

Chicken and Spinach Stir-Fry

Serves: 4

Serving Size: about 1 ¼ cup

Ingredients:

2 2/3 cups cooked brown rice
2 whole eggs, whisked
1 ½ lbs. boneless, skinless chicken tenders(or breasts), cut into ½ inch cubes
½ onion, finely chopped
8 oz. mushrooms, chopped
1 garlic clove, minced
8 oz spinach, roughly chopped
1 Tbsp. sesame oil
1 Tbsp. soy sauce
2 tsp. Hoisin sauce
1 tsp. vinegar
Cooking Spray
Salt and Pepper to taste

Lightly coat a large non-stick skillet with cooking spray, and scramble the eggs until cooked through, making sure to break it apart into small pieces. Remove from pan, spray again, and cook chicken until cooked through.

Meanwhile, make the sauce by mixing the sesame oil, soy sauce, hoisin, and vinegar in a small bowl.

Remove chicken from pan when cooked. Add onion, garlic, and mushrooms, and cook until tender. Add the spinach, cooking until wilted, then add the brown rice and stir to thoroughly incorporate it. Add the sauce, stir, and cook for 1 minute. Add in the cooked chicken and egg and heat through.

Nutritional Info: Calories 409, Fat 10g, Carbs 39g, Protein 48g

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