

1 lemon
½ cup reduced-sodium chicken broth
3 tablespoons reduced-sodium soy sauce
2 teaspoons cornstarch
1 tablespoon coconut oil
1 pound boneless, skinless chicken breasts, trimmed and cut into 1-inch pieces
1 each red and yellow pepper sliced
½ cup sliced sweet onion
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 teaspoon chopped ginger
Directions on back...

 LEMON CHICKEN STIR-FRY

Grate 1 teaspoon lemon zest. Juice the lemon and whisk the juice, chicken broth, soy sauce and cornstarch in a bowl.

Heat coconut oil in a large pan over medium-high heat. Add chicken, and lightly cook, stirring occasionally for 4 to 5 minutes. Transfer to a bowl and cover with a towel. Add peppers, onions and carrots to the pan, cook until the carrots are tender or about 5 minutes. Stir in snow peas, scallion whites, garlic, ginger and lemon zest. Cook until fragrant, for about 1 minute. Whisk the broth mixture and add to the pan. Stir and cook until thickened for about 2 to 3 minutes. Add scallion greens, chicken and any juices from chicken. Stir and cook until heated through or about 1 to 2 minutes.

Serve over steamed brown rice.