

Chicken and Broccoli Stir Fry

Ingredients

- 2 cups red bell pepper, sliced
- 1/3 cup carrot, chopped
- 1-1/4 lbs frozen cooked diced chicken
- 2 cups frozen broccoli florets



Directions

1. Sauté bell peppers and carrots.
2. Add the ASIAN SAUCE recipe (portion size: 1/4 cup) and mix.
3. Add cooked chicken to skillet and warm throughout.
4. Add broccoli and sauté until tender.

Notes

Number of Portions: 4

Serving Size: 1 cup

Nutrition Facts: 204 calories, 4.98 g fat, 0.03 g saturated fat, 159 mg sodium, 6.37 g carbohydrate, 3.02 g fiber, 1.6 g sugar, 31.39 g protein