

# Quick and Easy Stir Fry

**1 12-oz pkg stir-fry vegetables**  
**1 boneless skinless chicken breast**  
**1 Tbsp dry roasted peanuts**

**1 Tbsp low sodium soy sauce**  
**Spray oil to sauté**

Prepare vegetables in microwave per manufacturer's directions. Slice chicken breast, and sauté over medium high heat, using pan spray to prevent sticking. Add vegetables and toss gently. Remove from heat and add peanuts and soy sauce. Toss and serve.

*Note:* This dish is low in sodium, contains almost no saturated fat, and is high in lean protein and fiber.

