BASIC STIR FRY

SERVES 6

Preparation time: 30 minutes
Cook time: 20 minutes

INGREDIENTS

1 cup water
1 teaspoon low-sodium chicken bouillon granules
¼ cup low-sodium soy sauce
1 tablespoon vinegar
2 tablespoons canola oil
2 tablespoons cornstarch
3 cloves garlic, finely chopped

¾ pound boneless, skinless chicken breast, cut into thin pieces or small cubes
8 cups fresh or frozen vegetables, chopped
1 tablespoon minced ginger (optional)
Cooked brown or white rice

DIRECTIONS

2. Mix soy sauce, vinegar, 1 tablespoon canola oil, and cornstarch in a small bowl. Set aside.
3. Heat 1 tablespoon oil in large pan or wok. Add garlic and cook until brown.
4. Add chicken and stir fry until cooked through.
5. Add vegetables and enough of the chicken broth to moisten well. Cover and cook, stirring occasionally, about 5 minutes or until vegetables are a little soft, but still crisp.
6. Add soy sauce mixture. Cook until sauce thickens.
7. Serve meal over warm brown or white rice.

TIPS & VARIATIONS

• FRESH OR FROZEN VEGETABLES can include snow peas, cabbage, bell pepper, broccoli, onion, etc.
• FOR QUICK PREPARATION chop vegetables with a sharp chef’s knife.
• FOR A WHOLE GRAIN ALTERNATIVE serve over brown rice instead of white rice. Allow extra time for cooking.

SIMPLY GOOD EATING