

# Chicken and Vegetable Stir-Fry



Serves 4

Ingredients:

- 1 pound boneless, skinless chicken breast
- 2 tablespoons coconut oil
- 1 medium onion, finely chopped (about 1 cup)
- 2 heads broccoli, sliced into 3-inch spears (about 4 cups)
- 2 medium carrots, sliced (about 1 cup)
- 2 heads baby bok choy, sliced crosswise into 1-inch strips (about 1- $\frac{1}{2}$  cups)
- 4 ounces shiitake mushrooms, thinly sliced (about 1 cup)

- 1 small zucchini, sliced (about 1 cup)
- 1-<sup>1</sup>/<sub>2</sub> cups water
- 2 tablespoons toasted sesame oil
- 1 tablespoon soy sauce
- 1 teaspoon minced ginger
- 1 tablespoon minced garlic

Instructions:

1. Rinse the chicken and pat dry. Cut into 1-inch cubes and transfer to a plate.
2. Heat the coconut oil in a large skillet over medium heat.
3. Sauté the onion for 8 to 10 minutes, until soft and translucent.
4. Add the broccoli, carrots, and chicken and sauté for 10 minutes until almost tender.
5. Add the bok choy, mushrooms, zucchini, and salt and sauté for 5 minutes.
6. Add 1 cup of the water, cover the skillet, and cook for about 10 minutes, until the vegetables are wilted.
7. Stir in the sesame oil, garlic, ginger, soy sauce, then serve.

Nutrition per serving: Calories 394; Total Fat 18.8 g; Saturated Fat 7.9 g; Monounsaturated Fat 4.5 g; Polyunsaturated Fat 4.3 g; Total Carbohydrates 24.5 g; Dietary Fiber 8.9 g; Sugar Alcohols 0.3 g; Sugars 10.6 g; Protein 36.5 g; Sodium 617 mg