

## Lime Chicken and Broccoli Stir-Fry



### Makes:

4 servings

### Utensil:

5 Qt./4.7 L Gourmet Wok with Cover

5 Qt./4.7 L Multi-Purpose Oil Core

medium mixing bowl

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### Recipe:

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### Recipe Description:

This easy to make meal is high in calcium, vitamins, minerals and flavor. Broccoli is one of the best vegetables we can eat to get our calcium. And sesame seeds are chocked full of calcium as well. Plus, this delicious meal is low-fat and low-calorie - bon appetit!

2 cups  
brown rice  
(370  
g)  
1/2 cup  
lime juice  
(120  
mL)  
1/4 cup  
honey  
(85  
grams)  
1/4 cup  
cilantro, chopped  
(4  
g)  
4 ounces  
green chilies, diced  
(113  
g)  
2 tablespoons  
soy sauce  
(30  
mL)  
4 cloves  
garlic, minced  
1/4 teaspoon  
salt  
(1.5  
g)  
1/4 teaspoon  
black pepper

(.5  
g)  
12 ounces  
chicken, boned, skinned, cut into 1-inch pieces  
(340  
g)  
2 cups  
broccoli florets, cut into small pieces  
(142  
g)  
1 red bell pepper, seeded and diced into 1-inch pieces  
1 yellow bell pepper, seeded and diced into 1-inch pieces  
1 orange bell pepper, seeded and diced into 1-inch pieces  
2 tablespoons  
sesame seeds, optional  
(16  
g)

#### Directions:

1. Place rice and water into electric roaster and set control on RIC2.
2. In medium sized mixing bowl combine marinade of lime juice, honey, cilantro, green chili peppers, soy sauce, garlic, salt and pepper. Add chicken and stir to coat. Set aside. This may be done the day before and marinated overnight if desired.
3. Preheat wok on medium heat. When several drops of water sprinkled on the pan skitter and dissipate, place broccoli, red, yellow and orange peppers into wok and stir-fry until heated-crisp, approximately 2 minutes.
4. Add chicken and marinade to wok and continue to stir-fry until chicken is cooked through, approximately 7 minutes. Chicken should not be pink inside.
5. Place rice on plate, spoon stir-fry over rice, sprinkle with sesame seeds and serve.

#### Tips:

- Ingredients can be prepared the day before if desired (the chicken can be marinated and the vegetables can be cut).
- Can be served over noodles instead of rice.
- Leftovers are tasty wrapped in a tortilla.

#### Nutritional Information per

##### ▼ Serving

**Calories:** 389  
**Total Fat:** 3g  
**Saturated Fat:** 0g  
**Cholesterol:** 49mg  
**Sodium:** 628mg  
**Total** 71g  
**Carbs:**  
**Dietary Fiber:** 5g  
**Sugar:** 20g  
**Protein:** 26g