

CHEF & CHILD FOUNDATION RECIPE COLLECTION

HAWAII STYLE CHICKEN STIR FRY

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**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
- 2 teaspoon minced ginger
- 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 tablespoon 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
- 2 teaspoon grated ginger
- 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): 4
Sugars (g): 3
Protein (g): 23
Vitamin A: 110%
Calcium: 4%
Vitamin C: 90%
Iron: 20%



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Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions; and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.