Ingredients

*Sauce*
3 Tablespoons low-sodium soy sauce
1 Tablespoon rice vinegar or cider vinegar
2 teaspoons sesame oil
2 teaspoons cornstarch

*Stir-fry*
¾ pound boneless, skinless chicken breasts, cut in thin strips
2 cloves garlic, minced
2 teaspoons vegetable oil
10 cups fresh or frozen vegetables of your choice such as broccoli florets, snow peas, shredded cabbage, chopped bell pepper, chopped jicama, chopped onion, sliced mushrooms

Instructions

*Sauce*
1. In a small bowl, mix sauce ingredients together.
Nutrition information:
Calories: 270
Carbohydrate: 38 gm
Fiber: 5 gm
Fat: 0 gm
Protein: 18 gm
Cholesterol: 35 mg
Sodium: 360 mg

For more information, contact your county WVU Extension office or go to www.ext.wvu.edu.

Stir-fry
1. In a large skillet or wok, stir-fry chicken and garlic in hot oil until browned.
2. Add vegetables, covered and cook 5 minutes (longer if vegetables are still frozen), stirring occasionally.
3. Cook until vegetables are tender but still crisp.
4. Stir in sauce; cook until sauce thickens. Serve over warm rice.

Food Safety First
Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

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