



Apple Chicken Stir Fry

Prep Time: 15 Min **Cook Time:** 15 Min

Total Time: 30 Min

Serves 4

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Ingredients

- 1 pound cubed boneless, skinless chicken breast
- 1/2 cup onion, vertically sliced
- 1 3/4 cups (3-4 medium) carrots, thinly sliced
- 1 1/2 teaspoon vegetable oil
- 1 teaspoon dried basil, crushed
- 1 cup fresh or frozen Chinese pea pods
- 1 tablespoon water
- 1 medium baking apple, cored and thinly sliced
- 1 tablespoon oil
- 2 cups cooked brown rice

Instructions

- 1 Stir-fry cubed chicken breast in 1 tablespoon vegetable oil in non-stick skillet
- 2 Cook until lightly browned, remove from skillet
- 3 Stir-fry onion, carrots and basil in oil in same skillet until carrots are tender
- 4 Stir in pea pods and water
- 5 Stir-fry 2 minutes
- 6 Remove from heat; stir in apple
- 7 Add to chicken, serve hot over cooked rice

Notes

- Calories: 330
- Total Carbs: 30 g
- Dietary Fiber: 5 g
- Total Fat: 7.7 g
- Saturated Fat: 1.1 g
- Protein: 29 g
- Sodium: 117 mg