

Sesame Chicken Edamame Bowl

Frozen stir-fry mixes and frozen shelled edamame save prep time and don't require thawing. The slightly sweet and nutty stir-fried vegetables complement the delicately flavored chicken. You can serve this over udon noodles or rice stick noodles instead of rice.



Becky Luigart-Stayner

- 2 teaspoons canola oil
- 1 tablespoon minced peeled fresh ginger
- 2 teaspoons minced peeled fresh lemongrass
- 2 garlic cloves, minced
- 1 pound skinless, boneless chicken breast, cut into bite-sized pieces
- 2 cups frozen shelled edamame (green soybeans)
- 2 cups frozen bell pepper stir-fry mix
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon mirin (sweet rice wine)
- 1 teaspoon dark sesame oil
- 1/4 teaspoon cornstarch
- 1/2 cup (1/4-inch) diagonally cut green onions
- 2 teaspoons dark sesame seeds
- 1/2 teaspoon salt
- 2 cups hot cooked brown rice

Heat canola oil in a large nonstick skillet over medium-high heat. Add ginger, lemongrass, and garlic; sauté 1 minute or just until mixture begins to brown. Add chicken; sauté 2 minutes. Add edamame and stir-fry mix; sauté 3 minutes. Combine soy sauce, mirin, sesame oil, and cornstarch, stirring with a whisk. Add to pan; cook 1 minute. Remove from heat. Stir in onions, sesame seeds, and salt. Serve over rice.

Yield: 6 servings (serving size: 2/3 cup chicken mixture and 1/3 cup rice)

CALORIES 277(21% from fat); FAT 6.5g (sat 0.7g,mono 2.3g,poly 2.6g); PROTEIN 25.5g;
CHOLESTEROL 44mg; CALCIUM 72mg; SODIUM 452mg; FIBER 5.4g; IRON 2.4mg; CARBOHYDRATE
27.1g

Cooking Light, MARCH 2006