

Chicken Stir Fry

INGREDIENTS:

- 1 1/2 pounds chicken, diced
- 1 bell pepper, chopped
- 1 cup sugar snap peas
- 2 cups shredded carrots
- 16 ounces broccoli florets
- 1 tablespoon olive oil

FOR THE SAUCE

- 3 tablespoons reduced sodium soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon brown sugar, packed
- 1 teaspoon ground ginger
- 1 tablespoon garlic, minced
- 1 teaspoon sesame oil
- 1 teaspoon cornstarch



DIRECTIONS:

1. In a large bowl, whisk together soy sauce, oyster sauce, vinegar, sugar, ginger, garlic, sesame oil, and cornstarch. Stir in chicken and gently toss to combine.
2. In a gallon size Ziploc bag or large bowl, combine chicken mixture, bell pepper, snap peas, carrots and broccoli. Place in freezer for up to 1 month.
3. Heat olive oil in a large skillet over medium high heat. Add chicken mixture, and cook, stirring occasionally, until chicken is cooked through and vegetables are tender, about 8-10 minutes.
4. Serve immediately, garnished with sesame seeds and green onion, if desired.

Nutrition Facts

Servings: 5

Amount per serving

Calories **315**

% Daily Value*

Total Fat 8.2g **11%**

Saturated Fat 1.7g **8%**

Cholesterol 105mg **35%**

Sodium 551mg **24%**

Total Carbohydrate 16g **6%**

Dietary Fiber 4.2g **15%**

Total Sugars 7.3g

Protein 43.5g