



EatingWell Better Than Takeout: Chinese

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Beef Chow Fun

Makes: 4 servings, about 1½ cups each

Active time: 30 minutes **Total:** 30 minutes

✓ Heart Health ✓ Diabetes ✓ Weight Loss ✓ Gluten Free

Brown sugar added to black bean-garlic sauce is what gives this stir-fry its unmistakable Chinese takeout flavor. The recipe for beef chow fun works equally well with tofu for a vegetarian meal or boneless, skinless chicken breast. Serve with sliced cucumbers tossed with rice vinegar, sesame seeds and a pinch of salt.

8 ounces wide rice noodles, preferably brown-rice noodles (see Tips)

½ cup Shao Hsing (see Tips) or dry sherry

4 teaspoons black bean-garlic sauce (see Tips)

1 tablespoon reduced-sodium soy sauce

2 teaspoons light brown sugar

2 teaspoons cornstarch

4 teaspoons canola or peanut oil, divided

1 teaspoon minced ginger

1 small onion, thinly sliced

1 12-ounce bag fresh Asian stir-fry vegetables (about 5½ cups)

½ cup water, divided

8 ounces sirloin steak, cut into thin slices

1. Fill a large nonstick skillet with water and bring to a boil. Add noodles and cook, stirring frequently, until just tender, 4 to 6 minutes or according to package directions. Drain, rinse with cold water and transfer to a large bowl. Wipe the pan dry.

2. Combine Shao Hsing (or sherry), black bean-garlic sauce, soy sauce, brown sugar and cornstarch in a small bowl; set aside.

3. Heat 2 teaspoons oil in the skillet over medium-high heat. Reduce heat to medium. Add ginger and cook, stirring, for 30 seconds. Add onion and cook, stirring, until softened, 1 to 3 minutes. Add vegetables and ¼ cup water; cover and cook, stirring occasionally, until the vegetables are tender-crisp, 2 to

4 minutes. Transfer the vegetables to the bowl with the noodles. Wipe the pan dry.

4. Heat the remaining 2 teaspoons oil in the skillet over medium-high heat. Add steak and cook, stirring, until browned, 1 to 3 minutes. Stir the reserved sauce and add to the pan; cook, stirring, until the sauce has thickened slightly, 1 to 2 minutes.

5. Return the noodles and vegetables to the pan along with the remaining ¼ cup water; cook, tossing to coat with the sauce, until heated through, about 2 minutes more.

Per serving: 381 calories; 8 g fat (1 g sat, 4 g mono); 21 mg cholesterol; 57 g carbohydrate; 1 g added sugars; 15 g protein; 3 g fiber; 723 mg sodium; 223 mg potassium.

Nutrition bonus: Vitamin C (37% daily value), Vitamin A (30% dv).

Carbohydrate servings: 4

Exchanges: 3½ starch, 1 vegetable, 2 lean meat, 1 fat

Tips:

Look for dried wide rice noodles, sometimes called “Pad Thai noodles” or “straight-cut,” in the Asian-food section at most supermarkets and natural-foods stores. Annie Chun’s brand now makes brown rice noodles that are becoming more widely available. We like to use them in place of regular rice noodles because they have 4 grams of fiber per serving versus 0 grams in noodles made with white rice.

Shao Hsing, or Shaoxing, is a seasoned rice wine. It is available in most Asian specialty markets and in the Asian section of some larger supermarkets.

Black bean-garlic sauce, a savory, salty sauce used in Chinese cooking, is made from fermented black soybeans, garlic and rice wine. Find it in the Asian-foods section of most supermarkets or at Asian markets. Refrigerate for up to 1 year.





Chinese Braised Mushrooms & Tofu

Makes: 4 servings, about 1 cup each

Active time: 40 minutes **Total:** 40 minutes

✓ Heart Health ✓ Diabetes ✓ Weight Loss ✓ Gluten Free

Ma Po Tofu, a classic dish from the Sichuan province of China, inspired this recipe. The original is made with soft tofu and ground pork or beef with plenty of heat from dried chile peppers and Sichuan peppercorns. Portobello mushrooms stand in for the meat in our vegetarian version and convenient jarred chile-garlic sauce gives it plenty of kick. Serve with brown rice.

- 1 tablespoon canola oil
- 4 cloves garlic, minced
- 2 teaspoons minced fresh ginger
- 4 portobello mushroom caps, gills removed, chopped
- 1 tablespoon chile-garlic sauce (see *Tips*)
- 1¼ cups mushroom broth or vegetable broth
- 2 tablespoons dry sherry (see *Tips*)
- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons brown sugar
- 1 14-ounce package firm tofu, cut into ½-inch cubes
- 1 8-ounce can water chestnuts, rinsed and coarsely chopped
- 1 tablespoon water
- 1½ teaspoons cornstarch

1. Heat oil in a large saucepan over medium heat. Add garlic and ginger and cook, stirring, until fragrant, about 30 seconds. Add mushrooms and chile-garlic sauce and cook, stirring occasionally, until most of the mushroom liquid has evaporated, 4 to 6 minutes.

2. Add broth, sherry, soy sauce, brown sugar, tofu and water chestnuts and bring to a simmer. Cook, stirring occasionally and adjusting the heat as necessary to maintain a simmer, for 10 minutes to blend flavors.

3. Combine water and cornstarch in a small bowl. Stir the mixture into the saucepan and simmer until the sauce is thickened, about 2 minutes.

Per serving: 181 calories; 8 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 17 g carbohydrate; 1 g added sugars; 11 g protein; 5 g fiber; 545 mg sodium; 599 mg potassium.

Nutrition bonus: Calcium (22% daily value), Potassium (17% dv), Iron (15% dv).

Carbohydrate servings: 1

Exchanges: 2 vegetable, 1 medium-fat meat, 1 fat

Tips:

Chile-garlic sauce (also labeled chili-garlic sauce, or paste) is a blend of ground chiles, garlic and vinegar. It can be found in the Asian section of large supermarkets and will keep for up to 1 year in the refrigerator.

“Cooking sherry” can be high in sodium. Instead, look for dry sherry with other fortified wines in your wine or liquor store.

Farmers' Market Fried Rice

Makes: 4 servings, about 1½ cups each

Active time: 30 minutes **Total:** 30 minutes

☒ Heart Health ☐ Diabetes ☒ Weight Loss ☒ Gluten Free

This fried-rice recipe features a fall mixture of sliced Brussels sprouts and parsnips, but feel free to use whatever is fresh and in season. This recipe works best in a wok—a skillet is too small for the volume of food and requires more oil to prevent sticking. Always use cold cooked rice otherwise the fried rice will be gummy and sticky.

- 2 teaspoons plus 2 tablespoons peanut oil or canola oil, divided
- 2 large eggs, beaten
- 2 tablespoons minced garlic
- ½ cup thinly sliced shallots
- 1 cup ¼-inch diced, peeled and cored parsnips (see *Tips*)
- 4 medium Brussels sprouts, trimmed and sliced ¼ inch thick
- 4 cups cold cooked brown rice (see *Tips*)
- 12 cherry tomatoes, halved or quartered (if large)
- 2 tablespoons reduced-sodium soy sauce
- ¼ cup finely chopped fresh cilantro
- ¼ teaspoon salt
- ¼ teaspoon ground white pepper

1. Heat a 14-inch flat-bottomed wok over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in 2 teaspoons oil, coating the bottom completely. Add beaten eggs and cook, tilting to cover the surface as thinly as possible to make an egg pancake. When the pancake is just set, 30 seconds to 1 minute, flip using a metal spatula and allow it to set for about 5 seconds. Transfer to a cutting board. Cut into bite-size pieces.

2. Swirl 1 tablespoon oil into the wok, add garlic and shallots and stir-fry, using a metal spatula, until fragrant, 10 seconds. Add parsnips and Brussels sprouts, reduce the heat to medium-high and stir-fry until the vegetables are nearly cooked through, about 2 minutes. Swirl in the remaining 1 tablespoon oil, add rice, tomatoes and soy sauce and stir-fry, breaking up the rice, until heated through, 2 minutes. Sprinkle with cilantro, salt and pepper; add the egg pieces and toss to combine.

Per serving: 400 calories; 13 g fat (3 g sat, 6 g mono); 93 mg cholesterol; 60 g carbohydrate; 0 g added sugars; 11 g protein; 7 g fiber; 471 mg sodium; 541 mg potassium.

Nutrition bonus: Vitamin C (53% daily value), Magnesium (29% dv), Vitamin A (20% dv), Folate (17% dv), Potassium (15% dv).

Tips:

To prep parsnips, peel with a vegetable peeler, then quarter lengthwise and cut out the fibrous, woody core with a paring knife before dicing.

To make 4 cups cooked brown rice, bring 4 cups water and 2 cups brown rice to a boil in a large saucepan. Reduce heat to low, cover and simmer at the lowest bubble until the water is absorbed and the rice is tender, about 40 minutes. Let stand, covered, for 10 minutes. To cool, spread the cooked rice out on a large baking sheet and let stand until room temperature, then refrigerate until cold.





Kung Pao Tofu

Makes: 4 servings, about 1 cup each

Active time: 30 minutes **Total:** 30 minutes

☒ Heart Health
 ☒ Diabetes
 ☒ Weight Loss
 ☒ Gluten Free

Tofu and lots of fresh vegetables are stir-fried in just a bit of oil in this traditional Chinese dish. In the Sichuan province of China where this dish originates, the tofu wouldn't be deep-fried like it is so often in America. Similarly, in our version of this takeout favorite we stir-fry the ingredients in only a little bit of oil.

- 1 14-ounce package extra-firm water-packed tofu, rinsed**
- ½ teaspoon five-spice powder (see Tips), divided**
- 1 tablespoon canola oil**
- ½ cup water**
- 3 tablespoons oyster-flavored or oyster sauce (see Tips)**
- ½ teaspoon cornstarch**
- 12 ounces broccoli crowns (see Tips), trimmed and cut into bite-size pieces (4 cups)**
- 1 yellow bell pepper, cut into ½-inch dice**
- 1 red bell pepper, cut into ½-inch dice**
- 1 tablespoon minced fresh ginger**
- 1 tablespoon minced garlic**
- 2 tablespoons unsalted roasted peanuts**
- 2 teaspoons hot sesame oil (optional)**

1. Pat tofu dry and cut into ½-inch cubes. Combine with ¼ teaspoon five-spice powder in a medium bowl.
2. Heat canola oil in a large nonstick skillet over medium-high heat. Add tofu and cook, stirring every 1 to 2 minutes, until golden brown, 7 to 9 minutes total. Transfer to a plate.

3. Meanwhile, whisk water, oyster sauce, cornstarch and the remaining ¼ teaspoon five-spice powder in a small bowl.

4. Add broccoli, yellow and red bell pepper to the pan and cook, stirring occasionally, until beginning to soften, about 4 minutes. Add ginger and garlic and cook, stirring, until fragrant, about 30 seconds. Reduce heat to low, add the oyster sauce mixture and cook, stirring, until thickened, about 30 seconds. Return the tofu to the pan along with peanuts and stir to coat with sauce; stir in hot sesame oil (if using).

Per serving: 200 calories; 11 g fat (2 g sat, 5 g mono); 0 mg cholesterol; 16 g carbohydrate; 12 g protein; 5 g fiber; 622 mg sodium; 528 mg potassium.

Nutrition bonus: Vitamin C (230% daily value), Vitamin A (40% dv), Calcium & Folate (25% dv).

Carbohydrate servings: 1

Exchanges: 2 vegetable, 1 plant-based protein, 2 fat

Tips:

Five-spice powder is a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns. Look for it in the spice section or with other Asian ingredients.

Be sure to use “oyster-flavored” sauce (it's oyster-free) to make this vegetarian; both it and oyster sauce are found in the Asian-food section or at Asian markets.

Most supermarkets sell broccoli crowns, which are the tops of the bunches, with the stalks cut off. Although crowns are more expensive than entire bunches, they are convenient and there is considerably less waste.

Moo Shu Vegetables

Makes: 4 servings, about 1¼ cups each

Active time: 20 minutes **Total:** 20 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

This vegetarian version of the classic Chinese stir-fry, Moo Shu, uses already-shredded vegetables to cut down on the prep time. Serve with warm whole-wheat tortillas, Asian hot sauce and extra hoisin if desired.

- 3 teaspoons toasted sesame oil, divided
- 4 large eggs, lightly beaten
- 2 teaspoons minced fresh ginger
- 2 cloves garlic, minced
- 1 12-ounce bag shredded mixed vegetables, such as “rainbow salad” or “broccoli slaw”
- 2 cups mung bean sprouts
- 1 bunch scallions, sliced, divided
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon rice vinegar
- 2 tablespoons hoisin sauce (see *Tip*)

1. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add eggs; cook, stirring gently, until set, 2 to 3 minutes. Remove to a plate.

2. Wipe out the pan and heat the remaining 2 teaspoons oil over medium heat. Add ginger and garlic and cook, stirring, until softened and fragrant, 1 minute. Add shredded vegetables, bean sprouts, half the sliced scallions, soy sauce and vinegar. Stir to combine. Cover and cook, stirring once or twice, until the vegetables are just tender, about 3 minutes. Add the reserved eggs and hoisin; cook, uncovered, stirring and breaking up the scrambled eggs, until heated through, 1 to 2 minutes. Stir in the remaining scallions and remove from the heat.

Per serving: 171 calories; 9 g fat (2 g sat, 4 g mono); 212 mg cholesterol; 14 g carbohydrate; 1 g added sugars; 11 g protein; 4 g fiber; 328 mg sodium; 226 mg potassium.

Nutrition bonus: Vitamin C (20% daily value), Folate (17% dv).

Carbohydrate servings: 1

Exchanges: 2 vegetable, 1 medium-fat meat, 1 fat

Tip: Hoisin sauce is a dark brown, thick, spicy-sweet sauce made from soybeans and a complex mix of spices. Look for it in the Asian section of your supermarket and in Asian markets.





Pork & Snap Pea Lo Mein

Makes: 4 servings, about 1½ cups each

Active time: 30 minutes **Total:** 30 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

Lo mein is a Chinese restaurant takeout favorite that's easy to make at home. This lo mein recipe features lean pork loin chops and snap peas, but snow peas or asparagus work well too. Serve with shredded radish and cabbage tossed with rice vinegar.

- 8 ounces whole-wheat spaghetti**
- ⅓ cup reduced-sodium soy sauce**
- 3 tablespoons rice vinegar**
- 2 teaspoons cornstarch**
- 1 teaspoon sugar**
- 2 tablespoons canola oil**
- 2 cups snap peas, trimmed**
- 12 ounces boneless pork loin chops or tenderloin, trimmed, cut into thin strips**
- 3 cloves garlic, minced**
- 3-4 scallions, sliced**

1. Cook pasta in a large pot of boiling water until just tender, 8 to 10 minutes or according to package directions. Drain.

2. Combine soy sauce, rice vinegar, cornstarch and sugar in a small bowl.

3. Heat oil in a large nonstick skillet over medium-high heat. Add snap peas and cook, stirring frequently, until beginning to soften, about 2 minutes. Add pork and cook, stirring, until no longer pink on the outside, about 2 minutes. Add garlic and cook, stirring, until fragrant, about 30 seconds. Stir the soy sauce mixture, pour into the pan and cook, stirring, until thickened, 30 seconds to 1 minute. Remove from the heat. Add the pasta to the pan and toss to coat with the sauce. Serve topped with scallions.

Per serving: 413 calories; 12 g fat (2 g sat, 6 g mono); 50 mg cholesterol; 52 g carbohydrate; 1 g added sugars; 27 g protein; 8 g fiber; 756 mg sodium; 412 mg potassium.

Nutrition bonus: Magnesium (27% daily value), Iron (21% dv), Zinc (19% dv), Vitamin C (17% dv).

Carbohydrate servings: 3

Exchanges: 3 starch, 1 vegetable, 2 lean meat, 1½ fat

Sichuan-Style Chicken with Peanuts

Makes: 4 servings, 1 cup each

Active time: 25 minutes **Total:** 25 minutes

To make ahead: Prepare Sichuan Sauce (Step 1); cover and refrigerate for up to 1 week.

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The piquant Sichuan Sauce (which doubles easily) works well with almost any stir-fry but particularly enhances dishes with meat, fish and poultry. When stir-frying chicken, always spread the pieces in the wok and let them cook undisturbed for 1 minute before stirring. This allows the chicken to sear and prevents sticking. To smash the ginger, use the side of a cleaver or chef's knife.

Sichuan Sauce

3 tablespoons reduced-sodium chicken broth

1 tablespoon tomato paste

2 teaspoons Chinkiang rice vinegar (see *Tip*) or balsamic vinegar

1 teaspoon sugar

1 teaspoon reduced-sodium soy sauce

½ teaspoon sesame oil

¼ teaspoon cornstarch

¼ teaspoon crushed red pepper, plus more to taste

Chicken

1 pound skinless, boneless chicken breast or thighs, trimmed and cut into 1-inch cubes

1 teaspoon Shao Hsing rice wine (see *Tip*) or dry sherry

1 teaspoon reduced-sodium soy sauce

1½ teaspoons cornstarch

½ teaspoon minced garlic

1 tablespoon canola oil

2 ½-inch-thick slices ginger, smashed

2 cups sugar snap peas (8 ounces)

¼ cup dry-roasted peanuts

1 scallion, minced

1. To prepare Sichuan sauce: Whisk broth, tomato paste, vinegar, sugar, soy sauce, sesame oil, cornstarch and crushed red pepper to taste in a small bowl.

2. To prepare chicken: Combine chicken, rice wine (or sherry), soy sauce, cornstarch and garlic in a medium bowl; mix thoroughly.

3. Heat a 14-inch flat-bottomed wok or large skillet over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl oil into the pan, add ginger and stir-fry for 10 seconds. Carefully add the chicken mixture, spreading it out. Cook until the chicken begins to brown, about 1 minute. Using a spatula, stir-fry for 30 seconds. Spread the chicken out again and cook for 30 seconds. Continue stir-frying until the chicken is lightly browned on all sides, 1 to 2 minutes. Add snap peas and stir-fry for 1 minute. Stir the Sichuan Sauce, swirl it into the pan and stir-fry until the chicken is just cooked through and the sauce is slightly thickened and glossy, 30 seconds to 1 minute. Transfer to a platter (discard the ginger) and sprinkle with peanuts and scallions. Serve immediately.

Per serving: 273 calories; 12 g fat (2 g sat, 6 g mono); 66 mg cholesterol; 11 g carbohydrate; 28 g protein; 3 g fiber; 177 mg sodium; 427 mg potassium.

Nutrition bonus: Vitamin C (30% daily value), Iron (15% dv).

Carbohydrate servings: 1

Exchanges: ½ other carbohydrate, 1 vegetable, 3 lean meat, 1 fat

Tips:

Chinkiang is a dark, slightly sweet vinegar with a smoky flavor. It is available in many Asian specialty markets. If unavailable, balsamic vinegar is an acceptable substitute.

Shao Hsing (or Shaoxing) is a seasoned rice wine. It is available in most Asian specialty markets and some larger supermarkets in the Asian section. An acceptable substitute is dry sherry, sold with other fortified wines in your wine or liquor store. (We prefer it to the “cooking sherry” sold in many supermarkets, which can be surprisingly high in sodium.)





Stir-Fried Chile Beef & Broccoli

Makes: 4 servings, about 1¼ cups each

Active time: 30 minutes **Total:** 30 minutes

✓ Heart Health ✓ Diabetes ✓ Weight Loss ✓ Gluten Free

This quick stir-fry features broccoli and flank steak in a flavorful sauce. This dish is typical of many traditional Chinese stir-fries—the sauce just clings to the beef and vegetables but is not enough to spoon over rice. Marinating beef is essential for ensuring the meat is flavorful. The meat does not marinate overnight, as in traditional Western recipes. The moment the beef is combined with the seasonings it is ready to be stir-fried.

- 5 cups bite-size broccoli florets (12 ounces), stems cut into ¼-inch pieces**
- 12 ounces flank steak, trimmed**
- 1 tablespoon minced garlic**
- 1 tablespoon minced, fresh ginger**
- 2 teaspoons reduced-sodium soy sauce**
- 2 teaspoons plus 1 tablespoon Shao Hsing rice wine (see *Tips*) or dry sherry, divided**
- 1½ teaspoons cornstarch**
- ½ teaspoon salt**
- ⅓ teaspoon freshly ground pepper**
- 2 tablespoons hoisin sauce (see *Tips*)**
- 1 tablespoon Sriracha or hot chile sauce, plus more to taste**
- 2 tablespoons peanut oil or canola oil, divided**
- 1 small red onion, thinly sliced**

1. Steam broccoli over an inch of boiling water in a large saucepan fitted with a steamer basket until bright green, about 1 minute. Transfer to a colander to drain.

2. Cut steak with the grain lengthwise into 2-inch-wide pieces. Cut each strip across the grain into ¼-inch-thick slices. Combine the steak, garlic, ginger, soy sauce, 2 teaspoons rice wine (or sherry), cornstarch, salt and pepper in a medium bowl. Stir to combine. Mix hoisin sauce, chile sauce and the remaining 1 tablespoon rice wine (or sherry) in a small bowl.

3. Heat a 14-inch flat-bottomed wok over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in 1 tablespoon oil. Carefully add the beef in one layer. Cook undisturbed for 1 minute, letting it begin to sear. Then, stir-fry until lightly browned but not quite cooked through, about 1 minute. Transfer to a plate.

4. Swirl the remaining 1 tablespoon oil into the wok, add onion and cook until just translucent, about 30 seconds. Add the broccoli and stir until just combined, about 15 seconds. Return the beef and any juice to the wok. Stir the hoisin sauce mixture again and swirl it into the wok. Stir-fry until the beef is just cooked through, about 1 minute. Season with more chile sauce, if desired.

Per serving: 246 calories; 12 g fat (3 g sat, 5 g mono); 53 mg cholesterol; 13 g carbohydrate; 2 g added sugars; 22 g protein; 3 g fiber; 655 mg sodium; 627 mg potassium.

Nutrition bonus: Vitamin C (135% daily value), Vitamin A (51% dv), Zinc (25% dv), Folate (19% dv), Potassium (18% dv).

Carbohydrate servings: 1

Exchanges: 1 vegetable, 2½ lean meat, 1 fat

Tips: Shao Hsing (or Shao xing) is a seasoned rice wine. It is available at most Asian specialty markets and in the Asian section of some larger supermarkets. If unavailable, dry sherry is the best substitute.

Hoisin sauce is a thick, dark brown, spicy-sweet sauce made from soybeans and a complex mix of spices. Look for it in the Asian section of your supermarket.

Sweet & Sour Chicken with Brown Rice

Makes: 4 servings (about 1½ cups stir-fry & ½ cup rice each).

Active time: 30 minutes **Total:** 35 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

In about the time it takes to order and pick up Chinese takeout, you can make this much healthier version of sweet & sour chicken. Our version loses all the saturated fat that comes from deep-frying, along with the extra sugar and salt. If you prefer, use tofu instead of chicken, and use your favorite vegetables; just be sure to cut them into similar-size pieces so they all cook at about the same rate.

- 2 cups instant brown rice
- ¼ cup seasoned rice vinegar
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons cornstarch
- 2 tablespoons apricot preserves
- 2 tablespoons canola oil, divided
- 1 pound chicken tenders (see *Tip*), cut into bite-size pieces
- 4 cloves garlic, minced
- 2 teaspoons finely grated or minced fresh ginger
- 1 cup reduced-sodium chicken broth
- 6 cups bite-size pieces of vegetables, such as snow peas, broccoli and bell peppers
- 1 5-ounce can sliced water chestnuts, drained

1. Prepare rice according to the package directions.

2. Meanwhile, whisk vinegar, soy sauce, cornstarch and apricot preserves in a small bowl. Set aside.

3. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add chicken and cook, undisturbed, for 2 minutes. Continue cooking, stirring occasionally, until no longer pink on the outside and just starting to brown in spots, about 2 minutes more. Transfer to a plate.

4. Add the remaining 1 tablespoon oil, garlic and ginger to the pan and cook, stirring, until fragrant, 20 to 30 seconds. Add broth and bring to a boil, stirring constantly. Add vegetables, reduce heat to a simmer, cover and cook until the vegetables are tender-crisp, 4 to 6 minutes. Stir in water chestnuts and the chicken. Whisk the reserved sauce and add to the pan. Simmer, stirring constantly, until the sauce is thickened and the chicken is heated through, about 1 minute. Serve with the rice.

Per serving: 469 calories; 10 g fat (1 g sat, 4 g mono); 68 mg cholesterol; 62 g carbohydrate; 34 g protein; 7 g fiber; 709 mg sodium; 408 mg potassium.

Nutrition bonus: Vitamin C (320% daily value), Vitamin A (70% dv).

Carbohydrate servings: 3½

Exchanges: 2 starch, 3 vegetable, 4 lean meat

Tip: Chicken tenders, virtually fat-free, are a strip of rib meat typically found attached to the underside of the chicken breast, but they can also be purchased separately. Four 1-ounce tenders will yield a 3-ounce cooked portion.



About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...



has limited saturated fat.



is low in calories and meets limits for Carbohydrate Servings.



has reduced calories (and limited saturated fat).



does not contain wheat, rye, barley or oats.

(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)