

Dinner

Chicken and Green Bean Stir-Fry

Side Effect: Diarrhea

10 Mins
Prep Time

15 Mins
Cook Time

4
Servings

252 Calories **11g Fat** **15g Carbs** **26g Protein**



Ingredients

4 Servings **25 Mins Total Time** **Allergens: Soy, Gluten**

1 lb Boneless, Skinless Chicken Breasts, thinly sliced across the grain

1 ½ Tsp Cornstarch

3 Tbsp Low-Sodium Soy Sauce, divided

2 Tbsp Seasoned Rice Vinegar

2 Tbsp Dry Sherry

2 Tbsp Canola Oil, divided

1 Bunch Green Onion, **washed** and chopped

1 ½ Tbsp Ginger Paste

12 oz Green Beans, trimmed, **washed** and halved

Salt, to taste

Serve with steamed rice, sesame seeds, and/or toasted cashews

Allergen Swap

Soy Substitute soy sauce with coconut aminos

Gluten Substitute soy sauce with tamari

Nourishment Note



Chicken

Chicken is an excellent source of lean protein. Protein needs may be elevated while undergoing cancer treatment.



Ginger

Gingerol, the bioactive ingredient in ginger, may be beneficial as an antioxidant and anti-inflammatory agent.



Green Beans

Green beans are a tolerable food for people with chronic digestive issues. Green beans also contain folate, vitamin C, and vitamin A.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Combine Ingredients

In a medium bowl, toss chicken with cornstarch, a pinch of salt, and 1 Tbsp soy sauce. In a small bowl, stir together the vinegar, sherry, and remaining 2 Tbsp soy sauce.

3. Cook Green Beans

In a large skillet, heat 1 Tbsp canola oil until shimmering. Add chopped green onions and ginger paste. Cook, tossing often, until green onions are softened, about 2 minutes. Add green beans and cook until green beans are crisp-tender, about 4 minutes. Transfer green bean mixture to another medium bowl.

4. Cook Chicken

Heat remaining 1 Tbsp canola oil in skillet. When oil shimmers, add the chicken mixture in a single layer. Cook, undisturbed, until chicken is browned and caramelized on one side, about 1 minute. Toss and continue to cook until chicken is cooked through and no pink remains, about 2 more minutes. Pour in sherry mixture and green bean mixture. Toss until sauce is thickened and all ingredients are well coated.

5. Season and Serve

Remove from heat and taste. Adjust seasonings accordingly. Serve, with rice if desired, and enjoy!

6. Wash Dishes

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from [bonappetit.com](https://www.bonappetit.com)

What You'll Need



Knife



Cutting Board



Measuring Cups



Measuring Spoons



2 Medium Bowls



Small Bowl



Large Skillet



Spoon

Fatigue Buster

- Purchase trimmed fresh or frozen green beans.
- Freeze chicken for 10 minutes prior to cutting. Very cold meat will cut more easily.