

BROWN RICE WITH SIZZLING CHICKEN AND VEGETABLES

Rice bowls with vegetables and chicken, popular at many restaurants, are appealing to children and adults, alike. And they're simple to prepare at home.

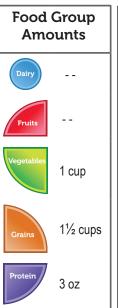
Preparation time: 30 minutes, excluding rice preparation **Serves:** 4

INGREDIENTS:

- 3 cups hot cooked brown rice
- 3 tbsp low-sodium soy sauce
- ¼ cup water
- 1 tbsp honey
- 1 tbsp cornstarch
- 1 ½ tbsp canola or corn oil
- 1 lb boneless chicken breast, cut into 1-inch cubes
- · 2 cloves garlic, minced
- 1 small white onion, cut into small wedges (about 1/8-inch thick)
- 3 medium carrots, peeled and thinly sliced diagonally (1 cup total)
- 1 ½ cups small broccoli florets
- 1 medium red bell pepper, cut into 1-inch pieces

DIRECTIONS:

- 1. Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside.
- 2. Heat oil in a wok or large skillet. Add minced garlic; sauté about 1 minute until garlic is golden.
- 3. Add chicken; cook about 5-6 minutes, then push chicken to the side.
- 4. Add onions to center of skillet; cook until slightly tender and push to the side.
- 5. Continue with carrots, broccoli, and peppers separately, placing each in center of pan, cooking until slightly tender and pushing to the side.
- 6. Pour soy sauce mixture into center of skillet. Leaving other ingredients at the sides of the pan, stir sauce until it thickens.
- 7. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.



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Nutri Serving Size		Fa	cts
Amount Per S	erving		
Calories 410		Calories	from Fat 90
		%Dai	ily Value'
Total Fat 10g			15%
Saturated Fat 1	1.5g		8%
Trans Fat 0g			
Cholesterol 7	5mg		25%
Sodium 580m	g		24%
Total Carboh	ydrate 49g		16%
Dietary Fiber 6		24%	
Sugars 9g			
Protein 30g			
Vitamin A 190% • Vitamin C 1109			
Calcium 6%			Iron 10%
* Percent Daily calorie diet. You or lower dependi	r Daily Valu	es may be calorie nee	higher ds:
Total Fat	Less than		80g
Sat Fat	Less than	20g	25g
	Less than	_	_
	Less than	_	_
Total Carb		_	375g
Dietary Fiber		25g	30g

Serving Suggestions:

Serve with an 8 oz glass of non-fat milk.

Recipe Submitted by Produce For Better Health Foundation



