

Chinese Chicken

Ofelia Lawrence

Cuba

Serves: 4 people

Yield: 4 cups

Time: 30 minutes

Ingredients

4 skinless boneless chicken breasts,
chopped into bite size pieces
1 white onion, small diced
1 green bell pepper, small dice
3 cloves of garlic, minced
1 ½ tablespoons of olive oil
2 tablespoons of low sodium soy sauce
1 celery stalk, small dice
½ bunch of parsley, rinsed and chopped
½ bunch of chives, rinsed and chopped

Directions

- ✦ Heat a sauté pan on high heat with olive oil. Add the onions, peppers and garlic. Sauté for about 3 minutes.
- ✦ Add the chicken, soy sauce and celery and stir-fry for an additional 4 minutes. Lower the flame and cook until chicken is thoroughly cooked, for about 10 minutes.
- ✦ Stir in parsley and chives just before serving.

Did You Know?

Soy sauce is very high in sodium, which can lead to high blood pressure. Low sodium soy sauce has all the flavor of regular soy sauce with approximately 40 percent of the sodium removed.

