



Stir-Fried Chicken and Cabbage

We are all busy, but still want to cook at home. Home-cooked food allows you to exactly control what you are eating, and you are doing something healthy for your family. Again - the problem is time! But this recipe uses a coleslaw mix that is pre-packaged, so the time-consuming chopping part is done for you.

Ingredients:

- 2 teaspoons olive oil
- 1 pound skinless, boneless chicken breasts, cut crosswise into 1/4-inch wide strips
- 1 red bell pepper, cut into thin strips
- 4 cups packaged coleslaw mix
- 2/3 cups chicken broth
- 1/4 pound snow peas
- 1/3 cup rice or cider vinegar
- 2 teaspoons yellow mustard
- 2 teaspoons sugar
- 1 teaspoon cornstarch
- 3/4 teaspoons ground coriander
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Preparation:

1. In a large nonstick skillet, heat the oil until hot but not smoking, over medium heat. Add the chicken and cook, stirring frequently, until just cooked through, about 3 minutes. With a slotted spoon, transfer the chicken to a plate. Set aside.
2. Add the bell pepper and cook, stirring frequently, until the pepper is crisp-tender, about 2 minutes. Add the coleslaw mix, stirring to coat. Add the broth and cook, stirring frequently, until the cabbage is crisp-tender, about 4 minutes. Stir in the snow peas and cook until warmed through, about 1 minute.
3. In a small bowl, combine the vinegar, mustard, sugar, cornstarch, coriander, salt and pepper. Add the mixture to the skillet and bring to a boil. Return the chicken to the pan and cook just until warmed through, about 2 minutes.

Makes 4 servings

Nutritional values per serving:

4 grams fat, 226 calories, 18 grams carbohydrates, 30 grams protein

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