

Chinese Happy Family

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/happy-family-chinese-recipe-the-cooking-jar>

Ingredients:

- 3 skinless boneless chicken breast halves cut into strips
- 2 tablespoons olive oil
- 1 onion sliced
- 1 red bell pepper seeded and cubed
- 1 yellow bell pepper seeded and cubed
- 15 ounces baby corn drained
- 1 tablespoon white sugar
- 16 ounces frozen stir fry vegetables
- 1 cup water
- 1 tablespoon cornstarch
- 1 tablespoon soy sauce

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 29 grams
3. Fat: 8 grams
4. Fiber: 8 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 520 milligrams
8. Sugar: 6 grams

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