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## **Chicken or Fish Pesto Stir-fry ©**

- 1 ½ cups Long grain Brown Rice
- 1 lb. Boneless Skinless chicken breast tenders or fish fillets
- 10 cloves garlic
- 1 Tlb. vegetable oil, like olive or canola
- ¼ cup low sodium chicken broth
- 24 oz. mixed frozen vegetables or fresh
- ¼ cup basil pesto
- 1 Tlb. sodium reduced soy or Tamari sauce

Prepare rice according to package directions, or from scratch. Chop garlic. Cut chicken or fish into bite size pieces. Microwave vegetables on full power in a microwave safe dish, for half of time called for on package. If using fresh vegetables clean, peel and cut into bite size pieces and microwave in a microwave safe dish for 3-4 minutes on full power, or until half done. In a medium size non-stick skillet, on medium heat sauté garlic and chicken or fish in vegetable oil, just until meat turns white or fish becomes translucent, about 4-6 minutes. **Do not overcook** or meat/fish will become dry & tough. Add chicken broth to pan. Drain vegetables and add to pan, along with pesto. Finish cooking until vegetables are tender crisp and all ingredients are combined and warmed, about another 5 minutes. Taste to check seasoning and add soy sauce if needed. Serve over rice.

Makes: 8 servings

Per Serving: 334 calories, 40 gm carb, 21 gm protein, 11 grams fat, 34 mg cholesterol, 260 mg sodium (less if soy sauce is not used), and 5 gm fiber. (Percentage of calories from fat=28%, from protein=24%, and from carbohydrates=47%)