

Lemon Chicken Stir-Fry

INGREDIENTS

- 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 red pepper thinly sliced
- 1 zucchini thinly sliced

PREPARATION

Grate 1 teaspoon lemon zest and set aside. Juice the lemon and whisk 3 tablespoons of the juice with broth, soy sauce and cornstarch in a small bowl. Heat oil in a large skillet over medium-high heat. Add chicken and cook, stirring occasionally, until just cooked through, 4 to 5 minutes. Transfer to a plate with tongs. Add mushrooms, peppers, zucchini and carrots to the pan and cook until the carrots are just tender, about 5 minutes. Add snow peas, scallion whites, garlic and the reserved lemon zest. Cook, stirring, until fragrant, 30 seconds. Whisk the broth mixture and add to the pan; cook, stirring, until thickened, 2 to 3 minutes. Add scallion greens and the chicken and any accumulated juices; cook, stirring, until heated through, 1 to 2 minutes.