



FALL 2017 MAKE-AHEAD WEEKLY MENU



TUESDAY

LEMON CHICKEN STIR-FRY

PREP 15 min COOK 12 min SERVES 4

- 2 boneless skinless chicken breasts, thinly sliced
- 1/2 tsp grated lemon rind
- 1/2 tsp each salt and pepper
- 1 tbsp Longo's 100% Pure Canola Oil
- 1 onion, sliced
- 1 large carrot, sliced
- 1 yellow or red bell pepper, sliced
- 1 bag baby bok choy (about 5), coarsely chopped
- 2 tbsp sodium-reduced soy sauce
- 2 tbsp lemon juice

TOSS chicken with lemon rind and 1/4 tsp each of salt and pepper.

HEAT oil over medium-high heat and brown chicken; remove to plate.

COOK onion and carrot in same skillet for 3 minutes. Stir in pepper and bok choy with 1/3 cup water and remaining salt and pepper. Stir-fry for 3 minutes; return chicken to skillet.

STIR in lemon juice and soy sauce to coat well.

SERVE with Longo's Basmati Rice (available in the Kitchen).

PER SERVING: 230 calories;
30 g protein; 7 g fat; 13 g carbohydrates;
3 g fibre; 4 g sugars; 440 mg sodium.