

## Chicken

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# Chicken and Broccoli

**Servings: 3**

*Exchanges: One serving (2/3 cup) = 3 lean meat, 1 fruit*

**1 tablespoon cornstarch**  
**1 tablespoon sherry**  
**2 tablespoons soy sauce**  
**1/2 cup fat-free chicken broth**  
**1/8 teaspoon ground ginger**  
**1/8 teaspoon garlic powder**  
**1 pound boneless, skinless chicken breast**  
**1 tablespoon vegetable oil**  
**1/2 cup onions, sliced**  
**2 cups (6 oz) frozen broccoli cuts**

Combine cornstarch, sherry, soy sauce, chicken broth, ginger and garlic powder. Mix until smooth to form a marinade.

Cut chicken into bite-sized pieces. Place in marinade and refrigerate for 1-4 hours. Drain well, reserving marinade for later use.

Fry chicken in vegetable oil in heavy frying pan until clear and firm. Remove chicken from frying pan with a slotted spoon, leaving as much of the fat as possible.

Add onions and broccoli to the pan. Slice any larger pieces to about 1/2-inch thickness. Cook and stir for one minute or until broccoli is thawed.

Add broth to vegetables, mix lightly, cover and simmer for 5 minutes or until the broccoli is crisp-tender.

Add marinade and cook and stir over moderate heat until sauce is thickened and clear.

Add chicken and reheat to serving temperature. Serve over hot rice.

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Per Serving (excluding unknown items): 77 Calories; 5g Fat (52.6% calories from fat); 3g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 770mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fat.