



Lemon Chicken Stir-fry



The Pampered Chef®

- 8 ounces uncooked bow-tie pasta
- 1 small, yellow squash, cut in half lengthwise and sliced
- 2 large carrots, peeled and sliced (1 cup)
- 1 small red bell pepper, cut into 1/4-inch strips
- 1/2 pound asparagus, trimmed and cut into 1-inch lengths (about 1 1/2 cups)
- 1 pound boneless, skinless chicken breasts, cut into 1-inch strips
- 2 teaspoons vegetable oil, divided
- 3/4 cup water
- 2 tablespoons lemon juice
- 1 envelope Lipton® Recipe Secrets® Savory Herb with Garlic Soup Mix
- 1/4 cup (1 ounce) grated, fresh Parmesan cheese



Lipton

Recipe Secrets®

recipesecrets.com

1. Cook pasta according to package directions in **Professional (4-qt.) Casserole**; drain and keep warm. Meanwhile, using **Crinkle Cutter**, slice yellow squash in half lengthwise; cut squash and carrots into 1/4-inch-thick slices. Using **Chef's Knife**, cut bell pepper into 1/4-inch strips, asparagus into 1-inch lengths and chicken into 1-inch strips.
2. Heat 1 teaspoon of the oil in **Stir-fry Skillet** over medium-high heat until hot. Add chicken; stir-fry 5-6 minutes or until chicken is no longer pink. Remove chicken from skillet and transfer to casserole with cooked pasta; cover and keep warm. Heat remaining oil in same skillet. Add carrots and bell pepper; stir-fry 2-3 minutes. Add asparagus and squash; stir-fry 1-2 minutes or until vegetables are crisp-tender.
3. Whisk water, lemon juice and soup mix in **Small Batter Bowl**; add sauce mixture to vegetables. Reduce heat to low; simmer, covered, 5 minutes or until sauce is thickened. Add pasta and chicken to skillet; toss to coat. Grate Parmesan cheese over pasta, using **Deluxe Cheese Grater**. Serve immediately.

Yield: 6 servings. **Light** Nutrients per serving: Calories 290, Total Fat 4.5 g, Saturated Fat 1.5 g, Cholesterol 50 mg, Carbohydrate 37 g, Protein 26 g, Sodium 390 mg, Fiber 3g

©The Pampered Chef, Ltd., 2004
www.pamperedchef.com BF32 (BF33)