



BASIC STIR FRY

INGREDIENTS

- 4 cloves garlic, chopped, or 1 tsp garlic powder
- 3 tbsp minced fresh ginger, or 1 tbsp grated or 1 tsp ground ginger
- ¼ cup low-sodium soy sauce. Optional: 1½ tsp brown sugar
- ¼ cup cider vinegar
- 1 lb boneless, skinless chicken breast, cubed
- ¼ cup cold water
- 2 tbsp cornstarch
- 2-3 tbsp canola oil
- 8 cups fresh or frozen vegetables, chopped
- Cooked brown rice

PREPARATION

1. Mix the garlic, ginger, soy sauce, brown sugar (if using) and vinegar together in a large bowl. Add the cut chicken to the bowl. Stir to cover the chicken in the sauce. Place the bowl in the refrigerator to marinate.
2. Mix the cold water with the cornstarch. Set aside.
3. Heat 1-2 tsp of oil in a large pan or wok. Add the marinated chicken and stir-fry for 2 minutes. Add leftover marinade and continue to stir-fry until the chicken is cooked through. Move chicken to a clean plate or bowl and set aside.
4. Heat 1 tbsp of oil in a pan. Add vegetables in order of firmness – add the softest or most tender last Stir-fry each vegetable for about 2-3 minutes.
5. Mix the chicken with the vegetables in the pan. Add the cornstarch mixture and cook, stirring constantly until the sauce thickens.
6. Serve over warm brown rice.



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