



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities***
Central Ohio

Supported by

JPMorganChase

Spicy Chicken & Cabbage Stir Fry

This flavorful chicken stir-fry combines tender chicken, crisp cabbage, and spicy chili-garlic sauce for a bold, weeknight-ready meal.

Serving Size: 1½ cups chicken & vegetable mixture & ½ cup brown rice

Servings: 4 | Total Time: 20 mins



NUTRITION NOTES

- Lean and protein-packed, thinly sliced **chicken breast** provides high-quality fuel that helps build muscle and keep you full.
- Heart-healthy and mild, neutral **canola or avocado oil** supports cooking while delivering beneficial fats.
- Warm and aromatic, **ginger purée** adds bold flavor while supporting digestion and immunity.
- Fresh and slightly sweet, crisp **scallions** brighten the dish with a boost of vitamins A and C.
- Crisp and fiber-rich, **green cabbage** promotes gut health while adding satisfying crunch with very few calories.

Spicy Chicken & Cabbage Stir Fry

Printing
Courtesy of:



INGREDIENTS

- 2 tablespoons neutral oil, such as canola or avocado, divided
- 1¼ pounds boneless, skinless chicken breast, thinly sliced
- ¾ teaspoon kosher salt, divided
- ¼ cup puree ginger
- 5 scallions, green parts cut into 1-inch pieces and whites thinly sliced
- 8 cups thinly sliced green cabbage
- 2 tablespoons chili-garlic sauce
- 3 Tablespoons mirin
- 3 Tablespoons low-sodium soy
- Juice of 2 limes
- 2 cups hot cooked brown rice

INSTRUCTIONS

1. Heat 1 tablespoon oil in a large skillet over high heat. Add sliced chicken, ginger puree, and ¼ teaspoon salt; cook, stirring constantly, until lightly browned and opaque throughout. Transfer to a plate or bowl.
2. Add the remaining 1 tablespoon oil to the skillet along with the scallion pieces and slices, 8 cups cabbage and the remaining ½ teaspoon salt. Cook and toss until the vegetables are just tender, then add the chicken back to the pan along with 2 tablespoons chili-garlic sauce, mirin, soy, and lime juice; toss to combine. Divide 2 cups rice among 4 plates and top with the stir-fry mixture.

Nutrition Profile: No Added Sugar | Mediterranean Diet | Sesame-Free | Weight Loss Friendly | Diabetes-Friendly | Nut-Free | Dairy-Free | Healthy Pregnancy | Soy-Free | Heart-Healthy | High-Protein | Egg-Free | Gluten-Free

NUTRITION FACTS *(per serving)*

Serving Size: 1½ cups chicken & vegetable mixture & ½ cup brown rice | Servings Per Recipe: 4 | Calories: 392

- 467 kcal
- 12 g fat
- 42 g carbohydrate
- 11 g sugar
- 37 g protein
- 648 mg sodium

*The use of low-sodium soy sauce and sodium free items in the sauce like ginger puree, rice vinegar, and lime juice to add flavor without added excess salt.

***Nutrition information provided directly by EatingWell and reflects values listed at the time of publication. Recipe sourced from: eatingwell.com**