

Chicken and Broccoli Stir Fry



Recipe developed by Paige Vondran.

Directions

- In a small nonstick pan, melt the 15g butter on low heat.
- Cut the chicken into small pieces, then add them to the pan.
- Season with salt, pepper, garlic powder and onion powder.
- Add the broccoli into the pan and sauté together on low heat until the chicken is fully cooked.
- Remove cooked chicken and broccoli from the pan and set aside.
- In a small bowl, whisk together the egg and mayonnaise until light and fluffy. Season with salt and pepper.
- Pour the egg mixture into the pan and cook for about 3 minutes on medium heat to make scrambled eggs.
- Toss the chicken and broccoli in the pan with the scrambled eggs, and add in the Walden Farms® sesame ginger dressing.
- Sauté for 1 minute; serve warm.

Ingredients

		Exchange
Heavy cream	None	—
Protein	• 25.6g dark meat chicken	3.2
	• 7.5g fresh, whole egg	0.5 (-0.5g fat)
Fat	• 14.5g mayonnaise	3 (-0.5g)
	• 15g butter	3
Carbohydrate	• 16.1g broccoli	1.3
Other	½ tbsp Walden Farms® sesame ginger dressing, garlic powder, onion powder, salt, pepper	

Variations:

- Variety of vegetables can be substituted for the broccoli.
- Beef, turkey, pork or shrimp can be substituted for the chicken.
- The Walden Farms® asian dressing may be omitted, however the stir fry will be less flavorful.

This recipe is designed to be used by patients who are followed by The Children's Hospital of Philadelphia's Division of Neurology Ketogenic Diet Program.

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