

# Sesame Chicken

## Recipe of the Month April - 2014



Chicken breast tenders are an excellent source of protein for growth and repair of muscles.

**Prep Time:** 20 Min

**Start to Finish:** 20 Min

**Makes:** 4 servings

### INGREDIENTS

---

- 1 1/4 cups water
- 1/8 teaspoon salt
- 1 cup uncooked instant brown rice
- 2/3 cup water
- 3 tablespoons reduced-sodium soy sauce
- 2 teaspoons lemon juice
- 1 tablespoon cornstarch
- 1 teaspoon toasted sesame oil
- 2 teaspoons canola or olive oil
- 1 package (14 oz.) uncooked chicken breast tenders (**not breaded**), pieces cut in half
- 1 bag (1 lb.) frozen bell pepper and onion stir-fry, thawed, drained
- 1 tablespoon sesame seeds

### DIRECTIONS

---

1. In 2-quart saucepan, heat 1 1/4 cups water and the salt to boiling over high heat. Stir in rice. Reduce heat to low. Cover; simmer about 10 minutes or until water is absorbed. Fluff with fork.
2. Meanwhile, in small bowl, stir 2/3 cup water, the soy sauce, lemon juice, cornstarch and sesame oil; set aside.
3. Heat nonstick wok or 12-inch skillet over medium-high heat. Add canola oil; rotate wok to coat side. Add chicken; stir-fry 2 to 3 minutes. Add stir-fry vegetables; stir-fry 3 to 5 minutes or until chicken is no longer pink in center and vegetables are crisp-tender.
4. Stir soy sauce mixture into chicken mixture; heat to boiling. Cook and stir until sauce is thickened. Sprinkle with sesame seeds. Serve with rice.

**Recipe Provides:** Fats & Oils 1tsp, Grains 2oz-equivalents, Meat & Beans 3oz-equivalents, Vegetables 1/2c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Calories:</b>	400	<b>Calories from Fat:</b>	90
<b>Total Fat:</b>	10 g	<b>Saturated Fat:</b>	2 g	<b>Trans fat :</b>	0 g
<b>Cholesterol:</b>	60 mg	<b>Sodium:</b>	540 mg	<b>Total Carbohydrate:</b>	49 g
<b>Dietary Fiber:</b>	7 g	<b>Sugars:</b>	6 g	<b>Protein:</b>	29 g



This recipe is adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)

