HAWAII STYLE
CHEF & CHILD FOUNDATION RECIPE COLLECTION

HAWAII STYLE
CHICKEN STIR FRY
Jean Hull, CCE, AAC
ACF Kona-Kohala Chefs Association

SERVINGS
PER RECIPE: 4

ORIGINAL RECIPE

1 pound chicken, diced
3 tablespoons soy sauce
3 tablespoons sherry
wine vinegar
½ pound carrots, julienned
½ pound broccoli, speared
½ pound asparagus
½ cup diced red bell pepper
½ cup diced celery
2 ½ cups cooked brown rice
2 tablespoons peanut oil
2 teaspoon minced garlic
3 cups chicken stock
3 tablespoon oyster sauce
1 tablespoon cornstarch

DIRECTIONS:

1. Marinate chicken in the soy sauce and sherry wine vinegar for about 1 hour.
2. Sauté chicken in peanut oil until almost cooked through. Add remaining ingredients, including the marinade, and stir-fry on high heat until vegetables are slightly crisp.
3. Mix together chicken stock, oyster sauce and cornstarch and pour over vegetable mixture, sautéing for a few minutes until a light glaze forms. Serve over brown rice.

ORIGINAL ANALYSIS

PER SERVING:

Calories (kcal): 390
Total Fat (g): 16
Saturated Fat (g): 3.5
Trans Fat (g): 0
Cholesterol (mg): 50
Sodium (mg): 1,260
Carbohydrate (g): 39
Dietary Fiber (g): 4
Sugars (g): 6
Protein (g): 22
Vitamin A: 110%
Calcium: 6%
Vitamin C: 90%
Iron: 15%

THINGS TO CONSIDER:

• Using 1 pound of boneless, skinless breast meat instead of both light meat and dark meat reduces the fat and calorie content.
• Using 1 tablespoon of low sodium soy sauce instead of 3 tablespoons regular soy sauce reduces the sodium content.
• Reducing the peanut oil in half, from 2 to 1 tablespoon helps reduce the total fat and calories.
• Using 1 ½ cups of low sodium chicken broth instead of 3 cups of chicken stock to reduce sodium levels.
• Reducing the oyster sauce from 3 tablespoons to 1 reduces the sodium content.

MODIFIED RECIPE

1 pound of boneless, skinless chicken breast, cut into 1 inch cubes
3 tablespoons sherry wine vinegar
1 tablespoon reduced sodium soy sauce
½ pound carrots, julienned
½ pound broccoli, speared
½ pound asparagus
½ cup diced red bell pepper
½ cup diced celery
2 ½ cups brown rice
1 tablespoon peanut oil
2 teaspoon minced garlic
1 ½ cup low-sodium chicken broth
1 tablespoon oyster sauce
1 tablespoon cornstarch

DIRECTIONS:

1. Marinate chicken in the soy sauce and sherry wine vinegar for about 1 hour.
2. Sauté chicken in peanut oil until almost cooked through. Add remaining ingredients, including the marinade, and stir-fry on high heat until vegetables are slightly crisp.
3. Mix together chicken stock, oyster sauce and cornstarch and pour over vegetable mixture, sautéing for a few minutes until a light glaze forms. Serve over brown rice.

MODIFIED ANALYSIS

PER SERVING:

Calories (kcal): 280
Total Fat (g): 6
Saturated Fat (g): 0.5
Trans Fat (g): 0
Cholesterol (mg): 40
Sodium (mg): 660
Carbohydrate (g): 35
Dietary Fiber (g): 3
Sugars (g): 3
Protein (g): 23
Vitamin A: 110%
Calcium: 4%
Vitamin C: 90%
Iron: 20%