



NutritionRx
Jennifer Broxterman

Stir-Fried Spicy Chicken Tenders

This is a nice speedy chicken dinner that can include any vegetables you have left in the fridge! Serve this dish with warm polenta rounds or brown rice to complete your meal. Tip: Prepare step 1 a day ahead to speed up the preparation time and this will be ready in a flash!

Prep: 15 minutes • Total: 30 minutes (includes 15 minutes marinating time)

Ingredients:

Boneless, skinless chicken breast	1 lb	1 lb
Sugar	1 tsp	5 mL
Paprika	1 tsp	5 mL
Ground pepper	½ tsp	3 mL
Cayenne pepper	½ tsp	3 mL
Canola oil	1 Tbsp	15 mL
Mushrooms, sliced	½ cup	125 mL
Onions	½ cup	125 mL
Bell peppers (any colour), chopped	½ cup	125 mL
Kale or spinach	½ cup	125 mL

Directions:

1. Combine sugar, paprika, pepper, and cayenne in a medium bowl. Add chicken and toss to coat. Cover and refrigerate for 15 minutes or overnight.
2. Heat oil in a large nonstick skillet over high heat. Add pepper-and-onion mix and cook, stirring occasionally, until the vegetables are soft, 5 to 7 minutes.
3. Add the spice-rubbed chicken and cook, stirring, until no longer pink in the center, 3 to 5 minutes. Serve hot.
Variation: Make Stir-Fried Spicy Beef by using 1 pound of stir-fry beef or thinly sliced top round steak instead of chicken in this dish.

Nutrition Facts

Serving Size (173g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 230mg	10%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 30g	
Vitamin A 60%	• Vitamin C 60%
Calcium 2%	• Iron 4%
*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	

Adapted from: Eating Well

Makes 4 servings (173 g/ serving) • 1 serving = 1 cup

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