



Stir-Fried Chicken and Vegetables

Servings 4 | Prep time 10 mins | Total time 40-55 mins

Equipment: Small bowl, Cutting board, Wok or large skillet

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

Ingredients

3 cups cooked brown rice

3 tablespoons low-sodium soy sauce

1/4 cup water

1 tablespoon honey

1 tablespoon cornstarch (or 3 tablespoons flour)

1 ½ tablespoons olive or vegetable oil

2 cloves garlic, minced OR 1 teaspoon garlic powder

16 ounces boneless skinless chicken breast, cut into 1-inch cubes

1 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. Use a whisk or fork to whisk together soy sauce, water, honey, and cornstarch in a small bowl.
3. In a wok or large skillet, heat oil over medium heat until oil is shimmering.
4. Add minced garlic and sauté about 1 minute or until golden.
5. 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.
6. 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.
7. 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.
8. Pour soy sauce mixture into center of pan. Heat for about 2 minutes, stirring occasionally, until sauce is thickened.
9. Toss chicken and vegetable mixture with sauce and serve over cooked brown rice.

Nutritional Information:

Calories 450 Total Fat 10g Sodium 520mg Total Carbs 54g Protein 34g