

Big Green Stir-Fry

Prep: 10 minutes

Cook: 15 minutes

Ingredients

10 oz. raw boneless skinless chicken breast, cut into small pieces

1/8 tsp. black pepper

3 cups sugar snap peas

2 cups chopped asparagus

1 cup sliced mushrooms

1 tbsp. low-sodium soy sauce

1 tsp. chopped garlic

1/8 tsp. ground ginger

3 cups chopped spinach leaves

2 tbsp. sliced almonds



Directions

Bring a wok (or large skillet) sprayed with nonstick spray to medium-high heat.

Add chicken, and season with pepper. Add snap peas, asparagus, mushrooms, soy sauce, garlic, and ginger. Add 2 tablespoons water, and cook and stir until veggies are soft and chicken is cooked through, 7 - 9 minutes.

Add spinach. Cook until spinach has wilted, 1 - 2 minutes.

Sprinkle with almonds, and serve.

Nutrition Information: (Per Serving)

2 Servings

(about 3 Cups):

360 Calories

5 g Fat

28 g Carbohydrate

48 g Protein

(about 2 Cups):

240 Calories

3 g Fat

18 g Carbohydrate

32 g Protein

180 Calories

2 g Fat

14 g Carbohydrate

24 g Protein

3 Servings

4 Servings

(about 1 ½ Cups):

Recipe from: <http://www.hungry-girl.com/recipes/big-green-stir-fry>

Nutrition Information calculated from MyFitnessPal.com