

A TASTE OF
ASIA



**CHINESE KIWIFRUIT
CHICKEN**

Serves 4

Preparation and cooking time: 40 minutes

- 3/4 pound boneless, skinless chicken, thinly sliced
- 2 teaspoons vegetable oil
- 1/2 red bell pepper, thinly sliced
- 1/4 cup chicken broth, home-made or salt-free
- 1/2 teaspoon sesame oil
- 1/2 teaspoon sugar
- 1/4 teaspoon salt
- 1 teaspoon cornstarch mixed with 2 teaspoons water
- 2 kiwifruit, peeled & cut into thin strips

Kiwi slices for garnish

Marinade:

- 1 tablespoon reduced sodium soy sauce
- 2 teaspoons dry sherry
- 1 teaspoon cornstarch

Combine chicken and marinade ingredients in a bowl; stir to coat. Set aside for 30 minutes.

Place a wok or wide frying pan with a nonstick finish over high heat until hot. Add vegetable oil, swirling to coat sides.

Add chicken and stir fry for 2 minutes or until chicken turns opaque. Add bell pepper, stir fry for 30 seconds. Add broth, sesame oil, sugar, and salt; cook for 1 minute or until bell pepper is tender-crisp.

Add cornstarch solution; stirring until sauce boils and thickens. Remove wok from heat. Gently stir in kiwi strips. Garnish platter with kiwifruit slices and top with chicken stir fry.

ENJOY LEAN ASIAN CUISINE

Stir-fry foods using a small amount of oil or broth. Foods will be flavorful and low in fat.

Use ginger, garlic, and red pepper to add spice to your food. They'll add flavor without the fat.

Nutritional Analysis per serving

Calories	213
Cholesterol	73mg
Fat	6g
Sodium	292mg

**Recipe
Courtesy of:**

Martin Yan in conjunction with "Lean to Health: Lowfat Chinese Cuisine" Campaign, San Francisco Department of Public Health and California Project LEAN

