



Stir-Fried Chicken and Vegetables

Servings 4 | Prep time 10 mins. plus time needed to cook rice | Total time 40-55 mins.

Equipment: 2-quart saucepan, Small mixing bowl, Cutting board, Wok or large skillet

Utensils: Knife, Whisk or fork, Spatula or wooden spoon

Ingredients

- 3 cups cooked brown rice OR 1 cup dry brown rice
- 3 tablespoons low-sodium soy sauce
- 1/4 cup water
- 1 tablespoon honey
- 1 tablespoon cornstarch (or 3 tablespoons flour)
- 1 1/2 tablespoons oil, vegetable or canola
- 2 cloves garlic, minced (or 1 teaspoon garlic powder)
- 16 ounces boneless skinless chicken breast, cut into 1-inch cubes
- 1 cup white onion, chopped
- 3 cups frozen stir-fry vegetables (any mix of broccoli, carrots, peppers, cauliflower, green beans, baby corn)

Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Reheat leftover cooked brown rice OR cook 1 cup brown rice according to package directions (about 40 minutes). Set aside and keep hot.
3. While rice is reheating OR cooking: Add soy sauce, water, honey, and cornstarch to a small bowl. Whisk to combine and set aside.
4. In a wok or large skillet, heat oil over medium heat until oil is shimmering and flows smoothly like water.
5. Add minced garlic and sauté about 1 minute or until golden.
6. Add chicken to pan. Cook 7-10 minutes, stirring frequently, until cooked through. Push cooked chicken to the side of the pan to keep warm.
7. Add onions to center for pan. Cook about 5 minutes, stirring occasionally, until slightly tender and translucent. Mix onions with cooked chicken and push to the side of the pan.
8. Add frozen vegetables and sauté, stirring occasionally, for 2-3 minutes. Cover and continue to cook until vegetables are tender and heated through, about 2-4 minutes. Mix vegetables with onions and chicken and push to the side of the pan.
9. Pour soy sauce mixture into center of pan. Heat for about 2 minutes, stirring occasionally, until sauce is thickened.
10. Toss chicken and vegetable mixture with sauce and serve over cooked brown rice.

Nutritional Information:

Calories 430 Total Fat 10g Sodium 510mg Total Carbs 51g Protein 33g