



COOKING WITH CATHY

Lemon Chicken Stir-Fry

Servings: 4 | Serving Size: 1 1/2 Cups | Total Time: 40 minutes
Carbs: 13.7g | Sugars: 5.3g | Saturated Fat: 1.1g | Sodium: 554.7mg

Ingredients:

- 1 Lemon
- 1/2 Cup Reduced-Sodium Chicken Broth
- 3 Tbsp. Reduced-Sodium Soy Sauce (or sub with liquid aminos)
- 2 Tsp. Canola Oil
- 1 lb. Boneless, Skinless Chicken Breast (trimmed and cut in 1-inch pieces)
- 10 oz. Mushrooms (halved and quartered)
- 1 Cup Carrots (diagonally sliced, 1/4 inch thick)
- 2 Cups Snow Peas (6 oz., stems and strings removed)
- 1 Bunch of Scallions (cut into 1 inch pieces)
- 1 Tbsp. Chopped Garlic

Instructions:

1. Grate 1 teaspoon of lemon zest and set aside. Juice the lemon and whisk 3 tablespoons of the juice with broth, soy sauce, and cornstarch in a small bowl.
2. Heat oil in a large skillet over medium-high heat. Add chicken and cook, stirring occasionally until just cooked through (4-5 minutes). Transfer to a plate with tongs.
3. Add mushrooms and carrots to the pan and cook until the carrots are tender (~5 minutes). Add snow peas, white part of the scallions, garlic and lemon zest. Cooking, stirring, until fragrant (~30 seconds).
4. Whisk broth mixture and add to the pan; cook, stirring, until thickened (2-3 minutes).
5. Add the green part of the scallions and the chicken and any accumulated juices; cook, stirring, until heated through (1-2 minutes).
6. Can serve with brown rice or cauliflower rice.