



Szechuan Chicken & Veggie Stir Fry

Makes 4 servings

Ingredients

14 ounces chicken breast, boneless and skinless
(3 ounce servings)

1 tablespoon olive oil

1 teaspoon chopped fresh garlic

½ cup broccoli florets, fresh

½ cup cauliflower florets, fresh

½ cup onion, sliced thin

½ cup yellow squash, sliced

¼ cup carrots, peeled, sliced

2 tablespoons olive oil

1 tablespoon garlic, minced

1 cup Brown Rice, raw

3 cups water

Directions

Coat chicken pieces in chopped garlic and oil; then grill, sauté or bake at 425 °F. After cooking, cut the chicken breasts into strips.

Toss all the vegetables with the olive oil and minced garlic and stir fry or oven roast the vegetables just until slightly softened.

Steam the brown rice with the 3 cups water.

Make stir fry sauce by combining all the ingredients in a saucepan except the cornstarch and water, and cook on the stove until the sauce simmers. Add the cornstarch/water mixture to the sauce and stir until sauce is slightly thickened. Toss the chicken, sauce and veggies together. Serve with 1 cup brown rice.

Stir Fry Sauce:

½ cup low-sodium soy sauce

1 tablespoon sugar

¼ cup rice wine vinegar

1 teaspoon minced peeled fresh ginger,

¼ teaspoon crushed red pepper

1 teaspoon minced garlic

1 teaspoon cornstarch

1 teaspoon water