

Chicken Stir Fry with Swiss Chard & Toasted Pecans

(Serves 6)

Ingredients:

- 1 1/2 pounds chicken breast, raw
- 1/4 cup cornstarch
- 1 Tablespoon Canola oil
- 1 Tablespoon minced, fresh ginger
- 2 teaspoons minced, fresh garlic
- 1/2 medium onion, sliced
- 1 green pepper, sliced
- 1 red pepper, sliced
- 1 small bunch Rainbow Swiss chard, chopped
- 1/2 cup chopped toasted pecans
- 1 cup stir fry sauce of your choice (Teriyaki, General Tsao, etc.)

Directions:

1. Slice chicken into 1-inch cubes and toss with cornstarch.
2. Heat oil in a hot pan and sauté chicken until cooked through.
3. Add remaining ingredients, cook for 3-5 minutes, stirring constantly or until just softened.
4. Stir in 1/2 cup-1 cup sauce, depending on preference.
5. Serve over brown rice or other whole grain.



Nutrition Facts:

(1 serving)

Calories: 350

Total Fat: 19 g

Carbohydrates: 16 g

Fiber: 5 g

Protein: 30 g

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