

## Chicken Stir Fry

*Make your own chicken strips; eat half now and freeze the other half. Defrost second batch and have a tasty stir fry with fresh veggies for dinner another night!*

**For Chicken Strips**, use one boneless, skinless chicken breast for 1 to 2 servings.

1. With a mallet, flatten breast to 1/2 inch. Brine breast or use bottled marinade.
2. Sauté breast on both sides in skillet over medium-high heat. Cut into strips.

### **For Stir Fry**

1. Cut into slices or chunks a variety of vegetables, such as bell pepper, tomato, celery, mushroom, onion, and garlic.
2. Stir fry the vegetables until crisp-tender.
3. Add chicken strips, stir-fry sauce\* of your choice, heat through, and enjoy over rice!  
(*Try jasmine rice for a change of pace.*)

**Makes 1 to 2 servings**

*\*See **Simple Stir-Fry Sauce** below, or use a favorite salad dressing, such as Asian sesame with ginger.*

## Simple Stir-Fry Sauce (For 4 servings)

- ½ cup chicken broth
- 1 tsp fresh ginger, grated or finely minced
- 1 tsp soy sauce
- 1 tsp oyster sauce
- 1½ tsp sugar
- ½ tsp rice vinegar
- Hot sauce to taste (optional)
- 1 Tbsp water
- 1 tsp cornstarch
- ½ tsp sesame oil

1. Combine broth, ginger, soy sauce, oyster sauce, vinegar, sugar, and hot sauce in a small saucepan or skillet and bring to a boil.\*
2. Blend water and cornstarch in a cup; add to saucepan. Cook and stir until sauce boils and thickens slightly. Stir in sesame oil.

\*NOTE: If preparing stir-fry at the same time, combine ingredients from Step 1 in a small bowl, add to stir-fry and bring to a boil. Continue with Step 2.