COLORFUL CHICKEN STIR FRY

Ingredients:

- 2T roasted sesame oil, divided
- 2 boneless, skinless organic chicken breasts, cut into 1/4-inch strips
- 2 sweet potatoes, peeled & cut into ribbons (Trader Joe's has these precut for you in the salad section)
- 1 large purple onion, thinly sliced
- 1 turnip, peeled and thinly sliced
- 1 carrot, peeled and thinly sliced
- 1T fresh ginger, minced
- 3 cloves of garlic, minced
- 5 cups of red cabbage, sliced
- 3T of Hoisin sauce
- 4T of sesame seeds, toasted
- 4 scallions, trimmed and chopped



Directions:

1.Heat 1T of oil over a medium-high heat. Stir-fry the chicken until the strips are cooked.
2.If necessary, add more oil and stir-fry the potatoes, onion, turnip and carrot until tender crisp. Add ginger and garlic. Cook for two minutes more.
3.Add red cabbage and stir-fry until soft, adding more oil if it's needed.
4.Add hoisin sauce and reduce heat. Toss to coat.
5.Divide the mixture among four heated serving bowls. Garnish with sesame seeds and scallions. Makes 8 servings.

NUTRITION PER SERVING:

Calories 212, Prot 18g, Fat 8g, Sat Fat 1g, Chol 50mg, Carbs 18g, Fiber 4g, Sugar 7g, Sodium 177mg

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