



Make and Take: Ginger Chicken with Brown Rice

INGREDIENTS (serving size: 6)

- 1 tablespoon sesame oil
- 4 green onions, chopped
- 4 cloves garlic, minced
- 1 ½ tablespoon ginger, grated
- 1 cup celery, chopped
- 1 ½ pounds boneless, skinless chicken breasts, cubed
- ¼ teaspoon Chinese five-spice powder
- 1 cup red bell pepper, diced
- 2 cups broccoli, chopped
- 2 tablespoons honey
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon reduced-sodium teriyaki sauce
- 2 cups brown rice, cooked

NUTRITION INFORMATION: 279 Calories; 19 grams Fat; 3 grams Saturated Fat; 0 mg Cholesterol; 484 mg Sodium; 20 grams Carbohydrates; 5 grams Fiber; 9 grams Sugar; 11 grams Protein

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Heat sesame oil in skillet over medium-high heat. Add onion, garlic, ginger, celery to hot oil and cook for 2 minutes; do not allow to brown.
3. Add cubed chicken, Chinese five-spice powder and pepper. Cook for 8-10 minutes, stirring often. Stir in red pepper and broccoli. Cover and allow to cook for 5 minutes.
4. In a medium bowl, combine honey, soy sauce and teriyaki sauce and stir into skillet. Add brown rice to skillet and stir to combine. Pour skillet mixture into baking dish and cover with foil. Bake covered for 35 minutes.