

SESAME CHICKEN & VEGETABLES

- 1 cup uncooked brown rice
 - ½ head broccoli (approximately 8 oz.)
 - 1 Tablespoon corn oil
 - 2 carrots (approximately 3 oz. each), peel and cut into matchsticks
 - 1 large onion
 - ½ cup fresh mushrooms (or 7-oz. can mushrooms stems and pieces, drained)
 - 1 teaspoon (or 1 clove) minced garlic
 - 1 medium chicken breast (or 10-oz. can chunk chicken in water, drained)
 - 1 cup fat-free, no salt added chicken broth
 - 2 Tablespoon reduced-sodium soy sauce
 - 1 teaspoon cornstarch
 - ½ teaspoon ground ginger
 - 1 teaspoon sesame seeds, lightly toasted
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1. Cook rice according to package directions, omitting fat and salt.
2. Chop chicken into ½ inch squares
3. In a large skillet, warm oil over medium heat. Sauté chicken until no longer pink. Set chicken aside.
4. Portion broccoli head into bite-sized florets. Peel broccoli stem and slice into bite-sized pieces.
5. In a large skillet, warm oil over high heat. Add broccoli, carrots, onion, mushrooms, and garlic. Cook stirring frequently, for 3 minutes. Reduce heat to medium, add chicken, cover skillet, and cook until crisp-tender, about 4 minutes.
6. In a small bowl, combine broth, soy sauce, cornstarch, and ginger. Whisk until mixed. Pour into vegetables/chicken mixture and cook, stirring frequently, until sauce thickens slightly, about 1 minute. Cook an additional 2 minutes.
7. Spoon over cooked rice, sprinkle with toasted sesame seeds, and serve immediately.