

# Chinese Chicken

Makes 4 Servings

**Ingredients:**

- 1 Tbsp canola oil
- 1 Tbsp cornstarch
- 1 1/2 chicken breasts cooked and cubed
- 1 cup chicken broth (reduced sodium)
- 5 green onions with tops sliced
- 1 Tbsp soy sauce (reduced sodium)
- 4 stalks celery sliced
- 1 can (8 oz.) water chestnuts drained and sliced
- 3 carrots thinly sliced
- 4 cups cabbage shredded
- 2 Tbsp. sliced almonds

**Directions:**

1. Heat oil in electric skillet. Add chicken, green onions, celery, carrots and cabbage. Cook on medium high 3 to 4 minutes.
2. Dissolve cornstarch in broth and add to chicken and vegetables.
3. Sprinkle with soy sauce and stir
4. Add water chestnut and sliced almonds and heat through.
- 5.

Nutrition Facts	
4 servings per container	
Serving size	(371g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 410mg	18%
Total Carbohydrate 19g	7%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 98mg	8%
Iron 2mg	10%
Potassium 646mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Family Conversation Starter:

If you could have any pet, what would it be? What would you name it?

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