

CHICKEN STIR FRY

Prep Time: 5 minutes

Cook Time: 10 minutes

Included in Box:

- 1 c. brown rice, cooked
- 1 (5 oz) can chicken, drained
- 1 c. canned no salt green beans, drained and rinsed

Additional Ingredients Needed:

- 1 small onion (- $\frac{1}{2}$ c.), diced
- 1 medium red pepper (-1 c.), diced
- 1 tsp garlic powder
- 1 tsp ground ginger

Directions:

1. Add $\frac{1}{4}$ c. water and onion to pan over medium-high heat; cook until translucent (3-4 minutes).
2. Add spices, green beans and red pepper to pan; cook for 2 minutes, stirring often.
3. Add chicken, cooked brown rice and $\frac{1}{4}$ c. water to pan. Stir to mix well and cook for 5 minutes or until thoroughly heated.

Tip: Swap water for low sodium chicken broth or vegetable broth for extra flavor!



Nutrition Facts*

Total Servings: 2
Serving Size: 1 $\frac{1}{2}$ c.
Calories: 254
Fat: 2.3 g
Sodium: 344 mg
Carbohydrates: 37.5 g
Fiber: 6 g
Protein: 21 g
Carbohydrate Servings: 2 $\frac{1}{2}$

**Nutrient facts include cooked medium grain brown rice, canned premium chunk chicken breast in water (drained), canned no salt added cut green beans, fresh red bell pepper (chopped), small white onion, and spices.*