



Make Healthy Happen One Meal at a Time

Chicken and Grapefruit Stir-fry

Ingredients

1 grapefruit, peeled
1# pineapple chunks in unsweetened pineapple juice
¼ cup cornstarch
2 tsp. sodium reduced, soy sauce
3 Tbsp. vegetable oil
2 cloves garlic, minced
1# boneless, skinless chicken breast halves, cut across the grain into slices
1 cup snow peas, trimmed
4 scallions, sliced diagonally

Directions

Peel the grapefruit and cut into sections, holding the fruit over a small bowl to catch the juice. Drain the pineapple well, reserving the juice. Put the pineapple juice and grapefruit juice into a measuring cup and add enough water to equal 2 cups. Add the cornstarch and soy sauce and stir until smooth.

In a large nonstick skillet, heat the oil over medium heat until hot. Add the garlic and chicken. Cook until internal temperature of 165°F. (around 8-10 minutes). Add the snow peas and cornstarch mixture; stir-fry until the sauce thickens and boils. Add the grapefruit, pineapple, and scallions; stir-fry until heated through.

Makes 8 servings.

Nutritional Information Per Serving: 1 cup

Calories: 165 Carbohydrates: 20 grams Protein: 14 grams

Fat: 3 grams Cholesterol: 31 mgs. Dietary Fiber: 3 grams

Sodium: 82 mgs.