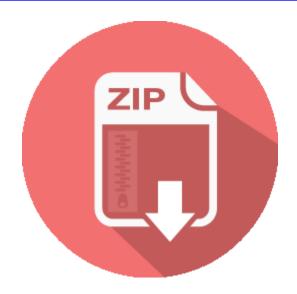
# **FAST HEALTHY FOOD RECIPES**



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This recipe offers the same flavors and nutrients for a fourth of the calories, 14% of the carbs and 6% of the sodium. For a closer look into your favorite quick grub spots, check out these 25 Things Fast Food Chains Don't Want You to Know. Get the recipe from Running to the Kitchen.

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Instead of ordering take-out, whip up this healthy and satisfying stir-fry. Made with tender chicken breast and asparagus and the flavor trifecta of garlic, soy and ginger, it will sate your Chinese food craving without all the fat and sodium.

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