GINGER CHICKEN WITH VEGETABLES
Yields: 4 Servings at 1 ¼ cup per serving
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INGREDIENTS

2 TBSP  Vegetable Oil
1 lb.  Boneless, skinless chicken breast, cut into strips.
1 TBSP  Fresh Grated Ginger root
1 Clove  Garlic, crushed
2/3 Cup  Low-fat, low sodium chicken broth
2 TBSP  Equal sweetener
2 TBSP  Light Soy Sauce
4 TSP  Cornstarch
2 TSP  Dark Sesame Oil
1 Bag  Frozen oriental style vegetables, cooked and drained
Salt
Pepper
2 Cups  Hot Cooked Rice

DIRECTIONS

1. Heat Vegetable oil in large skillet. Cook and stir chicken, ginger and garlic about 10 minutes until chicken is cooked through.

2. Combine chicken broth, Equal, soy sauce, cornstarch and sesame oil until smooth. Stir into chicken mixture. Cook over medium heat until thick and clear. Stir in cooked vegetables until heated through.

3. Season to taste with salt and pepper.

4. Serve over cooked rice.

Amount per serving
Calories 257
Total Fat 11 g
Saturated Fat 1 g
Cholesterol 66 mg
Sodium 436 mg
Total Carbohydrate 10 g
Dietary Fiber 3 g
Protein 28 g
Sugars 2 g