

CHICKEN AND BROCCOLI STIR FRY

Stir fries are a perfect way to use up any lingering produce in your refrigerator and to increase your family's veggies for the day. The high heat of stir frying keeps vegetables crisp and colorful, and the ginger and sesame oil keep the flavors authentically Asian. Feel free to vary the veggies and meat. This is a foolproof recipe!

Yield= 4 servings (1 cup chicken and vegetables mixture plus $\frac{3}{4}$ cup rice per serving)

Ingredients

2 tablespoons **oil** (olive or vegetable), divided
1-pound boneless, skinless **chicken breast**, cut into 1-inch cubes
salt and pepper, to taste
1 small **onion**, sliced
1 medium **bell pepper**, sliced
1 cup **broccoli florets**, cut into small pieces
1 teaspoon fresh **ginger**, peeled and minced -OR- 1/2 teaspoon ground ginger
2 cloves **garlic**, minced
1/8 teaspoon crushed **red pepper flakes** (optional)
2 tablespoons reduced sodium **soy sauce**
2 teaspoons **sesame oil** (optional)
3 cups cooked **brown rice**

Instructions

1. Heat a large sauté pan or wok over medium-high heat. Add vegetable oil and tilt pan to distribute oil. Add chicken pieces in a single layer (in batches, if necessary) and season with salt and pepper, to taste. Cook chicken until browned on all sides and cooked through, about 10 minutes. Remove chicken from skillet and set aside.
2. Add remaining tablespoon of vegetable oil to skillet and heat until shimmering. Add vegetables and sauté, stirring frequently, until they are crisp-tender, about 5 minutes. Add ginger and garlic to the vegetables and cook for an additional minute.
3. Add chicken back to the skillet and stir to combine. Reduce heat to low and add soy sauce and red pepper flakes (if using) to chicken vegetable mixture. Turn off heat and add sesame oil (if using) and mix well. Serve over warm, cooked rice.

Per Serving- Calories 430, Saturated Fat 2.5g, Sodium 350mg, Added Sugars 0g



Recipe featured in the January 2021 issue of Beyond Hunger's Nutrition Newsletter