

Chicken and Vegetable Stir Fry

Servings: 2

Ingredients:

2 boneless skinless chicken breasts, cut into bite size pieces
1 zucchini
1 bunch of broccoli
1/2 onion
1/2 lb asparagus
2 teaspoons minced garlic
1/2 red bell pepper
1 tablespoon olive oil
1 tablespoon light or reduced-sodium soy sauce
Black pepper
1 cup of rice, cooked

Preparation:

- 1) Chop or slice all of the vegetables into bite-size pieces.
- 2) Heat oil in a wok or skillet. Add chicken and stir fry for 4-6 minutes or until no longer pink.
- 3) Add garlic and sauté another minute.
- 4) Add all of the vegetables and season with a pinch of pepper. Stir fry for 3 minutes or until the vegetables are crisp and tender.
- 5) Add the soy sauce and stir well to blend.
- 6) Plate rice and serve chicken and vegetables over it.