



CHICKEN AND VEGGIE STIR FRY

MATERIALS:

Cutting board	Medium skillet
Measuring cups	Sharp knife
Measuring spoons	Small bowl
Medium pot with lid	Vegetable peeler

INGREDIENTS:

2—3 cups vegetables (Bell Pepper, Onions, Carrots, Mushrooms) Sliced
1 pound boneless chicken cut into bite sized pieces
1 tablespoon oil
1 cup Brown Rice

Sauce

2 tablespoons low sodium soy sauce
1 tablespoon brown sugar
1 tablespoon cornstarch
1 teaspoon minced jalapeno
1/2 teaspoon ground ginger

Serves: 6

Serving Size: 1.5 cups

*Recipe from Share Our Strength's Cooking Matters®

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DIRECTIONS:

1. Cook brown rice according to package directions. While grains cook, make stir fry.
2. In a large skillet over medium-high heat, heat oil. Add chicken. Stir occasionally until just cooked through, about 4-6 minutes. Transfer to a plate.
3. Add veggies to skillet. Start with harder veggies first (onion, carrots, bell peppers). As they begin to soften add softer veggies (mushrooms) and keep cooking. Total cooking time may be about 10 minutes.
4. Make sauce: Whisk together soy sauce, brown sugar and cornstarch. Stir in jalapeno and ginger.
5. Add sauce to the pan and bring to a boil. Cook until thickened, a 1-2 minutes.
6. Stir cooked chicken into veggie mixture. Serve stir fry over cooked rice.

Chef's Notes:

- Use any veggies you like. Be sure to cut all veggies into equal-size pieces so they cook evenly. Add denser veggies, like broccoli, celery, and root veggies, to the skillet first. Add veggies with a high water content, like squash or spinach, last.
- Cook more rice than you need for this recipe. Use it in another recipe later in the week.