

Lunch | Dinner

Chicken Stir-Fry with Broccoli and Bok Choy

20 Mins
Prep Time

12-15 Mins
Cook Time

6
Servings

234 Calories **9g Fat** **11g Carbs** **27g Protein**

Ingredients

6 Servings • 1 ½ Cups Serving Size

32-35 Mins Total **Allergens: Sesame, FODMAPS**

1 ½ lbs Boneless, Skinless Chicken Breast, cut into bite sized pieces

2 Tbsp Avocado Oil

1 Tsp Sesame Oil

3 Garlic Cloves, minced

½ Tsp Ground Ginger

½ Tsp Ground Turmeric

¼ Cup Coconut Aminos

3 Scallions, **washed** and chopped

2 Cups Broccoli Florets, **washed** and cut into bite-size pieces

3 Cups Bok Choy, **washed** and roughly chopped

1 (5oz) Can Water Chestnuts, drained

Salt, to taste



Nourishment Note



Chicken

Chicken is a lean protein source and may provide your body with the building blocks it needs to build new and healthy cells.



Broccoli

Broccoli is rich in cancer and disease-fighting compounds. It's packed with vitamins and minerals, fiber to aid in gut health, vitamin C to help with skin health and immune function, and folate to promote healthy new cell growth.



Garlic

Garlic is a member of the onion family and is rich in vitamins, minerals and antioxidants to help reduce the risk of various diseases, such as heart disease, Alzheimer's and dementia.



Turmeric

Turmeric contains high amounts of antioxidants and has been known to fight inflammation. It may also help contribute to a healthy cardiovascular system.

Instructions

1. Wash Hands

Wash hands with soap and water

2. Heat Oil

Heat avocado oil over high heat in a wok or large skillet.

3. Sauté Ingredients

Add the garlic and scallions and sauté in the oil until the garlic becomes fragrant, about 1 minute.

4. Add Chicken

Add the chicken breast, ground ginger, ground turmeric, coconut aminos, and salt, to taste, to the garlic and scallions. Sauté until the chicken is fully cooked, reaching an internal temperature of 165 °F.

5. Stir

Stir in the bok choy, broccoli and water chestnuts and cook for another 3-4 minutes. Add the sesame oil and stir the mixture one final time.

6. Serve and Enjoy

Serve with your favorite whole grain, such as brown rice.

7. Wash Hands

Wash hands with soap and water

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Measuring Cups



Measuring Spoons



Cutting Board



Knife



Wooden Spoon



Wok or Large Skillet



Kitchen Thermometer

PD Cooking Tips

- Look for healthy convenience foods in the grocery store. Try pre-chopped fruits and vegetables, quick-cooking grains, canned beans or lentils, steamable side dishes and shredded rotisserie chicken.

Allergen Swap

Sesame Omit the sesame oil.

FODMAPS Omit garlic and use only the green tops of the scallions.