

5 A Day Recipes

Main Courses

Chicken-Cabbage Stir-Fry

Serves 4

- 3 chicken breast halves, skinned and boned
- 3 cups green cabbage, cut in ½ inch slices
- ½ tsp. ground ginger
- ½ cup water
- 1 tsp. Oil
- 1 Tbsp. cornstarch
- ¼ tsp. garlic powder
- 1 Tbsp. soy sauce

Cut chicken breast halves into strips. Heat oil in frypan. Add chicken strips and stirfry over moderately high heat, turning pieces constantly, until lightly browned (about 2-3 minutes). Add cabbage; stirfry 2 minutes until cabbage is tender-crisp. Mix cornstarch and

seasonings; add to water and soy sauce, mixing until smooth. Stir into chicken mixture. Cook until thickened and pieces are coated, about 1 minute. This is an official 5 a Day recipe, and provides four people with one serving of vegetable each.

Nutritional Analysis

Calories: 135
Fat: 2 g
Cholesterol: 50 mg
Sodium: 325 mg
% Calories from Fat: 13%