Seared Herb Chicken and Veggies (4 servings)

This recipe is a recent American Institute of Cancer Research (AICR) e-recipe. I added garbanzo beans for fiber and pepper flakes for flavor and used two heaping teaspoons of curry since I adore that spice. This recipe is quick, a great source of vitamins C and A, and has great texture! You can subscribe to AICR’s weekly e-recipe by emailing them at recipes@aicr.org.

Ingredients:
2 teaspoons curry powder
2 teaspoons minced fresh oregano
1 tablespoon cornstarch
¼ teaspoon salt
1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
1 ½ tablespoon canola oil, divided
¼ teaspoon cayenne pepper
½ teaspoon red pepper flakes
½ red pepper, cut into 1 inch cubes
½ green pepper, cut into 1 inch cubes
½ yellow pepper, cut into 1 inch cubes
2 large carrots, sliced into ¼ inch pieces
½ medium red onion, coarsely chopped
1 cup canned garbanzo beans, drained and rinsed
5 cloves garlic, thinly sliced
Salt to taste
2 teaspoons lime juice
1 tablespoon finely chopped fresh mint leaves

In a medium bowl, mix curry powder, oregano, cornstarch and salt and stir to combine. Add chicken and stir until coated.

Preheat wok or deep skillet over high heat. Add ½ tablespoon oil and mix in cayenne pepper. When oil shimmers, add bell peppers, carrots, onion, garbanzo beans, red pepper flakes, and garlic. Cook, stirring, until vegetables begin to brown. Transfer to a bowl and set aside.

Reduce heat to medium-high and add remaining oil to the pan. Add half of coated chicken and cook, stirring, until no longer pink in the middle, about 5 to 7 minutes. Remove to bowl and cook the rest of the chicken. Stir chicken and vegetables together in the pan. Add lime juice and mint and cook until heated through, less than 1 minute.

Nutrition Facts per serving:
Calories: 280 Fiber: 5 grams
Protein: 30 grams
Carbohydrate: 22 grams
Fat: 8 grams
Saturated fat: 1 gram