



Lemon Chicken Stir-Fry

- 1 cup uncooked brown rice
- 1 lemon
- 1/2 cup reduced-sodium chicken broth
- 3 tablespoons reduced-sodium soy sauce
- 2 teaspoons cornstarch
- 1 tablespoon canola oil
- 1 pound boneless, skinless chicken breasts, trimmed and cut into 1-inch pieces
- 10 ounces mushrooms, halved or quartered
- 1 cup diagonally sliced carrots, (1/4 inch thick)
- 2 cups snow peas, (6 ounces), stems and strings removed
- 1 bunch scallions, cut into 1-inch pieces, white and green parts divided
- 1 tablespoon chopped garlic



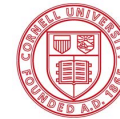
1. Cook rice according to package directions. Set aside.
2. Grate 1/2 teaspoon lemon zest (the bright yellow part of the peel) and set aside. Juice the lemon and whisk 1.5 tablespoons of the juice with broth, soy sauce and cornstarch in a small bowl.
3. Heat oil in a large skillet over medium-high heat. Add chicken. Cook, stir occasionally, until cooked through, 4 to 5 minutes. Transfer to a plate with tongs.
4. Add mushrooms and carrots to the pan and cook until the carrots are just tender, about 5 minutes.
5. Add snow peas, scallion whites, garlic and the reserved lemon zest. Cook, stirring, until fragrant, 30 seconds.
6. Whisk the broth mixture and add to the pan. Cook, stirring, until thickened, 2 to 3 minutes.

7. Add scallion greens and chicken. Cook, stirring, until heated through, 1 to 2 minutes.
8. Serve over brown rice.

Makes: 4 servings

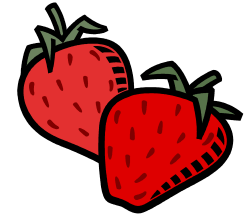
Nutrition Information:

CALORIES 470 (17% from fat); FAT 9g (sat 1.5g); CHOLESTEROL 95mg; SODIUM 530mg; CARBOHYDRATE 49g; FIBER 6g; PROTEIN 44g; CALCIUM 8%; IRON 20%



Strawberry Soup

- 2 pints strawberries
- 2 cups low or non-fat plain yogurt
- 1/2 cup orange juice
- 1/2 cup white sugar
- 1/2 cup water
- 1/8 teaspoon ground cardamom



1. In a blender, combine the strawberries, yogurt, orange juice, sugar, water and cardamom. Puree until well mixed. Chill and serve.

Makes: 4 servings

Nutrition Information:

CALORIES 230 (2% from fat); FAT 0.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 100mg; CARBOHYDRATE 50g; FIBER 3g; PROTEIN 8g; CALCIUM 25%; IRON 4%