

# Chicken and Veggie Stir Fry




# Ingredients



## Stir Fry

- 1 Red Bell Pepper
- 1 Yellow Bell Pepper
- 2 Cup Broccoli florets
- 2 Tbsp. EVOO
- 1 lb boneless, skinless chicken breast
- 1 tsp. Ground Ginger
- 1 Tbsp. Garlic Powder

## Sauce

- 1 Tbsp. Corn Starch
  - 1/4 c. Low sodium chicken broth
  - 3 Tbsp. Low sodium soy sauce
  - 1/4 c. Honey
  - 1 Tbsp. Toasted sesame oil
  - 1/4 tsp. Cayenne pepper
  - 2 Tbsp. Cold Water
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# Directions



1. Wash hands for 20 seconds using warm water and soap, making sure to wash your wrists, under your finger nails, and in between your fingers.
2. Prepare sauce by whisking together water and corn starch, and then adding the remaining ingredients and mixing.
3. Cut bell peppers and broccoli florets.
4. With a new cutting board and knife, cut chicken into 1 inch cubes.
5. Add one tablespoon of olive oil to a large skillet or wok and heat over medium high heat. Add chicken (in batches if necessary) and season with salt and pepper. Cook for 3 to 5 minutes or until cooked through. Remove from skillet. Internal temperature of chicken = 165 degrees Fahrenheit.
6. Reduce heat to medium and add remaining tablespoon of oil to the skillet. Add broccoli and bell pepper, stirring occasionally, just until crisp tender. Add ginger and garlic and cook for an additional minute.
7. Add chicken back into the skillet and stir to combine.
8. Whisk stir fry sauce and pour over chicken & vegetables and stir gently to combine.
9. Bring to a boil, stirring occasionally, and let boil for one minute.
10. Serve with rice and/or chow mien if desired.



# Nutritional Information



- Servings: 4
  - Calories: 332
  - Carbohydrates:  
29g
  - Protein: 26g
  - Fat: 13g
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