























CHICKEN & VEGETABLE STIR FRY (pg.1)

STEPS	INGREDIENTS	PROCEDURES
<p>1</p>	 <p>Grilled chicken strips</p>  <p>kitchen shears</p>	<p>Cut chicken strips into smaller pieces using kitchen shears.</p> 
<p>2</p>	<p style="text-align: center;"><u>SAUCE</u></p>  <p>1 cup chicken broth</p>  <p>1/2 teaspoon powdered ginger</p>  <p>1/2 teaspoon garlic powder</p>  <p>2 Tablespoon cornstarch</p>  <p>measuring spoons</p>  <p>small mixing bowl</p>  <p>whisk</p>	<p>Add all ingredients for sauce into a bowl and whisk until mixed together well.</p> 

CHICKEN & VEGETABLE STIR FRY (pg.2)

STEP	INGREDIENTS	PROCEDURES
<p>3</p>	 <p>cut up chicken</p>  <p>Frozen stir fry vegetables</p>  <p>sliced water chestnuts</p>  <p>2 Tablespoons canola oil</p>  <p>electric skillet or skillet</p>  <p>spatula</p>  <p>can opener</p>  <p>sauce</p>	<p>Warm oil in skillet on medium heat.</p>  <p>Add vegetables, water chestnuts and chicken. Cook until warmed through, stirring continually with spatula. Don't overcook.</p>  <p>Add sauce to chicken and vegetables and continue to stir until chicken and vegetables are coated with sauce.</p>  <p>Serve over rice</p>

Nutrition Facts

3 servings per container

Serving size 1/3 of recipe

Amount per serving

Calories 340

% Daily Value*

Total Fat 14g 18%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 85mg 28%

Sodium 2850mg 124%

Total Carbohydrate 23g 8%

Dietary Fiber 1g 4%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 32g

Vitamin D 0mcg 0%

Calcium 57mg 4%

Iron 2mg 10%

Potassium 265mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.