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 ½-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

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
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<tbody>
<tr>
<td>Serving Size: 1/4 of recipe</td>
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<tr>
<td>Servings per recipe: 4</td>
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<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Calories 244</td>
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<tr>
<td>% Daily Value</td>
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<tr>
<td>Total Fat 7</td>
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<tr>
<td>Saturated fat 1g</td>
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<tr>
<td>Cholesterol 69mg</td>
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<tr>
<td>Sodium 487mg</td>
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<tr>
<td>Carbohydrate 13g</td>
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<tr>
<td>Dietary Fiber 2g</td>
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<td>Protein 29g</td>
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<tr>
<td>Vitamin A: 6%</td>
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<td>Calcium: 5%</td>
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Source: Modified from original: busycooks.guide@about.com

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