



OYSTER CHICKEN WITH BROCCOLI



Number of servings: 8

Ingredients:

2 pounds broccoli
1 small round onion
1 clove garlic
1 thumb size piece ginger
2 ½ pounds chicken thighs
2-3 tablespoons oyster sauce
salt and pepper to taste

Thickening:

2 tablespoons cornstarch
¼ cup water

Directions:

1. CLEAN and CUT broccoli into bite-sized pieces. SET aside.
2. DICE onion. SET aside.
3. MINCE garlic and ginger. SET aside.
4. CUT chicken into bite-sized pieces.
5. In a large pot, FRY chicken for 2-3 minutes. STIR.
6. ADD garlic and ginger.
7. ADD broccoli, onion, and oyster sauce. MIX well.
8. MIX and SIMMER for about 5 minutes.
9. ADD salt and pepper. MIX.
10. COOK until broccoli is almost done.
11. In a small bowl, MIX thickening ingredients and ADD to mixture.
12. STIR FRY until broccoli is done and gravy is thickened.

Variations:

Other fresh or frozen vegetables may be used.
Other meats may be used.

Nutrition Facts

Serving Size 1 cup (285g)
Servings Per Container 8

Amount Per Serving

Calories 230 **Calories from Fat** 60

% Daily Value*

Total Fat 6g 9 %

Saturated Fat 1.5g 8 %

Trans Fat 0g 0 %

Cholesterol 115mg 39 %

Sodium 360mg 16 %

Total Carbohydrate 11g 4 %

Dietary Fiber 3g 12 %

Sugars 3g

Protein 31g

Vitamin A 20% ■ Vitamin C 170%

Calcium 8% ■ Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.