



Asian Chicken and Oriental Vegetables

INGREDIENTS:

1 cup	White onions, julienned (sliced thin)
½ cup	Whole wheat flour
½ cup	All-purpose flour
1 cup	Japanese bread crumbs (Panko crumbs)
1 cup	Egg substitute or plain white eggs
To taste	Salt and pepper
4 (4 oz.)	Chicken breasts, each trimmed and cut into four strips
1 cup	Carrots, julienned
1 cup	Baby bok choy, cleaned and steamed
½ cup	Green onions, diced
1 cup	Brown rice

PREPARATION:

- Preheat oven to 350°.
- Mix flours, Panko crumbs, and salt and pepper.
- Place egg substitute in small cereal bowl.
- Dip chicken strips into egg mixture and then coat in Panko crumb mixture. Place strips on well greased sheet pan and bake until done, about 20 minutes.
- Steam the brown rice.
- Heat sauté pan (use pan spray).
- Add onions and cook for about 4 minutes on medium heat.
- Add carrots and cook for another 5 minutes.
- Add peppers and green onions, cook until all tender and colors have started to fade.
- Plate up 1 cup of vegetables, ½ cup of steamed brown rice, and 4 strips of chicken. Drizzle with 2 ounces of Apricot Ginger Sauce.

Number of servings:	4
Serving Size:	1 cup veggies, ½ cup rice, 4 chicken strips
Calories:	237
Fat Grams:	4

