

Brown rice with sizzling chicken and vegetables



Recipe credit

Adapted from the United States Department of Agriculture's [Brown Rice with Sizzling Chicken and Vegetable](#)

About this recipe

Serves

4

Serving size

1/4 of prepared recipe

Time to make

20 minutes preparation; 30 minutes cook time

Special criteria

[Whole grains recipes](#)

Ingredients

- 3 cups hot cooked brown rice
- 3 tablespoons low-sodium soy sauce
- 1/4 cup water
- 1 tablespoon honey
- 1 tablespoon cornstarch
- 1 1/2 tablespoons oil
- 16 ounces boneless chicken breast (cut into 1-inch cubes)
- 2 cloves garlic (minced)
- 1 small white onion, cut into small wedges (about 1/8 inch thick)
- 3 medium carrots, peeled and thinly sliced (1 cup total)
- 1 1/2 cups small broccoli florets
- 1 medium red bell pepper (cut into 1-inch pieces)

Directions

1. Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside.
2. Heat oil in a wok or large skillet. Add minced garlic; sauté about 1 minute until garlic is golden.
3. Add chicken; cook about 5-6 minutes, then push chicken to the side.
4. Add onions to center of skillet; cook until slightly tender and push to the side.
5. Continue with carrots, broccoli, and peppers separately, placing each in center of pan, cooking until slightly tender and pushing to the side.
6. Pour soy sauce mixture into center of skillet. Leaving other ingredients at the sides of the pan, stir sauce until it thickens.
7. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.

Tips and variations

- To round out the meal, serve with an 8-ounce glass of non-fat or low-fat milk.
- Keeping the total amount of vegetables the same, try other vegetables such as: celery, cauliflower, green peppers, kohlrabi, cabbage, or bok choy.

- For a sweet addition, add pineapple chunks.

Nutritional info

Calories

410

Total fat

10 g

Saturated fat

3 g

Sodium

580 mg

Total carbohydrates

49 g

Dietary fiber

6 g

Protein

30 g

Allergens

Soy

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