

Green Bean Chicken Stir Fry

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-with-green-beans-chinese-recipe>

Ingredients:

- 1 pound boneless skinless chicken breast cut into thin strips
- 1 tablespoon soy sauce
- 2 teaspoons cornstarch
- 1/2 teaspoon salt
- 1/2 teaspoon red pepper flakes
- 2 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons dry sherry
- 1 tablespoon sugar
- 2 tablespoons Land O Lakes Butter with Olive Oil & Sea Salt, divided
- 12 ounces fresh green beans trimmed
- 1/2 medium onion sliced
- 1 tablespoon garlic minced
- 1 teaspoon ginger minced

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 90 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 27 grams
7. SaturatedFat: 5 grams
8. Sodium: 1190 milligrams
9. Sugar: 7 grams

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