

# REAL SIMPLE

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## Chicken and Bok Choy Stir-Fry



Marcus Nilsson

**Rating:** Good

Hands-On Time : 15 minutes | Total Time : 25 minutes | Serves 4

### Ingredients

- 1 cup long-grain white rice
- 1 tablespoon canola oil
- 4 6-ounce boneless, skinless chicken breasts, cut into 1-inch pieces
- kosher salt and black pepper
- 4 heads baby bok choy, quartered lengthwise
- 1/4 cup low-sodium soy sauce
- 1/4 cup store-bought barbecue sauce
- 4 scallions, thinly sliced

### Directions

1. Cook the rice according to the package directions.
2. Meanwhile, heat the oil in a large skillet over medium-high heat. Season the chicken with 1/4 teaspoon each salt and pepper.
3. Cook the chicken, tossing occasionally, until browned and cooked through, 4 to 6 minutes. Transfer to a plate.
4. Add the bok choy and 1/4 cup water to the skillet. Cover and cook until the bok choy is just tender, 3 to 4 minutes.
5. In a small bowl, combine the soy sauce, barbecue sauce, and scallions. Add to the skillet and bring to a boil.
6. Return the chicken to the skillet and cook, tossing, just until heated through, 1 to 2 minutes. Serve with the rice.

By Kate Merker and Sara Quessenberry | September 2008

### Nutritional Information

**Per Serving****Calories From Fat** 25 %**Fat** 8 g**Sat Fat** 1 g**Sugar** 6 g**Cholesterol** 94 mg**Sodium** 837 mg