

# Lemony Sugar Snap & Chicken Stir-Fry



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### Ingredients

3 teaspoons Olive Oil

$\frac{3}{4}$  lbs. Sugar Snap Peas

Trimmed Of Stem Ends And Strings

$\frac{1}{3}$  cups All-Purpose Flour

1 lb. Skinless Boneless Chicken Breasts, Trimmed Of Fat

Salt And Pepper, To Taste

14  $\frac{1}{2}$  ounces Nonfat Chicken Broth

3 Cloves Garlic, Minced

$\frac{1}{4}$  cups Finely Chopped Fresh Parsley

1 tablespoon Fresh Lemon Juice

1 tablespoon Freshly Grated Lemon Zest

### Method

1. Cut chicken into 1-by-2-inch strips; season with salt and pepper. Place flour in a shallow pan and dredge the chicken strips in it, shaking off excess. (Discard any leftover flour.)

2. Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add peas and stir-fry until bright green, 2 to 3 minutes. Transfer to a large bowl.

3. Add the remaining 2 teaspoons oil to the pan and heat on medium-high until shimmering. Add chicken and cook, stirring, until lightly browned and opaque in the center, 4 to 5 minutes. Transfer the chicken to the bowl with the peas.

4. Add broth and garlic to the pan; cook until reduced to 1 cup, 6 to 8 minutes. Reduce heat to medium and return the chicken and peas to the pan. Cook until heated through. Add parsley, lemon zest and lemon juice. Serve immediately.

#### Source

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Servings: 4

Yield: 1 1/2 cups per serving

#### Time

- Active: 35 Minutes
- Total Time: 35 Minutes