
Lemon Chicken Stir-Fry

The Essential Southern Living Cookbook

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 30 minutes

1 1/2 pound red bell pepper

1/4 pound pea pods

2 cups precooked dried white rice

1 pound boneless/ skinless chicken breasts

3 cups chicken broth

1 tablespoon fresh serrano or jalapeno chilies, minced

1 tablespoon lemon zest

1 tablespoon cornstarch

2 tablespoons lemon juice

1/4 cup chopped scallions (including tops)

Stem and seed the bell pepper. Cut into 1/4-inch-wide strips

Remove and discard the stem ends and strings from the pea pods. Rinse the pods and cut in half lengthwise.

Place the rice in a wide 3- to 4-quart bowl.

Rinse the chicken breasts and cut into one-inch chunks.

In a ten- to twelve-inch nonstick frying pan over high heat, bring two cups of broth to a boil. Pour over the rice. Cover. Let stand until the liquid is absorbed and the rice is tender to bite, about 7 minutes. Fluff with a fork.

Meanwhile, return the pan to the heat. Add the chicken and stir until the surface is no longer pink, 1 to 2 minutes. Add the bell pepper, pea pods, chilies and lemon zest. Stir just until the chicken is no longer pink in the center of the thickest part (cut to test it), about 5 minutes.

In a bowl, blend the cornstarch and remaining broth until smooth. Stir into the pan and continue stirring until the mixture boils, about 1 minute. Add the lemon juice.

Pour the chicken over the rice. Sprinkle with scallions.

Chicken

Per Serving (excluding unknown items): 63 Calories; 1g Fat (16.4% calories from fat); 5g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 575mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit.