

## Chicken Green Bean Stir-Fry

- 2 cups frozen green beans
- 1/2 cup low sodium chicken broth
- 2 tablespoons oyster sauce
- 2 tablespoons dry sherry\*
- 1/2 teaspoon sesame oil
- 2 tablespoons light soy sauce
- 1/2 teaspoon sugar
- 2 tablespoons cornstarch
- 1 pound boneless, skinless chicken breast, cut in 1/2-inch cubes
- 1 tablespoon vegetable oil
- 4 ounces sliced mushrooms
- 1/2 medium onion, sliced
- 3 cloves garlic, minced
- 1 teaspoon fresh ginger, minced or grated

1. Thaw and pat dry frozen green beans. Set aside.
2. In a small bowl or measuring cup combine chicken broth, oyster sauce, dry sherry\*, sesame oil, light soy sauce, sugar and cornstarch. Set aside.
3. Stir-fry chicken cubes in small amount of oil over medium high heat for 3 to 4 minutes; add mushrooms, onions, garlic and fresh ginger and continue to stir-fry until mushrooms are almost done. Add green beans and cook for 2 minutes.
4. Add chicken broth mixture to stir-fry pan and cook and stir until thick and bubbly. Adjust thickness by adding a little water if necessary.

\*Replace dry sherry with an equal amount of chicken broth if desired.

Yield 4 servings

<b>Nutrition Facts</b>		
Serving Size: 1/4 of recipe		
Servings per recipe:4		
<b>Amount Per Serving</b>		
<b>Calories 244</b>	<b>Calories from fat 63</b>	
		<b>% Daily Value</b>
<b>Total Fat 7</b>		11%
Saturated fat 1g		7%
<b>Cholesterol 69mg</b>		23%
<b>Sodium 487mg</b>		20%
<b>Carbohydrate 13g</b>		4%
Dietary Fiber 2g		10%
<b>Protein 29g</b>		58%
Vitamin A: 6%	Vitamin C: 18%	Folacin: 6%
Calcium: 5%	Iron: 11%	Potassium: 14%

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