

CHICKEN RICE BOWL

Yield: 10 Servings

SZECHUAN SAUCE

INGREDIENTS

- * 1/4 cup low sodium soy sauce
- * 1/4 cup minced garlic
- * 2 tbsp sugar
- * 2 tbsp sesame oil or olive oil
- * 1 1/2 tsp chicken base
- * 1/4 cup chile paste
- * 1 tsp cornstarch
- * 1 1/2 cup hot water

DIRECTIONS

- * Combine all ingredients except hot water in a sauce pan and stir until cornstarch is blended in.
- * Add hot water and simmer for 10 minutes.

INGREDIENTS

- * 3 1/2 cups diced cooked chicken
- * 5 cups cooked brown rice
- * Steamed broccoli
- * Steamed carrot coins
- * Steamed peas
- * Chopped cilantro
- * Chopped scallions
- * Diced red peppers

DIRECTIONS

- * Combine chicken with simmering sauce. Cook until heated to 165 degrees.
- * To Serve: Place 1/2 cup rice in bowl, top with 1/3 to 1/2 cup chicken mixture.
- * Top with broccoli, carrots, peas, cilantro, scallions and red peppers.
- * Enjoy!

NUTRITIONAL INFORMATION PER SERVING

- * Calories: 364
- * % Sat. Fat: 6.9%
- * % Total Fat: 35%
- * Cholesterol: 52 mg
- * Sodium: 865 mg
- * Fiber: 6 g
- * Protein: 22 g
- * Carbohydrates: 39 g
- * Trans Fat: 0



Recipe courtesy of
Saint Paul Public Schools Nutrition Services