



Chicken and Veggie Stir-Fry

Yield: 8 servings

Source: www.thepioneerwoman.com

Ingredients:

- 2 chicken breasts, chopped into ½-inch pieces
- ½ cup reduced sodium soy sauce
- 2 tablespoons vegetable broth
- 2 tablespoons brown sugar
- 2 tablespoons cornstarch
- 2 tablespoons sriracha
- 1 tablespoon + 1 teaspoon minced ginger, divided
- 1 medium onion, chopped
- 2 bell peppers, chopped
- 2 medium zucchini, chopped
- 1 head broccoli, chopped

Directions:

1. In a large skillet over medium heat cook chopped chicken until done.
2. While chicken is cooking, in a small bowl combine soy sauce, vegetable broth, brown sugar, cornstarch, sriracha and 1 tablespoon ginger. Set aside.
3. In a large skillet cook onion and peppers for 2 to 3 minutes. Add garlic and continue cooking for an additional 1 minute. Add zucchini and broccoli and cook 2 more minutes.
4. Stir in sauce and cook for 1 to 2 minutes or until sauce is very thick.

NOTE: Can substitute fresh vegetables with frozen for same great taste and quicker option.

Nutrition information:

Serving size: 1 cup

Calories: 141

Fat: 2g

Sodium: 573mg

Carbohydrates: 15g

Sugar: 8g

Fiber: 3g

Protein: 15g