Quick & Spicy Apricot Chicken Stir-Fry

Ingredients:

- 1 (15-ounce) can apricot halves, drained and chopped
- 1 (8 ounce) can pineapple chunks, drained save the juice
- 2 Tablespoons low sodium soy sauce
- 1 Tablespoon cornstarch
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon crushed red pepper flakes
- 2 Tablespoons vegetable oil
- 1/8 teaspoon ground ginger
- 1 pound skinless, boneless chicken breast meat cut into strips
- 1 (16 ounce) package frozen stir-fry vegetables, thawed
- 3 green onions, sliced

Directions:

- 1. Stir together pineapple juice, soy sauce, cornstarch, garlic powder, onion powder and red pepper flakes in a small bowl until the cornstarch dissolves: set aside.
- 2. Heat vegetable oil in a large skillet over medium-high heat. Add chicken; cook and stir until the chicken turns white and begins to firm. Stir in the stir-fry vegetables, and continue cooking until the chicken is no longer pink in the center and the vegetables are hot.
- 3. Stir in the drained apricots, pineapple chunks and pineapple juice mixture. Bring to a boil, stirring constantly; cook until the sauce thickens and clears, about 1 minute.

Stir in green onion before serving.

Serving Size Servings Pe		er 6	
Amount Per Se	rving		
Calories 24	0 Cal	ories fron	n Fat 60
		% D:	aily Value
Total Fat 7g			11%
Saturated	Fat 1g		59
Trans Fat	0g		
Cholesterol 40mg			139
Sodium 230mg			109
Total Carbo	hydrate	29g	109
Dietary Fi		169	
Sugars 21	lg		
Protein 18g			
Vitamin A 50	% •	Vitamin (60%
Calcium 4%	•	Iron 8%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran	Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg

Serving suggestion: Serve stir-fry with cooked brown rice (instant or regular) for a healthy whole-grain addition to your meal.





Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Nutritio	n Facts
Serving Size (249g) Servings Per Contai	nor 6
	nei o
Amount Per Serving	
Calories 240 Ca	alories from Fat 6
	% Daily Value
Total Fat 7g	119
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	139
Sodium 230mg	109
Total Carbohydrate	29g 10 %
Dietary Fiber 4g	169
Sugars 21g	
Protein 18g	
Vitamin A 50% •	Vitamin C 60%
Calcium 4% •	Iron 8%
*Percent Daily Values are t	
diet. Your daily values may	be higher or lower
depending on your calories: Calories:	
Total Fat Less that Saturated Fat Less that Cholesterol Less that Sodium Less that Total Carbohydrate	n 20g 25g n 300mg 300mg

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