

Teriyaki Chicken Stir Fry



Ingredients:

- 2-3 chicken breasts
- ½ cup low-sodium soy sauce
- ½ teaspoon ground dried ginger
- 1 clove garlic, minced or ½ teaspoon garlic powder
- ½ cup water
- 2 tablespoons sugar
- 1 large onion, chopped
- 1-2 green peppers, chopped
- 1 cup sliced mushrooms
- 2 tablespoons cornstarch
- 2 tablespoons water
- Hot cooked rice

See instructions on reverse.

Teriyaki Chicken Stir Fry continued

Instructions:

1. Cut chicken into 1-inch cubes.
2. Combine soy sauce, ginger, garlic, $\frac{1}{2}$ cup water, and sugar in small bowl.
3. Add chicken and soak 30-60 minutes.
4. Over medium-high heat, stir fry chicken in water or broth until done.
5. Remove from pan and keep warm.
6. Add vegetables to pan and stir fry until crisp and tender.
7. Add chicken back into pan. Combine cornstarch and water and add to pan, cooking until thick.
8. Serve with hot rice.

Enjoy making this healthy
and delicious recipe!

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information and recipes.

