

Chicken & Broccoli Stir Fry



This quick cooking make-your-own takeout dish can be customized with your favorite veggies and proteins like shrimp or lean beef.

YIELD	PREP TIME	TOTAL TIME
4 SERVINGS	10 MIN	30 MIN

INGREDIENTS

For the Stir Fry Sauce:

½ cup	Water
3 Tbsp	Soy Sauce, low-sodium
2 Tbsp	Rice Vinegar
2 Tbsp	Brown Sugar
2 tsp	Sesame Oil
½ tsp	Ground Ginger
¼ tsp	Crushed Red Pepper Flakes
2 tsp	Cornstarch

For the Stir Fry:

1 Tbsp	Olive Oil
1 lb	Chicken Breast, boneless & skinless, cut into bite sized pieces
½ each	Red Onion, cut into 1" pieces
1 each	Red Bell Pepper, cut into 1" pieces
4 cups	Broccoli (from 1 crown), cut into bite sized florets
2 cloves	Garlic, minced

CHEF'S NOTES

Short on time? Substitute a bag of frozen stir fry vegetables for the fresh and reduce the cooking time by a few minutes.

Making your own stir fry sauce allows you to control the quality of the ingredients in your meal, as well as the sodium and added sugar. Keeping a stocked pantry and spice rack ensures full flavored meals come together quickly.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Make the sauce by combining the water, soy sauce, rice vinegar, brown sugar, sesame oil, ground ginger, red pepper flakes, and cornstarch in a small bowl. Set aside.
3. Heat a large nonstick skillet over medium high heat and once hot, add the olive oil, swirling to coat the bottom of the pan evenly. Add the chicken pieces and cook until lightly browned on one side, about 3 minutes. Flip the chicken and finish browning on the other side, until the chicken reaches 165°F, about 2 – 3 more minutes.
4. Using tongs, remove the cooked chicken to a plate or bowl and set aside.
5. Add the onion and bell pepper and cook, stirring occasionally, until lightly browned and softened, about 2 – 3 minutes.

6. Add the broccoli and cook, stirring occasionally, until lightly browned and just tender, about 2 – 4 minutes more. Add a few tablespoons of water to help add steam to the pan and soften the broccoli quicker.
7. Add the garlic and cook until just fragrant, about 30 seconds – 1 minute.
8. Add the cooked chicken and reserved stir fry sauce to the pan and stir constantly, until thick and glossy and the mixture is fully coated, about 1 minute more.
9. Remove from the heat and enjoy!

Nutrition Facts	
4 servings per container	
Serving size	1 cup (312g)
Amount Per Serving	
Calories	270
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 85mg	28%
Sodium 530mg	23%
Total Carbohydrate 19g	7%
Dietary Fiber 3g	11%
Total Sugars 11g	
Includes 8g Added Sugars	16%
Protein 29g	58%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1.3mg	8%
Potassium 760mg	15%
* The % Daily Value (DV) 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.	

