

Lemon Chicken Stir-Fry

Lemon Sauce:

1/2 cup vegetable stock or water
1/4 cup lemon juice
1 tablespoon cornstarch
2 teaspoons apple juice or dry sherry
2 teaspoons light soy sauce
1 teaspoon chili sauce
1 chicken-flavored bouillon cube, crushed OR 1 teaspoon instant chicken bouillon granules

Chicken and Vegetables:

2 tablespoons vegetable oil
1 pound boneless, skinless chicken breasts, cut into thin strips
2 cloves garlic, crushed
4 cups cut-up fresh vegetables such as green onions, fresh mushrooms, carrots, red pepper, broccoli florets, snow peas and celery
3 Packets artificial sweetener
Hot cooked rice (optional)

1. For Lemon Sauce, combine vegetable stock, lemon juice, cornstarch, apple juice, soy sauce, chili sauce and chicken-flavored bouillon cube in small bowl until smooth. Set aside.
2. Heat oil in wok or heavy frying pan over medium heat. Cook and stir chicken and garlic until chicken is no longer pink, about 10 minutes. Remove from pan; keep warm.
3. Add vegetables. Cook and stir about 3 minutes or until heated through.
4. Return chicken to pan; add Lemon Sauce. Cook until sauce is thickened and bubbling. Stir in sweetener.
5. Serve over rice, if desired.

Makes 4 servings.

Nutrition information per serving:

calories 243
carbohydrate 12 g
fat 9 g