

Chicken and Asparagus Stir Fry

Prep: 10 m Cook: 15 m Total Time: 25 m



INGREDIENTS:

- 1 lb. boneless skinless chicken breasts (approx 4 pieces), cut into 1-inch pieces
- Salt and pepper to taste
- 1 lb. asparagus (approx 1 bunch), cut into 1½-inch pieces
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger, grated
- ¾ cup chicken broth
- 1½ teaspoons sugar
- 1 Tablespoon soy sauce
- 2 teaspoons sesame oil
- 1 Tablespoon cornstarch
- 1 Tablespoon vegetable oil

EQUIPMENT NEEDED:

- Large pan
- Small bowls
- Whisk or fork
- Rubber spatula or large spoon
- Knife
- Cutting board
- Measuring cups and spoons

DIRECTIONS:

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

1. Cut chicken breasts into 1-inch pieces and season with salt and pepper.
2. Rinse and dry asparagus, then trim or snap the woody ends off the base (about 1-2 inches). Cut the asparagus into 1½-inch pieces.
3. Peel and mince garlic.
4. Grate about 1/2 - 1 inch piece of ginger.
5. In a small bowl, whisk together the chicken broth, sugar, soy sauce, sesame oil and cornstarch.
6. In a large pan over medium-high heat, heat 1 Tablespoon vegetable oil. Add the chicken to the pan in a single layer. Cook for 3-4 minutes per side or until browned. Cook in batches if necessary.
7. Add the asparagus to the pan with the browned chicken and cook until the asparagus is tender, about 3-4 minutes.
8. Add the garlic and ginger, cook for 30 seconds.
9. Pour the chicken broth mixture over the chicken and asparagus and bring to a simmer. Cook for 1-2 minutes or until sauce has thickened, then serve.
10. Refrigerate leftovers within 2 hours.

NOTES:

- You can substitute 1/2 teaspoon ground ginger for fresh grated ginger.
- You can substitute about 2 teaspoons pre-minced garlic for fresh cloves.
- The point to trim or snap asparagus can be found by carefully bending the spears. There is a natural point on the stem where it will easily break.
- Can be served over brown rice.



Serving size **289g**
Calories **240**

Nutrition	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 510mg	22%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 2g Added Sugars	4%

Protein 29g	
Vitamin D 0mcg	0%
Calcium 44mg	4%
Iron 3mg	15%
Potassium 649mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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