

CHANGE YOUR SALTY WAYS IN ONLY 21 DAYS

Face feel puffy? Jeans feel tighter? On average, American adults eat more than 3,400 milligrams of sodium daily - more than double the American Heart Association's recommended limit of 1,500 milligrams.

Learning to read and understand food labels can help you make healthier choices.

Look for the Heart Check mark to find products that can help you make smarter choices about the foods you eat.

TO LEARN MORE, VISIT [HEART.ORG/SODIUM](https://www.heart.org/sodium)



Chinese Chicken Stir-Fry

SERVES 6

Ingredients:

- 1 1/2 cups uncooked, instant brown rice
- 3 Tbsp cornstarch
- 1 1/3 cups fat-free, low-sodium chicken broth
- 3 Tbsp dry sherry OR 3 Tbsp fresh orange juice
- 2 Tbsp soy sauce (lowest sodium available)
- 1 Tbsp plain rice vinegar
- 2 tsp chili oil
- 1 Tbsp peeled, grated ginger root
- 3 medium garlic cloves (minced)
- 1 lb boneless, skinless chicken breasts (all visible fat discarded, cut into 1-inch cubes)
- 2 tsp toasted sesame oil
- 8 oz mushrooms (sliced)
- 1 cup diced red bell pepper
- 8 oz canned water chestnuts (drained)
- 3/4 cup sliced green onions
- 1/2 cup pecan halves (dry-roasted)
- 1/4 tsp crushed red pepper flakes

Directions

- Prepare the rice using the package directions, omitting the salt and margarine. Set aside. Cover to keep warm.
- Put the cornstarch in a medium bowl. Add the broth, sherry, soy sauce, and vinegar, whisking to dissolve. Set aside.
- In a large skillet or wok, heat the chili oil over high heat, swirling to coat the bottom. Cook the ginger root and garlic for 1 minute, stirring constantly. Reduce the heat to medium high. Stir in the chicken. Cook for 4 minutes, or until the chicken is lightly browned, stirring constantly. (The chicken won't be done at this point.) Transfer to a plate. Wipe the skillet with paper towels.
- In the same skillet, still over medium-high heat, heat the sesame oil, swirling to coat the bottom. Cook the mushrooms, bell pepper, and water chestnuts for 5 to 7 minutes, stirring frequently.
- Whisk the broth mixture. Stir it into the mushroom mixture. Stir in the chicken. Cook for 3 to 4 minutes, or until the chicken is no longer pink in the center.
- Stir the green onions, pecans, and red pepper flakes into the chicken mixture. Cook for 2 minutes, stirring frequently. Serve over the rice.

Nutritional Facts

Calories	317	Cholesterol	48 mg
Total Fat	12.0 g	Sodium	248 mg
Saturated Fat	1.5 g	Total Carbohydrate	30 g
Trans Fat	0.0 g	Dietary Fiber	4 g
Polyunsaturated Fat	3.5 g	Sugars	4 g
Monounsaturated Fat	5.5 g	Protein	21 g

Dietary Exchanges: 2 1/2 lean meat, 1 vegetable, 1/2 fat, 1 1/2 starch