

GROUND CHICKEN STIR FRY

A quick weeknight stir fry with lean protein and lots of color.

Serves 4 · About 25 minutes



Ingredients

- 1 lb 98% fat-free ground chicken breast
- 10 oz mixed red, green and yellow bell peppers and onions
- 8 oz mushrooms, diced
- 3–4 cloves garlic, minced
- 1 Tbsp oil, for the pan
- Sauce: 3 Tbsp soy sauce and 2 Tbsp hoisin sauce
- Optional side: about 10 oz cooked basmati rice

Instructions

- 1 If you're serving rice, rinse the basmati until the water runs clear, then cook it according to the package directions.
- 2 Whisk the soy sauce and hoisin together in a small bowl.
- 3 Heat the oil in a large skillet or wok over medium-high heat. Add the ground chicken and cook, breaking it up, until no pink remains and it reaches 165°F (74°C) on an instant-read thermometer. Move it to a plate.
- 4 Add the peppers and onions to the same pan and stir-fry until they start to soften. Add the mushrooms and cook until browned. Then stir in the garlic and cook about 30 seconds, until fragrant.
- 5 Return the chicken to the pan, pour in the sauce, and toss until everything is coated and heated through.
- 6 Serve on its own or over the basmati rice.

Tips

Start the rice first so it cooks while you stir-fry. Variation: swap the sauce for fajita seasoning for a Tex-Mex take.