

CHICKEN & VEGETABLE STIR-FRY

A stir-fry is a great way to incorporate more vegetables and less meat into your family's diet. This low fat recipe is full of bright colour and texture from the vegetables and flavour from the ginger and soy stir-fry sauce.

INGREDIENTS

Serves: 8

Serving Size: 1 cup

- 1 can (14 ½ ounces) chicken broth
- ¼ cup reduced sodium soy sauce
- 2 tablespoons cornstarch
- 1 tablespoon sugar
- 1 teaspoon garlic powder
- 1 teaspoon ginger, ground
- 1 tablespoon oil
- 1 ½ pounds boneless, skinless chicken breasts, cut into thin strips
- 1 cup broccoli florets
- 1 cup thinly sliced carrots
- 1 cup red bell pepper strips
- 1 cup sugar snap peas

DIRECTIONS

Preparation Time: 15 minutes

Cook Time: 15 minutes

1. Mix broth, soy sauce, cornstarch, sugar, garlic powder, and ginger in a small bowl until smooth. Set aside.
2. Heat oil in large non-stick skillet on medium-high heat.
3. Add chicken in several batches. Stir-fry 5 minutes until cooked through. Remove from skillet.
4. Repeat with remaining chicken, adding additional oil if needed.
5. Add vegetables to skillet. Stir-fry 3 minutes.
6. Return chicken to skillet.
7. Stir soy sauce mixture and add to skillet, stirring constantly.
8. Bring to a boil and boil for 1 minute or until sauce is slightly thickened.
9. Serve with cooked rice, if desired.

