



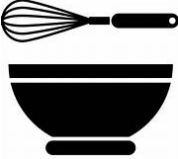
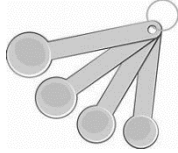


## Chicken and Vegetable Stir Fry

Makes 4-6 Servings; ½ cup per serving

Nutrients Per Serving:

270 Calories | 10g Fat (1.5g Saturated) | 10g Carbohydrates | 0g Added Sugar | 31g Protein | 570 mg Sodium | 0g Fiber

### Equipment Needed

			
Electric skillet	Mixing spoon	Small bowl & whisk	Measuring spoons
			
Turning spatula	Liquid measuring cup		

### Ingredients Needed

*\*Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.\**

			
1/2 (22 ounce) bag frozen grilled chicken strips	1 (12 oz) bag frozen vegetables for stir fry	1 cup low-sodium chicken broth	1/2 teaspoon powdered ginger
			
1/2 teaspoon garlic powder	2 tablespoons cornstarch	1-2 tablespoons canola oil	1-2 tablespoons soy sauce

*Recipe continued on back page.*

## Directions

(Tbsp = tablespoon, tsp = teaspoon)

1



Wash hands.

2



Add to the skillet:  
1-2 Tbsp. oil,  
1/2 bag frozen grilled chicken, &  
1 bag stir fry vegetables.  
Stir & cook until heated through,  
about 5 minutes.

3



Whisk together:  
1 cup chicken broth,  
1/2 tsp powdered ginger  
1/2 tsp powdered garlic,  
2 Tbsp cornstarch &  
1-2 Tbsp of soy sauce.

4



Pour sauce over chicken  
and vegetables. Stir until  
heated through and sauce  
thickens, about 5 minutes.

5



Serve over cooked rice.  
Enjoy!