



Power Blend Walnut Chicken Stir Fry

Servings

4

Calories

250

Prep Time

5 minutes

Total Time

20 minutes

Skill Level

Easy

Ingredients

- 1 (10 ounces) package Mann's Power Blend
- 1 diced chicken breast
- ½ onion, chopped
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- ½ cup walnuts
- 1 cup water
- 1 tablespoon cornstarch dissolved in 2 tbsp water
- 3 tablespoons soy sauce, low sodium
- 2 tablespoons oyster sauce
- salt and pepper to taste



The Method

Saute onions and garlic in oil, then add chicken, cook until brown. Add Power Blend and nuts and stir fry for two to three minutes. Add the water and cover with lid, simmering for a few minutes. Then add soy sauce, oyster sauce, salt and pepper, and cornstarch dissolved in water.

Nutrition Facts

Serving Size: 158g | Servings: 4

Amount Per Serving

Calories 250 | Calories from Fat 160 | Total Fat 18g (sat fat 2g trans 0g) | Cholesterol 20mg | Sodium 720mg | Total Carbohydrate 13g | Dietary Fiber 4g | Sugars 3g | Protein 12g | Vitamin A 50% | Vitamin C 70% | Calcium 8% | Iron 6%