



Asparagus & Chicken Stir Fry

Makes 4-6 servings

Ingredients:

- 2 tablespoons cornstarch
- 1 cup chicken broth
- 1 onion
- 3 cups asparagus, cut into 1½" lengths
- 1 red bell pepper, cut into ¼" strips
- 3 cups cooked cubed chicken breast
- Oil for stir-frying
- salt and pepper to taste

Directions: Remember to Wash Your Hands!

1. Combine corn starch and chicken broth, blend well and set aside.
2. Prepare vegetables.
3. Heat 1-2 tablespoons oil in a wok or heavy skillet. Cook onion for 1-2 minutes, stirring constantly.
4. Add red pepper and asparagus and continue to stir and cook for an additional 2-3 minutes.
5. Add chicken and cook until heated through.
6. Add chicken broth mixture, stirring gently until sauce has thickened.
7. Serve over hot cooked rice.

Nutrition Facts	
Serving Size About 1 1/2 cups (343g)	
Servings Per Container 4	
Amount Per Serving	
Calories 300	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 220mg	9%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	14%
Sugars 5g	
Protein 36g	
Vitamin A 35%	Vitamin C 80%
Calcium 6%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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