

THE CARE AND FEEDING OF AN **ALMOST ADULT**



CHICKEN STIR FRY

Serves 2

INGREDIENTS:

- 2 (4-ounce) boneless skinless chicken breast halves
- 1 tablespoon + 1 teaspoon cornstarch
- 1 tablespoon soy sauce
- 1/4 teaspoon ground ginger
- 1/8 teaspoon garlic powder
- 1 tablespoon + 2 teaspoons canola oil, divided
- 1 cup broccoli florets
- 1/2 cup sliced celery (1/2-inch pieces)
- 1/2 cup thinly sliced carrots
- 1/2 small onion, cut into wedges
- 1/2 cup water
- 1/2 teaspoon chicken bouillon granules

DIRECTIONS:

- ✓ Cut chicken into 1/2-inch strips; place in a resealable plastic bag.
- ✓ Add cornstarch and toss to coat.
- ✓ Combine soy sauce, ginger and garlic powder; add to bag and shake well.
- ✓ Refrigerate for 30 minutes.
- ✓ In a large skillet or wok, heat 1 tablespoon of oil; stir-fry chicken until no longer pink, about 3-5 minutes.
- ✓ Remove and keep warm.
- ✓ Add remaining oil; stir-fry broccoli, celery, carrots and onion for 4-5 minutes or until crisp-tender. Add water and bouillon.
- ✓ Return chicken to pan. Cook and stir until thickened and bubbly.