



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Easy Chicken and Veggie Stir-Fry with Rice

Nutrition Facts	
4 servings per container	
Serving size	2 cups (319g)
Amount per serving	
Calories	340
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 230mg	10%
Total Carbohydrate 44g	16%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 77mg	6%
Iron 2mg	10%
Potassium 291mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



\$5.35 per recipe

Ingredients:



1 tablespoon
canola oil



16- to 24-ounce
package stir-
fry vegetables,
frozen



½ cup sweet
and sour
sauce
(packaged or
using the recipe
at the end)



Mandarin oranges



Skim milk



2 cups brown
rice, cooked
using package
directions or
our recipe



2 cups cooked chicken,
chopped (cooked frozen
strips/pieces, cooked
leftovers, or cook your
own with our recipe)

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Tools Needed:



measuring
spoons



large skillet
or wok



stovetop



heat-safe
mixing
spoon

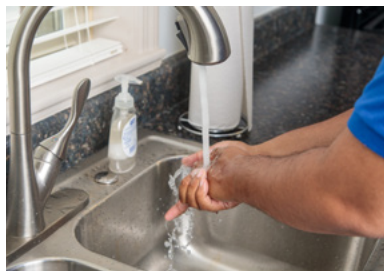


liquid
measuring
cup

Directions:

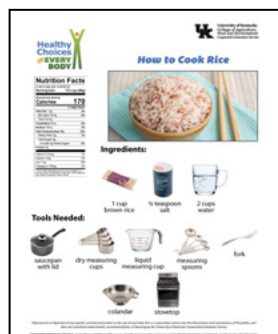
1

Wash hands with warm water and soap, scrubbing for at least 20 seconds.



2

If needed, locate the recipes for **How to Cook Chicken** and **How to Cook Rice**, and prepare both for this recipe.



3

Heat a large skillet over medium-high heat.



4

Add 1 tablespoon canola oil, and allow to heat.



5

Place the package of frozen vegetables in the skillet, and stir-fry vegetables quickly, moving them around the pan continuously. Cook until crisp-tender.



6

Add 2 cups cooked, chopped chicken, and ½ cup sweet and sour sauce. Stir to combine, and cook until heated through.



7

Turn off the stovetop when done cooking.



8

Serve over brown rice.



**recipe makes 4 servings*

9

Store leftovers in a covered container within 2 hours.
Eat within 3-4 days.





Sweet and Sour Sauce



Ingredients:



1 tablespoon
corn starch



2 tablespoons
reduced-
sodium soy
sauce



2 tablespoons
vinegar



2 tablespoons
sugar



1/2 teaspoon
garlic powder
OR
1 clove garlic,
minced



2 teaspoon
ketchup



1/4 cup
water

Tools Needed:



Measuring
spoons



Small bowl
OR
jar with lid



Whisk

Directions:

1

In a small bowl, or jar, combine all ingredients.



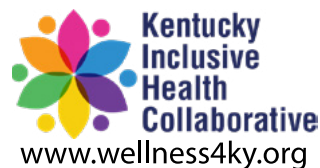
2

Whisk or shake ingredients until combined. Set aside until ready to use in recipe.



Source: Brooke Jenkins, Extension Specialist, and Rosie Allen, Area Nutrition Agent, University of Kentucky Nutrition Education Program

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