

# Chicken, Broccoli, and Asparagus Stir Fry

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/asparagus-chinese-recipe>

## Ingredients:

- 1 pound boneless skinless chicken breasts cut into cubes
- 2 garlic cloves minced
- 1/2 tablespoon minced ginger from fresh, peeled ginger root
- 1 bunch asparagus woody bottoms removed
- 2 cups broccoli florets chopped small
- 2 tablespoons soy sauce or tamari sauce
- 1 tablespoon honey
- 1 1/2 tablespoons toasted sesame seeds optional
- 3 scallions sliced
- 2 tablespoons sesame oil divided
- 1/4 cup vegetable stock

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 75 milligrams
4. Fat: 12 grams
5. Fiber: 4 grams
6. Protein: 28 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 660 milligrams
9. Sugar: 7 grams

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