

## Farmers Market Fun Family Recipes



**Serving Size:** 1 Cup

**Yield:** 6 servings

### Ingredients

#### *Sauce*

3 Tablespoons low-sodium soy sauce

1 Tablespoon rice vinegar or cider vinegar

2 teaspoons sesame oil

2 teaspoons cornstarch

#### *Stir-fry*

$\frac{3}{4}$  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.

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## Nutrition information:

Calories: 270  
Carbohydrate: 38 gm  
Fiber: 5 gm  
Fat: 0 gm  
Protein: 18 gm  
Cholesterol: 35 mg  
Sodium: 360 mg

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contact your county  
WVU Extension office  
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### *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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