



kitchen collage

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monday - friday 10-5:30 /saturday 9-5

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Recipe from ***EatingWell: Healthy in a Hurry*** by Jim Romanoff and the editors of *EatingWell Magazine*. Copyright © 2006. Reprinted by permission of *The Countryman Press*, Woodstock, VT. All rights reserved.

### **Wok-Seared Chicken Tenders with Asparagus & Pistachios**

Active Minutes: 25

Total: 25 minutes

Per Serving: 208 calories; 8g fat (1g sat, 3g mono); 67mg cholesterol; 7g carbohydrate; 30g protein; 3g fiber; 175mg sodium.

Nutrition Bonus: Folate (35% daily value), Vitamin A (20% dv), Vitamin C (15% dv)

Here's an East-meets-West stir-fry that will soon become a family favorite. Serve it over rice or noodles, with a simple salad of arugula and orange sections dressed in a light vinaigrette.

- 1 tablespoon toasted sesame oil
- 1-1/2 pounds fresh asparagus, tough ends trimmed, cut into 1-inch pieces
- 1 pound chicken tenders, cut into bite-size pieces
- 4 scallions, trimmed and cut into 1-inch pieces
- 2 tablespoons minced fresh ginger
- 1 tablespoon oyster-flavored sauce
- 1 teaspoon chile-garlic sauce
- 1/4 cup shelled salted pistachios, coarsely chopped

1. Heat oil in a wok or large skillet over high heat. Add asparagus; cook, stirring, for 2 minutes. Add chicken; cook, stirring, for 4 minutes. Stir in scallions, ginger, oyster sauce and chile-garlic sauce; cook, stirring, until the chicken is juicy and just cooked through, 1 to 2 minutes more. Stir in pistachios and serve immediately.

Makes 4 servings, about 1-1/4 cups each.