

Quick & Spicy Apricot Chicken Stir-Fry

Ingredients:

- 1 (15-ounce) can apricot halves, drained and chopped
- 1 (8 ounce) can pineapple chunks, drained – save the juice
- 2 Tablespoons low sodium soy sauce
- 1 Tablespoon cornstarch
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon crushed red pepper flakes
- 2 Tablespoons vegetable oil
- 1/8 teaspoon ground ginger
- 1 pound skinless, boneless chicken breast meat – cut into strips
- 1 (16 ounce) package frozen stir-fry vegetables, thawed
- 3 green onions, sliced



Directions:

1. Stir together pineapple juice, soy sauce, cornstarch, garlic powder, onion powder and red pepper flakes in a small bowl until the cornstarch dissolves; set aside.
2. Heat vegetable oil in a large skillet over medium-high heat. Add chicken; cook and stir until the chicken turns white and begins to firm. Stir in the stir-fry vegetables, and continue cooking until the chicken is no longer pink in the center and the vegetables are hot.
3. Stir in the drained apricots, pineapple chunks and pineapple juice mixture. Bring to a boil, stirring constantly; cook until the sauce thickens and clears, about 1 minute. Stir in green onion before serving.

Serving suggestion: Serve stir-fry with cooked brown rice (instant or regular) for a healthy whole-grain addition to your meal.

Nutrition Facts	
Serving Size (249g)	
Servings Per Container 6	
Amount Per Serving	
Calories 240	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 230mg	10%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	16%
Sugars 21g	
Protein 18g	
Vitamin A 50%	Vitamin C 60%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat:	Less than 65g 80g
Saturated Fat:	Less than 20g 25g
Cholesterol:	Less than 300mg 300mg
Sodium:	Less than 2,400mg 2,400mg
Total Carbohydrate:	300g 375g
Dietary Fiber:	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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