

Chicken Cabbage Stir Fry

Ingredients:

3 boneless, skinless chicken breasts
 1 teaspoon vegetable oil
 1/2 head cabbage
 1 tablespoon cornstarch
 1/2 teaspoon ground ginger
 1/4 teaspoon garlic powder
 1/2 cup water
 1 tablespoon low sodium soy sauce

Equipment:

Cutting board
 Knife
 Non stick skillet
 Small mixing bowl
 Measuring spoons
 Liquid measuring cup

Number of Servings: 4
 Prep Time: 20 minutes
 Total Time: 20 minutes

Directions

1. Cut chicken breasts into thin strips, removing fat and skin.
2. Remove outer leaves of cabbage that are wilted or dirty, and wash under cool water. Place on a cutting board and cut in half through the core. Save half for other uses. Lay the half on the flat side, and cut in half again, through the core. Lay the quarter on a flat side and cut out the white core center. Slice thin layers of cabbage off the quarter until there are three cups. Save remainder for other uses.
3. Heat oil in non-stick skillet over medium high heat.
4. Add chicken strips and stir constantly until chicken is no longer pink, and is lightly brown, about 2 to 3 minutes.
5. Add cabbage, stir fry for 2 minutes until cabbage is tender crisp.
6. In separate bowl, mix cornstarch, ginger and garlic powder together using a fork. Add water and soy sauce, mix with fork until smooth and cornstarch is dissolved. Cornstarch will settle to bottom if left to sit, so stir again right before adding to stir fry. Stir into chicken mixture, and stir until liquid is thickened and pieces are coated.

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Nutrition Facts

Serving Size: 1 1/2 cups	
Servings: 4	
Amount Per Serving	
Calories 233	Calories from Fat 54
%Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	7%
Cholesterol 108mg	36%
Sodium 247mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber trace 1g	1%
Protein 40g	80%
Vitamin A 1%	Vitamin C 6%
Iron 2%	Calcium 3%
*Percent Daily Values are based on a 2,000 calorie diet.	

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.