divided
- 12 oz. chicken breast tenders, cut in thirds
- 1/4 c. fresh lemon juice
- 1/4 c. fat-free, low-sodium chicken broth
- 1 tsp. fresh gingerroot, minced
- 2 tsp. granular Splenda
- 2 cloves garlic, peeled & minced
- 1 Tbsp. canola oil
- 1/4 c. each red & green bell peppers, seeded & sliced

Preparation Instructions

1. Mix 1 tsp. cornstarch & 1 Tbsp. soy sauce in medium bowl. Add sliced chicken. Chill 10 minutes.
2. Stir lemon juice, remaining soy sauce, chicken broth, ginger, garlic, Splenda, & 1 tsp. cornstarch together in a medium bowl to make sauce.
3. Heat oil in medium fry pan. Add chicken & cook over medium heat for 3-4 minutes or until chicken is no longer pink in center. Add lemon sauce & sliced peppers. Cook 2-3 minutes more or until sauce thickens and peppers are hot.



NUTRITION FACTS

Serving Size

3-oz. chicken, plus peppers & sauce

Amount Per Serving:

Calories	158
Calories from Fat.....	45
Total Fat	5 g
Saturated Fat.....	<1 g
Cholesterol	51 mg
Sodium	566 mg
Carbohydrate	7 g
Dietary Fiber.....	<1 g
Protein	22 g