



## Big Green Stir-Fry



1/2 of recipe (about 3 cups): 310 calories, 6g total fat (1g sat. fat), 560mg sodium, 22g carbs, 8g fiber, 8g sugars, 43.5g protein

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**Prep:** 10 minutes    **Cook:** 15 minutes



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### Ingredients

10 oz. raw boneless skinless chicken breast, cut into strips  
1/8 tsp. each salt and black pepper  
3 cups sugar snap peas  
2 cups chopped asparagus  
1 cup sliced mushrooms  
1 tbsp. lite/low-sodium soy sauce  
1 tsp. chopped garlic  
1/2 tsp. crushed ginger  
3 cups chopped spinach leaves  
1/2 cup canned sliced water chestnuts, drained  
1/2 oz. (about 2 tbsp.) sliced almonds

### Directions

Bring a wok (or large skillet) sprayed with nonstick spray to medium-high heat.

Add chicken, and season with salt and pepper. Add snap peas, asparagus, mushrooms, soy sauce, garlic, and ginger. Add 2 tablespoons water, and cook and stir until veggies are soft and chicken is cooked through, 7 - 9 minutes.

Add spinach and water chestnuts. Cook until spinach has wilted, 1 - 2 minutes.

Sprinkle with almonds, and serve!

**MAKES 2 SERVINGS**

**HG FYI:** Not all soy sauce is gluten free, so read labels carefully if that's a concern.

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