

CHICKEN & ASPARAGUS STIR-FRY

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

2 TBS low-sodium chicken broth	1 TBS grated peeled ginger root
1 TBS reduced-sodium soy sauce	1 TBS Worcestershire sauce
2 tsp packed brown sugar	1 tsp cornstarch
1 tsp Asian sesame oil	1/4 tsp baking soda
3/4 lb skinless boneless chicken breasts, cut into strips	
2 TBS sesame seeds	1 TBS peanut oil
6 scallions, cut into 1" lengths	2 garlic cloves, minced
1/4 tsp crushed red pepper flakes	
12 asparagus spears, cut in 2" lengths	1 C trimmed watercress

DIRECTIONS:

To prepare marinade: in gallon-size sealable plastic bag, combine broth, ginger root, soy sauce, Worcestershire sauce, brown sugar, cornstarch, sesame oil & baking soda - add chicken. Seal bag, squeezing out air - to coat chicken - refrigerate at least 2 hours or overnight, turning bag occasionally.

Heat large nonstick skillet till very hot - add sesame seeds & stir-fry till golden (2-3 minutes) - transfer to small bowl. In same skillet, heat peanut oil - stir-fry scallions, garlic & pepper flakes 2 minutes - add asparagus & stir-fry till tender (4-5 minutes). Add chicken & watercress - stir-fry till chicken is cooked through (6-8 minutes). Serve, sprinkled with sesame seeds.

Servings: 4

(per serving: 184 calories; 8g total fat; 1g saturated fat; 41mg cholesterol; 327mg sodium, 9g total carbohydrates; 1g dietary fiber; 20g protein, 95mg calcium - WW points per serving: 4)