

Power Blend Chicken Stir-Fry

Servings

4

Calories

340

Prep Time

10 minutes

Total Time

20 minutes

Skill Level

Medium

Ingredients

1 (10 ounces) package Mann's Power Blend

½ pound chicken breasts, thinly sliced

¼ teaspoon salt and pepper

2 tablespoon vegetable oil

¼ cup water chestnuts, sliced

1 tablespoon fresh ginger root, minced

2 cloves garlic, minced

2 green onions, sliced

1 red pepper, sliced

¼ cup ponzu sauce

2 cups cooked quinoa

1 tablespoon sesame seeds, roasted



The Method

Season chicken with salt and pepper. In wok or large skillet, heat vegetable oil over high heat; stir-fry chicken for 3 to 5 minutes or until golden and just cooked through. Transfer to plate.

Add Mann's Power Blend, water chestnuts, ginger, garlic, onions and red pepper to wok; stir-fry for 2 or 3 minutes or until tender-crisp. Return chicken to wok along with ponzu sauce; stir-fry for 1 minute or until chicken is heated through. Serve over quinoa; garnish with sesame seeds.

Nutrition Facts

Serving Size: 298g | Servings: 4

Amount Per Serving

Calories 340 | Calories from Fat 110 | Total Fat 12g (sat fat 1.5g trans 0g) | Cholesterol 50mg | Sodium 810mg | Total Carbohydrate 32g | Dietary Fiber 6g | Sugars 6g | Protein 25g | Vitamin A 100% | Vitamin C 160% | Calcium 6% | Iron 15%