



Stir Fry Asparagus and Chicken 8—6 ounce portions

Boneless/Skinless Chicken Breast <i>Slice thin</i>	10 ounces
Chopped Garlic	1TB +1/2 tsp
Minced Ginger	1TB +1/2 tsp
Lite Soy Sauce	2 TB +1 1/2 tsp
Corn Starch	2 TB +1 1/2 tsp
Sherry	1TB +1/2 tsp
Olive Oil	2 TB +1 1/2 tsp
Blanched Asparagus	1 and 1/2 pounds
Red Onions <i>Julienne</i>	5 ounces
Carrots <i>Slice on a bias</i>	6 ounces
Red Peppers <i>Julienne</i>	5 ounces
Chicken Stock	1 and 1/4 cup
Brown Sugar	1TB +1/2 tsp

Asparagus & Chicken Stir Fry 6 oz portion

Nutrition Facts	
Serving Size 6 oz portion (170g) Serving Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 50
% Daily Values*	
Total Fat 6g	9%
Saturated Fat 0.5g	4%
Trans Fat 0	%
Polyunsaturated Fat 1.5g	%
Monounsaturated Fat 3g	%
Cholesterol 25mg	9%
Sodium 340mg	14%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	10%
Sugars 5g	%
Protein 12g	24%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Vitamin E 0%	Vitamin B6 0%
* 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
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrates	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9	Carbohydrates 4 Protein 4

1. Combine and mix half of each ginger, garlic, soy sauce
2. Add the sherry, 1 tablespoon of cornstarch and chicken. Marinate for 15 minutes
3. In a hot pan add 1 tablespoon of the oil. Add the asparagus and carrots, cook for 2 minutes



4. Add the red onions, 1/4 cup of stock, brown sugar, and the remaining ginger, garlic, and soy sauce. Cook for 2 minutes.
5. Transfer to a bowl and hold for later use
6. Heat the remaining oil. Cook the chicken until browned and cooked through
7. Add the remaining stock and cornstarch. Cook for 1 minute
8. Add the asparagus mixture, toss to coat. Cook until heated through
9. Hold for service