

Chicken & Broccoli Stir Fry

Servings: 2

From www.wholefoods.com

Ingredients

1 cup rice
1/3 cup low-sodium chicken broth
1 1/2 tablespoons low sodium soy sauce
1/2 teaspoon rice vinegar
1/8 teaspoon red pepper flakes
1 tablespoon canola oil, divided
2 boneless, skinless chicken breasts, cut into strips
1 teaspoon minced garlic
2 teaspoon minced peeled fresh ginger
1 1/2 cups small fresh broccoli florets
1/2 cup baby carrots, cut into thin strips

Preparation

- 1) Cook rice according to package instructions; keep warm.
- 2) Meanwhile, combine broth, soy, vinegar, and red pepper flakes in a bowl. Heat a wok or heavy skillet over high heat. When very hot, add 1/2 tablespoon oil. Add chicken and stir-fry until lightly browned, about 2 minutes. Remove from wok and set aside.
- 3) Add remaining oil, garlic and ginger; stir-fry 30 seconds. Add broccoli and carrot; stir-fry 2 minutes. Add soy mixture and chicken, stir well, and cover. Lower heat to medium and simmer until vegetables are tender, about 3 minutes.
- 4) Serve over rice.