



Chicken & Asparagus Stir-Fry

Serves six

12 chicken tenderloins
1 pound asparagus, cut into 1½-inch pieces (discard coarse ends)
4 scallions, white and green parts chopped
Zest of one small lemon
Juice of the small lemon
1 cup chicken broth
¼ cup coriander
3 large garlic cloves, minced
2 tablespoons soy sauce
1 tsp. salt
1 tsp. black pepper
3 TBS Peanut oil

Rinse and pat dry the chicken. Heat a large skillet or wok until hot. Add the oil

Rub the chicken with coriander and black pepper. Place it in the skillet and cook for 2 minutes. Flip and cook for an additional 2 minutes. Remove from pan

Wipe skillet or wok clean. Add 1 more tablespoon peanut oil. Heat until smoky. Add the garlic and cook for 1 minute, stirring frequently. Add the asparagus, the chicken stock and the soy sauce. Stir. Steam for about 4 minutes. Return the chicken to the pan

Add the lemon juice, lemon zest and scallions Mix well. Cook for another 4 minutes, until chicken cooks through and liquid dries up some. Serve immediately with white rice. Enjoy!

CALORIES 231.76; FAT 11.12 grs (sat 2.28; mono 3.12; poly 2.21); PROTEIN 18.87 grs ; FIBER 2.27 grs;
CARBS 15.03 grs; CHOLESTEROL 42.29 mg; IRON 2.8 mg; SODIUM 1090.23 mg; CALCIUM 45.56 mg

