

Cooking Light's Ginger Chicken with Shiitakes and Green Beans

Serves 4

Ingredients

- 2 tablespoons canola oil, divided
- 1 pound skinless, boneless chicken breast halves, cut into 1/2-inch pieces
- 1 1/2 tablespoons minced peeled ginger
- 3 garlic cloves, minced
- 1/4 teaspoon salt
- 9 ounces shiitake mushrooms, stemmed and caps quartered
- 1/4 cup dry sherry
- 1 (10-ounce) package frozen whole green beans
- 1/2 cup unsalted chicken stock
- 1 1/2 tablespoons lower-sodium soy sauce
- 1 1/2 tablespoons oyster sauce
- 2 2/3 cups cooked soba (about 4 1/4 ounces uncooked buckwheat noodles)

NOTE – The above is the actual recipe, but I doubled the sauce (stock, soy and oyster) and added at least double the ginger as well. Also, the Soba noodles I bought came in 2 neat little 7 ounce packages, so I just used one 7 ounce package. Finally, I added 1 large red pepper thinly sliced. Yum!

Preparation

1. Heat a large cast-iron skillet or wok over high heat. Add 1 tablespoon oil; swirl to coat. Add chicken in a single layer; cook 4 minutes or until browned, stirring after 2 minutes. Add ginger, garlic, and salt; stir-fry 30 seconds. Remove chicken mixture to a plate.
2. Add remaining 1 tablespoon oil to pan; swirl to coat. Add mushrooms; stir-fry 2 minutes. Add sherry and red peppers, cook 1 minute. Add green beans, chicken stock, soy sauce, and oyster sauce; cook 3 minutes or until beans are thoroughly heated. Add noodles and chicken to pan; cook 1 minute or until noodles are heated and chicken is done, tossing to coat with sauce.

Nutritional Information (2 cups)

Calories 336
Fat 10.2 g
Safat 1.3 g
Monofat 5.4 g
Polyfat 2.6 g
Protein 31 g
Carbohydrate 28 g
Fiber 4 g
Cholesterol 63 mg
Iron 2 mg
Sodium 630 mg
Calcium 52 mg