



Southwest Chicken Stir-Fry

Prep: 25 minutes plus marinating

Cook: 10 minutes • Serves: 4

- 1 garlic clove, finely chopped
- 5 tablespoons extra virgin olive oil
- 3 tablespoons fresh lime juice
- 2 teaspoons chopped fresh cilantro leaves plus additional for garnish
- 1½ teaspoons ground coriander
- ¼ teaspoon dried chipotle pepper (or other dried red chile pepper), seeded and chopped
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 pound boneless, skinless chicken breasts, cut into ½-inch strips
- 2 red, yellow and/or orange bell peppers, sliced
- 1 small jalapeño pepper, sliced
- 3 green onions, sliced
- 1 cup Mandarin orange segments in light syrup, drained
- 3 cups cooked instant brown rice
- Lime wedges for garnish (optional)

1. In small bowl, whisk together garlic, 4 tablespoons oil, lime juice, cilantro, coriander, dried pepper, salt and black pepper. Place chicken in large zip-top plastic bag. Pour marinade over chicken. Seal bag and refrigerate 1 hour to marinate.

2. Remove chicken from marinade; discard marinade. Heat large skillet or wok over high heat. Add remaining 1 tablespoon oil and chicken, and cook 4 minutes, stirring occasionally. Add bell peppers and jalapeño, and cook 3 to 4 minutes or until peppers are crisp-tender. Stir in green onions and cook 1 minute, stirring. Add orange segments and cook just until chicken loses its pink color throughout and internal temperature reaches 165°, stirring occasionally.

3. Serve stir-fry over brown rice garnished with cilantro and lime wedges, if desired.

Approximate nutritional values per serving :

*404 Calories, 13g Fat (2g Saturated),
49mg Cholesterol, 200mg Sodium,
46g Carbohydrates, 5g Fiber, 24g Protein*

Chef Tip

Try substituting fresh Mandarin orange segments (tangerines, clementines, etc.) in place of canned.

Dietitian's tip:

Stir-fries can be very versatile by using a variety of proteins, vegetables and grains. They are a great way to use up extra vegetables you have on hand. This recipe would also work great with shrimp as the main protein and you could substitute the rice for red quinoa or farro.